

WHAT IS A GRANDPARENT?

(Some perspective from eight year old – a great grandson)
Be able to chuckle some in life and appreciate how much of an important difference grandparents make in a child's life!

GRANDPARENTS ARE PRICELESS

Grandparents are a lady and a man who have no little children of their own. They like other regular people but different.

A grandfather is a "man grandmother".

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't "step on cracks".

They don't say, "Hurry up!" "Take your time".

Usually grandmothers are hefty, but not too hefty to tie your shoes for you.

They wear glasses and funny under garments.

They can take their teeth and gums out.



They have to answer questions like, "why isn't G-d married?" and "How come dogs chase cats?"

This passage was written by an 88 year old. The last line says it all!

Dear Bertha:

I'm reading more and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time working. Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped or the first Amaryllis blossom. I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries.

I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store and tellers at the bank.

"Someday" and "One of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing then I want to see and hear and do it now!

I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted.

I think they would have called family members and a few close friends. They might have called a few former friends to apologize and mend fences for past squabbles. I like to think they would have gone out for a Chinese dinner or for whatever their favorite food was.

I'm guessing; I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband, parents, kids or grandchildren often enough how much I truly love them. I'm trying very hard not to put off, hold back or save anything that would add laughter and luster to our lives.

And every morning when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is a gift from God. The someone that wrote this, cares deeply for you as a person.

Take a few minutes to share these precious thoughts with a few people you care about, just to let them know that you're thinking of them.

"People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there."

I don't believe in miracles. I rely on them.

Life may not be the party we hoped for but while we are here, we might as well dance!



The Silver Connection



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

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Director of Food Services /
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Social Director/Activities
Peter Leighton, Ext. 244/245

Director of Housekeeping &
Maintenance
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Family Celebration! 90th Birthday Surprise Party

Shortly before 12:00 noon on Sunday, July 1st, the family of our Sterling Aventura resident Ruth Hegyi was seated around the table of the private dining room. She was about to be given a very big surprise



Since she had no idea that everyone had arrived from California, Delaware and New York! A few minutes before noon we were told that Ruth was on her way to the beautiful Peacock Dining Room and would stop in to see something in the smaller dining room. There was complete silence in the room as Ruth walked in. The look on her face at that moment was a combination of shock, surprise and disbelief, soon to be replaced by sheer happiness. The room was decorated with "90" items and everyone enjoyed a lovely luncheon

which had been "secretly" planned with Executive Chef Hassan Ghanbari several weeks before. Thanks to him and his dining staff for a wonderful job! The meal was topped off with a delicious birthday cake followed by flashing cameras and the opening of special gifts. The best gift of all for Ruth's family was knowing that at age 90 Ruth is still as young as ever with her sharp mind and terrific sense of humor! We also want to give many thanks to Sterling Aventura staff Shirley, Alex, Geremy, Cathy and our outstanding waitress Sandra. They all helped make the event a huge success! It was an "honor" for all of us to "honor" our beloved Mom and Grandma on this milestone occasion!

Pam Hoffman

Ms. Ruth Silverman's 95th Birthday Party

Our family couldn't have been more delighted at the arrangements that were made for my Mom's birthday celebration brunch last Sunday. I spoke with Chef Hassan about the menu and with Alex about the set up arrangements and everything came out just as I had requested. The service was excellent as was the food. I really liked having a private room where we could linger with our guests leisurely without pressure to leave. Please thank everyone involved for making the party a great success! Best wishes,

Mr. Rick Silverman



2007 National Assisted Living Week Real Legacies of Love

"The legacy we leave is not just in our possessions, but in the quality of our lives," said Billy Graham.

Legacies define us as individuals and will influence future generations. Moreover, sharing a legacy offers a chance to remember with love and fondness some aspect of our lives.

On Sunday, Sept. 9, Grandparent's Day, the nation's more than 37,000 assisted living facilities kick off National Assisted Living Week based on the theme "Legacies of Love." More than 2 million seniors and people with disabilities who call assisted living "home," will begin sharing their legacies with each other during the weeklong national celebration.

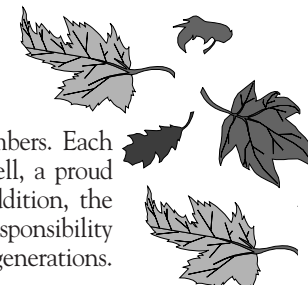
The Sterling Aventura will host activities that involve the entire

community and feature residents, staff, and family members. Each of our community members has a unique story to tell, a proud heritage to celebrate, and keepsakes to share. In addition, the activities will highlight the privilege, the value and responsibility of passing the legacies of our elders down through the generations.

The late Elvis Presley once said, "Do something worth remembering."

