

# Shalom and Welcome to Passover: It's History & Meaning of Freedom in Faith!

Passover celebrates the Jewish people's freedom from Egyptian bondage that took place approximately 3,701 years ago, as told in the first 15 chapters of the biblical Book of Exodus. "Israelites" were enslaved by the Egyptians under the rule of the Pharaoh Ramses II. Per the Book of Exodus - Moses, a simple Jewish shepherd, was instructed by G-d to go to the pharaoh and demand the freedom of his people.

Moses' plea of let my people go was ignored. Moses warned the Pharaoh that G-d would send severe punishments to the people of Egypt if the "Israelites" were not freed. Again the Pharaoh ignored Moses' request of freedom. In response, G-d unleashed a series of ten terrible plagues on the people of Egypt. **The Ten Plagues:**

- |                            |                               |
|----------------------------|-------------------------------|
| 1. Blood                   | 2. Frogs                      |
| 3. Lice (Vermin)           | 4. Wild Beasts (Flies)        |
| 5. Blight (Cattle Disease) | 6. Boils                      |
| 7. Hail                    | 8. Locusts                    |
| 9. Darkness                | 10. Slaying of the First Born |

The holiday's name - **Pesach**, meaning "Passing Over" or "Protection" in Hebrew, is derived from the instructions given to Moses by G-d. In order to encourage the Pharaoh to free the "Israelites", G-d intended to kill the first-born of both man and beast. To protect themselves, the "Israelites" were told to mark their dwellings with lamb's blood so that G-d could identify and "Pass Over" their homes. The Pharaoh was unconvinced and refused to free the Jewish slaves, until the last plague.

When the Pharaoh finally agreed to freedom, the "Israelites" left their homes so quickly that there wasn't even time to bake their breads. So they packed the raw dough to take with them on their journey. As they fled through the desert they would quickly bake the dough in the hot sun into hard crackers called Matzohs. Today to commemorate this event, Jews eat Matzoh in place of bread during Passover.

Though the Jews were now free, their liberation was incomplete. The Pharaoh's army chased them through the desert towards the Red Sea. When the Jews reached the sea they were trapped, since the sea blocked their escape. It was then that a miracle occurred. The waves of the Red Sea parted and the Israelites were able to cross to the other side. As soon as they all reached the other side the sea closed trapping the Pharaoh's army as the waves closed upon them. Then as the "Israelites" watched the waters of the Red Sea sweep away the Pharaoh's army they realized they were finally free.

Before the Jewish people were known as Jewish or Jews - names that were derived from the region of Judea in what is today southern Israel where the word 'Judea' was itself named for the Hebrew tribe of Judah when they settled there - they were known as either Israelites or Hebrews.

The term "Hebrew" ('Ivri' in Hebrew) generally means "someone who passes over to the other side" and in a rabbinic sense, it is referring to the first Hebrew patriarch Abraham the Hebrew (originally named "Abram") as having stood apart or on the opposite side from both humanity and the world he lived in at that time so that G-d would focus and stay focused on one person, namely Abraham.

"Israelites", or the "Children of Israel" were names that collectively described the descendants of the third Hebrew patriarch Jacob who was also known as 'Israel'. Jacob was the son of the second Hebrew patriarch Isaac and the grandson of the first Hebrew patriarch Abraham. Jacob had 12 sons, each of whom represented the father and namesake of a tribe. For instance, the name of one son was Judah so his descendants were known as the 'tribe of Judah'. Collectively speaking, the descendants of the 12 sons were known as the 12 tribes of Israel or Jacob or as mentioned, "Israelites", the "Children of Israel" or "Hebrews". In the region of Judea, the Hebrews or Israelites eventually established and lived in both the Kingdom of Judah (922 B.C.E. - 587 B.C.E.) and the Kingdom of Israel (922 B.C.E. - 722 B.C.E.). After the Kingdom of Israel was destroyed in 722 B.C.E. by the Assyrians and its people deported and assimilated into the surrounding countries, only the Kingdom of Judah still stood as the surviving remnant of Hebrew culture.

## When is Passover 2007?

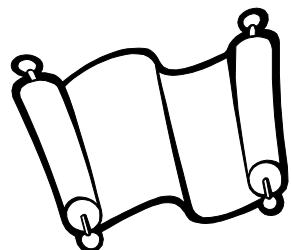
Passover 2007 will commence at sundown on Monday April 2, 2007 and will last eight days (seven days for most Reform Jews, some Conservative Jews and Jews in Israel), concluding at sundown on Tuesday, April 10, 2997 or in the Hebrew calendar, from 15 Nissan 5767 to 22 Nissan 5767. The Sterling Aventura will hold Seder dinners on April 2 and April 3, 2007 in our Peacock Dining room with Rabbis, Cantors, Haggadah's, songs, and traditional meals for full enjoyment and religious spiritualism!

