



# Gazette

**Dedicated to  
Inform, Inspire, Involve**

## John Knox Village

A Life Plan Continuing Care Retirement Community

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

### IN THIS MONTH'S ISSUE

*The World Celebrates* ..... 2

*Chef Mark's In Good Taste Recipe* ..... 3

*"Spirit Of Nature"* ..... 3



*The Holidays At JKV* ..... 4

*Visit Us In December* ..... 5

*Crossword Puzzle* ..... 5

*Holiday Savings* ..... 6

*South Florida Events, Shows & Arts* ..... 8



*The Nutcracker* ..... 8

*The Doctor Is In* ..... 9

*Book Review* ..... 9

*Living Well With Carmel*.. 10

*Steps To Health* ..... 10

*Abby Stokes' Top 10 Techie Holiday Gifts* .... 11

*Wellness Begins With "We" At JKV* ..... 12

*Check Out This Featured Apartment Home* ..... 12

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

## Joy Travels The World During The Holidays

**Nona Smith**  
Gazette Contributor

The world is a gloriously multicultural place, with its people celebrating a kaleidoscope of holidays with a variety of foods and traditions. During the last month of the year and first weeks of the New Year, worldwide feasts and festivals, both religious and secular, are celebrated: From Jewish Hanukkah to African-inspired Kwanzaa, from Scotland's Hogmanay to Britain's Boxing Day and to Poland's Wigilia. Each unique and special.

### Christmas Comes But Once A Year...

... and when it does, it brings good cheer and a huge amount of eating. We all enjoy our own Christmas holiday traditions: Preparing roast turkey, baked ham with all the traditional fixings, but some of us enjoy a clambake, barbeque, or even a vegetarian nut loaf on Christmas Day. The day on which Christmas is celebrated varies too, depending on which calendar is followed. Regardless of different timings, a common theme throughout the world, is the importance food plays in the celebrations.

Every country has classics and "must have" dishes for the feast table. Haggis, for example, is a favorite sausage beloved by many Scots, but others consider it an acquired taste. Who knows, maybe you'll find a dish or two to add to your holiday celebrations. Here is a very brief look at some countries with interesting holiday culinary traditions.

### Sweden

One of the most important celebrations in Sweden is St. Lucia's Day, on Dec. 13. Children dress in white clothes, carry candles and sing Christmas songs, for a fun day of jubilation. Christmas Eve is the main celebration with a smorgasbord filled with ham, pork, sausages, an egg and anchovy mixture (gubbröra), herring salad, pickled herring, homemade pâté, rye bread, potatoes, beet salad and a special fish dish called lutefisk. Gifts are exchanged after the meal.



*Celebrating St. Lucia's Day in Sweden.*

**Holiday Dining Treat: Lutefisk.** This Scandinavian delicacy is dried cod that has been soaked in lye, then soaked again for four to six days in chilly water to remove the lye. Eventually, the lutefisk is cooked and served with boiled potatoes, green peas and a white sauce.

See "Holidays" On Page 2

## John Knox Village Celebrates Its Golden Jubilee

### Join Us During A December Of Festive Events



*Share in the spirit during the Holiday "Tour of Lights" on Dec. 5.*

**Marty Lee**  
Gazette Contributor

The Holiday Season has always been a special time at John Knox Village. Now, during the Golden Anniversary Jubilee, the schedule of events is greater than ever before. As a reader of *The Gazette*, many of these activities are available for you to enjoy.

Make your plans to join us

and celebrate the holidays in festive style.

### Holiday Tour Of Lights

John Knox Village kicks off the celebrations with the "Tour of Lights" on Tuesday evening, Dec. 5 at 6 p.m.

We'll start the night's activities with a check-in at The Woodlands. Meet and greet fellow guests and residents, then board Village buses to tour the 70-acre campus – decorated

with more than 100,000 lights and sparkling holiday displays.

After touring The Village, we will meet at The Village Centre Auditorium for more convivium, snacks and refreshments. Meet our costumed holiday performers and get your photo taken with Santa.

Plan to join us by calling the John Knox Village Marketing Department at (954) 783-4040 to RSVP.

See "JKV Celebrates" On Page 4

NONPROFIT ORGANIZATION U.S. POSTAGE PAID FT. LAUD., FL PERMIT NO. 48

John Knox Village of Florida, Inc.  
651 S.W. Sixth Street  
Pompano Beach, FL 33060

# Celebrating Christmas Around The World

From "Holidays" On Page 1

## France

Every Christmas Eve, children leave shoes for Père Noël to place gifts. Christmas is a very special holiday and is highlighted by Le Réveillon, a late supper served after midnight Mass on Christmas Eve. In a country known for its magnificent cuisine, the Le Réveillon meal is one of the most lavish of the year, at which champagne, foie gras, lobster, goose, veal and vegetables with truffles are served.

**Holiday Dining Treat: Bûche de Noël.**

This beautifully decorated cake in the shape of a yule log is an iconic image of the season.

## Germany

Christmas in Germany begins on Dec. 6 (Feast of St. Nicholas), with the entire family helping in preparations, making gifts, decorations and delicious sweet treats. Children leave letters on their window sill for Christkind, an angel who bears gifts. And on Christmas Eve, the tree is set up and wreaths are hung to celebrate the coming of Santa Claus.

**Holiday Dining Treat: Früchtebrot.** Whoever disparaged fruitcake has never eaten the German version. Fresh out of the oven, the cake made with honey, nuts, dried fruit and cinnamon, is a Christmas morning treat.

## Italy

In Italy, Christmas is a family centered holiday. Children write letters to their parents telling them how much they love them, wishing them a Merry Christmas, promising good behavior and making a list of the gifts they hope to receive. The entire month of December has many significant holidays leading up to Christmas, most of which include feasts dedicated to important saints, which make the season very festive and special in Italy.

**Holiday Dining Treat: Linguini with Clam Sauce.** On Christmas Eve, Italians celebrate the Feast of Seven Fishes with a seafood dinner at midnight, known as Vigilia di Natale. Finish off with tiramisu or cannoli for dessert.

## Australia

Down Under, Christmas comes during the warmest time of the year, but that doesn't discourage Aussies from getting into the holiday spirit. Many barbecue outdoors, but some still make a traditional holiday feast with turkey and all the trimmings. The dessert is the star of the celebration.



Pavlova Meringue.

**Holiday Dining Treat: Pavlova Meringue.**

An eye and palette pleasing meringue concoction topped with passion fruit, raspberries and bananas.

## Poland

Advent is the beginning of the Christmas season in Poland. It's a time of simplicity, when everyone remembers the true meaning of the holiday. Christmas Eve is spent fasting until the first star appears in the night sky. At that signal, everyone sits down to a meal called Wigilia. Tradition calls for 12 courses to be served during Wigilia. All the dishes are meatless and made from foods that come from the four corners of the earth: Forest, sea, field and orchard.

**Holiday Dining Treat: Zupa Grzybowa.**

This is a delicate soup made with a variety of mushrooms, sour cream and dill and is an indispensable part of the celebration.



Hogmanay is the Scottish celebration of New Year's Eve or the Night of the Candle.

## More Enjoyable Holiday Traditions And Celebrations

While Christmas is primarily a Christian celebration, other religions and ethnicities have traditions that are generally observed at this same time of year.

### Hanukkah

The eight-day Jewish festival of Hanukkah has become a joyous holiday with its story of the Maccabean victory over Syrian oppression. The holiday is also known as the Festival of Rededication, which celebrates the rededication of the Temple in Jerusalem after its conquest by the Syrians.

Central to the Hanukkah holiday is the lighting of the menorah, a branched candelabrum, to which one candle is lit and added each night of the holiday until it is ablaze with light. It has been told that when the Temple was reclaimed there was only enough oil to burn for one night, but by a miracle the oil lasted for eight nights, so the Temple could be completely cleansed of its pagan oppressors.

