

## A LITTLE HISTORY ON VETERANS DAY

### Armistice Day Becomes Veterans Day

World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. The actual fighting between the Allies and Germany, however, had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the eleventh day of the eleventh month in 1918. Armistice Day, as November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. veterans.

In 1968, new legislation changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

### Tomb of the Unknowns

Official, national ceremonies for Veterans Day center around the Tomb of the Unknowns.

To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3d U.S. Infantry (The Old Guard), keeps day and night vigil.

At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath and the playing of "Taps."

### Unknown Soldier Identified

On Memorial Day (which honors U.S. service people who died in action) in 1958, two more unidentified American war dead, one from World War II and the other from the Korean War, were buried next the unknown soldier of World War I.

A law was passed in 1973 providing interment of an unknown American from the Vietnam War, but because of the improved technology to identify the dead, it was not until 1984 that an unidentified soldier was buried in the tomb.

In 1998, however, the Vietnam soldier was identified through DNA tests as Michael Blassie, a 24-year-old Air Force pilot who was shot down in May of 1972 near the Cambodian border. His body was disinterred and reburied by his family in St. Louis, Missouri.

## THE STERLING SALUTES ITS VETERANS!

# The Silver Connection



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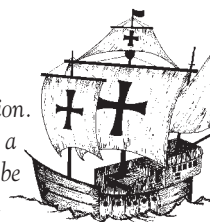
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## Mayflower Myths

The reason that we have so many myths associated with Thanksgiving is that it is an invented tradition. It doesn't originate in any one event. It is based on the New England puritan Thanksgiving, which is a religious Thanksgiving, and the traditional harvest celebrations of England and New England and maybe other ideas like commemorating the pilgrims. All of these have been gathered together and transformed into something different from the original parts.



James W. Baker, Senior Historian at Plimoth Plantation

**Myth: The first Thanksgiving was in 1621 and the pilgrims celebrated it every year thereafter.**

**Fact:** The first feast wasn't repeated, so it wasn't the beginning of a tradition. In fact, the colonists didn't even call the day Thanksgiving. To them, a thanksgiving was a religious holiday in which they would go to church and thank God for a specific event, such as the winning of a battle. On such a religious day, the types of recreational activities that the pilgrims and Wampanoag Indians participated in during the 1621 harvest feast--dancing, singing secular songs, playing games--wouldn't have been allowed. The feast was a secular celebration, so it never would have been considered a thanksgiving in the pilgrims' minds.

**Myth: The original Thanksgiving feast took place on the fourth Thursday of November.**

**Fact:** The original feast in 1621 occurred sometime between September 21 and November 11. Unlike our modern holiday, it was three days long. The event was based on English harvest festivals, which traditionally occurred around the 29th of September. After that first harvest was completed by the Plymouth colonists, Gov. William Bradford proclaimed a day of thanksgiving and prayer, shared by all the colonists and neighboring Indians. In 1623 a day of fasting and prayer during a period of drought was changed to one of thanksgiving because the rain came during the prayers. Gradually the custom prevailed in New England of annually celebrating thanksgiving after the harvest.

During the American Revolution a yearly day of national thanksgiving was suggested by the Continental Congress. In 1817 New York State adopted Thanksgiving Day as an annual custom, and by the middle of the 19th century many other states had done the same. In 1863 President

Abraham Lincoln appointed a day of thanksgiving as the last Thursday in November, which he may have correlated it with the November 21, 1621, anchoring of the Mayflower at Cape Cod. Since then, each president has issued a Thanksgiving Day proclamation. President Franklin D. Roosevelt set the date for Thanksgiving to the fourth Thursday of November in 1939 (approved by Congress in 1941).

**Myth: The pilgrims wore only black and white clothing. They had buckles on their hats, garments, and shoes.**

**Fact:** Buckles did not come into fashion until later in the seventeenth century and black and white were commonly worn only on Sunday and formal occasions. Women typically dressed in red, earthy green, brown, blue, violet, and gray, while men wore clothing in white, beige, black, earthy green, and brown.