## The Seder

During Passover, a time of family gatherings and lavish meals take place. The meals are called "Seders". The story of Passover is retold through the reading of The Haggadah. With special foods and customs, the Seder is the focal point of the Passover celebration.

## "The 15 Passover Seder Steps"

- Passover Seder Step #1: Kadeish
- Passover Seder Step #2: Urchatz
- Passover Seder Step #3: Karpas
- Passover Seder Step #4: Yachatz
- Passover Seder Step #5: Maggid
- Passover Seder Step #6: Rochtza
- Passover Seder Step #7: Motzee
- Passover Seder Step #8: Matzah
- Passover Seder Step #9: Marror or Maror
- Passover Seder Step #10: Koreich
- Passover Seder Step #11: Shulchan Orech
- Passover Seder Step #12: Tzafun
- Passover Seder Step #13: Bareich
- Passover Seder Step #14: Hallel
- Passover Seder Step #15: Nirtzah



## Passover Symbolic Foods

- #1. Matzah (also: Matzoh, Matza, Matzo, Mazzah, Massah) - Unleavened Bread.
- #2. Charoseth (also: Haroseth, Charoset, Haroset) - A mixture of chopped walnuts, sweet red wine, cinnamon, honey and apples representing the mortar the Jewish slaves used to assemble the Pharaoh's bricks.
- #3. Beitzah (also: Beitza, Baitzah, Baitza) - Roasted Hard Boiled Egg.
- #4. Salt Water.
- #5. Maror (also: Marror, Morror, Moror) - Bitter Herbs - freshly grated horseradish reflects the bitter affliction of slavery.
- #6. Karpas - Green Vegetable or Parsley - Dipped in salt water representing spring seasons and the Tears of the Jewish slaves.
- #7. Z'roah (also: Zeroah, Zera) - Shankbone - representing the sacrificial lamb offering as the bone comes from what the family is eating such as lamb or roasted turkey

During the Seder meal, Four glasses of Wine are poured to represent the four stages of the Exodus:

- Deliverance
- Freedom
- Redemption
- Release

## What is the main question?

The famous question that is recited prior to reciting the Four Questions is: "Why is this night different from all other nights?" In Hebrew, this is translated as: "Ma Nishtana ha-lahylah ha-zeh mi-kol ha-layloht?" (Ma Nishtana = What is different; ha-lahylah ha-zeh = this night; mi-kol ha-layloht = from all other nights). An alternate spelling of "Ma Nishtana" is "Mah Nishtanah".

## Passover Songs

There are many happy songs that are sung in joyous reminder of having been released from bondage. The most famous song is the melody "Dayeynu", which records the many ways that G-d sided with the Hebrews. At the end of each mention of G-d's favors, the word 'Dayeynu' (or 'Dayeinu' or 'dayenu') - a Hebrew word that is pronounced: 'die-ay-new' - is sung, meaning: 'It would have been enough'. 'It', in the Passover story, represents each favor that G-d created to help free the Hebrews from slavery. This song is essentially a song of thanks and gratitude to G-d.

The Sterling Aventura, Luxury Assisted Living will celebrate all of the Jewish holidays in April - Passover; April 2, 2007 - April 10, 2007; Yizkor Service on April 10, 2007; Holocaust Remembrance Day April 16, 2007 and Israel Independence Day April 24, 2007. Come enjoy with us!

*Thanks Ms. Lee Petinsky*

The Sterling Aventura luxury assisted living community, it's residents and staff members want to personally thank **Ms. Lee Petinsky, RN, CK&A Geriatric Care Management** for her recent donation of 24 rolls of colored yarn and 16 knitting needles for our "Knit Wits and Kibbitzers" weekly knitting group! Their mission is to provide sick children at Joe Di Maggio's Children's Hospital hand knitted warming blankets every 3 months. We are proud of them!