It is also traditional to eat foods cooked in oil during Hanukkah, such as latkes (potato pancakes) and a doughnut-like pastry. Children receive dreidels, four-sided tops with Hebrew letters written on each side to play with, and gelt, chocolate coins covered with gold tin foil. In recent times, gift giving on each night of Hanukkah has become popular, as Hanukkah falls close to Christmas.



### Kwanzaa

This weeklong African-American celebration of family and community is a time to honor African ancestors, culture and a chance to gather together to prepare and enjoy great food. The holiday runs from Dec. 26 to Jan. 1, and is based on seven guiding principles, one celebrated each day: Unity (umoya), self-determination (kujichagulia), collective work and responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba) and faith (imani).

Celebrations begin by lighting candles, giving gifts, and decorating homes in African colors of red, green, and black, and of course, by cooking many inspired meals. Throughout the week, favorite African-American dishes, as well as traditional African, Caribbean, and South American recipes, are on many menus. On Dec. 31, the holiday culminates in a feast called Karamu, and Kwanzaa tables overflow with the best of everything.



### Hogmanay

Hogmanay is the Scottish celebration of New Year's Eve or Night of the Candle. It is believed the Scots inherited the celebration of Hogmanay from the Vikings and their wild festivities on the shortest day of the year. However, many argue that as Christmas was virtually banned in Scotland from the end of the 17th century until the 1950s, New Year's Eve was a good excuse for some revelry, to drink good whiskey and eat good food. The food eaten at a Hogmanay party includes all the traditional foods of Scotland with haggis at the top of the list, followed by classics such as a Cock-a-leekie soup, venison pie, with side dishes of Rumblethumps (potatoes, cabbage and onions), tattie (potatoes) and neeps (swede or rutabaga), shortbread, scones, oatmeal cakes, cheese, as well as traditional New Year black buns.

First footing is a fine old Hogmanay tradition. At midnight, after Auld Lang Syne has been sung, everyone dashes off to be the first footer through the front door in the hopes of bringing good luck to friends and relatives. Gifts of coal, cakes or whiskey are given, and it is believed the perfect first footer should be a tall, dark and handsome man, for the best luck of all.

### Boxing Day

The traditional celebration of Boxing Day is a day off from work, and is a Bank Holiday in Britain, British colonies and former colonies. The name comes from the tradition of giving "Christmas boxes," gifts of money or goods to tradespeople and servants on the day after Christmas. According to the Encyclopedia Britannica, the custom arose because servants, who would have to serve their employers on Christmas Day, could visit their families the next day. The employers would give them boxes to take home with gifts, bonuses and leftover food.

Samuel Pepys mentioned giving boxed gifts in a diary entry from 1663: "Thence by coach to my shoemaker's and paid all there, and gave something to the boys' box against Christmas." The holiday may date from the Middle Ages and may have begun when priests opened the church's alms (charity) boxes the day after Christmas and distributed the contents to the poor.

In recent years, it has become much like the day after Thanksgiving in the USA. Boxing Day has turned into a major shopping extravaganza, with bargain hunters attracted by the sales.

# In Good Taste: Chef Mark's Quick Recipe During Holidays Will Leave You Stuffed

Rob Seitz  
Gazette Contributor



John Knox Village  
Executive Chef Mark Gullusci

'Tis the season of good cheer, twinkling lights, family and friends. 'Tis also a countdown-packed month for gift buying, partying and decorating.

John Knox Village Executive Chef Mark Gullusci has a delicious and quick – yet hardy – weeknight dinner recipe to help you in deadline-intensive December.

Chef Mark's Rice and Turkey Stuffed Peppers is a cheesy dinner option for this time of year. This entrée might remind you of a burrito, only stuffed in a pepper instead.

Chef Mark's recipe makes eight portions, however make extra so you can have leftovers for lunch.

For more of Chef Mark's recipes and see the food and lifestyle options John Knox Village residents enjoy, visit [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)



## Rice And Turkey Stuffed Peppers: (Yield 8)

- 1 lb. ground turkey meat (breasts)
- 1½ tsp. fresh chopped basil
- 8 green bell peppers
- 1 can corn kernels
- 3 cloves garlic, minced
- 1 onion, chopped
- 1½ fresh oregano leaves
- 1 tsp. chopped parsley
- 1½ tsp. fresh thyme, chopped
- 1 cup salsa
- 2 tbsp. Worcestershire sauce
- 1 can 8 oz. tomato sauce
- Ground black pepper
- 1 cup low-fat mozzarella cheese
- 2 cups brown jasmine rice

## Method Of Preparation:

1. Cut the tops off green peppers, remove seeds and stems, and chop the tops.
2. Heat large skillet over medium heat, cook the turkey for 5 minutes, add the chopped pepper tops, onions, garlic, all seasonings and herbs, cook for 7 minutes, move to a large bowl.
3. In a separate small bowl combine tomato sauce, salsa and Worcestershire sauce, reserve 1½ cups.
4. Heat oven to 400°F. To the turkey mixture, add the rice, corn, ½ cup of the cheese, the reserved sauce mixture, stir to combine. Spoon into the pepper shells, top with remaining sauce mixture.
5. Place into baking dish, bake for 35 minutes, sprinkle with remaining cheese and bake for 10 more minutes.

Chef Mark is available to answer any questions you may have about this recipe or other culinary questions. Please email him at [MGullusci@jknvfl.com](mailto:MGullusci@jknvfl.com)



## Stained Glass Triptych Dedicated In The Woodlands

*"Spirit Of Nature" Is An Inspired Design Showcasing Nature And Creation*

Marty Lee  
Gazette Contributor

"It was a long time coming," according to benefactor Bill Gallo. Mr. Gallo and his firm, Gallo Herbert Architects, oversaw the design and construction of The Woodlands on behalf of John Knox Village and its residents.

With a tightening budget at that time, the design and implementation of a planned stained glass triptych was not possible. However, through the generosity of Gallo Herbert Architects, the glass project became a reality this year.

The call went out to residents to submit designs for the stained glass wall in The Life Enrichment Center.

After extensive review, a committee decided that the design submitted by Village resident and career artist, Curtis Iverson, would be the one created and crafted in glass.

JKV resident and retired architect Harold Young suggested The Glass Menagerie in Ft. Lauderdale as a candidate to fabricate the etched and painted glass panels. Richard May and his team were awarded the contract, and working in tandem with Curtis Iverson, the stained glass design was completed after several months.



Left to right: JKV residents Harold Young and Curtis Iverson; Richard May, Milam Barnett and Marisa Alford from The Glass Menagerie; Executive Director of the John Knox Village Foundation Nanette Olson; Bill Gallo and John Tice from Gallo Herbert Architects and JKV President and CEO Gerry Stryker during the "Spirit Of Nature" stained glass dedication in The Life Enrichment Center.

The "Spirit Of Nature" was dedicated on Oct. 24 in The Woodlands' Life Enrichment Center. While non-religious in design, residents have reacted positively for its representation of "Creation," "Nature," and its uplifting showcase of the natural flora and fauna of our South Florida area.

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

# Building Upon 50 Years Of Holiday Traditions

## John Knox Village Celebrates The Season: Join Us In The Revelry

From "JKV Celebrates: On Page 1  
34th Annual Holiday Parade

Since 1983, the John Knox Village Holiday Parade has been one of the most anticipated events of the calendar year. Residents line Lakeside Circle and Heritage Drive to view the nearly mile long parade that winds throughout the streets of The Village. This year's Holiday Parade will step off at 4 p.m. along the streets of John Knox Village on Thursday, Dec. 7.

