



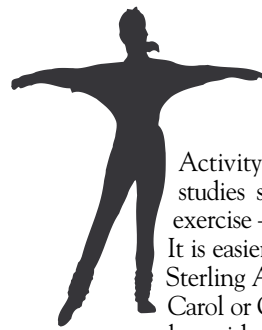
## Meaning of The 4th of July

### FREEDOM AS U.S. CITIZENS

"The Fourth of July is the symbol of our Nation's freedom from oppression beginning when our forefathers arrived hundreds of years ago. Under tyranny of Britain, the colonies fought for their own freedom to make their own independent nation. They succeeded with the writing of the Declaration of Independence, and the U.S. Constitution. With these two documents, that set the tone for this country to be a great nation. Many have fought and died for this great country and I am proud to have the distinct honor to call myself American."

### DIVERSITY AS ONE PEOPLE

"The Fourth of July reminds us of all that is right with America and "We the People." The Fourth of July is about "family," mine, yours and all American's, protected by the rights and freedoms of this great country. It is a time for Americans of all backgrounds and beliefs to come together and live the dreams of our fore fathers, united under one nation with a voice in our future and that of our children. Even if the celebration is but a few moments in time, each year for this one day in July we truly are "We the People."



## Activity is Key for a seniors Healthy Lifestyle at The Sterling Aventura

Activity is the key to a healthy lifestyle, especially for our residents. Significant research studies show the health benefits, both physically and mentally, of consistent daily exercise – in many forms. Despite these results, most of us choose to remain "stagnant". It is easier to watch TV than to venture out for that walk in the hallway, outside in the Sterling Aventura parking lot or to go down to 3rd floor for morning exercise class with Carol or Cathy. While TV may exercise your mind; that Walk, "Strength and Balance" class with Kemuel, "The Fit Club" with Mike & Bridgette Green, "Senior Stretch with Angela", "Zumba", "Tai Chi" or "Sit and be Fit" are the healthier choices and will benefit you more.

Most elderly claim that the hardest part of exercise is getting started and being motivated. The first step is to start by choosing an exercise that you truly enjoy doing; it can be walking, swimming at the JCC, bicycling in the physical therapy room, dancing at music shows or dance movement entertainment class. Then the next step is to get one of your many new Sterling Aventura friends to exercise with you. Realize that 55 of your friends are at morning exercise class seven days a week so come join us! A friend helps to get you motivated and gives you purpose. Once you have an exercise selected, you need to formalize the event. Get a large wall calendar and schedule out your exercise routine - in red pen. Circle it on your monthly Silver Connection. Make sure you schedule it at least three times per week, four is better, for a minimum of 20-30 minutes each time. It is important to point out that you need to make sure you have the right "equipment". If walking is your exercise of choice, make sure you have a good supportive walking shoes or sneakers.

Now you are ready to go! Focus primarily on the areas specific to the exercise, for example, your arms and legs while swimming or walking. Range of motion, armchair exercises and chair aerobics are good as well. Start your routine out slow and work yourself into the exercise. Go at your own pace and build up to your comfort levels. Make sure while you are exercising you can carry on a conversation with your friend without getting too winded – it's the "Talk Test". If you find yourself too winded to talk, you need to slow down your pace. Once you start exercising regularly, you will find that your endurance and speed improves over time but always resort back to the "Talk Test." You will be on your way to a healthier lifestyle!

The Sterling Aventura offers the following exercise classes and environments monthly: daily Morning Exercise class at 10:30 am on the 3rd floor, Strength and Balance class, Stretch and Strength class and Dance movement therapy. A total of 26 hours per month for you to exercise your body. In addition, many residents have formed mini walking groups both outside in our lot areas and within our hallways, which are designed to maximize safe walking for the elderly.

Remember that it is always a good idea to consult with your physician before you start any new exercise routine, especially if you have any current medical conditions.



### PROTECTION OF OUR FREEDOM

"To me, the Fourth of July is more than just family, hot dogs, apple pie and fireworks – it is a time to reflect on all of the freedoms I have as a citizen of the USA; and it is a time to be grateful to all the men and women who have sacrificed time, fortune, liberty and even life so that I, and every citizen, could have those freedoms given us in the Constitution."

