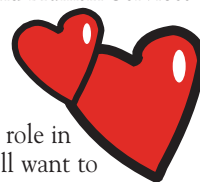


Heart Health Month 2007

A message for Seniors / The Elderly

U.S. President George Bush and the Department of Health and Human Services



Heart disease is the leading cause of death in the United States. It affects men and women of every age and race. During February 2006, American Heart Month, we encourage all Americans to join the fight against heart disease and to learn more about how to prevent it.

More than 65 million Americans suffer from one or more forms of cardiovascular disease including high blood pressure, coronary heart disease, congestive heart failure, stroke, and congenital heart defects. Many of the risk factors that can lead to heart disease, such as high blood pressure, high blood cholesterol and diabetes, can be prevented or controlled. Research shows that men and women who lead healthy lifestyles including making healthy food choices, getting regular exercise, maintaining a healthy weight and choosing not to smoke or drink excessively, can significantly decrease their risk of heart disease.

Heart disease is responsible for the deaths of one in three women in the United States. To make women more aware of the danger of heart disease, the National Heart, Lung and Blood Institute of the National Institutes of Health has joined with the Department of Health and Human Services to launch a nationwide campaign called "The Heart Truth." This important campaign encourages women to learn more about heart health, to lead healthier lives and to talk with their doctors about their risk for developing heart disease. I urge all Americans to learn more about heart health and to reduce their risk factors for serious heart conditions. By making healthy choices, we can live longer and better lives.

Heart disease: Risk factors

In order to function properly, your heart needs a large and continuous stream of oxygen-enriched blood, which is supplied directly to your heart muscle through your coronary arteries. If your coronary arteries become clogged, blocked, inflamed, infected or injured; the blood flow to your heart will be reduced, which can cause injury to your heart muscle and in turn lead to heart disease or cardiovascular disease. Some of the more common outcomes of heart disease include myocardial infarction, ischemic heart disease and angina and arrhythmias.

General Risk factors for heart disease

Those you cannot change:

- **Family history:** Genetic predisposition can play a role in the development of heart disease. Your doctor will want to know if you have a family history of heart disease.
- **Age:** Wear and tear on your body is cumulative. The heart is no exception. The older you are, the more wear and tear your system will have and the greater the risk of your system not functioning as it did when you were younger.

Those you can change:

- **Smoking:** Smoking reduces the blood's oxygen level, injures artery walls and raises your heart rate and blood pressure.
- **High-fat diet:** Diets high in fat, especially saturated fats, increase the risk of fatty build-up in the arteries.
- **High blood cholesterol:** Cholesterol is a fatty substance required by your body to make cells. But your body only needs a certain amount. High blood cholesterol can cause arteriosclerosis.
- **Physical inactivity:** Regular exercise helps to strengthen your heart muscle and keep it in good working order.
- **Hypertension or high blood pressure:** Hypertension means your blood is hitting too hard against your artery walls. High blood pressure can increase your risk of stroke, aneurysm, heart failure, heart attack and kidney damage.
- **Obesity:** Being significantly overweight or obese increases your blood pressure, causing your heart to work too hard on less oxygen, as well as your risk of diabetes.
- **Stress:** Stress increases your heart rate and blood pressure, which in turn causes damage to your arteries and heart.
- **Diabetes:** Men with sugar diabetes (diabetes mellitus) have three to four times the likelihood of developing atherosclerosis, resulting in angina, heart attacks, strokes or peripheral vascular disease. Women with diabetes are at an even higher risk - probably four times that of non-diabetic women.

Reminiscing on LOVE and that special someone in your life...

How I met my spouse?

In 1954, I was a chubby teenager, so to lose weight I took up roller skating at Reits Roller Rink, a small friendly roller rink about seven miles from where I lived in Decatur, Georgia. The owner, Bill Reits, was a single man nine years my senior. He gladly helped all beginners and I surely needed help. I soon became a "regular" every Saturday night. I eventually got good enough for Bill to ask me to skate as his partner. I loved skating with him. He made me feel special and together we led all the dances and games. That made me feel even more special. The community got to know us as a couple.

One night I took my six younger brothers and sisters with me to the roller rink. It cost 50 cents each plus 25 cents each for skates so that was a big deal for me. One of the roads on the way to our country house was under construction, so I was very nervous about the return trip home in the dark with a load of little kids. Bill told me of an alternative back road and offered to lead the way in his car after he closed the roller rink. So we followed Bill, until he stopped to admit he was lost.