This year's theme will focus on the past decades in celebration of the rich 50-year heritage of JKV. More than 30 parade units will participate including floats entered by each of the employee departments, plus appearances by local government officials, Broward Sheriff Department's Precision Motorcycle Unit and Mounted Horse Patrol, high school bands from Northern Broward County, antique cars, Pompano Beach Fire Department, and entries from local businesses.

### Enjoy Holiday-Themed Floats

The excitement of the Holiday Parade is generated for weeks before the event, as each employee department designs and builds its display or float. Judging of each entry is a tradition started many years ago, and this year is no exception, as a select group of resident



judges will grade each parade unit. The best department entry is awarded the grand trophy and earns bragging rights for the entire year. Hospitality tents will be available along the parade route for snacks and refreshments. Join your Village friends and residents and please be our guest. The parade will be reminiscent of your younger years, when every town and

village sponsored its community parade. The nostalgia of a real Holiday Parade will bring back memories, as you share in a time-honored John Knox Village tradition. **Please call the Marketing Department at (954) 783-4040 to let us know you plan to attend the 34th Annual Holiday Parade at 4 p.m. on Thursday, Dec. 7.**

# A Musical Celebration Of The Holidays Dec. 16

## Elli Clarke And An Ensemble Of Performers Present "Christmas In The Village"



Elli Clarke presents a musical ensemble for "Christmas In The Village."

*"Blessed with a sultry and expressive voice and the perfect natural instinct for classic jazz and American standards... Miss Elli Clarke is the quintessential cabaret stylist."*

— William Riddle, Venetian Arts Society

An evening of familiar holiday melodies to fill your heart with warmth and memories is planned for the John Knox Village Centre Auditorium on Saturday evening, Dec. 16 at 6 p.m. Featuring the incomparable Elli Clarke and her ensemble of master jazz instrumentalists, John Knox Village is partnering with the Venetian Arts Society to pres-

ent a showcase of musical talent in a special "Christmas in the Village" concert. In the style of the great Christmas television variety shows showcasing Bing Crosby, Ella Fitzgerald, Perry Como, Dinah Shore and the great American singers of yesteryear, the concert is headlined by Miss Clarke. She will be joined by America's newest "crooning" sensation, Louis Amanti, dance soloists from Cuban Classical Ballet of Miami, South Florida Wind Ensemble, pianist Andrew Boss and children of the Miss Grid Music School. This jazzy Christmas will feature many of the great holiday standards, carols, classics and popular American Christmas songs, such as Irving Berlin's "White Christmas." The talented vocal ensemble will fill you with joy and happiness long after the presents are unwrapped! Elli Clarke has worked in every facet of the music industry for over 25 years, as both a major jazz artist of the highest caliber, as well as artist management and booking for major international jazz artists. Her sultry voice and innate instincts have developed over her long career and she has now found her own unique niche as a truly unique and glamorous "cabaret and torch singer." "Christmas in the Village" promises to be a very popular holiday event, and you are invited. A reception will begin at 6 p.m. followed by the gala concert. **Please contact the John Knox Village Marketing Department at (954) 783-4040 for complimentary tickets. Seating is limited so call today.**

# Hanukkah Menorah Lighting

## Dec. 12 Through Dec. 19 at 5:30 p.m.

**John & Diane Dalsimer**  
Gazette Contributors

This year Hanukkah (The Festival of Lights) begins on Tuesday, Dec. 12 and ends eight days later on Dec. 19.

The holiday commemorates an event that occurred more than 2,000 years ago in Jerusalem. The Syrian-Greek army had destroyed the Jewish Temple and the sacred objects within it. After the Greeks were driven out, the Temple was rededicated. Since that time, Jewish people all over the world have celebrated Hanukkah, which means "rededication," by lighting a menorah for eight days in memory of that event.

The Village's Jewish residents will gather together with friends of all faiths to light the menorah at 5:30 p.m., each evening outdoors, adjacent to the Lakeside Dining Room and Cassels Tower.



# Save The Dates And Join Us At John Knox Village For These Events

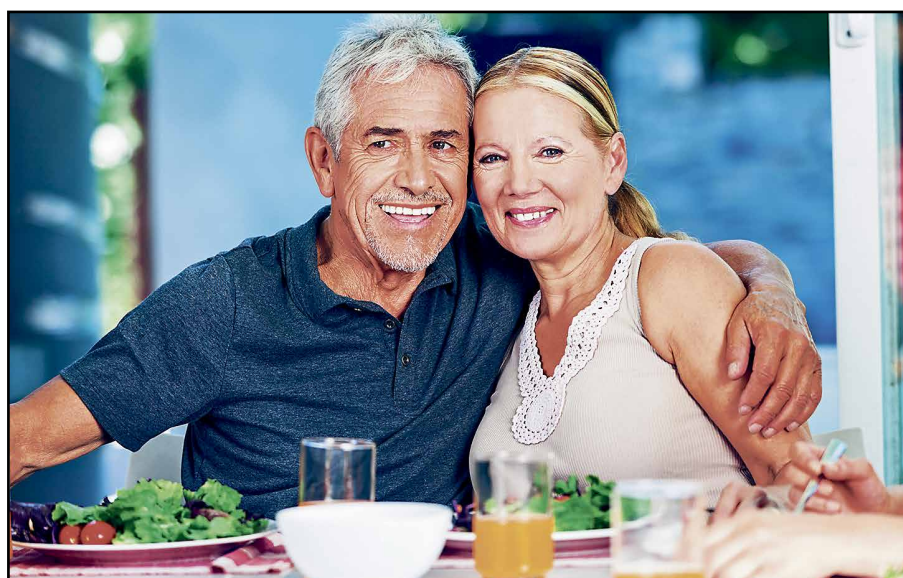


## Be Our Guest for the Holiday "Tour of Lights" on Tuesday, Dec. 5 at 6 p.m. Meet in the Lobby of The Woodlands

The 70-acre campus comes alive with 100,000 holiday lights and festive decorations at every turn, along the streets and paths of John Knox Village. Meet and greet fellow guests and residents, then board Village buses and enjoy the tour. We'll meet back at The Village Centre Auditorium after the "Tour of Lights," to share in convivium, snacks and refreshments. You can even get your photo taken with Santa and enjoy the costumed holiday entertainers. Plan to attend this fabulous holiday event. **Call the Marketing Department (954) 783-4040 for reservations.**

## You Are Invited to a Lunch and Learn on Tuesday, Dec. 12 at 10:30 a.m. in The Woodlands' Life Enrichment Center

Plan to attend the December gathering to learn about John Knox Village and to enjoy a delightful lunch. Hear about the benefits of a life plan continuing care retirement community and get all the details of life at John Knox Village. Take a tour of the lush, tropically landscaped campus and visit several newly renovated one and two-bedroom model homes. Meet Village residents, who will be happy to answer all your questions. **Call the Marketing Department (954) 783-4040 for reservations.**



## Join Us for a Festive "Christmas in the Village" Concert Saturday, Dec. 16 at 6 p.m. in The John Knox Village Centre Auditorium

The Venetian Arts Society is partnering with John Knox Village in a gala "Christmas in the Village" concert and you are invited. Enjoy an evening of holiday melodies featuring the incomparable Elli Clarke and her ensemble of master jazz instrumentalists, as well as America's newest crooning sensation, Louis Amanti, dance soloists from Cuban Classical Ballet of Miami, South Florida Wind Ensemble, pianist Andrew Boss and children of the Miss Grid Music School. **Call John Knox Village at (954) 783-4040 for reservations to this memorable holiday concert.**



## SENIOR + CONNECTION

You Are Invited on Thursday, Dec. 14  
 • Silver Scribes Book Class at 10 a.m.  
 • Digital Photo Class at Noon

Have you ever wanted to publish your autobiography, novel or collection of short stories but have no idea how? All you have to do is join our Silver Scribes and do the writing. We'll take over the technical publishing of your life story.

