

## Exercise Relieves Arthritis Pain – GET ACTIVE!

(Debbie Aragona, Director of Nursing)

According to the Centers for Disease Control and Prevention, 22 million adults aged 67 and over are suffering from Arthritis. Arthritis literally means joint inflammation, which is swelling, redness, heat and pain that are caused by tissue injury or disease to the joint. Arthritis can be a very painful disease that causes stiffness and swelling in joints and other structures of the body such as muscles and tendons. Studies have shown it to be beneficial for people who have arthritis to Exercise, which can reduce the pain caused by arthritis.

Arthritis sufferers often avoid Exercise because they think it will cause them pain but exercise is part of comprehensive arthritis treatments. Studies have shown that exercise helps to reduce joint pain and stiffness. Studies have also shown that by exercising; people with arthritis have increased their muscle strength, flexibility, endurance, and cardiac fitness.

There are three types of exercise that are most suitable for people with arthritis, which are "Range-of-Motion", "Strengthening" and "Aerobic" or endurance. Range-of-motion exercises help maintain normal movement and



relieve stiffness. Strengthening exercises, which include weight training, help to keep or increase muscle strength. Having strong muscles helps to support and protect joints that are affected by arthritis. Aerobic and endurance exercises are done to improve overall cardiovascular fitness, breathing and help to maintain or control weight.

It is important for all arthritis sufferers to have some form of Exercise regimen within their daily routine. Not only will the exercise help to control pain and stiffness but it will also improve your sense of physical well-being. At the Sterling Aventura, we offer Exercise Class seven days a week, 10:30 AM – 11:00 AM, for all of our residents to take advantage of in their attempts to overcome any pain from Arthritis. In addition, we offer in August 2007: "The Fit Club with Mike Green, "Yoga with Sheeba", "Dance Movement Therapy with Sue Burns", "Strength & Balance" with Kemuel, "Dance Movement Therapy" with Nicole, Stretch and Strength for Seniors with Angela and "Line Dancing" classes. All of our classes work on range of motion, strengthening and endurance building techniques to help you get stronger!

### Thank you

The Sterling Aventura family and community members want to thank Mr. Leonard Obler and his family for donating 846 books, regular and large print, to our Library this month. We have placed over 150 new books onto our floor library areas for your enjoyment. It is donations such as this one that truly make our neighborhood - Family Oriented! Thank you Mr. Obler for your kindness. Peter

### Some thoughts on anti-dementia help agents

(always consult with your primary doctor 1st before you try any of these)

- Wien Center, Mount Sinai Medical Center
- **Diet** – high anti-oxidants, low fat, low carb, fish oil, flax seed oil
- **Mental Activity** – socializing and making new friends, brain stimulation – use what you have or lose it, trivia, word games, bingo, women who walk and talk
- **Physical activity** – walking, dancing at music shows, strength and balance class, yoga
- **Pets** – great companions and friends to have around for brain stimulation
- **Medications** – anti inflammatory agents



## Gigi Durst – Your Sterling Aventura Neighbor

"Gigi." When many people hear that name, they are reminded either of the 1957 movie by that name or the song of the same title from that film. However, those of us who live at the Sterling, immediately think of "our" Gigi--Gigi Durst--a resident here. In fact, Gigi came to live at the Sterling in 2002, and she was the eighth resident in the building. Most of us also know that Gigi is always going some place and we wonder where she gets so much energy. For Gigi is 83 years old. And, we have learned that in 2004, Gigi participated in a half marathon in Hawaii. Even the "Miami Herald" recognized Gigi's accomplishment at that time, and wrote a story about her. At the present time, Gigi still has a part-time job at the Fresh Market, watering and taking care of their plants; she is a volunteer at the Aventura Hospital, and takes a course in Hebrew at a local synagogue. She is also a member of our Resident council.

Besides all of this, Gigi is always available to help other residents—sewing and mending items that need fixing, helping to write checks for their bills, and shopping for others at area stores. And, in addition, Gigi is the talented creator of magnificent pocketbooks that she makes from plastic bags.

