

Words of Wisdom

By FAYANNE KUTTNER

1. This too shall pass and my life will be better.
2. I am worthy and good person
3. I am doing the best I can, given my history and level of current awareness
4. Like everyone else, I am a fallible person and at times will make mistakes and learn from them.
5. What is, is.
6. Look at how much I have accomplished, and I am still progressing.
7. There are no failures only different degrees of success.
8. Be honest and true to myself.
9. It is okay to let myself be distressed for a while.
10. I am not helpless. I can and will take the steps needed to get through this crisis.
11. I will remain engaged and involved instead of isolating and withdrawing during this situation.
12. This is an opportunity, instead of a threat. I will use this experience to learn something new, to change my direction, or to try a new approach.
13. One step at a time.
14. I can stay calm when talking to difficult people.
15. I know I will be okay no matter what happens.
16. He/she is responsible for their reaction to me.
17. This difficult/painful situation will soon be over.
18. I can stand anything for a while.
19. In the long run who will remember, or care?
20. Is this really important enough to become upset about?
21. I don't really need to prove myself in this situation.
22. Other people's opinions are just their opinions.
23. Others are not perfect, and I won't put pressure on myself by expecting them to be.
24. I cannot control the behaviors of others; I can only control my own behaviors.
25. I am not responsible to make other people okay.
26. I will respond appropriately, and not be reactive.
27. I feel better when I don't make assumptions about the thoughts or behaviors of others.
28. I will enjoy myself even when life is hard.
29. I will enjoy myself while catching upon all I want to accomplish
30. Don't sweat the small stuff – it's all small stuff.
31. My past does not control my future.
32. I choose to be a happy person.
33. I am respectful to others and deserve to be respected in return.
34. There is less stress in being optimistic and choosing to be in control
35. I am willing to do whatever is necessary to make tomorrow better.

MARRIAGE HUMOR

A young couple got married and went on their honeymoon. When they got back, the bride immediately called her mother.

"Well", said the mother, "so how was the honeymoon?"

"Oh mama", she replied, "The honeymoon was wonderful! So romantic..."

Suddenly she burst out crying. "But, mama, as soon as we returned, Sam started using the most horrible language; things I'd never heard before! I mean, all these awful 4-letter words! You've got to take me home! PLEASE MAMA!"

"Sarah, Sarah", her mother said, "calm down! You need to stay with your husband and work this out. Now, tell me, what could be so awful? WHAT 4-letter words?"

"Please don't make me tell you, mama" wept the daughter. I'm so embarrassed; they're just too awful! COME GET ME, PLEASE!!!"

"Darling, baby, you must tell me what has you so upset. Tell your mother these horrible 4-letter words!"

Sobbing, the bride said, "Oh, Mama... he used words like: dust, wash, iron and cook..."

"I'll pick you up in twenty minutes", the mother said...



CLIFFORD BENDER

If the Sterling had a "Dancing With The Stars" contest, one of the winners would surely be Clifford Bender about whom we are focusing our story this month. Residents who attend afternoon music programs here, which encourage those in attendance to dance, are aware of Clifford's dancing expertise. Most also consider him to be a fine leader since he was elected a vice president of the Council at the last election.

Clifford, who was born in Newark, New Jersey in 1919, later attended college in East Orange, N.J., and he was certified as a physical education teacher. After graduation, he taught for two years in the Newark School System before going into the army where he went to radio school. He also married his girl friend Eleanor from home in 1943, and she stayed with him when he was stationed in Texas and Oklahoma. When Clifford went overseas in 1944 on D Day, his wife stayed in Newark and worked in the Office of Dependent benefits for the U.S. Government.

Clifford fought in France, Germany, and other countries before returning home in 1946 and going to work in his parents' diner business where he had helped even as a child.

In 1948, Clifford's son Stuart was born, and three years later he and his wife also had a daughter, Anna. In 1949, Clifford bought his own diner, which he ran for seven years before moving to Miami, Florida in 1956. Here in the South, he began a different business that involved renting jukeboxes and gaming tables to various stores and facilities.

In 1960, Clifford and his wife moved back to Newark and opened another diner and luncheonette in the downtown business area and did a little catering for parties. They sold this in 1972 and moved back to Florida where they rented an apartment in the Commodore Plaza, a couple of blocks from the Sterling.

Clifford's first wife died at a very young age in 1977 and he remarried in 1978. At that time, he got a government job from which he retired in 1983. He then started a transportation service, taking people in a car to airports, hospitals and anywhere else they wanted to go. He and his second wife Bernice enjoyed dancing, playing tennis and golf and going on cruises until she, too, died in 2001.

In 2005, Clifford had hip replacement surgery and had nerve damage. The following year, he had other surgery after which he developed a blood clot in one of his eyes, resulting in his only seeing now with one eye. He reported that he now cannot read and does not see people's faces clearly. While he still owns his condo, he moved to the Sterling in August 2006.

Clifford stated that he enjoys going to exercise class almost every day and also uses some of the exercise machines himself. He attends almost all of the music programs at which he dances, enjoys listening to talking books on tapes that he gets from the library, and he plays cards--gin rummy and blackjack with resident Bernice Robinson. Clifford noted that he is proud of his three grandchildren and first great grandchild. And, we are proud to have our special friend Clifford as a fellow resident.

Barbara Marmonstein

The Silver Connection

2008

The Sterling Aventura • 2777 NE 183 Street • Aventura, FL 33160 • (305) 918-0000 • www.sterlingaventura.com January 2008

The Sterling Team

Executive Director
Charles Hatch, Ext. 201

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



Our Champagne Party was a success!

The evening kicked off with a wonderful dinner created by Chef Hassan during which our residents were serenaded by a violin player. After dinner, the residents (and staff) put on their corsages, buttoners and their dancing shoes.

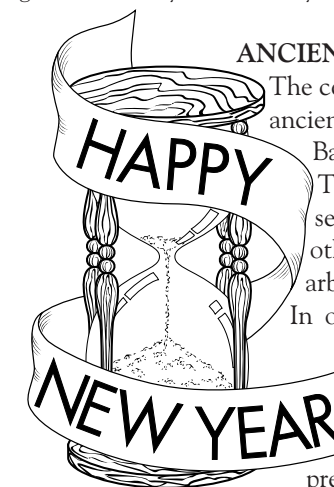
The five piece band, champagne and strawberries created a breathtaking ambiance which made our wonderful residents fully enjoy the evening



It's Another New Year...

...but for what reason?

"Happy New Year!" That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.



ANCIENT NEW YEARS

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon.

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

NEW YEAR TRADITIONS

Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

FOR LUCK IN THE NEW YEAR

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

AULD LANG SYNE

The song, "Auld Lang Syne," is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