Want to learn more about your digital camera? Bring your camera with you to the photo class. Come for one class or both. Meet in the Cassels Tower Party Room at John Knox Village. **Call to reserve your place for the classes: (954) 783-4040.**



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

[f](#) [t](#) [v](#) JohnKnoxVillage

## Crossword Puzzle Of The Month

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15					16			17			
18				19		20		21			
			22		23						
24	25	26		27			28		29	30	31
32			33		34		35		36		
37				38		39		40		41	
			42		43						
44	45	46				47		48	49	50	51
52				53		54		55			
56				57				58			
59				60				61			

- |                            |                                     |                                |                                     |
|----------------------------|-------------------------------------|--------------------------------|-------------------------------------|
| <b>ACROSS</b>              | 37. Lawful                          | <b>DOWN</b>                    | 29. Civil Aeronautics Board (abbr.) |
| 1. Siberian antelope       | 39. Old Irish counterfeit coin      | 1. Lath                        | 30. Television channel              |
| 6. Exclamation             | 41. Jap. festival                   | 2. Senior (Fr.)                | 31. Belonging to (suf.)             |
| 9. Gross (abbr.)           | 42. Melodious                       | 3. "Bus Stop" playwright       | 33. River into the Yellow Sea       |
| 12. Dirge                  | 44. Sugar cane shoot                | 4. Form of arthritis           | 35. Tie                             |
| 13. Underwear              | 47. Honor                           | 5. Tax                         | 38. Cup                             |
| 14. Science class          | 52. Anti-aircraft artillery (abbr.) | 6. Warp yarn                   | 40. Ill                             |
| 15. Cattle breed           | 53. School organization (abbr.)     | 7. Zenith                      | 43. Within (Lat.)                   |
| 16. Egypt. god of pleasure | 55. Polishing material              | 8. Dash                        | 44. Thunderfish                     |
| 17. Sp. article            | 56. Altar constellation             | 9. Overflow                    | 45. Berne's river                   |
| 18. Wobble                 | 57. Hours (abbr.)                   | 10. Hindu princess             | 46. S. Afr. dialect                 |
| 20. Of a nation            | 58. Forbidden City                  | 11. Old Gr. coin               | 48. Ceylonese langur                |
| 22. Group of six           | 59. Ancient stringed instrument     | 19. Actual                     | 49. Down with (Fr., 2 words)        |
| 24. Old (Ger.)             | 60. Deviant shout                   | 21. Of the kind of (suf.)      | 50. Deep cut                        |
| 27. Juice                  | 61. Avesta division                 | 23. Coil (pref.)               | 51. State (Fr.)                     |
| 28. Alcove                 |                                     | 24. Aggregate                  | 52. Hardwood                        |
| 32. Recline                |                                     | 25. Law (Fr.)                  |                                     |
| 34. "___ Abner"            |                                     | 26. Tender loving care (abbr.) |                                     |
| 36. Woman's work basket    |                                     |                                |                                     |

Answers On Page 11.

## From Music To Theatre And Ballet: Check Out These December Events

**December 2**  
**South Florida Jubilee Chorus:**  
**A Country Holiday**  
 50 W. Atlantic Blvd.  
 Pompano Beach, FL 33060  
 (954) 839-9578  
 www.ccpompano.org  
 2 p.m. Adult tickets \$24

**December 3 & 5**  
**Symphony Of The Americas:**  
**Holiday Voices**  
**Amaturo Theater at The Broward Center for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 Dec. 3 at 2 p.m., Dec. 5 at 7:45 p.m.  
 Tickets from \$20

**December 6**  
**Gold Coast Jazz:**  
**Ann Hampton Callaway**  
**Amaturo Theater at The Broward Center for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:45 p.m. Tickets from \$27.50

**December 8**  
**Master Chorale Of South Florida:**  
**Handel's Messiah**  
**Au-Rene Theater 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 \$35

**December 12 - 24**  
**School Of Rock – The Musical**  
**Au-Rene Theater at The Broward Center for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 Eves. & Mat. Tickets from \$30



**December 15 - 17**  
**Arts Ballet Theatre Of Florida:**  
**The Nutcracker**  
**Parker Playhouse**  
 707 NE 8th St.  
 Fort Lauderdale, FL 33304  
 (954) 462-0222  
 www.browardcenter.org  
 Eves. & Mat. Tickets from \$16.50

**December 19**  
**South Florida Symphony:**  
**Mozart Meets Hemingway & Flamenco**  
**Parker Playhouse**  
 707 NE 8th St.  
 Fort Lauderdale, FL 33304  
 (954) 462-0222  
 www.browardcenter.org  
 7:30 p.m. Tickets from \$35

**December 30**  
**The State Ballet Theater Of Russia:**  
**Swan Lake**  
**Parker Playhouse**  
 707 NE 8th St.  
 Fort Lauderdale, FL 33304  
 (954) 462-0222  
 www.browardcenter.org  
 3 p.m. Tickets from \$26.75

www.pompanofun.com  
 www.artscalendar.com  
 www.sunny.org  
 www.broward.org  
 www.theampompano.org  
 www.fortlauderdale.gov  
 www.broward.org/library  
 www.pompanobeachcra.com  
 www.ccpompano.org

Check with your local community calendars for special Holiday Events including boat parades in Ft. Lauderdale and Pompano Beach, community Holiday Parades and tree lightings. Events listed were current at press time, however are subject to change. Please contact each venue for the latest information.

### Sudoku

Answers On Page 11.

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

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

## Experience The Joy Of The Nutcracker Ballet

Keep Family Holiday Traditions Alive And Support The Arts

**A Remembrance By Marty Lee**  
 Gazette Contributor

For the first years of our grandsons' lives, our family tradition indulged our eyes, ears, minds and hearts with the Christmas Eve performance of Ballet Florida's "The Nutcracker," at the Kravis Center for the Performing Arts in West Palm Beach.

It was truly a festive occasion, as the young boys dressed in their holiday suits, the ladies in their Christmas finery and the gentlemen in our velvet vests. The magic, awe and fascination of sparkling stage imagery, colorful theatrical lighting, familiar orchestral music and magnificent dance performances remain fixed in our minds and hearts, as a true Christmas tradition.

"The Nutcracker" was a festive occasion we all anticipated every year, however our family tradition was not to continue. Ballet Florida succumbed to financial difficulties and canceled the remainder of its season in 2009.

### Memories Are Made Of This

As the holidays approach, we all miss that Christmas Eve tradition. Looking back over the years, the most precious Christmas memories were those special times shared with family. Our Christmas Eve "Nutcracker" tradition is integral to those memories.

Who can forget the magic of Clara, Herr Drosselmeyer, the Nutcracker and the Mouse King in the opening act? We marveled at the magic of Clara and her Prince's mystical travels to the beautiful Land of Sweets, as the stage came alive with angels, sugar plums, chocolate, coffee, tea, candy canes, marzipan, and Mother Ginger with her children. We experienced



Ballet Florida's Nutcracker was our family tradition. The ensemble takes a bow on Christmas Eve, 2007.

the stunning dénouement and romance of the pas de deux shared by the Sugar Plum Fairy and her Prince.

If you and your family carry on a Nutcracker tradition, kudos to you. If you have not treated your family, children and grandchildren to a performance of "The Nutcracker," it is certainly something to consider this holiday season.

While the children and grandkids may be asking for holiday gifts including the latest iPhone, Bluetooth headset or PlayStation game, those items, as

we know, will have a limited life. Those very important pieces of today's electronics will become dated and forgotten, as the newest, greatest and most capable replacements hit the shelves next Christmas.