As for her family life, Gigi was born in New York, moved to Nashville when her now deceased husband obtained a job there, and later moved to Florida. She herself worked as a bookkeeper. She is the devoted mother of two daughters, one of whom lives in Jacksonville and the other in North Miami Beach. She is also a proud grandmother and great grandmother.

So, three cheers for our Gigi for whom we all have admiration and take pride.

Barbara Marmorstein

### A Hug Certificate – give a HUG and receive a HUG

If I could catch a rainbow  
I would do it just for you  
And share with you its beauty  
On the days you're feeling blue

If I could build a mountain  
You could call your very own  
A place to find serenity  
A place to be alone

If I could take your troubles  
I would toss them in the sea  
But all these things I'm finding  
Are impossible for me

I cannot build a mountain  
Or catch a rainbow fair  
But let me be what I know best-  
A friend who's always there.

HUGS,  
HUGS,  
HUGS



# The Silver Connection

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

August 2007

## The Sterling Team

Executive Director  
**Charles Hatch**, Ext. 201

Director of Nursing  
**Debra 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

Friendship Day  
National Hugs Month  
Air Force Day  
National Family Day  
National Smile Month

## How to Live to be 100

In *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, Dr. Weil and his research team advise that studies of people who live to be 100 years old or more have failed to find a single, specific formula for long life. There is no evidence, "that particular foods, supplements or other substances have anything to do with our living to extreme old age."

At the same time, the research emphasizes that lifestyle does matter. He contends that strong family ties, healthy food (but no one, specific food) and lifelong physical activity are probably what make residents of the island Okinawa the longest-lived population in the world, with an average life expectancy of 81.2 years.

A recent, small survey that asked American centenarians how they conduct their lives; Evercare, commissioned a survey of 75 American women and 30 men who were 99 years old or older, and found the following patterns:

- American centenarians are surprisingly plugged into popular culture. Nearly 33% watched a reality TV show and 27 percent have watched MTV or music videos. One in seven has played video game.
- Six percent have been on the Internet, and four percent have listened to music on an iPod.
- Eighty-two percent said their dietary and eating habits had improved or stayed the same as compared to 50 years ago.
- Only 23 % said they have ever smoked. On average those who quit did so 41 years ago. Two percent still smoke!

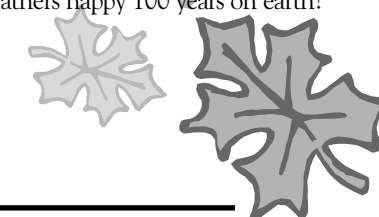
• Favorite memory? Twenty-eight percent said their wedding day, followed by 13 percent citing the birth of a child, and 13 percent their 100th birthday. One said his favorite memory was "when I learned to fly at age 76." Another stated "I learned to play the piano at age 68."

• Thirty-four percent said the person they would most trust to tell the truth would be their priest, rabbi or preacher. Obviously, clergy play an important role in the lives of persons who are aging positively.

• Forty percent now live at home, either alone or with a spouse. 60% live in assisted living so that they can be around new friends.

This survey echoes conclusions of other studies: centenarians (living to 100 plus years) are Forward-thinking, Open to new experiences, Eat generally healthy foods, Don't smoke, have strong Religious faith, and cherish their Independence and Autonomy.

Think about this fact - if you don't know a centenarian (a 100 year old) now, you likely will before too long; it may even be yourself! According to the Census Bureau, there are currently 80,000 people aged 100 or older in the U.S, but there will be 780,000 - a eight -fold increase - by 2040. So perhaps many of us will still be around to wish our forefathers happy 100 years on earth!



## What Love Is All About (Peter L.)



It was a busy morning, approximately 8:30 am, when an elderly gentleman, in his 80's, arrived to have stitches removed from his thumb. He stated that he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam it was well healed so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, we began to engage in conversation. I asked him if he had a doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I then inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's disease. As we talked and I finished dressing his wound, I asked if she would be worried if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised and asked him. "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said. "She doesn't know me but I still know who she is."

I held back tears as he left, I had goose bumps on my arm and thought; "That is the kind of love I want in my life." True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be and will not be in our lifetime!

There are some life stories and experiences that come along that have a deeper meaning of importance in their message and this is one of those.

"The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes along their way."