## the JULY 2019 newsletter

# Inspired

THE STERLING | ASSISTED LIVING | a Senior Lifestyle community | AVENTURA, FL 33160 | 305-918-0000

# THIS MONTH'S silver star

CLAUDIA CREW

This month's Silver Star is Claudia Crew. Claudia was born in Valley Forge, Pa., on April 3. Claudia grew up with two sisters and her amazing parents, John and Janet. Claudia and her sisters did a lot together. Her favorite childhood memories are going to the beach with her family, dancing in her room, attending family gatherings, and watching movies with her sisters. Claudia traveled the world; she loved meeting new people. She traveled to Europe, Mexico, Central America, and the Caribbean. Claudia loved to eat different foods, learn about different cultures from different walks of life, and she was willing to enjoy that life alone with a few friends along the way. Claudia's family moved to Miami nearly a week after Claudia was born; you can technically call her a Miami native. Claudia moved to The Sterling pretty recently. She has been enjoying herself for the short time that she has been here. Claudia's favorite hobbies are now: Morning Exercise, Happy Hour, Bingo and Blackjack. Those are just a few of the reasons why Claudia feels right at home at The Sterling. We welcome Claudia Crew home to The Sterling with open arms and hope for many more years together.



Claudia Crew

JOIN US THIS MONTH FOR

# patriotic month

JULY 1 AT 11:30 A.M. -Patriotic Crafts for Veterans

JULY 3 AT

11:30 A.M. — Patriotic Scavenger Hunt with Karen

11:30 A.M. — Independence Day Trivia with Daniel

JULY 4 AT 12 P.M. — Barbecue on the Patio

**JULY 4 AT 3:30 P.M.** — Fourth of July Celebration with Lourdes Valentin

JULY 8 AT 11:30 A.M. -Patriotic Singalong

JULY 10 AT 11 A.M. - Wisdom of the Ages with Motivational Speaker Linda Sauget

JULY 10 AT 11 A.M. - The Blessing of Freedom, a lecture by Dr. David Lemonick

JULY 11 AT 11 A.M. — The Science of Kindness with Karen

JULY 14 AT 11 A.M. - Music and Worship Connection with Church of Christ

**JULY 14 AT 11 A.M. —** Horse Racing with Daniel

JULY 16 AT 11 A.M. — The Power of Reflection with Fayanne, our Social Worker

JULY 17 AT 11 A.M. - The Truth About Patriotism, a lecture by Dr. Lawrence Small

JULY 18 AT 11 A.M. — Finding Hope and Faith in Your Life with Rabbi Klein

JULY 22 AT 11 A.M. -Restoring Joy in Your Life, RN Julie, from Kindred Hospice

JULY 23 AT 11 A.M. — Picnic at Bal Harbor Beach with Daniel

JULY 24 AT 11 A.M. - Patriotic Word Games with Karen

JULY 26 AT 11 A.M. — Freedom and American History Talk with Karen

JULY 28 AT 11 A.M. -Residents Lead Activity in MC, Making Flags

JULY 29 AT 11 A.M. — Book Review, "Stand Strong America" by Jason Jimenez with Linda Sauget

JULY 30 AT 11 A.M. — Food Committee with Chef Alex

JULY 30 AT 11:30 A.M. -Resident Council Meeting

JULY 31 AT 11 A.M. — Resident Council Election

JULY 31 AT 11 A.M. — Miami Military Museum and Memorial

JULY 31 AT 3 P.M. — Music Therapy By Noa

JULY 31 AT 6 P.M. — Welcome New Residents' Tea Party

TRAIN YOUR **BRAIN** search for dances

TMCQUADRILLE TANGOD(SAMBA)C AZRDDBGGGMKA LUGAFHAHHILK RHSNGXLONOE HKWALTZNLUPW GAVOTTEDDEDA TLEERSDLTTTL SSJTDFSLGDK ODIEDFODDACS G P W F W G R U M B A AEUCTORTXOFC

BALLET CAKEWALK FOX TROT GAVOTTE HORA HUI A JIG MAZURKA MINUFT ONE-STEP POLKA QUADRILLE RFFI RUMBA SAMBA TANGO TARANTELLA TWIST TWO-STEP WALTZ