### A Performance For The Entire Family

The magical experience of "The Nutcracker," will leave the youngsters in your family with a feeling of joy and exhilaration that will last a lifetime. Consider attending a performance of "The Nutcracker," produced by one of South Florida's fine ballet companies:

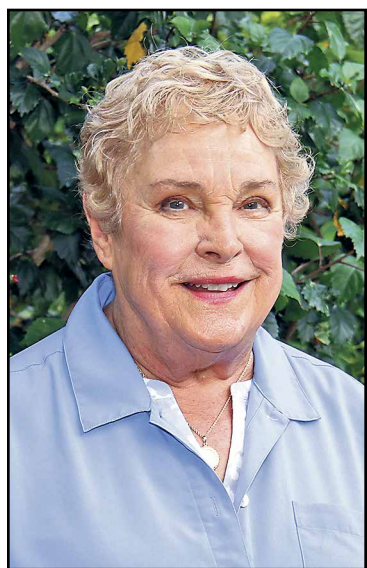
- Ballet Palm Beach, Dec. 1 - 3, at the Kravis Center for the Performing Arts, West Palm Beach.
- Arts Ballet Theatre Of Florida, Dec. 8 - 10 at the Aventura Arts & Cultural Center, Aventura.
- Florida Classical Ballet, Dec. 9 & 10 at the Pompano Beach Cultural Center, Pompano Beach.
- Arts Ballet Theatre Of Florida, Dec. 15 - 17 at the Parker Playhouse, Ft. Lauderdale.
- The Miami City Ballet, Dec. 15 - 24 at the Ziff Ballet Opera House at the Adrienne Arsht Center for the Performing Arts, Miami.
- The Miami City Ballet, Dec. 28 - 30 at the Kravis Center for the Performing Arts, West Palm Beach.



# The Doctor Is In

## A Psychiatrist's Second Installment On Leadership Traits

**Dr. Roberta Gilbert**  
Gazette Contributor



The big subject brought up last month was: "Who do we perceive as an effective leader and are there identifiable traits which all effective leaders possess?"

I proposed three important qualities (though there are many more).

Here are three qualities that effective leaders

have in common:

- **They have more choice over their emotions than most of us.**
- **They think things through, to the point that they have guiding principles that assist them in life.**
- **They are relationship masters.**

Last month, we looked at the first – having choice over being emotionally intense or not. Today, we see another important aspect – that of thinking through to guiding principles.

### Guiding Principles

What are guiding principles? They are the bedrock of who we are. They say: "This is what I believe and stand for, this makes me the person that I am." High-level leaders have them and go by them.

Most of us have never done the hard work of thinking that it takes to get to guiding principles. Instead, we have simply accepted what our families, our educators or our theologians have told us about what to believe. These ideas can sometimes lead us down blind alleys. They are adopted principles, not really

what I consider guiding principles for living life.

### How Do We Get To Guiding Principles?

1. **By thinking them through, over time.**
2. **Testing them out in the crucible of life.**
3. **Adjusting them when need be.**

Thinking is hard work, so most of us tend to avoid it. Like going to the gym, we know it is good for us, but because it involves expenditure of so much energy, we opt out. Actually, the brain uses more energy in thinking than we do by exercising muscles.

However, if we are willing to do the work of thinking, we can come away with principles that we can live by. We will develop into leaders for our family, for organizations. If not, things will just continue in the same old undesirable way. No leadership there. However, whether we aspire to leadership or not, we all need basic guiding principles to help us sort out all that life throws our way.

In addition, principles must be tested in the crucible of life. Trying them out shows us if they work or not.

Too, guiding principles are not set in concrete. They can be modified if testing in life circumstances or logic does not bear them out. In other words, they can change as new data come into play.

But we will usually, if not always, find that high-level leaders, the kind we all admire and emulate, have basic guiding principles behind their decision-making. They are also there, ready to calm themselves and their groups emotionally when needed. As I set out last month, this from Bowen's writings describes such a person as: "having the courage to define self ... as invested in the welfare of the family as in self, who is neither angry

*"This is what I believe and stand for, this makes me the person that I am."*



nor dogmatic, whose energy goes into changing self rather than telling others what they should do, who can know and respect the multiple opinions of others, who can modify self in response to the strengths of the group, and who is not influenced by the irresponsible opinions of others."

Next month, we'll discuss how high-level leaders are relationship masters.

*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. E-mail your questions for Dr. Gilbert to [rseitz@jkyfl.com](mailto:rseitz@jkyfl.com)*

## Book Review

### Quiet

**The Power Of Introverts In A World That Can't Stop Talking**  
By Susan Cain

**Donna DeLeo Bruno**  
Gazette Contributor

Do you prefer to listen more than talk? To while away an evening curled up with a book rather than accept an invitation to a party? Do you prefer to work on tasks alone, preferably in a closed room rather than brainstorm strategies in a group with colleagues? Are you highly empathetic to others' distress and react keenly to injustice, feel extreme emotions, deplore small talk, have a strong conscience? If so, you may be among the one-third to one-half of those often referred to as introverts.

### Powerful Introverts We Know

Some mothers become very concerned when their child appears shy or timid when encountering new people and new situations, or when the child's teacher notices his tendency to avoid social interaction with others. The predominant message in this book is that such a child is okay; that there is nothing wrong with these traits in and of themselves. Don't think of such "introver-

sion" as something that needs to be cured. Some of the most successful people in the world are/were introverts: Charles Schwab, Bill Gates, Brenda Barnes – all highly effective CEOs; Albert Einstein, Mahatma Gandhi, Dale Carnegie. Author Susan Cain asserts that today there is a bias against quiet people, that they are often mistakenly considered hermits or misanthropes since ours is an outwardly oriented society.

### High Reactive Nervous Systems

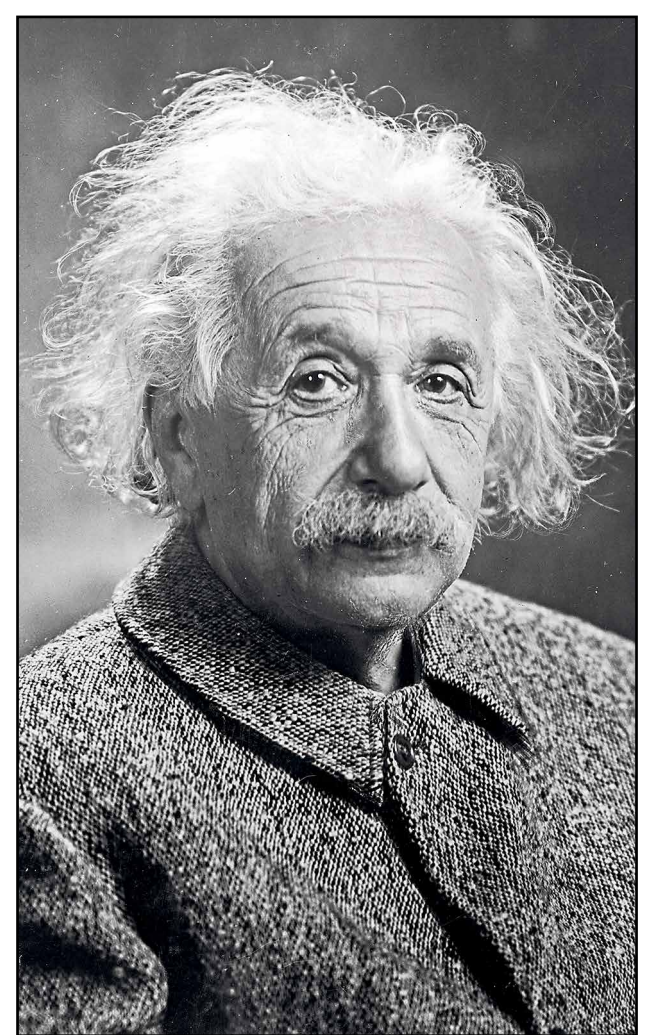
Extremely interesting are the many studies she cites, particularly those of Jerome Kagan, a leading Harvard researcher who studied infants' brains and behaviors at birth and whose work was picked up by his protege, Dr. Carl Schwartz at Massachusetts General Hospital using magnetic resonance imaging when these children grew up. They are the ones

credited with the "high reactive nervous system theory." They believe that certain temperaments are innate, but also believe that environmental factors can also contribute to introversion. Their studies support the premise that introversion and extroversion are physiologically, even, genetically based. Moreover, Schwartz's studies indicate that high or low reactive temperaments do not disappear in adulthood; that is, a bold or timid personality

does not essentially disappear as one matures. Rather, the individual can learn strategies to cope with these tendencies.