### THANK YOU VETERANS

"I am so thankful to all the veterans who made the sacrifice so that we all may live in freedom. I am only 46 and have never served in the Armed Forces, but I have the utmost respect for all the men and women in uniform. Ask my wife, I have flags all around the house and whenever she wants to get me a present, I tell her, "Anything with the flag on it." God bless our great land."

*Happy 4th of July 2007 to all in our Sterling Aventura community!*



## America

(by Samuel Francis Smith)

My country tis of thee,  
Sweet land of liberty,  
Of thee I sing.  
Land where my fathers died!  
Land of the Pilgrim's pride!  
From every mountain side,  
Let freedom ring!

My native country, thee,  
Land of the noble free,  
Thy name I love.  
I love thy rocks and rills,  
Thy woods and templed hills;  
My heart with rapture fills  
Like that above.

Let music swell the breeze,  
And ring from all the trees  
Sweet freedom's song.  
Let mortal tongues awake;  
Let all that breathe partake;  
Let rocks their silence break,  
The sound prolong.

Our father's God to, Thee,  
Author of liberty,  
To Thee we sing.  
Long may our land be bright  
With freedom's holy light;  
Protect us by Thy might,  
Great God, our King!

# The Silver Connection

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

July 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

## "Loneliness and Confusion lead to Senior Depression" – Stay Active!

(Peter Leighton)



Connecting with others and making time for developing new friendships will improve a senior's quality of life here at The Sterling Aventura. Lonely and isolated persons become confused, depressed and reduce their biological immune system's ability to fight off infections. The research shows that by 2012, it is projected that 31 million out of 290 million Americans will live by themselves, many of them above the age 69.

Individuals with strong social connections, such as living at The Sterling Aventura are less prone to stress. These social outlets include making new friends, bonding with family and grandchildren, finding new romance and volunteering. When we have stress, we experience high levels of "negatively impacting" hormones and we desire to be alone or away from others. If we become loners, we will see the world as negative and threatening leading us toward confusion and frustration.

Confusion is a symptom and sign of disease. Mild forms of confusion may pass for normal but as they become more severe, affected individuals spend more time in unusual behavior. Confused residents tend to sleep more, do not eat, have difficulty sustaining conversation and respond with abrupt, brief, mechanical answers. Confusion is recognized by a combination of any of the following features:

- The resident is disoriented
- The resident has impaired short-term memory
- The resident has diminished intellectual capacity
- The resident exhibits bizarre and uncharacteristic behavior

There are many different reasons for a person to appear confused. For instance, the presence of dementia predisposes a person to depression. Most treatable conditions will have a rapid onset, whereas dementia, an untreatable form of confusion generally affects the individual gradually. The following reasons can lean towards confusion:

**1. Depression:** Some studies have estimated that 1/3 elderly people experience some form of depression during their life. According to the

National Alliance for the Mentally Ill (NAMI), nearly 20% of Americans over 67 suffer from serious and persistent symptoms of depression. One million older Americans suffer from major depression. People with depression find it particularly difficult to cope with the stress of the daily routine. Increased demands on time, fatigue, financial pressures and separation from loved ones can aggravate depression or evoke other stress responses such as headaches, over-eating and difficulty sleeping.

**2. Social Isolation:** Lack of social interaction and prolonged loneliness can precipitate bizarre behavior.

**3. Strokes:** The only sign that a person is experiencing a stroke may be confusion.

**4. Diabetes:** If blood sugar drops to low levels (hypoglycemia) a person can become confused and disoriented.

Ways around to avoid being lonely at The Sterling Aventura:

- Prioritize activities from the monthly calendar. Be realistic about what you can and cannot do. No matter what attend one activity a day!
- Volunteer to help others around the community.
- Be vocal at Residence Council meetings and Activity Planning meetings, at least attend!
- Get out of the building and go on one of five – seven outings each month.
- Enjoy activities! **Attend simply to meet others and be around people!**
- Celebrate life in a new way or with different people.
- Have a birthday party in our dining room(s) with your family and friends!
- Spend time with supportive and caring people. Seek out new friends or find old ones you've lost touch with. Drop friends a written letter each month.

Finally, ask yourself "In 2012 do I want to live by myself being lonely OR do I want to live in The Sterling Aventura? I think you can figure out this answer. Take care and enjoy life to its' fullest!