When we finally got home, Bill went into my mother and apologized and told her it was his fault we were late. I remember thinking that he was a

really nice guy! Mom invited him to have a cup of coffee while each kid excitedly told her about their skating experience. Bill asked me if I would like to go the next day to see a roller skating chimpanzee.

When Bill left that night, Mom said to me, "You aren't considering dating him, are you? He is nine years older than you!" "Of course not mom." He's just a nice guy."

Six months later, we were married and after we have celebrated our sixty-eighth wedding anniversary, I am sure that he is still a nice guy.

- So how did you meet your spouse?
- In what ways did you OR do you LOVE each other?
- If you could renew your wedding vows today – would you have the same tingly feelings inside you, as on the day you got married?

Happy Valentines Day 2007!

Peter

The Silver Connection



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

The Sterling Team

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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

The Origins of Valentines

(Excerpted from "Panati's Extraordinary Origins of Everyday things," Charles Panati)



As early as the 4th century B.C., the Romans engaged in an annual young man's rite of passage to the God Lupercus. The names of teenage women were placed in a box and drawn at random by adolescent men. Thus, a man was assigned a woman companion for their mutual entertainment and pleasure (often sexual), for the duration of a year, after which another lottery was staged.

Determined to put an end to this 800-year-old practice, the early church fathers sought a "lovers" saint to replace the deity Lupercus. They found a likely candidate in Valentine, a Bishop who had been martyred some 200 years earlier.

Traditionally, mid-February was a time for Romans to meet and court prospective mates. Young men offered women they admired and wished to court handwritten greetings of affection on February 14. The cards acquired St. Valentine's name.

As Christianity spread, so did the Valentine's Day card. The earliest one was sent in 1415 by Charles, Duke of Orleans, to his wife while he was a prisoner in the Tower of London. It is now in the British Museum of History.

The first American publisher of Valentines was Printer and Artist Ms. Esther Howland. Her elaborate lace cards of the 1870s cost from five to ten dollars with some selling for as much as thirty-five dollars. Since that time, the Valentine card business has flourished. Except for Christmas, Americans exchange more cards on Valentine's Day than at any other time of the year.

Love your Keeper on Valentine's Day!

Letter To A Keeper:

One day someone's husband died, and on that clear, cold morning, in the warmth of their bedroom; the wife was struck with the pain of learning that sometimes there isn't any more. No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute." Sometimes, what we care about the most gets all used up and goes away... never to return before we can say good-bye, or say "I love you."

So while we have it... it's best we love it... care for it... fix it when it's broken and heal it when it's sick. This is true for marriage and old cars and children with bad report cards and dogs with bad hips and aging parents and grandparents. We keep them because they are worth it, because we are worth it.

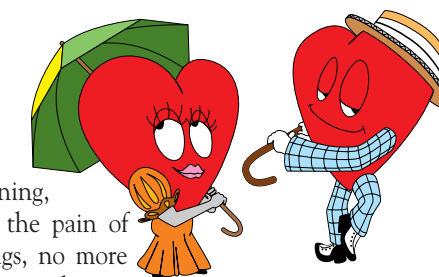
Some things in life we keep - like a best friend who moved away or a classmate we grew up with. There are just some things that make us happy, no matter what we experience.

Life is important, like people we know who are special... and so we keep them close!

I received this from someone who thought I was a "Keeper." Then I shared it with the people I think of in the same ways. Now it's your turn to share these thoughts with all those people who are "keepers" in your life.

Train your heart to smile and your soul to sing! Then you will find blessings in each and every thing.

You're a Keeper in 2007!



The Sterling Aventura community and staff want to personally thank Ms. Rose Winkler's daughters and family members for recently donating 66 hard and soft back books, both regular and large print, to our ever expanding diverse library system. Our residents are very appreciative and will diligently locate the new books and read them with expedience.

Our library boasts over 1800 books spread out onto seven floor lobbies and two activity rooms for our residents' enjoyment. Thank you for your recent generosity and donation!

We also want to thank resident Ms. Goldie Shulman for her recent donation of 33 new Yakima's for use by our community in all Hebrew services. Thank you for your kindness!



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