We encourage you to visit an assisted living residence and participate in the activities during National Assisted Living Week. Spending time with residents can be that special something worth remembering.

Thank you for your legacy to our earth and time well spent everyday! Enjoy your life to it's fullest! (Peter



הגדלת



SACCOT

Making the New Year Sweet

(Rosh Hashanah is more than just apples and honey, enjoy, Peter)



Every Rosh Hashanah, we gather around the holiday table and dip apples in honey, asking G-d to "renew this year for us, that it may be a good and sweet year." The ceremony itself is sweet and delicious. But apples and honey alone cannot ensure that the New Year will be appreciably better, or sweeter, than the one before. It is up to each one of us to do that for ourselves.

What can we do? We can identify those aspects of our lives that need improvement or that presently do not fulfill our spiritual needs; we can reorder our priorities, putting the really important things first and we can make a conscious decision to act upon what we have found. The following may help focus our attention on the kinds of issues we need to address:

Performing rituals is not simply for children.

In some communities, holiday celebrations become a forum for children to demonstrate what they have learned in afternoon or day school – as the adults and elders sit back and watch. While it is very important to sustain our children's and grandkids' enthusiasm and give them praise, if we do not model and demonstrate our own involvement as well, their participation may well take on the nature of a performance, rather than "sharing" in the religious life of the family. This approach brings an added bonus; performing ritual is not just role modeling, it is fun!

This year, let's recite the berakkah over the apples and honey together. After tasting the apple dipped in honey, recite... "Y'hi ratzon..." Barukh atah adonai eloheinu melekh ha' olam boray pri ha' etz.

Y'hi ratzon milfanekha adonai eloheinu v' elohai avoteinu sh't hadesh aleinu shanah tovah u' m' tukah.

A new beginning.

As we light the candles on both nights of Rosh Hashanah, we recite the Shehechyanu prayer. There is an excitement inherent in newness and in beginnings and what better day to acknowledge this than on the birthday of the world! Some people make the second night as "new" as the first by eating a new fruit at the holiday meal or by wearing a new item of clothing. Another way to enhance this experience even more might be to create special blessings for one another, customizing each one to reflect a special wish for a family member or close friend. For example, we may say to the young man or woman who is just beginning college; may this year be one of growth – of mind, body and spirit. May you take advantage of all of the wonderful opportunities presented to you as you enter this new stage of your life and may you continue to be guided by the values you have learned throughout your life.

A chance to put things right.

Not only does Rosh Hashanah put us in mind of our errors during the past year, it also gives us a chance to discard them. The ceremony of tashlikh, in which we symbolically cast our sins into a body of water (traditionally, on the 1st day of the holiday; but on the second if the 1st is Shabbat), provides a wonderful opportunity for families and friends to enjoy a leisurely stroll to the closest stream of running water, perhaps on the way – discussing with one another those habits or traits they most wish to discard and those they would most like to adopt in the coming new year. Preparing little packets of bread crumbs to toss into the water can be an enjoyable activity for youngsters and adults alike. (Be sure to save some of your hallah for this.) The USCJ booklet Tashlikh: Casting Your Sins Away is a helpful resource, containing traditional and innovative readings as well as family activities to enhance this ceremony.

A time to build relationships.

Each year, our lives seem to grow increasingly hectic. We juggle jobs, families and community activities. Some of us must also deal with additional problems, such as illness or addictions. In the face of this craziness, one of the first things to suffer is extended family relations. We lose touch with aunts, uncles, cousins and even parents and grandparents. Rosh Hashanah is a time to consciously reverse these trends; planning holiday meals that will serve as many friends and family as possible; sending cards, emails or making phone calls to all of the those with whom we have lost touch; spending time in the Synagogue reflecting upon the importance of family relationships and modeling for our own children and grandchildren the kind of caring behavior we hope they will demonstrate in their own lives. One idea is to send a "family letter" to those you will be unable to see during the holidays. You might also make a videotape in advance of the holiday sending greetings from your family or capturing a joyous holiday activity such as cooking or singing holiday songs together.

Having fun, learning lessons.

Besides apples and honey, there are other foods we might have at our holiday dinner tables. Other special foods include leeks, cabbage, beets, fenugreek, carrots, dates, gourds, pomegranates, fish and or the head of a sheep or fish. In many cases the names of the foods, in Hebrew, are used in some kind of word play or metaphor. For example, in eating a pomegranate, we pray that our merits will increase as the seeds of a pomegranate. It can be fun to select special foods for your holiday table and create lessons based on the Hebrew or English words used to name them. If we choose dates for example, we can commit ourselves to choosing a specific date on which to visit a sick relative or resolve during the coming month to spend several days volunteering at a local shelter.