11:15 • Painting Class with Daniel | AR

1:00 • Ice Cream Social | G

3:30 • Happy Hour with Pedro Carvalho | G

6:00 • Karaoke Night | G

6:30 • Sunday Night Bingo | G

6:45 • Evening Movie | MR

6:30 • Poker Club | 6

2:00 • Blackjack | AR

Technology Class: iPhone & iPad with Daniel | 2

Linda Sauget | MR

Jesus Alvarado | G

6:30 • Monday Night Bingo | G

2:00 • Bingo with Daniel | AR

3:30 • Happy Hour with

6:45 • Special Movie | MR

## THECDAY

2:00 • Blackjack with Daniel | AR

2:15 • Magazines & Newspapers

Happy Hour with Ralph Roberts | G

6:30 • Tuesday Night Bingo | G

7:00 • Music Therapy with Nio

(Our Volunteer) | G

6:45 • Evening Movie | MR

Social AR

## WEDNECDAY

## THILDCDAY

# SATLIRDAY

# assisted living

#### **BE INSPIRED**

- CONNECT GROW
- CONTRIBUTE MOVE
- FEEL REFLECT

## **LOCATIONS**

**ACTIVITIES ROOM** SECOND FLOOR -ARFIFTH FLOOR LOBBY - 5 FOURTH FLOOR LIBRARY - 4 GROUND FLOOR LOBBY -GMEDIA ROOM GROUND FLOOR -MRPATIO -P

PEACOCK DINING ROOM - PDI SECOND FLOOR LOBBY -2 SIXTH FLOOR LOBBY -6

## **TRANSPORTATION SCHEDULE**

MONDAY, TUESDAY & WEDNESDAY 9 a.m. to 5 p.m. Doctor Appointments THURSDAY

9 a.m. to 4 p.m./5 to 7:30 p.m. Doctor Appointments and Residents' Dinner Outing FRIDAY

