

Zarrow News & Views

April 2018

Spring in Tulsa

The Tulips are just around the corner. Check out the Tulsa Botanic Gardens, Utica Square, or Woodward park to see your spring flowers in bloom.



Employee of The Month

Aaron Rudisill is a man full of passion for life and it all goes back to his roots. He was born and raised in Broken Bow, Oklahoma. Growing up in the country he has always loved being outdoors, he could even hunt and fish in his own backyard. Aaron's father owns a full-service gas station in Broken Bow and Arron spent many hours working for his dad. His home town had one stop-light and one grocery store that closed at six each day. Living off the land they raised chickens, cows and quickly spoiled Aaron to fresh meats and vegetables. They never purchased store-bought food and were proud to make everything from scratch. Aaron began cooking at a very young age; he soon took over cooking the dinners for the family.

Aaron wanted to become a chef but, living in a small town, he was convinced that was no way to make a living as a chef so, after graduating high school, he attended South Eastern in Durant Oklahoma and began a degree in Occupational Safety and Health. He moved to Tulsa to finish his degree with a minor in Fire Science. While at a friend's apartment, Aaron met the love of his life, Desiree. He got her hooked by offering to help her move into her apartment in exchange for a date. They have now been married eleven years and have two wonderful children. Their firstborn daughter, now eleven, is named Blakely and when they realized their initials were A, B and D they decided their next child's name would start with a "C" in order to could complete the initials. Their nine-year-old son is named Callen. Now their family's initials are A,B,C,D.

Aaron realized that all he wanted now was to become a Chef. While in Oklahoma City he attended Platt College. When finishing school he worked over a year as the Banquet Chef at the Renaissance Hotel in OKC. He decided that he was in over his head and needed to slow down. They moved to Tulsa and Arron began working at the Stone Horse Café. After two years he returned as a Banquet Chef and Daily Sous Chef at the Southern Hills Country Club. While working at the Country Club for five years he grew tired of the late nights away from the family and decided to take a job as the Executive Chef at Montereau. After some time working there, Aaron was looking for a place to work that was more of a community and less commercial. Chef Aaron has now been here at Zarrow Pointe for almost five years working as an Executive Chef and Assistant Food and Beverage Director. Aaron and Susan Surchev have created all of the delicious recipes for the residents here at Zarrow Pointe. Even after all of his time making gourmet food, Aaron prefers a good farm to table dinner. Southern Comfort food is his specialty, specifically chicken fried steak, fried chicken and beans and cornbread. These dinners always take him back to his childhood. Aaron feels his greatest accomplishment is, of course, be his two children, but also that he defeated the odds and proved the small town wrong by making a life for himself and his family as a chef. A highlight of his life has been taking his family back to his home town and showing them how he was raised by taking them hunting, fishing, riding four wheelers, and giving them a love for good farm to table dinners. When Aaron is cooking dinner for friends and family his ideal dinner is a big fish fry, with freshly caught fish. Aaron is a great addition to our community, Congrats to Chef Aaron!



Don't Miss This

- Movie and Popcorn BA-Darkest Hour with Gary Oldman TUE 3
- Coping with Sleep Disorders w/ Dr. Carment WED 11
- Travel Video BA-Mystery of a Masterpiece-The Forensics of Fine Art TUE 17
- Keys to Healthy Aging with Life Senior Service MON 23
- Early Beginnings of Tulsa with Kelly Gibson Tours of Tulsa TUE 24
- Musical Monday MON 30

HAPPY BIRTHDAY!

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|------------|------|
| Susan A. | 4/04 |
| Isrella T. | 4/08 |
| Irene F. | 4/09 |
| Louise R. | 4/10 |
| Shirley D. | 4/15 |
| Linda A. | 4/18 |
| Harriet F. | 4/29 |
| Nancy B. | 4/30 |

Congratulations!



Mr. and Mrs. Lee Raney celebrated their 65th Wedding Anniversary on March 15th, 2018.

Must Read Books

The Rescue by Nicholas Sparks

A volunteer fireman, Taylor McAden, feels compelled to take terrifying risks no one else would ever do. One day Denise Holton, a young single mother, is driving through a storm and her car skids off the road. When she becomes conscious she discovers her son is lost. Taylor doesn't know that this rescue will be different from all the others.



Riddle Me This

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

Tall I am young, Short I am old, While with life I glow, Wind is my foe. What am I?

March Riddle Answer:

What's 3/7 chicken, 2/3 cat, and 2/4 goat?
Chicago
Winners: Freida G. and Hi C.

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

Health Tip ~ Essential Oils

Using essential oils in a diffuser is an enjoyable and effective way to experience aromatherapy in your home. Through air diffusion, a few drops of essential oil can deliver therapeutic aromatherapy throughout one or more rooms, while clearing the air and creating a pleasantly fragrant environment.

Since heat can cause essential oils to evaporate and degrade quickly, cold air diffusion is typically preferred over heat diffusion to obtain full therapeutic effects. Single essential oils can be chosen for the desired effect, or several oils can be used in the diffuser together to create a custom aroma with multiple therapeutic benefits.

Diffusers disperse essential oils as a fine vapor throughout the air so they can be absorbed gently into the body through the respiratory system. The aroma can prompt the nervous system to transmit signals to the limbic system in the brain – the same part of the brain that houses emotion and memory. The brain may respond by initiating various physiological functions, such as a release of hormones, relief from pain, or a positive boost in mood.

If restful sleep is the goal, try diffusing relaxing lavender, Roman chamomile, spikenard, neroli, mandarin or sweet marjoram in the bedroom for 15 minutes before bedtime. Some diffusers are equipped with automatic settings that can turn off the diffuser after 20 minutes or can deliver short bursts of diffusion at intervals throughout the night.

During times of colds and flu, try diffusing thyme, eucalyptus, rosemary, manuka or ravintsara. Cinnamon and clove are excellent for prevention and smell lovely with a bit of orange added. Lemongrass, tea tree, eucalyptus, oregano, and juniper are specific for air purification, and can also help to clear the air of the smell of mildew.

Mental clarity is supported by peppermint, basil, lemon or rosemary.

For uplifting mood enhancement, clary sage paired with any citrus can work wonders. For stress relief, add geranium and lavender. To promote some romance, try jasmine, ylang ylang, rose, sandalwood or patchouli. Don't worry -- nervousness can be soothed with neroli, frankincense, petitgrain, chamomile or melissa.

No matter what the desired effect may be, and with minimal effort, essential oil diffusion has endless possibilities for supporting health and wellbeing.

Here at Zarrow Pointe we use essential oil diffusers in the Pool Lobby, Locker Rooms, Therapy Gym and many offices. You can buy the diffuser and oils, from many places such as: Whole Foods, Target, Marshalls, Sprouts, and Walmart.



Never Stop Laughing

A beggar approaches a grandmother at the beach with his hands out. "Please, Señora," the poor man pleads, "I haven't eaten all day." "Good," says the grandmother. "Now you won't have to worry about cramps when you go for a swim."

-Funny in Spain Survey



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.