

## MARVIN BARBACH

Presidential Election! When most people hear those words, they think of the United States election which will be held in 2008, so make sure that you get registered to vote.

However, those of us who live at the Sterling Aventura know that we just elected a new President of our Residents Council. His name is Marvin Barbach. Nevertheless, many residents associate Marvin with teaching and playing cards - in particular, with the card game "Pan." In case you do not know what "Pan" is, it is a game similar to Rummy and Rummikub, which was popular in California and Las Vegas and then moved to the East.

Our story about Marvin begins in New Jersey in a small town called Maplewood where Marvin lived as a child. Marvin later met Temmy, a native of Brooklyn, at a high school sports rally. He and Temmy were married in 1942, shortly after which he was drafted during World War II. Marvin then served in the 79th Infantry Division as Chief Clerk in the Quarter Master. He was sent to France as part of the June, 1944 invasion at Omaha Beach. Later, he was also stationed in Germany.

After the war, Marvin came back to New Jersey and worked with his father in the wholesale Ice cream business in Paterson, soliciting customers, taking care of service and doing bookkeeping from 1946 - 1969.

Marvin and Temmy became the parents of three children--two daughters and a son. One daughter died of illness at an early age. His other daughter who lives in California is a Psychologist and author in the field of Female Sexuality and Family

Life. His son is a Chiropractor who has two offices and lives in Aventura. In addition, Marvin is the proud grandfather of two granddaughters - one in California and one in Florida.

In 1969, Marvin and Temmy moved to Florida. He went into the boat rental business and later became the Manager of an Office Furniture store, and still later, was the Sales Coordinator for a manufacturer of Fiber glass products. During that time, Temmy worked for the Gulf American Corporation as a Purchasing Agent.

She later became the Director of Personnel for the Avatar Corporation.

Marvin and Temmy lived in various places, including Harbour Islands, Sky Lake, the California Club and Century Village in Pembroke Pines. When Marvin retired in 1987, Temmy did, too. They then traveled a lot, enjoying a four-month trip across the country and various cruises. In addition, Marvin started to teach Pan at Century Village in their clubhouse and did so there for seventeen years. He also taught Pan at Hillcrest in Hollywood, Hollybrook, and at Park Place. Marvin reported that he has taught over 950 people to play Pan, including at The Sterling Aventura to which they moved when Temmy became ill and needed help. She lived here for about one and a half years until she was so sick that had to move to Douglas Gardens where she died. The fact that Marvin has shared his knowledge of cards, and his time and talent with so many residents and that he is a warm gentleman and gentle man led to his election as president of the residents. We are certain that under Marvin's strong and effective leadership the Residents Council will continue to grow in scope and strength.

## Some Humor for all of us to laugh a lil! Recipes from a Blondes Cookbook

It's fun to cook for Tom. Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbors were nice enough to loan me some extra bowls.

Tom wanted fruit salad for supper. The recipe said serve without dressing. So I didn't dress. What a surprise when Tom brought a friend home for supper.

A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath anyway. I can't say it improved the rice any.

Today Tom asked for salad again I tried a new recipe. It said prepare ingredients; lay on a bed of lettuce one hour before serving. Tom asked me why I was rolling around in the garden..

I found an easy recipe for cookies. It said put the ingredients in a bowl and beat it. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.

Tom did the shopping today and brought home a chicken. He asked me to dress it for Sunday. I don't have any clothes that fit it, and for some reason Tom keeps counting to ten.

Tom's folks came to dinner. I wanted to serve roast but all I had was hamburger. Suddenly I had a flash of genius.. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

GOOD NIGHT DEAR DIARY. This has been a very exciting week! I am eager for tomorrow to come so I can try out a new recipe on Tom. If I can talk Tom into buying a bigger oven, I would like to surprise him with a chocolate moose.



HA! HA!  
HA!  
HA! HA!  
HA!

## 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."

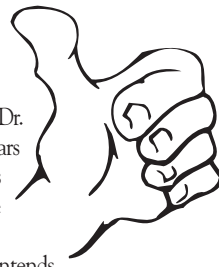
At the same time, the research emphasizes that lifestyle does matter. He contends that strong family ties, healthy food (but no one, specific food) and lifelong physical activity are probably what make residents of the island Okinawa the longest-lived population in the world, with an average life expectancy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



# The Silver Connection



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## 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

Halloween

Sukkot

United Nations Day

Canadian Thanksgiving Day

Ethnic Heritage Month

Blindness Awareness Month

National Breast Cancer

Awareness Month

National Seafood Month



The Knit Wits are honored for their dedication to ill children by Ms. Theresa Garcia, Joe Di Maggio Children's Hospital - pictured are Mildred Davis, Iris Ross, Eva Schultz, Theresa Garcia, Ruth Farber, Rose Klein, Julia Rosenblum

## Sukkot

Year 5768 - Enjoy a Sweet New Year for All! Enjoy, Peter, Carol and Cathy



Sukkot is the last of the three pilgrimage festivals. Like Passover and Shavu'ot, Sukkot has a dual significance: historical and agricultural. Historically, Sukkot commemorates the forty-year period during which the children of Israel were wandering in the desert, living in temporary shelters. Agriculturally, Sukkot is a harvest festival and is referred to as the "Festival of Ingathering."