> 9 a.m. to 2 p.m. Errand Day SUNDAY 10:45 a.m. Trip To Church



www.SeniorLifestyle.com Activities are subject to change

<u>)                                    </u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CT .		10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Patriotic Crafts for Veterans   AR  1:00 • Technology Class: iPhone & iPad with Daniel   2  1:15 • Current Events & World News with Dr. Lawrence Small   2  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Franci Lacerda   G  6:30 • Monday Night Bingo   G  6:45 • Special Movie   MR  6:45 • Rummikub & Dominoes Games   G	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • The Power of Reflection   AR  11:05 • With Fayanne, Our Social Worker (Feeling)   AR  1:15 • Chair Yoga with Barbie   MR  2:00 • Blackjack with Daniel   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with George Huatiuk   G  6:30 • Tuesday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:30 • Patriotic Scavenger Hunt with Daniel (Movements)   G  11:50 • Trip to Fresh Market & Walking Club with Daniel  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Frank Caprioli   G  5:00 • Dinner Outing: Chili's (Tex Mex Style)   G  6:30 • Poker Club   6  6:30 • Wednesday Night Bingo   G  6:45 • Evening Movie   MR	INDEPENDENCE DAY  10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Brain Fitness Class with Daniel   AR  11:30 • Independence Day Trivia with Daniel   2  12:00 • Barbecue on the Patio   P  1:15 • Clergy Visits with Patty   2  2:00 • Blackjack with Daniel   AR  3:30 • Fourth of July Celebration with Lourdes Valentin   G  6:30 • Rummikub Games   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Karen   2  11:00 • Ceramics Class with Garland   AR  11:00 • Trip to Walmart & Publix Supermarket   G  11:15 • Table Bowling with Karen   MR  1:45 • Hot Topics with Karen   MR  2:30 • Sabbath Service with Cantor Gaston Bogomolni   MR  3:30 • Happy Hour with Allan Cohen   G  6:30 • Friday Night Bingo   G  6:45 • Evening Movie   MR  6:50 • Conversation Club with Tammy   4	10:30 • Morning Exercise Class with Karen   2  11:00 • Trivial Pursuit with Karen   2  11:20 • Dominoes & Rummikub Games   G  1:00 • Technology Class: iPhone & iPad with Karen   2  1:15 • The Private Life of Plants (Documentary)   MR  2:00 • Bingo with Karen   AR  3:30 • Happy Hour with Dragan Djordjevic   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR
4 G DR	10:30 • Morning Exercise Class with Daniel (Movements)   2  10:45 • Residents' Trip to Church   G  11:00 • Jewelry Class with Ros   AR  11:30 • Pet Therapy with Barley's   G  1:00 • Ice Cream Social   G  2:00 • Blackjack   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Don Stanfield   G  6:00 • Karaoke Night   G  6:30 • Poker Club   6  6:30 • Sunday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class   2  11:00 • Arts & Crafts with Daniel   AR  11:30 • Patriotic Singalong with Daniel   2  1:00 • Technology Class: iPhone & iPad with Daniel   2  1:15 • Current Events & World News with Dr. Lawrence Small   2  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Debbie Taylor   G  6:30 • Monday Night Bingo   G  6:45 • Special Movie   MR  6:50 • Tea Time with Daniel   G	10:30 • Morning Exercise Class with Daniel   2  11:00 • The Power of Reflection   AR  11:05 • With Fayanne, Our Social Worker (Feeling)   AR  11:45 • Activities Planning Meeting with Daniel  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Ralph Roberts   G  6:30 • Tuesday Night Bingo   G  6:45 • Evening Movie   MR  6:50 • Rummikub & Dominoes   G  7:00 • Music Therapy with Nio (Our Volunteer)   G	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Wisdom of the Ages with Motivational Speaker   MR  11:05 • Linda Sauget   MR  11:30 • Blessing of Freedom, A Lecture by Dr. D Lemonick   MR  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Lourdes Valentin   G  6:30 • Poker Club   6  6:30 • Wednesday Night Bingo   G  6:45 • Evening Movie   MR  7:50 • Conversation & Discussion Club   4	10:30 • Morning Exercise Class with Daniel (Movements)   2	10:30 • Morning Exercise Class with Karen   2  11:00 • Ceramics Class with Garland   AR  11:00 • Trip to Walmart & Publix Supermarket   G  11:15 • Table Bowling with Karen   MR  1:45 • Hot Topics with Karen   MR  2:30 • Sabbath Service with Cantor Gaston Bogomolni   MR  3:30 • Happy Hour with Jackson King   G  6:30 • Friday Night Bingo   G  6:45 • Evening Movie   MR  6:50 • Rummikub & Dominoes Games   G	10:30 • Morning Exercise Class with Karen   2  11:00 • Trivial Pursuit with Karen   2  11:20 • Dominoes & Rummikub Games   G  1:00 • Technology Class: iPhone ℰ iPad with Karen   2  1:15 • Nature Documentary (Our Planet)   MR  2:00 • Bingo with Karen   AR  3:30 • Happy Hour with Pedro Carvalho   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR
	10:30 • Morning Exercise Class with Daniel (Movements)   2  10:45 • Residents' Trip to Church   G  11:00 • Horse Racing with Daniel   MR  11:00 • Music & Worship Connection with Church of Christ   AR  1:00 • Ice Cream Social   G  2:00 • Blackjack   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Marian Weinberg   G  6:30 • Poker Club   6  6:30 • Sunday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Arts & Crafts with Daniel   AR  1:00 • Technology Class: iPhone & iPad with Daniel   2  1:15 • Current Events & World News with Dr. Lawrence Small   2  2:00 • Bingo with Daniel   AR  3:00 • July Residents' Birthdays Party   G  3:30 • Happy Hour with Javier Cascajo   G  6:30 • Monday Night Bingo   G  6:45 • Special Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • The Power of Reflection   AR  11:05 • With Fayanne, Our Social Worker (Feeling)   AR  1:15 • Chair Yoga with Barbie   MR  2:00 • Blackjack with Daniel   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Franci Lacerda   G  6:30 • Tuesday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • The Truth About Patriotism, A Lecture by   AR  11:05 • Dr. Lawrence Small   AR  11:50 • Trip to Fresh Market & Walking Club with Daniel  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Jesus Alvarado   G  6:15 • Short Story Reading Club   4  6:30 • Poker Club   6  6:30 • Wednesday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Brain Fitness Class with Daniel   AR  11:00 • Finding Hope & Faith in Your Life with Rabbi Klein   MR  1:15 • Clergy Visits with Patty   2  2:00 • Blackjack with Daniel   AR  3:30 • Happy Hour with Andree Acevedo   G  5:00 • Dinner Outing: Sicilian Oven (Italian Cusine)   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Karen   2  11:00 • Ceramics Class with Garland   AR  11:00 • Trip to Walmart & Publix Supermarket   G  11:15 • Table Bowling with Karen   MR  1:45 • Hot Topics with Karen   MR  2:30 • Sabbath Service with Cantor Gaston Bogomolni   MR  3:30 • Happy Hour with Dragan Djordjevic   2  6:30 • Friday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Karen   2 20  11:00 • Trivial Pursuit with Karen   2  11:20 • Dominoes & Rummikub Games   G  1:00 • Technology Class: iPhone & iPad with Karen   2  1:15 • South Pacific (Nature Documentary)   MR  2:00 • Bingo with Karen   AR  3:30 • Happy Hour with Winston Odonis   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR
	10:30 • Morning Exercise Class with Daniel (Movements)   2  10:45 • Residents' Trip to Church   G  11:00 • Jewelry Class with Ros   AR  1:00 • Ice Cream Social   G  2:00 • Blackjack   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Frank Caprioli   G  6:00 • Karaoke Night   G  6:30 • Poker Club   6  6:30 • Sunday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Arts & Crafts with Daniel   AR  11:00 • Restoring Joy Back in Your Life, RN Julie   MR  11:05 • from Kindred Hospice Care   MR  1:00 • Technology Class: iPhone & iPad with Daniel   2  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Asy Alisade (Violinist)   G  6:30 • Monday Night Bingo   G  6:45 • Special Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • The Power of Reflection   AR  11:05 • With Fayanne, Our Social Worker (Feeling)   AR  11:15 • Picnic at Bal Harbor Beach with Daniel   G  2:00 • Blackjack with Daniel   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Lourdes Valentin   G  6:30 • Tuesday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Blackjack with Daniel   AR  11:30 • Patriotic Word Games with Karen   MR  11:50 • Trip to Fresh Market & Walking Club with Daniel  2:00 • Bingo with Daniel   AR  3:30 • Happy Hour with Richard Chiofalo   G  6:15 • Short Story Reading Club   4  6:30 • Poker Club   6  6:30 • Wednesday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Brain Fitness Class with Daniel   AR  1:15 • Clergy Visits with Patty   2  2:00 • Blackjack with Daniel   AR  2:15 • Magazines & Newspapers Social   AR  3:30 • Happy Hour with Don Stanfield   G  5:00 • Dinner Outing: Thai House Il Asian cuisine   G  6:30 • Rummikub Games   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Karen   2  11:00 • Ceramics Class with Garland   AR  11:00 • Trip to Walmart & Publix Supermarket   G  11:00 • Freedom & American History Talk with Karen   MR  11:15 • Table Bowling with Karen   MR  1:45 • Hot Topics with Karen   MR  2:30 • Sabbath Service with Cantor Gaston Bogomolni   MR  3:35 • Happy Hour with Debbie Taylor   G  6:30 • Friday Night Bingo   G  6:45 • Evening Movie   MR	10:30 • Morning Exercise Class with Karen   2 27  11:00 • Trivial Pursuit with Karen   2  11:20 • Dominoes & Rummikub Games   G  1:00 • Technology Class: iPhone & iPad with Karen   2  1:15 • Wonderful Oceans (Nature Documentary)   MR  2:00 • Bingo with Karen   AR  3:30 • Happy Hour with Javier Cascajo   G  6:30 • Bingo Night   G  6:45 • Evening Movie   MR
	10:30 • Morning Exercise Class with Daniel (Movements)   2  10:45 • Residents' Trip to Church   G  11:00 • Residents Lead Activity in Our Memory Care  11:05 • Making Flags	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Arts & Crafts with Daniel   AR  11:05 • Book Review: "Stand Strong America"   MR  11:10 • By Jason Jimenez with	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Food Committee Meeting with Chef Alex   2  11:30 • Resident Council Meeting   2  1:15 • Chair Yoga with Barbie   MR	10:30 • Morning Exercise Class with Daniel (Movements)   2  11:00 • Trip to Miami Military Museum & Memorial   G  11:00 • Resident Council Election   AR  2:00 • Bingo with Daniel   AR	BIRTHDAYS TO SERVICE STRUCK TRUDELL MCPHERSON — 9th	THIS MONTH  CAROLYN DRAVIS — 13th  TANIA BLUMSTEIN — 17th  SHELLY ELIAS — 24th	