# The Silver Connection

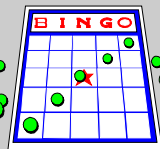
The Sterling Aventura • 2777 NE 183 Street • Aventura, FL 33160 • (305) 918-0000 • www.sterlingaventura.com

April 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**

The Sterling Aventura, its' administrative staff, activities staff, residents and ALL Bingo players want to graciously thank **Ms. Faye Weiss** for assisting in our weekly Bingo games! Faye collects all of the player's money, tracks all winners and ensures that all "house rules" are followed. Faye is a huge help and we appreciate her efforts and motivation! We are proud of her!



## Do not be Isolated in Life

### Assisted Living Communities promote feeling better about life and great health!

*Peter C. Leighton, The Sterling Aventura, 305-918-0000, www.sterlingaventura.com*

One of the wonderful perks of our jobs at The Sterling Aventura are watching our residents socialize with each other and seeing their **Happy Faces glow**, which comes with having great times everyday! That sense of personal well-being is just as important to an older senior's health as a good diet and regular exercise.

Unfortunately, many seniors are not interested in doing things outside the home. That attitude can lead to social isolation and depression. In contrast, seniors who opt for assisted living communities enjoy a much more socialized lifestyle. In an environment such as The Sterling Aventura, seniors participate in a variety of programs that are designed to help them make new acquaintances, friends and to socialize. It is no accident that **Friendships** quickly develop when residents find activities they enjoy doing with others.

The benefits of an assisted community lie in the interaction of people with **Similar Interests and Backgrounds at a time** when sharing both the pleasures and the concerns of life become increasingly important. Within our community, residents have the best of two worlds; **the Privacy of a Home** of their own coupled with readily available **Assistance/Help**, special living options as well as intentional activities. Sprinkled in is the absolute best **Customer Service, Care and Dignity**. Without the daily chores of meal preparation, housekeeping, laundry and even transportation, there is more time to devote to the pleasurable aspects of life causing smiles to abound.

**Dining** is an important activity at The Sterling Aventura. By sharing "community time" over meals in the Peacock Dining room residents visit with neighbors/peers, see and hear what others are doing within their lives and very often become interested in trying new activities simply to find and make friends. If residents were living alone, they would be eating by themselves and watching TV as a substitute for needed companionship thus dulling their mind, slowing down their immune systems and weakening their body's abilities such as walking. **We are the only assisted living facility in Miami that allows our residents to eat from 7:30am - 7:00pm with no assigned eating times or assigned seating. We serve three full meals plus snacks daily!**

**Already prepared meals** have some benefits but can greatly impact one's longevity in a negative way. Eating properly is a key element of an older adult's good health. A 2005 report by Paula Kurtzweil, U.S. Food and Drug Administration, states that many older people who live alone may settle for foods that are quick and easy to prepare such as frozen dinners, canned foods and products that contain too much fat and sodium for their needs. Widowed adults, in particular, are less likely to eat well, since they do not enjoy cooking for themselves.

At The Sterling Aventura, we take the anxiety out of eating as our Executive Chef, kitchen staff and Nutrition experts monitor the diets and special food needs of our residents, keeping them healthier. The psychological effects of eating with friends are just as important since conversation elevates one's mood and stimulates the appetite. An assisted living community provides an important **Sense of Security and helps seniors feel Safe** in their apartments and environments. Elderly folks know that should they experience a medical concern; they can quickly push "help" buttons that are conveniently located, usually in their bedroom or lobby living rooms. In addition, **our company promotes Integrity** and to ensure safety, we criminally background check all of our staff before they are hired. This creates assurance that **security is preeminent**.

When family members see their loved ones getting isolated, lonely or depressed in a private living situation at home; they begin to take a hard look at all of the top notch benefits the "Sterling Aventura Lifestyle" has to offer. At this point in life, family relatives and cherished seniors begin to make positive changes and move into our facility.

Here in South Florida, safety is extremely necessary for elderly people during Hurricane season, when a storm can provoke especially fearing experiences if he/she is alone. The Sterling Aventura has a "**Hurricane Plan**", a place for residents to congregate in the event of a storm and most importantly a **Sense of Calm**.

The Sterling Aventura provides all of the previously mentioned benefits and is "What Assisted Living is meant to be." Often, the children of an older senior will be the first to suggest a move to a community and involve them in the selection process. When you find the right "fit", you will both know it is one of the best decisions you have ever made. Move into the Sterling Aventura and you will experience the absolute BEST at a time in your life when you only deserve topnotch results.

Feel free to call Mr. Jeremy Jordan, Director of Marketing at 786-299-2146 to arrange for a tour of our amazing community! You will not be disappointed with your choice!