

Happy Father's Day

A Dad is a person
who is loving and kind,
And often he knows
what you have on your mind.

He's someone who listens,
suggests and defends.

A dad can be one
of your very best friends!

He's proud of your triumphs,
but when things go wrong,
A dad can be patient
and helpful and strong.

In all that you do,
a dad's love plays a part.
There's always a place for him
deep in your heart.

And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!

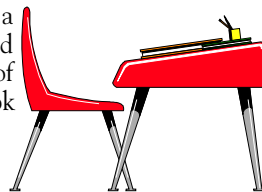
Thank you, Dad...
for listening and caring,
for giving and sharing,
For being a solitary mountain,
but, especially, for just being you!

Happy Father's Day.



Never forget our Veterans! They give us our freedom

Back in September of 2005, on the first day of school, Martha Cothren, a social studies school teacher at Robinson High School in Little Rock, did something not to be forgotten. On the first day of school, with permission of the school superintendent, the principal and the building supervisor, she took all of the desks out of the classroom.



The kids came into first period, they walked in, there were no desks.

They obviously looked around and said, "Ms. Cothren, where's our desk?" And she said, "You can't have a desk until you tell me how you earn them."

They thought, "Well, maybe it's our grades."

"No," she said.

"Maybe it's our behavior."

And she told them, "No, it's not even your behavior."

And so they came and went in the first period, still no desks in the classroom. Second period, same thing, third period. By early afternoon television news crews had gathered in Ms. Cothren's class to find out about this crazy teacher who had taken all the desks out of the classroom. The last period of the day, Martha Cothren gathered her class. They were at this time sitting on the floor around the sides of the room. And she says, "Throughout the day no one has really understood how you earn the desks that sit in this classroom ordinarily." She said, "Now I'm going to tell you."

Martha Cothren went over to the door of her classroom and opened it, and as she did 27 U.S. veterans, wearing their uniforms, walked into that classroom, each one carrying a school desk. And they placed those school desks in rows, and then they stood along the wall. And by the time they had finished placing those desks, those kids for the first time I think perhaps in their lives understood how they earned those desks.

Martha said, "You don't have to earn those desks. These guys did it for you. They put them out there for you, but it's up to you to sit here responsibly to learn, to be good students and good citizens, because they paid a price for you to have that desk, and don't ever forget it."

My friend, I think sometimes we forget that the freedoms that we have are freedoms not because of celebrities. The freedoms are because of ordinary people who did extraordinary things, who loved this country more than life itself, and who not only earned a school desk for a kid at the Robinson High School in Little Rock, but who earned a seat for you and me to enjoy this great land we call home, this wonderful nation that we better love enough to protect and preserve with the kind of conservative, solid values and principles that made us a great nation.

"We live in the Land of the Free because of the brave."

Remember our Troops...



Research shows why we must engage our seniors in Activities... Get them out of their rooms and around people!

Loneliness is a major risk factor for elevated blood pressure in older Americans, especially those over age 65. This result, according to a recent research study at the University of Chicago, Center for Cognitive Social Neuroscience. Isolated and lonely elderly persons have blood pressure readings that are as much as 31 points higher than in non-lonely people. Even when factors such as depression, perceived stress or diabetes are taken into account, the higher blood pressure shows. This equal to the difference between normal blood pressure at 120 and a level of 150, which demonstrates stage 1 hypertension.

The researchers found; by these standards improving one's sense of social connectedness, making new friendships and establishing consistent patterns at activity events may have healthy clinical benefits comparable to major lifestyle modifications. Simply perceiving yourself as lonely can lead to symptoms of high blood pressure and heart concerns. Among the sample of 230 persons ages 50-78, blood pressure differences between lonely and not lonely people were smallest at age 50 and greatest within the eldest adults tested. This finding is very important for the work we do with seniors, average age 85. The more we engage them in new found circles and activities of being able to make and find new friends - the better their cardiac health will be. Lead residents out of their rooms and into the 2nd and 3rd floor activity rooms for, at a minimum, being around people just like them.

Similar research in younger adults has shown that being lonely or perceiving to have no friends, leads to increased biological levels of peripheral vascular resistance or a slowing of the blood. If you are lonely, you tend to handle life and its' stressors by yourself with little or no help from a friend, leading to increased stress. This stress causes the body to resist smooth and appropriate blood flow.

Lonely people differ from non lonely persons in their tendency to perceive stressful situations as threatening rather than challenging. When you have friends and are within a given stressful situation, one can seek out listening, advice or help from a friend, which gives support. Lonely people passively cope with stress by failing to look for instrumental and emotional support and they withdraw from stress rather than to actively cope or problem solve. If you are lonely and not handling stress with support mechanisms such as friends - overtime of your lifespan, your blood can increase.

Older person's friendships and relationships are often disrupted by death, long term illness, geographic mobility or a constant focus on health concerns. If we can improve a senior's quality of social connectedness and the opportunity to meet and make new friends, then we can ease loneliness and lower blood pressure bringing better health.

The Silver Connection



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June 2007

Reminiscing – Enjoy and have wonderful memories!

Those Born 1930-1979 read to the bottom for quote of the month by Jay Leno if you do not read anything else – very well stated to all of the kids who grew up in the 1930's 40's, 50's, 60's and 70's!

First, we survived being born to mothers who smoked and or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can and did not get tested for diabetes. Then after that trauma; we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking. As infants and children, we would ride in cars with no car seats, booster seats, seat belts or air bags. Riding in the back of a pick up on a warm day was always a special treat! We drank water from the garden hose and Not from a bottle. We shared one soft drink with four friends, from one bottle and No one actually died from this. We ate cupcakes, white bread and real butter and drank koolade made with sugar but we were not overweight because we were always outside playing, not inside numbing from video games and computers.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were ok. We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem. We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 150 channels on cable, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet or chat rooms..... WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We ate worms and mud pies made from dirt and the worms did not live in us forever. We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and although we were told it would happen; we did not put out very many eyes. We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them! Little League had tryouts and not everyone made the team. Those who did not had to learn to deal with disappointment. Imagine that! The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law. These generations have produced some of the best risk-takers, problem solvers and inventors ever! The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility and we learned how to deal with it! If you are one of them – Congratulations!

You might want to share this with others who have had the fortune to grow up as kids, before the lawyers and the government regulated so much of our lives for our own good. And while you are at it, read it to your grandchildren, so they will know how brave (and lucky) their parents were. Kind of makes you want to run through the house with scissors, doesn't it?!

The quote of the month is by Jay Leno: "With hurricanes, tornados, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another and with the threat of bird flu and terrorist attacks - "Are we sure this is a good time to take our religious principles (G-d) out of the Pledge of allegiance?"

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AS QUOTED WITH WORDS OF WISDOM ABOUT GRANDDADS AND DADS:

- By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. **Charles Wadsworth**
- I cannot think of any need in childhood as strong as the need for a father's protection. **Sigmund Freud**
- When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years. **Mark Twain**
- The older I get, the smarter my father seems to get. **Tim Russert**
- I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example. **Mario Cuomo**
- Be kind to thy father, for when thou wert young, Who loved thee so fondly as he? He caught the first accents that fell from thy tongue, And joined in thy innocent glee."
Margaret Courtney
- Sometimes the poorest man leaves his children the richest inheritance. **Ruth E. Renkel**

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