**Myth: The pilgrims brought furniture with them on the Mayflower.**

**Fact:** The only furniture that the pilgrims brought on the Mayflower was chests and boxes. They constructed wooden furniture once they settled in Plymouth.

**Myth: The Mayflower was headed for Virginia, but due to a navigational mistake it ended up in Cape Cod Massachusetts.**

**Fact:** The Pilgrims were in fact planning to settle in Virginia, but not the modern-day state of Virginia. They were part of the Virginia Company, which had the rights to most of the eastern seaboard of the U.S. The pilgrims had intended to go to the Hudson River region in New York State, which would have been considered "Northern Virginia," but they landed in Cape Cod instead. Treacherous seas prevented them from venturing further south.

## Healthy Aging: 10 Tips for Staying Young

Adopted from Senior Living

### A positive outlook is the key to healthy aging

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them -- that is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county. Travel to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

### And Always Remember...

*Life is not measured by the number of breaths we take, but by the moments that take our breath away.*

And if you don't send this to at least 8 people, who cares? But do share this with someone. We all need to live life to its fullest each day.

## BEN EINHORN

Most of the men and women who reside at the Sterling live in an apartment by themselves. In general, that is because their spouses died before they came here, but a few are divorced, or they always were single. However, there are a few married couples, where both husband and wife are here together.

Our story this month is about one of these men--Ben Einhorn, who has been living at the Sterling with his wife Rosalind for a few years, and has been an active participant in resident activities. In fact, Ben has devoted his time, talent, energy and knowledge to presenting programs himself on current events and the economy.

He was born in Manhattan, and in his youth, Ben was an academically talented student who was admitted to the University of Pennsylvania at age fifteen. He majored in chemistry, and after graduation went into the family business of paint manufacturing with his father and brother. He later became the president of the company.

Ben and Roz were married in 1942 and lived in Great Neck, New York where Roz was a volunteer and fundraiser for their synagogue and several charitable organizations, and Ben donated generously to the AJA. Ben was and still is a devoted husband and father. Ben and Roz have three children, a daughter and two sons: Adele, who now lives nearby, who was a teacher of English and French, and was active in the Soviet Jewry movement; Stephen, who lives in Milwaukee and is involved with mergers and acquisitions; and Robert, a businessman, who lives in New York. In addition, Ben and Roz have eight grandchildren and seven great grandchildren. We will only mention one of these--the daughter of Adele and her husband David, a pediatric neurosurgeon--Cheryl Sandberg, who is the vice president of global online sales and operations for Google and was just selected by "Fortune Magazine" as one of the outstanding women in business this year.

Ben and Roz became snowbirds more than thirty years ago, spending time in Florida each winter. Ultimately, they moved to Hollywood, Florida, before they came to the Sterling. Ben, now 92, continues his interest in financial matters, reading "The Wall Street Journal" each day. He has also always been concerned about nutrition and receives numerous journals on health. We wish Ben and Roz many more years of good health and happiness.

Barbara Marmorstein

*We would like to thank Maya Harvey from The Yarn Tree for the wonderful donation of yarn for the Knit Wits & Ribbutzers. We really appreciate your generosity.*



The Sterling Partners with Memorial Hospital and the Florida Breast Cancer Coalition for "The Purple Tea" on October 10th.

## Knowing our Activities: Karaoke

**Karaoke:** (from Japanese *kara* "empty" or "void" and *okesutora*, "orchestra") is a form of entertainment in which amateur singers sing along with recorded music using a microphone and a PA system. The music is typically a well-known song in which the voice of the original singer is removed or reduced in volume. Lyrics are displayed on a video screen, along with a moving symbol or changing color, to guide the singer.

Karaoke became popular in Japan, in the early 1970s and then spread to East and Southeast Asia and subsequently to other parts of the world in its modern state.

Michael Fader, one of our wonderful residents has been gracious enough to lend the Sterling his personal Karaoke machine! So prepare your voices, bring your artistic side, and be ready to be on the spotlight, singing your favorite songs.