

TERESA ROMAN

Many Sterling residents are originally from New York and a number of others are from New Jersey, Pennsylvania, and even Florida. But there is only one person here who was born in Puerto Rico, and she is the subject of this month's biographical story. Her name is Teresa Roman, known as Terry. Terry has another distinction--she was one of the very first people to live at the Sterling after it opened.

Terry was born in 1928 in Puerto Rico to parents who lived there then, and, in fact, were born there also. Terry's mother died when Terry was nine. Her father graduated in 1908 from the Philadelphia College of Pharmacy and practiced pharmacy when he returned to Puerto Rico. However, he decided that he did not enjoy that profession and later became the manager of a sugar mill. Terry noted that her grandfather wanted his sons to study in the United States, and, therefore, her father's brother went to the University of Virginia to study medicine. She added that her grandfather was a physician who became a doctor in Spain, and that her great grandfather came from Spain to establish a business in Puerto Rico, which was then part of Spain, but became part of the United States after the War of 1898.

As for Terry's immediate family--her parents had two sons before Terry was born. Her oldest brother, who had studied medicine at the University of Maryland, died at a young age. Her other brother, who is now 88, studied business at the University of Puerto Rico, worked for the government of Puerto Rico, and is now retired. He was also involved in politics and served as secretary of the Puerto Rican Senate.

Terry attended a Catholic elementary and high school, and then went to Winthrop College, a small women's college in South Carolina, where she majored in sociology. After she graduated in 1951, Terry went back to Puerto Rico and took a job as a medical social worker, serving as a liaison between poor patients, doctors and a hospital, and explaining to the patients how the doctors planned to treat them. Terry revealed that she loved this job, but she had to go to slums and meet with people on drugs. When the police became concerned for her welfare, she decided to take a new position with the department of education as a planning technician, a person involved with the construction and maintenance of schools.

Terry later became the assistant director of all of the technicians, retiring in 1962, when she married a Cuban business man whose family left Cuba when Fidel Castro came into power. Terry's husband managed the family business, Savoy Sausages, which made sausages to export. They had one child, a son, born in 1965. Their son went to a private Catholic school in Puerto Rico and then to Savier University in Ohio, majoring in marketing. He also earned a master's degree there and then obtained a position at Proctor and Gamble in their Puerto Rico office. Later, he started his own research firm at which he still works and is the director. Terry reported proudly that her son's firm is very successful.

Terry's husband died in 1999 of lung cancer. Her son was concerned about Terry's depression after the death of her husband, and he and Terry's doctor suggested that she needed a change. Terry told her son that she would like to live in the United States, and her son came with her to look for a new residence. They visited a few places and decided upon the Sterling. Terry agreed to try it for one month. It will now be six years in September. Terry related that she is very happy here. She met and made new friends and enjoys the activities, particularly musical programs, exercise, bingo, current events and Friday outings. In addition, she went to church services regularly for a number of years.

We asked Terry about the political situation in Puerto Rico, and she explained that there are two major parties, one in favor of statehood, and the other, wishing to remain part of the United States. Terry personally would like Puerto Rico to remain as it is now, because she thinks that this is more beneficial for the residents of Puerto Rico. She added that Puerto Rico currently has a representative in Washington, but that he does not have the right to vote in Congress. She thinks he should be granted that right. Puerto Rico has been in the news recently, because the presidential candidates have gone there to visit and ask for support.

Back to Terry--she is a quiet, but very bright woman who is a caring person who is admired by all of the residents who know her. We wish her many more years of happiness here.

Barbara Marmorstein



"If I Had My Life To Live Over"

88 year old woman who moved into an assisted living community

- I'd try to make more mistakes next time, so I could learn more.
- I would be more wild and exciting than I've been on this trip.
- I know very few things I'd take seriously anymore. I would relax.
- I would take more chances... I would take more adventurous trips.
 - I would scale more mountains... I would swim more rivers.
 - I would dream more and wish less.
- And I would watch more sunsets... I would go whale watching.
- I would have more actual troubles and fewer imaginary ones.