For those who undervalue the more deliberate thinking process and decision-making of "high reactive" introverts, remember Albert Einstein's words: "It's not that I'm so smart. It's that I stay with problems longer."

*Some of the most successful people in the world are/were introverts: Charles Schwab, Bill Gates, Brenda Barnes – all highly effective CEOs; Albert Einstein, Mahatma Gandhi, Dale Carnegie.*



*Albert Einstein was one of history's greatest thinkers. He developed general relativity between 1907 and 1915, with contributions by many others after 1915. The final form of general relativity was published in 1916. Photograph by Oren Jack Turner, Princeton, N.J. Copyrighted 1947.*

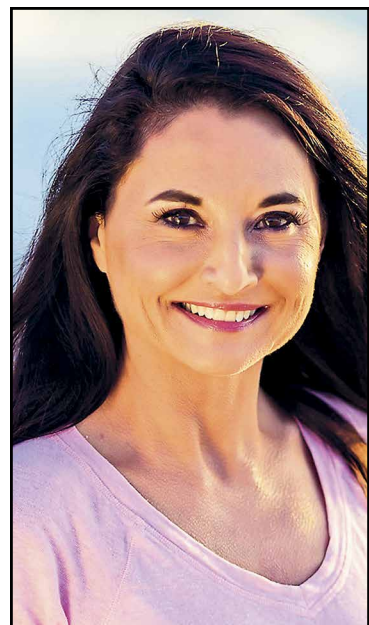
*Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books as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

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

# JKV Is Living Well With Carmel

## Powerful Hints To Boost Your Brain

**Carmel Baronoff**  
Gazette Contributor



As we get older, we all experience what I call brain fog. You know the days where you just can't seem to focus. It's those times when concentration is hard to obtain and you find that when you read a book or a magazine, for instance, you keep reading the same line over and over again. What about

brain blips? Where did I park my car? Or, you walk into a room to talk to someone and you forget what you were going to say. Senior moment.

These are just a few examples of brain lapses in memory and focus. Many people will attribute forgetfulness to an aging brain, but the truth is there can be plenty of underlying conditions. Allergies, lack of sleep, stress and hormonal imbalance should be considered first, before you think you're sinking into dementia. Improving your overall health and well-being will help you sharpen your brain and increase mental sharpness. Think of the following as a kind of brain detox, a healing regimen to help stimulate your mind:

### Regular Exercise

I also say getting out there. Getting the heart pumping helps improve the brain. Cardiovascular exercises and yoga will improve

circulation and help you relax.

### Spice it Up

Tumeric is one of the most anti-inflammatory of spices. Use it in your recipes and enjoy one of the greatest brain healers that Ayurvedic medicine has to offer.

### A Good Night's Sleep

When you sleep, your body and mind relax, as well as detox. Sleep is one of the greatest healers.

### Drink Water Throughout The Day

Not an easy task, but your mind and body will thank you for it. Drink one ounce of water for every two pounds of body weight.

### Mind Over Matter

Meditation is, by itself, a powerful way to detox the mind. Let go and relax. Concentrate on the positive and constructive. Think nurturing thoughts and throw away any toxic feelings. Detox mentally.

Here are several brain boosters from *Healing Our World* magazine:

#### 1. Feeling Blue? Try Blueberries.

Blueberries are filled with proanthocyanidins which give these berries their blue color. Proanthocyanidins decrease the damaging free radicals in the brain and protect it from environmental toxins. It's also believed that blueberries can reverse some memory loss and motor skill decline.

#### 2. Get Puzzled.

Puzzles keep your memory sharp as you age. Why? Studies show that brain teasers



such as puzzles, crosswords and Sudoku stimulate the part of the brain that handles memory and abstract thinking.

#### 3. Oil Your Brain.

The brain is 60 percent fat and loves to be lubricated in healthy fats which help in all the brain's functions. Try Omega-3 fatty acids that are found in walnuts, hemp seeds, flaxseed, chia seeds and seaweed.

We all know the importance of working out our bodies as we get older. Don't forget to keep you brain limber too. As Thomas Edison once said, "The chief function of the body is to carry the brain around."

#### Live your dreams...

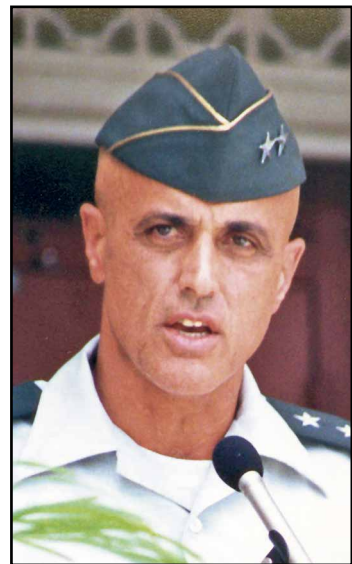
**Carmel**

*An author, chef, TV personality, nutritionist, wellness coach and trainer, Carmel Baronoff is hostess of a locally produced health and fitness show titled "Living Well With Carmel." John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village's commitment to expanding the Seven Dimensions of Wellness for its residents. A partnership has been forged with JKV and Carmel that includes motivational columns for The Gazette.*

# Do You Have A Headache? It May Be Hydrocephalus

## Steps To Health By Burn Loeffke 'The Peace General'

**Burn Loeffke**  
Gazette Contributor



*"We are going to cut into your skull and place a tube in the brain to drain excess fluids..."*

The surgeon was explaining the procedure that would put a shunt (a type of valve) that would monitor the pressure inside my brain. The shunt opens and closes depending on the amount of CSF (cerebral spinal

fluid) pressure in the brain.

The average adult produces about one pint (500 cc of CSF) per day. When the CSF circulatory path around the brain is blocked it causes the ventricles (cavities) in the brain to enlarge. This creates pressure inside the brain resulting in hydrocephalus (water in the brain).

### Why Should We Care About Hydrocephalus?

Anyone can get hydrocephalus. We can develop it as part of the aging process, be born with it, or injury to the head are the main causes. Brain tumors and meningitis are other causes. We are all getting older. It is useful to know the symptoms as health providers often mistake hydrocephalus with symptoms of Alzheimer's disease.

### What Are The Symptoms?

Think of the German car BMW, as a way to remember the main symptoms:

- Bladder problems (incontinence)
- Memory impairment
- Walking difficulty (wide gait, balance challenges)

How did I get hydrocephalus? Maybe repeated trauma to the head (more than 200 parachute jumps with two malfunctions), two helicopter crashes, wounds in combat or the aging process.