The word "Sukkot" means "booths" and refers to the temporary dwellings that we are commanded to live in during this holiday in memory of the period of wandering. The Hebrew pronunciation of Sukkot is "Sue COAT." The name of the holiday is frequently translated "Feast of Tabernacles." This translation is particularly misleading, because the word "tabernacle" in the Bible refers to the portable Sanctuary in the desert. The Hebrew word "Sukkah" refers to the temporary booths that people lived in, not to the Tabernacle.

Sukkot lasts for seven days. The two days following the festival, Shemini Atzeret and Simchat Torah, are separate holidays but are related to Sukkot. The festival of Sukkot is instituted in Leviticus 23:33 et seq. In honor of the holiday's historical significance, we are commanded to dwell in temporary shelters, as our ancestors did in the wilderness. The temporary shelter is referred to as a Sukkah. The Sukkah is great fun for kids, as building the Sukkah each year satisfies the common childhood fantasy of building a fort and dwelling in the backyard. The commandment to "dwell" in a Sukkah can be fulfilled by simply eating all of one's meals there; however, if the weather, climate and one's health permit, one should spend as much time in the Sukkah as possible, including sleeping in it.

A Sukkah must have at least two and a half walls covered with a material that will not blow away in the wind. Why two and a half walls? Look at the letters in the word "Sukkah" one letter has four sides, one has three sides and one has two and a half sides. The "walls" of the Sukkah do not have to be solid; canvas covering tied or nailed down is acceptable. A Sukkah may be any size, so long as it is large enough for you to fulfill the commandment of dwelling in it. The roof of the Sukkah must be made of material referred to as Sekhakh or a covering. To fulfill the commandment, Sekhakh must be something that grew from the ground and was cut off such as tree branches, corn stalks, bamboo reeds, sticks or two-by-

September 26, 2007 - October 3, 2007

Come join us in our Patio Sukkah

fours. Sekhakh must be left loose, not tied together or tied down. Sekhakh must be placed sparsely enough that rain can get in and preferably sparsely enough that the stars can be seen, but not so sparsely that more than ten inches is open at any point or that there is more light than shade.

It is common practice and highly commendable, to decorate the Sukkah. Jews commonly hang dried squash and corn in the Sukkah to decorate it because these vegetables are readily available at that time for the American holiday of Thanksgiving. Many families hang artwork drawn by the children on the walls. Building and decorating a Sukkah is a fun family project much like decorating the Christmas tree is for Christians.

Another observance during Sukkot involves what are known as the Four Species or the lulav and etrog. We are commanded to take these four plants and use them to "rejoice before the L-rd." The four species in question are an etrog, a citrus fruit similar to a lemon native to Israel, a palm branch, two willow branches and three myrtle branches. The six branches are bound together and referred to collectively as the lulav, because the palm branch is by far the largest part. The etrog is held separately. With these four species in hand, one recites a blessing and waves the species in all six directions (east, south, west, north, up and down), symbolizing the fact that G-d is everywhere.

According to Jewish first interpretation, the long straight palm branch represents the spine. The myrtle leaf, which is a small oval, represents the eye. The willow leaf, a long oval, represents the mouth and the etrog fruit represents the heart. All of these parts have the potential to be used for sin, but should join together in the performance of commandment.

According to the second interpretation, the etrog, which has both a pleasing taste and a pleasing scent, represents Jews who have achieved both knowledge of Torah and performance of mitzvot. The palm branch, which produces tasty fruit, but has no scent, represents Jews who have knowledge of Torah but are lacking in mitzvot. The myrtle leaf, which has a strong scent but no taste, represents Jews who perform mitzvot but have little knowledge of Torah. The willow, which has neither taste nor scent, represents Jews who have now knowledge of Torah and do not perform the mitvot. We bring all four of these species together on Sukkot to remind us that every one of these four kinds of Jews is important and that we must all be united.

## Sterling Aventura News Flash of Thanks!

We would like to thank Ms. Ruth Farber and her family for donating a Magnifying Reading Machine to our community! It is Ms. Farber's legacy once again in action - helping others, altruism and giving back to make her community a better place for others to live and thrive. Thank you for your generosity and heart.

