



HISTORY OF HANUKKAH

Hanukkah is the annual Jewish festival celebrated on eight successive days beginning on the 25th day of Kislev, the third month of the Jewish calendar, corresponding, approximately, to December in the Gregorian calendar. It is also known as the Festival of Lights, Feast of Dedication, and Feast of the Maccabees. In Hebrew, the word "Hanukkah" means "dedication."

The holiday commemorates the rededication of the holy Temple in Jerusalem after the Jews' 165 B.C.E. victory over the Hellenist Syrians. Antiochus, the Greek King of Syria, outlawed Jewish rituals and ordered the Jews to worship Greek gods.

In 168 B.C.E. the Jews' holy Temple was seized and dedicated to the worship of Zeus.

Some Jews were afraid of the Greek soldiers and obeyed them, but most were angry and decided to fight back.

The fighting began in Modiin, a village not far from Jerusalem. A Greek officer and soldiers assembled the villagers, asking them to bow to an idol and

eat the flesh of a pig, activities forbidden to Jews. The officer asked Mattathias, a Jewish High Priest, to take part in the ceremony. He refused, and another villager stepped forward and offered to do it instead. Mattathias became outraged, took out his sword and killed the man, then killed the officer. His five sons and the other villagers then attacked and killed the soldiers. Mattathias' family went into hiding in the nearby mountains, where many other Jews who wanted to fight the Greeks joined them. They attacked the Greek soldiers whenever possible.

Judah Maccabee and his soldiers went to the holy Temple, and were saddened that many things were missing or broken, including the golden menorah. They cleaned and repaired the Temple, and when they were finished, they decided to have a big dedication ceremony. For the celebration, the Maccabees wanted to light the menorah. They looked everywhere for oil, and found a small flask that contained only enough oil to light the menorah for one day. Miraculously, the oil lasted for eight days. This gave them enough time to obtain new oil to keep the menorah lit. Today Jews celebrate Hanukkah for eight days by lighting candles in a menorah every night, thus commemorating the eight-day miracle.



Humor Related to Aging

Warning: Humor May be Dangerous to Your Illness

Recently, I was diagnosed with A.A.A.D.D. (Age Activated Attention Deficit Disorder) This is how it manifests:



I decided to wash my car. As I start toward the garage, I notice that there is mail on the hall table. I decide to go through the mail before I wash the car. I lay my car keys down on the table, put the junk mail in the trashcan under the table, and notice that the trashcan is full.

So, I decide to put the bills back on the table and take out the trash first. But then I think, since I'm going to be near the mailbox when I take out the trash anyway, I may as well pay the bills first.

I take my checkbook off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go to my desk where I find the bottle of coke that I had been drinking.

I'm going to look for my checks, but first I need to push the coke aside so that I don't accidentally knock it over. I see that the coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the coke, a vase of flowers on the counter catches my eye-- they need to be watered. I set the coke down on the counter, and I discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, we will be looking for the remote, but nobody will remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm bottle of coke sitting on the counter, the flowers aren't watered, there is still only one check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Your Neighborhood Report features...

Ms. Iris Ross

While many of us know Sterling Aventura residents who have gone on vacation to visit their children or grandchildren or been on a short trip to a tourist site or had to remain in a hospital or rehabilitation center for an extended time; there is only one resident who has actually lived here twice. And, who is that? The answer is Iris Ross.

Iris first came to us in 2004. She later left here to live closer to her daughter in Sunrise but she missed her friends here, wanted to return and "is happy to be home." Iris participates in a number of Sterling Aventura activities - including the Talent Show residents presented the year before last for which Iris served as Master of Ceremonies. In fact, she mentioned that she hopes that there will be another talent show again in the near future, so she can take part. Iris was also a member of the original "Knit Wits" - a group that produces lovely items for sick children at Joe DiMaggio's hospital and for breast cancer survivors in Miami. In addition, Iris likes movies and regularly attends the movie presentations, current events classes and musical programs.

As for her personal and professional life, Iris was born in Bayonne, New Jersey and her family moved to the Bronx, New York when she was in high school. Iris revealed that one of her first jobs was selling hosiery in a Miles Shoe Store and she emphasized that she always enjoyed working where she had contact with other people. However, she was particularly interested in medical-related jobs. She started as a receptionist in a doctor's office and eventually became the Administrator of a large Orthopedic doctors office after she and her husband moved to Florida in 1961.