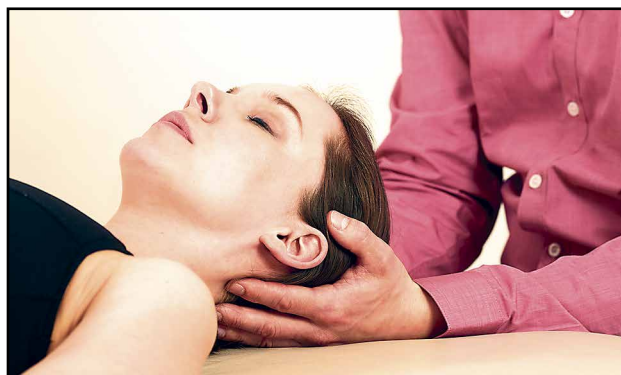
In November, I spent a week at the Upledger Institute going through an intensive protocol for veterans with brain injuries. We were treated with Craniosacral Therapy (CST). CST is a light touch approach that releases tensions deep in the body. It relieves pain and improves health and performance.

Years ago, I went to the Institute to see firsthand the results. I was impressed. Months later, I got certified and used it on medical missions in Africa where we had little high tech, but a lot of high touch.

### Craniosacral Therapy Can Help With:

- Headaches
- Chronic neck and back pain
- Fatigue
- Orthopedic problems
- Many other illnesses

Give it a try. It may bring relief. To learn more about the Upledger Institute visit: [www.upledgerclinic.com](http://www.upledgerclinic.com)



*Then Captain Loeffke (right without a cap) walked away from a helicopter crash, where two soldiers died from head wounds during the 1960s. The crippled helicopter is in the background.*

*Burn Loeffke is 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.*

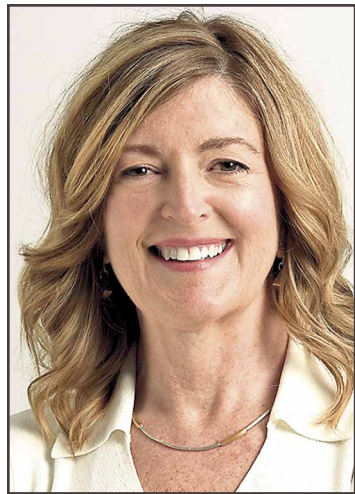
*Today, as a senior, he starts his day at Hollywood Beach, FL with 200 crunches, 10 minutes of stretching and then, with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.*



# Your Guide To The Latest Tech Holiday Gift Ideas

## Ask Abby Stokes: Your Friendly Guide To Everything Digital

Abby Stokes  
Gazette Contributor



I am more intrigued by value options rather than upgrading every year to the newest iPhone.

Every year, there is something new in the tech world that you will want to include on your holiday wish list.

Of course, iPhone fans will have their choice of the iPhone 8, the 8 Plus and the all new (and more expensive) 10th anniversary iPhone X. For me however, I

### My Holiday Gift Top 10

After much deliberation, examination and researching reviews, here are ten of my favorite ideas for giving or receiving this holiday season. Some of these tech wizards will interconnect with your Smartphone, others through your Wi-Fi connection. Yet another, will leave you free to enjoy your communication connections, while independently vacuuming your home. One last little gadget will keep your usb charged devices topped off in case of a power-out emergency, and will even heat your coffee while out in the wilderness camping. Happy Techie Holidays!

### Amazon Echo (\$99)

“Alexa play Barry White and dim the lights.” Need I say more about why someone would love to have the Echo for hands-free shopping and smart home control?

### BioLite CampStove 2 (\$129)

You burn wood to boil water, heat a meal, or charge your phone with this handy tech gadget for outdoor loving friends. Also handy when a storm takes out your electricity.

### iRobot Roomba 980 Vacuum (\$899)

I know the price tag is high, but this vacuum cleans almost any floor or carpet type and the sensors allow it to work around furniture and beds. It runs for 120 minutes and then finds its way back to its station to recharge. Worth every penny.

### Roku Express (\$29.99)

Roku Express provides a smooth HD streaming experience on your big-screen TV. Simply plug it into your TV and connect to the Internet. Enjoy 500,000+ movies and TV episodes across thousands of free or paid channels like Netflix, Amazon Video, and HBO.



### JBL Flip 4 Waterproof Portable Bluetooth Speaker (\$89.95)

This compact, portable speaker delivers great sound and is waterproof. It supports up to 12 hours of sound. No pool party should last longer than 12 hours, right?

### Amazon Fire HD 8 (\$79.99)

Some lower priced tablets can be a let-down. But Amazon’s newest Fire does not disappoint. Alexa, your own voice-activated assistant, is included. You can ask it questions, instruct it to play music, read your email, watch movies and much more.

### Fitbit Alta HR (\$149.99)

If you didn’t get a Fitbit last year, this all-around fitness tracker is better than ever. Track your activity level, sleep patterns, calorie burning, and more. You’ll have no excuse for not getting in those 10,000 steps a day.



### Incase NoviConnected Travel Roller (\$300)

For that tech traveler in your life, this carry-on suitcase is chock-a-block full of technology. It has a TSA-approved built-in battery, so you can charge your laptop or Smartphone. There’s also a Bluetooth tracker, so if the airline loses your suitcase, you can track it down yourself.



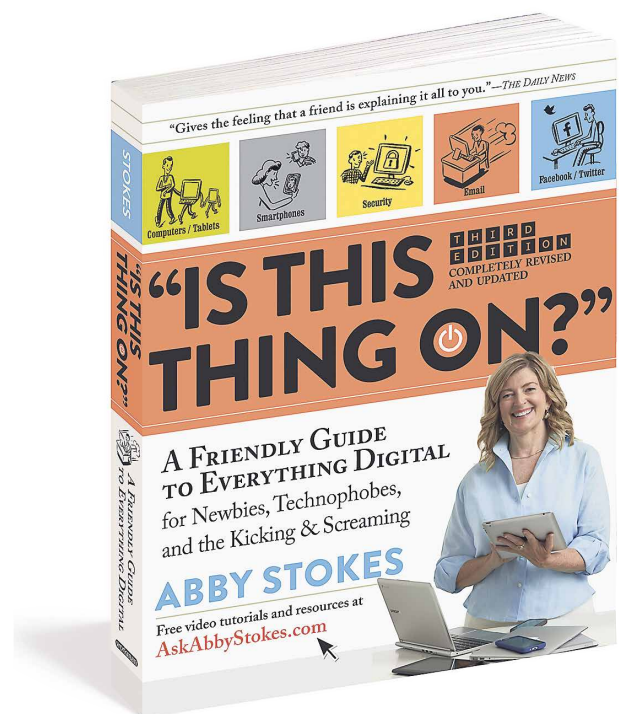
### Prynt Pocket Instant Photo Printer For The iPhone (\$150)

For those who still like to hold a photo in their hand, this device turns your iPhone into an instant camera with 2” x 3” prints as a result. You can even peel off the back of the photo and make it into a sticker.

### Joby GripTight ONE GorillaPod Stand (\$28)

This is a perfect stocking stuffer. It works with any Smartphone and can attach to nearly any object for perfect photo or video shooting, or hands-free watching of videos on your phone.

Best wishes to *The Gazette* readers, and hopes that all your techie wishes come true this holiday season.



Abby Stokes, author of “Is This Thing On?” *A Friendly Guide to Everything Digital for Newbies, Technophobes, and the Kicking & Screaming* and its companion website [AskAbbyStokes.com](http://AskAbbyStokes.com), is the Johnny Appleseed of Technology, single-handedly helping more than 300,000 people cross the digital divide. A firm believer that “if my mother can learn the computer anyone can.” Abby splits her time between New York City and Niantic, CT.

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

[f](#) [t](#) [v](#) [y](#) JohnKnoxVillage

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

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

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

# Wellness Begins With "We"

## This Holiday Season, We Celebrate The Wellness Of Togetherness.

**Verna Chisman**  
JKV Wellness Director



Verna Chisman

A few months ago, I was fortunate to have the opportunity to present to the John Knox Village Rotary Club and I mentioned how the word "Wellness" begins with the word that is a major component of one's overall well-being "WE." To thrive in life, We need to have togetherness, relevance, integration, vision and expectancy. In my last article, I focused on the importance of togetherness and how being together in a community that supports one another can positively impact our sense of Wellness every day.

