



ZARROW POINTE

# Zarrow News & Views

September 2017

## Going Green and Loving It!

Zarrow Pointe is proud to be the first retirement center in the country to take advantage of solar power! In our business, we call accomplishing two big things with one initiative a "win/win". What do you call it when you accomplish "3" major accomplishments with one project...?!

Zarrow Pointe will do its part to save the planet by reducing its "carbon footprint", provide shelter for our residents' vehicles from the Oklahoma weather, and reduce our electric bill—all with one major project! By the way, this project is funded completely by charitable donations from our residents and friends of this organization.

I call that, "a win-win-win!" Hopefully, this project will be a success and we can continue to add more solar power to this campus over the next several years. If you have any questions or would like more information on this project, please stop by my office.

Jim Jakubovitz

## Residents of The Month

Bob and Evelyn Covey went on their first date at a roller skating rink when they were just thirteen and fifteen. Their fathers worked together in the little town Delaware, Oklahoma. The whole town had been waiting for them to get married. Once they were engaged, they had a huge bridal shower where they got everything they could imagine. On August 5th, 1955, they were married without an empty chair in the church and guests standing all around. They have been married sixty-two wonderful, blessed years. After they married, Bob was drafted and spent two years serving in the Army in Germany. Bob went back to Oklahoma State University to finish his degree as a Mechanical Engineer, while Evelyn worked for Phillips. After finishing his degree, they moved to New Jersey, where Bob worked for Sun Oil Company. While raising their son and daughter they grew to truly love the beach while living in New Jersey. They even made it a tradition to go to the beach with their extended family every year in North Carolina. Bob took a job down in Houston for two years and was then transferred to Tulsa where they planted roots. Soon after moving to Tulsa, Bob started his own business called Covair, which was a coin operated air pump business. Evelyn, with her smile and charisma no one can resist, became a very successful and highly sought after Real Estate Agent. She feels very blessed to have had such flavor throughout her whole career. After twenty-two years in Bob's business, he was able to retire.

They have always been up for an adventure, from water skiing with their kids to their recent trip to Mt. Rushmore. Evelyn grew up with her grandmother and remained close to her even after they married; Bob and Evelyn brought her on every vacation while she was living. Traveling has always been a huge priority for the two of them. Bob, having spent two years in Germany was ready to take Evelyn to see Europe; their favorite trip was for their twenty-fifth anniversary when they went to Europe together for the first time. After spending the afternoon reminiscing on all their wonderful trips it turns out they have traveled to thirty-five different countries. They feel like one of the factors that contribute to their long marriage is that they are best friends and simply did everything together. They have been living at Zarrow Pointe for seven years now. Bob currently attends water aerobics and reads lots of books. Evelyn works out in the fitness center and plays bridge with her friends. They absolutely love OSU, and if you ask they will say they "bleed orange!"... Congrats to the Coveys!



## Don't Miss This

- Klezmer Band Practice WED 6
- Study Group with Rabbi Kaiman THURS 7
- Entertainment with Barron Ryan TUE 12
- Casino & Lunch THURS 14
- Men's Lunch Club TUE 19
- News with Jacob Howland TUE 19
- Olli Class begins WED 20
- Catossa's Correll Museum (Vintage Cars, Rocks- TUE 26
- Spelling Bee with Jan THUR 28

## HAPPY BIRTHDAY!

- Pat D. 9/04
- Chuck W. 9/12
- Gerry B. 9/19
- Delores B. 9/27

## Health Tip

Chewing gum makes you more alert. If you're suffering from a mid-afternoon slump or can't seem to concentrate in the morning, then try chewing some gum to make you feel awake. Coventry University researchers found that chewing mint flavored gum dramatically reduced feelings of tiredness. Another study on the subject found that chewing gum can improve memory by 35 percent, relieve stress and reduce anxiety levels. Clinical studies have shown that chewing sugarless gum for 20 minutes following meals can help prevent tooth decay. This can be a good preventive measure in situations when tooth brushing and flossing aren't practical, but sugar-free or not, chewing gum should never replace good dental hygiene practices.



## Must Read Books

The Woman In The Photo by Mary Hogan the story of two young women—one in America's Gilded Age, one in scrappy modern-day California—whose lives are linked by a single tragic afternoon in history.

The Man Who Could Be King by John Ripin Miller. Josiah Penn Stockbridge accepts the position as aide-de-camp to George Washington at the beginning of the Revolutionary War. During one fateful week in American history, Josiah will watch a conflicted general become a legend and will discover for himself that the greatest struggles of war are those within the hearts and minds of fallible men.

## Riddle Me This

First residents to tell Malyn Wiens the correct answer will win a free meal from the Nosh Café.

Feed me and I will live, but give me a drink and I will die. What am I?

### August Riddle Answer:

A boy was born in 1955, he just had his 18th birthday today, how did that happen?

Answer: The room number was 1995

Winners: Freda G. Iris C.

If you would like to receive the newsletter through email, or provide submissions for future issues please email Malyn Wiens at msaunders@zarrowpointe.org, by visiting her at our Aquatic Center or she may be reached at 918-496-8333, extension 311

## Words From...

On July 29th, Sam and Caddie Cox got married after meeting the first time after the OU vs Iowa football game in 2013. The bride Caddie Proctor is the granddaughter to former OU football assistant coach Bobby Proctor.



I was blessed with the opportunity to have been the wedding planner and coordinator for Sam and Caddie's wedding. I have been planning weddings for several years now and this was by far the most incredible groom's cake I have ever seen. The couple now live in Houston, Texas but since they met and fell in love while attending Oklahoma University, they felt it was the perfect place to get married. The ceremony took place at St. Johns Episcopal Church. After the ceremony, they headed over to the Union Ballroom on the OU campus. The groom had not seen his incredible cake until he walked into the ballroom and the look on his face was priceless. Completely impressed, Caddie and Sam said it was way better than they ever expected. The secret to this amazing cake is the only part that is actually cake

is the actual football field, the rest is fondant and Styrofoam. With a guest count of 225 people, they devoured the delicious cake and almost all of the brides wedding cake.



This 150 pound groom's cake came all the way from Dallas Texas. The baker, Bronwen Weber with Frosted Arts Bakery and Studio, said that she and her team spent over 160 hours creating this amazing cake. -Malyn

## Never Stop Laughing

A guy is reading his paper when his wife walks up behind him smacks and him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs and walks away.



Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."

### Our Mission

*Provide vibrant and inclusive living, learning, and care throughout the progression of life.*

### Our Vision

*To re-imagine senior living and instill passion in a life where dreams never retire.*