You see... I was one of those people who lived prophylactic-ally, sensibly and sanely; hour after hour and day after day. Oh, I've had my moments and if I had to do it all over again, I'd have many more of them. In fact, I'd try not to have anything else, just moments, one after another, instead of living so many years ahead of my day. I've been one of those people who never went anywhere without a thermometer, a hot water bottle, a gargle, a raincoat and a parachute. If I had it to do all over again, I'd travel lighter; take less suitcases and clothes you know. I would start barefoot earlier in the spring and stay that way until later in the fall.

And I would ride more merry go rounds, greet more people, pick more flowers and yes dance like there is no tomorrow!

----- If I had it to do all over again... I don't, but you can - And you should go for it! -----

The Silver Connection

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

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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 Nursing

Odallys Fernandez, Ext. 242

Director of Housekeeping &

Maintenance

Butch Tenay, Ext. 229

Office Manager

Jessica Cabrera, Ext. 203

A HISTORICAL LESSON: 4TH OF JULY

In the United States, Independence Day is celebrated on July 4th. On that day in 1776, in Pennsylvania, the Continental Congress adopted "The Declaration of Independence." Fifty-six members of the Continental Congress signed the parchment copy of the Declaration. Most members signed on Aug. 2, 1776. The rest signed on later dates.

The Fourth of July soon became the main patriotic holiday of the entire country. Veterans of the Revolutionary War made a tradition of gathering on the Fourth to remember their victory. In towns and cities, the American flag flew; shops displayed red, white, and blue decorations and people marched in parades that were followed by public readings of the Declaration of Independence. In 1941, Congress declared July 4th a federal legal holiday.

Have you ever wondered what happened to the 56 men who signed the Declaration of Independence? Five singers were captured by the British as traitors and tortured before being put to death. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured and killed. Nine of the 56 fought and ultimately died from wounds of the Revolutionary War. They signed and pledged their lives, fortunes and honor. Would you do the same?

Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation

owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured. Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy.

All the men and their families suffered terrible fates. Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education who made and signed a pledge. They had security but they valued liberty even more. Standing tall, straight and unwavering, they pledged: "For the support of this declaration, with firm reliance on the protection of the divine providence, we mutually pledge to each other, our lives, our fortunes and our sacred honor." They gave you and I a free and independent America. Never forget that in the Revolutionary War we did not just fight the British; we were actually British subjects who fought our government. This 4th of July take a moment and silently thank these patriots before you, they deserve it!

Remember: Freedom is never free! It's time we get the word out that patriotism is NOT a sin and the Fourth of July has more to it than beer, picnics and baseball games.



HEALTH CORNER

Aspartame: the sweet deception

If you're like most people, you reach for a sugar substitute because you've been told it's good for you -- that it would save you from the evils of sugar, and that it would even help you trim of those extra pounds. But, like all of us, you been lied to. So lets me set the record straight now. Aspartame is one of the most dangerous substances ever added to food. Not only has it been proven to make you fatter, it's been proven to cause some pretty serious diseases, not the least of which are cancer and neurological diseases.

And the proof is on file already. Aspartame has brought more complains to the FDA than any other additive-ever. It's responsible for a full 75 percent of the complains the agency gets. From 10,000 consumer complaints, the FDA compiled a list of 92 symptoms, including death.

The food industry darling that's sure to increase your appetite, your waistline, and your medical bills.

Sure, the marketing geniuses would have you think its health food, but the truth paints a very different picture. Over the years, various reports have implicated aspartame in headaches, memory loss, seizures, vision loss, coma, and cancer. It also appears to worsen or mimic the symptoms of such conditions as fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer's, chronic fatigue, and depression.

Aside from these risks, now there's even more proof, that these toxins are making us fat! Some recent research conducted at Purdue University shows that group of test subjects fed artificial sweeteners subsequently consumed three times the calories of those given ordinary sugar.

Safe and effective solutions available in your free report

Don't get me wrong, I'm not telling you to load up on sugar. Sugar carries its own set of problems that I won't get into here. But as always, it is a solution that let you satisfy your sweet tooth without making yourself sick.

I've long been one of America's most outspoken mythbusters. I make it my mission to reveal the surprisingly inexpensive and easy road to real health-to the chagrin of pharmaceutical companies, food giants, and slash-and-burn surgeons everywhere.