3:35 • Happy Hour with

6:30 • Poker Club | 6

6:45 • Evening Movie | MR

3:00 • Music Therapy with Nio | G

6:00 • Welcome New Residents' Tea

6:30 • Wednesday Night Bingo | G

Marian Weinberg | G

Party with Daniel MR

MCPHERSON - othEUGENE COHAN - othJOAN OJALA — 11thCONSTANCE RENAUD -11thMARGARET

ROSENZWEIG -13th

SHELLY ELIAS — 24th ALAN GENESTRE - 24th MARTHA MISHCON -27thALEJANDRO INGUANZO - 30thRONNIE MITTLEMAN -31st



**EVENT RECAP** 

# fun events always at the sterling aventura

Our Monthly Barbecue on the Patio and Mother's Day Tea with our Managers







# THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month's employee spotlight is DAISY ZELAYA. She was born in San Miguel, El Salvador, on Oct. 28. Daisy was born to mother, Bertila and father, Carlos; from there she was introduced to a world of two sisters and two brothers whom she loves dearly. Daisy remembers the days she would go to church, cook home meals, bake and go to the beach with her family. Daisy has always felt blessed to have such amazing parents. She left her humble abode to stay with



Daisy Zelaya

the love of her life, Mariano. She married Mariano when she was 27 and has been married to him for 27 years. Daisy met the love of her life in Miami. Daisy and Mariano created two handsome sons and one beautiful daughter. Daisy loves watching movies, cooking and listening to music. Daisy moved to Miami in 2001 and she has found Miami to become her second home. Daisy began working with The Sterling in 2018 and has been working hard ever since. Daisy says she truly loves her job and does everything in her power to make people around her happy. Daisy loves the family she has created at The Sterling in such a short period of time, and she wouldn't trade them for the world. We welcome Daisy with open arms and hope for many years within our team.

# IT'S OUR PLEASURE TO SERVE YOU ...

# word from your executive director

MARY STORY 2019

Summer is in full swing! Barbecues, parks and other fun activities rule this beautiful time of the year! All Americans start off this month with a celebration of a very important holiday, Independence Day! Here at The Sterling, we want to celebrate the Fourth of July by encouraging your personal independence and freedom. Sometimes we forget how fortunate we are to live in this beautiful country and tend to see the glass half-empty, instead of taking advantage of all the wonderful opportunities. As your Executive Director, I truly hope that during this month, all of our residents will feel open to try something new and exciting. Independence Day Barbecue on the Patio is a perfect opportunity to get some fresh air and meet other residents. Our weekly dinner outings allow you to try a variety of different cuisines. Please join as many fun activities as possible during this month and embrace your personal independence. Also, on the Fourth of July, I want us to come together to honor our residents who served in the Armed Forces, and courageously defended our nation's freedom throughout the world. On behalf of all the employees and residents of The Sterling, I thank them for their commitment and sacrifice. I wish all of you a happy and safe holiday.

Truly Yours,

Mary Buchanan, Executive Director

#### MANAGEMENT TEAM

Mary Buchanan, Executive Director
Patricia Cunningham, Business Office Manager
Mark Monaghan, Director of Sales & Marketing
Alex Lopez, Dining Services Director
Alexandra Lopes, Memory Care Director
Shayna Perry, Health and Wellness Director
Daniel Dhanaram, Resident Program Director
Ireneo Tenay, Director of Maintenance









