

A SENIOR MOMENT

Lets all be able to laugh at ourselves and to life in 2007 (We want to thank Mr. Lee Emerson, Sterling Aventura family member for submission, thanks for the Smiles Lee)

A 98 year old woman wrote this to her bank. The bank manager thought it amusing enough to have it published in the New York Times.

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month.

By my calculations, three 'nanoseconds' must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it. I refer, of course, to the automatic monthly deposit of my Social Security check, an arrangement which, I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways.

I noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person. My mortgage and loan payments will therefore and hereafter no longer be automatic, but will arrive at your bank by check, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an offense under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows:

1. To make an appointment to see me.
2. To query a missing payment.
3. To transfer the call to my living room in case I am there.
4. To transfer the call to my bedroom in case I am sleeping.
5. To transfer the call to my toilet in case I am attending to nature.
6. To transfer the call to my mobile phone if I am not at home.
7. To leave a message on my computer (a password to access my computer is required. A password will be communicated to you at a later date to the Authorized Contact.)
8. To return to the main menu and to listen to options 1 through 7.
9. To make a general complaint or inquiry, the contact will then be put on hold, pending the attention of my automated answering service.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous, New Year.

Your Humble Client

(Remember: This was written by a 98 year old woman)

JUST GOTTA LOVE SENIORS!



Good Hugs show Affection and can help you Bear anything!

A hug for all reasons in 2007 – Give a hug and know that you made someone Smile!

Hugs are not only nice, they are needed in our lives! Hugs can help to relieve pain and depressing feelings, make the healthy healthier, the happy happier and the most secure among us even more so. Hugging feels good, overcomes fears, eases tensions and stress, provides stretching exercises if you are too short and provides stooping exercises if you are too tall. Hugging does not upset the environment, saves heat, is portable and requires no special attention or equipment. Hugs make impossible days possible.

Here are three different types of hugs:

1. The Heart Centered Hug: Many consider this type the highest form of hugging. It begins with direct eye contact as the two huggers stand facing each other. Then they wrap arms around each other's shoulders or back. Heads are together and there is body contact. This hug is firm and meaningful but yet gentle. The huggers focus on the human compassion flowing from one heart to the other's heart. The heart centered hug is caring and full of passion with a sprinkle of tender loving emotion. It acknowledges that place at the center of each of us where pure, unconditional love is found in the body.

2. The A Frame Hug: Stand facing each other, arms wrapped around each other's shoulders, sides of heads pressed together, bodies not touching below the

shoulders. The length of time spent together is usually brief, since this hug is often referred to as the "hello" or "goodbye" hug. The A Frame Hug is most appropriate for situations that require a degree of formality. Because it is relatively non-threatening, it is comfortable for shy and unpracticed huggers. An A Frame Hug is particularly apt for a great-aunt you have not seen since you were a younger person, your partner's boss's wife or your former college Dean.

3. Cheek Hug: A very tender, gentle hug that often has a spiritual quality to it. It can be experienced comfortably sitting down in a chair, standing up or even with one hugger sitting and one hugger standing. Press the sides of your faces together, cheek to cheek. Breathe slowly and deeply. Within seconds, you both will feel very relaxed. The cheek hug often stirs deep feelings of kindness and human compassion, especially when the two huggers are close in friendship. A cheek hug is tasteful way to greet an old friend or relative who is seated, say a wordless "I am sorry" or to share in a friend's joy at a happy occasion.

A Hug Makes You Feel Good All Day!

Peter



The Silver Connection



The Sterling Aventura • 2777 NE 183 Street • Aventura, FL 33160 • (305) 918-0000 • www.sterlingaventura.com **January 2007**

The Sterling Team

Executive Director

Charles Hatch, Ext. 201

Director of Nursing

Debora Aragona, Ext. 242

Resident Relations Director

Jeremy Jordan, Ext. 231

Director of Food Services /

Executive Chef

Hassan Ghanbari, Ext. 211

Social Director/Activities

Peter Leighton, Ext. 244/245

Director of Housekeeping &

Maintenance

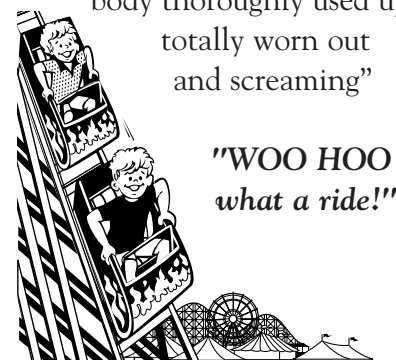
Butch Tenay, Ext. 229

Office Manager

Nancy Kelly, Ext. 203

Remember this motto – it is one way to LIVE LIFE!

“Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming”



“WOO HOO what a ride!”

Some positive thoughts for the New Year 2007!

Peter C. Leighton (Adopted from George Carlin, Comedian, 2005)

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less.

We have bigger homes and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less health and wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, sleep less, read too little, watch TV too much and pray too seldom.

We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living but not a quality life. We've added years to life; not life to years. We've left our seniors and their wisdom behind and that's sad. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but continue to pollute the soul. We've conquered the atom, but not our prejudice. We frivolously write but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less socially.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes with more divorce and fancier houses but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies and pills that do everything from cheer, to quiet, to kill.

It's a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight with someone you love or to just hit delete:

Remember - spend some time with your loved ones, because they are not going to be around forever... this includes your grandparents, great aunts and great uncles!

Remember - say a kind word to someone who looks up to you in awe because that little person soon will grow up and leave your side.

Remember - to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a penny.

Remember - to say, "I love you" to your partner and your loved ones, but most of all mean it from your heart and soul! A kiss and an embrace will mend hurt when it comes from deep inside.

Remember - to hold hands and cherish each moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind as these are gifts.

AND ALWAYS REMEMBER - Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Enjoy and cherish 2007!

The Sterling Aventura wants to thank Ms. Lori Shuman – Auspitz, Cameo Caregivers, Guardianship Professionals, the best in Miami Dade County, for donating our community 15 sets of Christmas lights and Hanukkah holiday items for us to use in our community.

The lights were quickly placed onto our 9 Christmas trees and one Hanukkah bush.

We are very appreciative, thank you!