For those of us who went through Hurricane Irma in the Village, we learned that Mother Nature was quite strong, but not nearly as strong as our commitment to making sure that everyone was safe, cared for and comforted during a very stressful time. Our staff and residents worked together to weather that storm, and as a result, friendships were strengthened, and new friendships were created.

**Holiday Expectations**  
Many of us look forward to experiencing the sights, sounds, feasts and events of the season. For some, however, the holidays can be a difficult time. The holidays can cause us to reflect upon our lives, families and friendships – some thoughts, memories and relationships are joyful, others may be sad, frustrating or tense. As families and friends gather, be mindful and supportive of those who struggle during the holiday season. The National Alliance on Mental Illness (NAMI) reports that 64 percent of people who suffer with depression find that the holidays make their condition worse. The holidays have a way of creating a social pressure to be joyous, remembering old memories,

and oftentimes straining yourself financially to buy gifts or travel. The encouraging news for our John Knox Village family, is that we have created community traditions that involve sharing and mutual celebrations: Traditions that build togetherness. In addition to the positive feelings and sense of well-being that we get from our friendships in our lovely Village, there are real health benefits as well.

A study, published in the *Journal of the International Neuropsychological Society*, found that the rate of cognitive decline dropped by an average of 70 percent in seniors who were socially active frequently, compared to those who weren't. Another study, published in the *American Journal of Epidemiology*, found that older adults who took part in social activities on a daily, or weekly, basis had a 40 percent less chance of developing dementia compared to those who did not.

During Active Aging Week, many of our residents participated in Phyllis Strupp's "Train the Brain" workshops and discovered how important socialization and togetherness is for our overall well-being. In her book "Better with Age: The Ultimate Guide to Brain Training," Phyllis Strupp, explains how neuroplasticity helps our brains get better with age. She emphasizes "the overriding importance of social engagement and culture for neuroplasticity at all ages." However, since World War II, the United States has largely abandoned the extended family model. As a result, many elders are socially isolated, lonely and vulnerable to stress-induced inflammation that promotes disease and undermines neuroplasticity.



### Celebrating Holiday Togetherness

Throughout our Village this holiday season, you will find many opportunities to join your friends and family in celebrating life and the joy of togetherness:

- Christmas Caroling
- Christmas in The Village
- Venetian Arts Society
- Hanukkah
- Holiday Concerts
- Holiday Parade
- Holiday Parties
- Holiday Tour of Lights
- Christmas Eve Services
- New Year's Eve Party

However you may be feeling during this holiday season and throughout the year, John Knox Village residents know they have a large family who truly cares about them and are happy to help, encourage and support. If they ever feel like they need someone to talk to, cry with, pray with, eat with, shop with, do activities with, etc... We are here for them. Remember that "Friends are the family you get to choose for yourself," and they have many, many friends here in the Village.

Again, Wellness begins with "We" and We look forward to sharing another magical Holiday season, together, with all of you.

## Your New Home For The Holidays And Every Day

As a Gazette reader, you have the first opportunity to move into this convenient 2 bedroom and 2 bath apartment home in Cassels Tower. With 1,258 square feet of living space, this apartment is a showplace of space, style and exceptional livability. The master bedroom suite offers spacious dual closets. Enjoy a full complement of features including stainless steel appliances, luxury upgrades and a wonderful location central to everything the campus has to offer.

### Designer Kitchen

- Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave
- LED kitchen lighting
- Under-mount stainless steel sink w/spray faucet and disposal
- Quartz/granite kitchen countertops
- Choice of upgraded backsplashes
- Contemporary and traditional kitchen hardware
- Generous cabinet selections

### Master Suite

- Walk-in closet
- Baseboard molding
- Walk-in shower
- Washer and dryer

### Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option

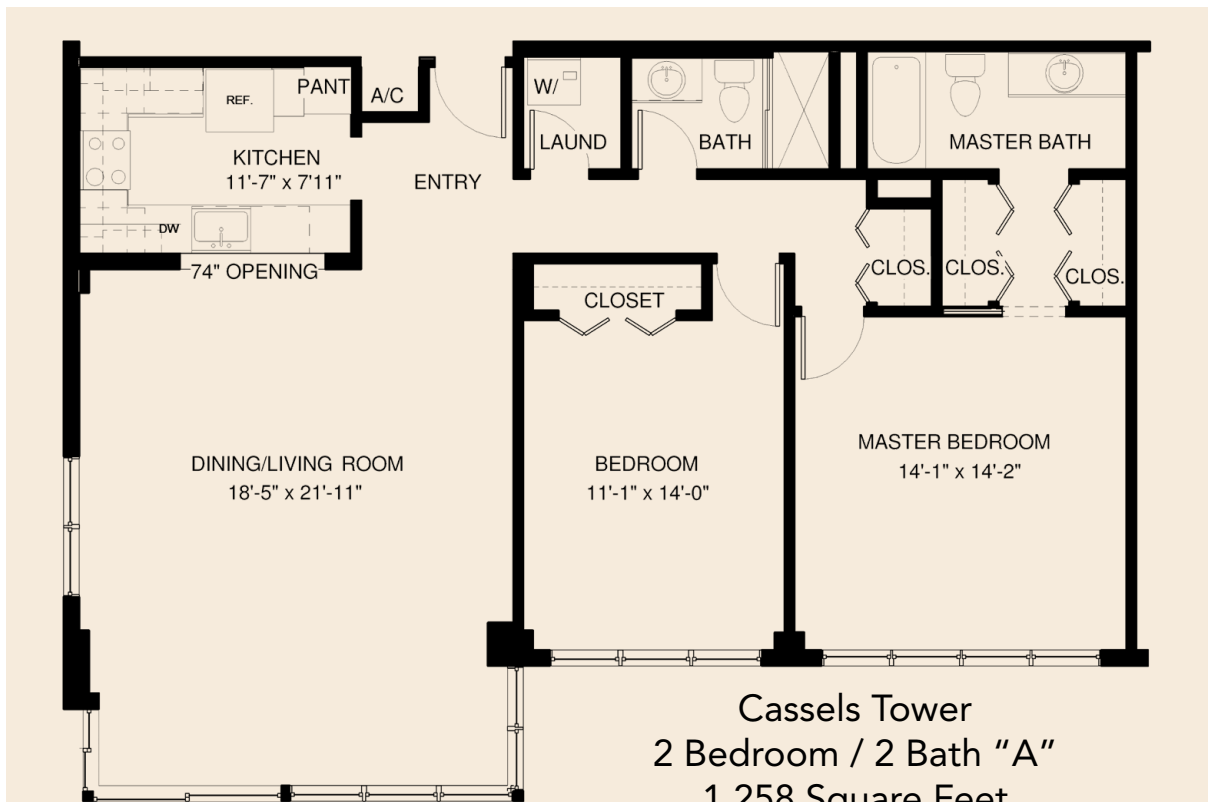
### Enjoy The Lifestyle

As a JKV resident, you will enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the spa, Fitness Studio, Bistro, heated pool and more.

For more information visit the JKV website: [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com), or Facebook at [www.facebook.com/JohnKnoxVillage](https://www.facebook.com/JohnKnoxVillage).



Some guests, who toured the model homes during the recent Parade Of Homes, look over another newly designed apartment home.



Cassels Tower  
2 Bedroom / 2 Bath "A"  
1,258 Square Feet

Call (954) 783-4040 to speak with a Life Plan Consultant and to arrange a tour.

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