



ZARROW POINTE

# Zarrow News & Views

October 2017

## Attitude From Hazel at Bekezela

The 92-year-old, petite, well-poised and proud lady who is fully dressed each morning by eight o'clock with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room...just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away...just for this time in my life."

Old age is like a bank account...you withdraw from what you've put in.... So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply
4. Give more
5. Expect less

## Resident of The Month

Marilyn Smith is a passionate woman who is easy to call a friend. She grew up in Tulsa, Oklahoma and attended Central High School where she met the love of her life, Walter Smith Jr. They were truly best friends and through marriage they faced life together as a great team. Marilyn and Walter had three children, two daughters and one son. She feels that her children are the stars of her life. Marilyn is proud of them with their chosen careers and feels very blessed with seven grandsons and one great granddaughter.

With his degree in Industrial Administration, Walter was an instructor and Dean for Oklahoma State University-Okmulgee campus. Marilyn being an avid reader followed her heart and worked as a high School Librarian. Marilyn also worked as the Director of Marketing for the Oklahoma Industrial Trade Association and coordinated the bi-annual Industrial Trade Show.

At early retirement, Marilyn and Walter purchased a motorhome and set off to travel around the United States with their loyal Alaskan malamute. Their favorite trip was a cruise through the panama Canal. Marilyn is a lifetime member of the Corvette Museum and a former member of the Tulsa Vet Set.

Serving others has always been a large part of her life. Marilyn feels the secret to a long life is loving people and being willing to help others.

"It isn't the memories of the past years but the present and the future I want to focus on the now. What can I do to make a difference?"-Marilyn Smith



## Don't Miss This

- All About Books with Connie Cronley TUE 3
- Klezmer Band Practice WED 4
- News W/ Jacob Howland TUE 17
- The Green Park Hotel at Circle Cinema TUE 24
- Adult Institute -Temple MON 30
- Book Club THUR 19
- Cocktail Hour WED'S 11th and 25th

## HAPPY BIRTHDAY!

- |       |           |
|-------|-----------|
| 10/07 | Jim G.    |
| 10/10 | Lee R.    |
| 10/13 | Vicki H.  |
| 10/16 | Marion S. |
| 10/22 | Ed A.     |
| 10/23 | Peggy C.  |
| 10/23 | Aubra K.  |

## Health Tip

### Benefits of Pumpkin

High in fiber, which helps you feel full and promotes digestive health.

Rich in vitamin A, which is key for healthy vision, proper cell growth and a strong immune system.

Contains essential fatty acids.

Restores the balance of electrolytes in the body and keep muscles functioning at their best.

[healthyfamilymealplans.com](http://healthyfamilymealplans.com)



## Must Read Books

**Unbroken by Laura Hillenbrand.** The life story of Louis Zamperini, an Olympic runner and military aviator in World War 2. He survived being lost at sea and years of horrific abuse as a prisoner of war in Japan.

**Water for Elephants by Sara Gruen.** Jacob Jankowski, a veterinary student faces a terrible tragedy that forces him to leave school.

With nowhere to go, he hops on a passing train which turns out to be a traveling circus.

Jacob meets a beautiful circus performer named Marlena, as they bond over an elephant. Marlena's cruel husband stands in their way.

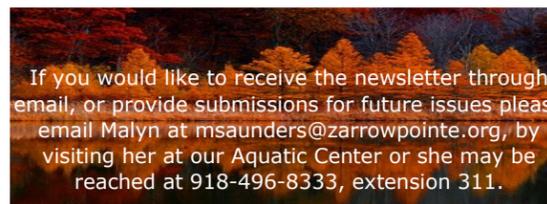
## Riddle Me This

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

A house with two occupants, sometimes one, rarely three. Break the walls, eat the boarders, then throw away me.

### September Riddle Answer:

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



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

## Words From...

### For all those Born before 1945

We are survivors... Consider the changes we have witnessed. We were born before polio shots, frozen foods, zerox, plastic, contact lenses, Frisbees, and the Pill. We were born before radar, credit cards, split atoms, laser beams, ballpoint pens, pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, drip dry clothes, and before man walked on the moon.

In our time bunnies were small rabbits and rabbits were not Volkswagens. Having a meaningful relationship meant getting along well with our cousins. We thought fast food was what you do during Lent, and outer space was the balcony of a movie theater.

We were before house-husbands, computer dating, dual carriers and computer marriages. We were before day-care centers and group therapy. We never heard of FM radio, iPhone, artificial hearts, word processors, yogurt, and guys wearing earrings. For us, time-sharing meant togetherness... not computers or condominiums: A "Chip" meant a piece of wood and hardware meant hardware and software wasn't even a word.

In 1940, "Made In Japan" meant junk and the term "making out" referred to how you did on your exam. Pizza, McDonalds and instant coffee were unheard of.

We hit the scene where there were five and ten cent stores. For one nickel you could ride a streetcar, make a phone call, buy Pepsi or enough stamps to mail one letter and two postcards. You could buy a new Chevy Coupe for \$600, but who could afford one! A pity too because gas was .09 cents a gallon. The corner drug store sold ice-cream for a nickel or a dime. The only drug we knew was the local drug store.

In our day, cigarette smoking was fashionable, grass was mowed, coke was a cold drink, a pot was something you cooked in, and rock music was grandma's lullaby.

No wonder we're so confused and there is such a generation gap today, but we survived... what better way to celebrate our precious heritage.

## Never Stop Laughing

The Following Quotes were taken from actual statements found on insurance forms where car drivers attempted to summarize the accident.

1. A pedestrian hit me and went under my car.
2. The other car collided with mine without giving warning of its intentions.
3. My car was legally parked as it backed into the other vehicle.
4. The indirect cause of the accident was a little guy in a small car with a big mouth.



### 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.*