Regarding Iris' married life, she was married in 1942, moved to Nassau County in Long Island and had two children. Her husband, who was in sales, was given an opportunity in Florida and the family moved to North Miami Beach and later to Aventura for about twenty years. Iris related that they had two children - a son and a daughter. Her son, who is now a grandfather of three - making Iris a great grandmother, had his Bar Mitzvah here. Both he and Iris' daughter went to college. Her son is now retired as President of a Souvenir Importing company and her daughter is Chief of Customer Service at a Printing firm. Iris' husband died ten years ago.

In 1988 Iris had open-heart surgery after which she went back to work in a doctor's office where she continued part time and also went to a gym working out with a Trainer until she was 80. Then, about three years ago, she moved to The Sterling Aventura. Her roommate is her cat, Melvin. All of Iris' friends here are happy she came "home".

Barbara Marmorstein, Your neighbor

The Silver Connection

The Sterling Aventura • 2777 NE 183 Street • Aventura, FL 33160 • (305) 918-0000 • www.sterlingaventura.com **December 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
Cathy Finkelstein, Ext. 245

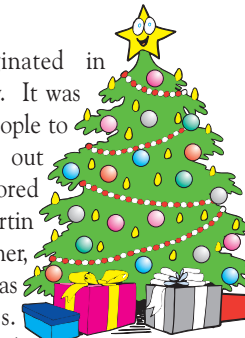
Director of Housekeeping & Maintenance
Butch Tenay, Ext. 229

Office Manager
Jessica Cabrera, Ext. 203

The Christmas Traditions

The Christmas Tree

The Christmas Tree originated in Germany in the 16th century. It was common for the Germanic people to decorate fir trees inside and out with roses, apples and colored paper. It is believed that Martin Luther, the Protestant reformer, was the first to light a Christmas tree with burning candles. While coming home one dark Winter night near Christmas, he was struck with the beauty of the starlight shining through the branches of a small fir tree outside of his home. He duplicated the starlight by using candles attached to the branches of his indoor Christmas tree. The Christmas tree was not widely used in Britain until the 19th century. The Christmas Tree was brought to America by the Pennsylvania Germans in the 1820's.



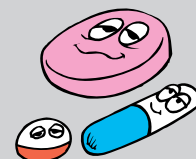
Santa Claus

The original Santa Claus, St. Nicholas, was born in Turkey in the 4th century. He was very pious from an early age, devoting his life to Christianity. He became widely known for his generosity for the poor but the Romans held him in contempt. He was imprisoned and tortured. But when Constantine became Emperor of Rome, he allowed Nicholas to go free. Constantine became a Christian and convened for the Council of Nicaea in 325. Nicholas was a delegate to the Council. He is especially noted for his love of children and his generosity. He is the patron Saint of Sailors, Sicily, Greece and Russia. He is also the patron Saint of children. The Dutch kept the legend of St. Nicholas alive. In 16th century Holland, Dutch children would place their wooden shoes by the hearth in hopes that they would be filled with a treat. The Dutch spelled St. Nicholas as Sint Nikolaas, which became corrupted to Sinterklaas and finally, in Anglican, to Santa Claus. In 1822, Clement C. Moore composed his famous poem, "A Visit from St. Nick", which was later published as "The Night Before Christmas." Moore is credited with creating the modern image of Santa Claus as a jolly fat man in a red suit.



The Pill Poem

*A row of bottles on my shelf
Caused me to analyze myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.
The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, so big and bright,
Stop my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills.
But what I'd really like to know...
Is what tells each one where to go?*



The Candy Cane

In the late 1800's a candy maker in Indiana wanted to express the meaning of Christmas through a symbol made of candy. He came up with the idea of bending one of his white candy sticks in the shape of a Candy Cane. He incorporated several symbols of Christ's love and sacrifice through the Candy Cane. First, he used a plain white peppermint stick. The color white symbolizes the purity and sinless nature of Jesus. Next, he added three small stripes to symbolize the pain inflicted upon Jesus before his death on the cross. There are three of them to represent the Holy Trinity. He added a bold stripe to represent the blood Jesus shed for mankind. When looked at with the crook on top, it looks like a Shepard's staff because Jesus is the Shepard of man. If you turn it upside down, it becomes the letter "J" symbolizing the first letter in the Jesus name. The candy maker made these candy canes for Christmas, so everyone would remember what Christmas is all about.



Poinsettias

Poinsettias are native to Mexico. They were named after America's first Ambassador to Mexico, Joel Poinsett. He brought the plants to America in 1828. The Mexicans in the 18th century thought the plants were symbolic of the Star of Bethlehem. Thus the Poinsettia became associated with the Christmas season. The actual flower of the poinsettia is small and yellow. But surrounding the flower are large, bright red leaves, often mistaken for petals.

