



*Zarrow Pointe's newest Centenarians!
Rita Shisler & Dr. William J. O'Meilia
Congratulations on your journey!*



Rita S.



Doc O'Meilia on his wedding day



ZARROW POINTE

news & views

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Embracing The
100-Year Life
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by Randy Cogburn

For many the possibility of living to be 100 is unimaginable, while others have no desire to do so for one reason or another. Yet there are a few who manage to gain the title of a centenarian. Of the 7.8 billion people in the world today, there are only 316,600, or 0.004% centenarians living today.

What you may find surprising is that in January just over 3% of those living here at Zarrow Pointe will be 100 or more! One of those, a face that most of you are familiar with is Rita Shisler. On January 02 she will gain her title! The thing that inspires me most about Rita is that she embraces it; in the same way she embraces life in general!

Rita is an unforgettable woman who has set out to live each and every day to the fullest! Born on Bloor Street in Toronto to Richard and Amy Reid, her family later moved to Buffalo, New York. When I asked her if she remembered her address as a child she quickly, and accurately responded: "109 East Ferry". Their house was next to Offermann Stadium where Rita recalls her father hiring a carpenter to build seats on the roof and charging 25 cents for people to watch the ball game. She attended Fosdick Masten High School which remains open to this day and is listed in the National Register of Historic Places. After her father died, Rita's mother packed up and moved all the way to southern California. After finishing high school the war started and Rita began working in the Mazda Lamp Factory. She was a proud American and wanted to serve in the military, however she was declined since she had been born in Canada and had not yet obtained her US citizenship, which she later did at age 30.

Through mutual friends, she met her husband Myron Shisler. After dating four years they married on April 1, 1944, the same day that Myron received his pilot's wings in the Navy. Soon after marrying they had two girls, Lollie and Jake. When the time came for them to both be in school Rita began working for the Department of Social Services. She began as a clerk and after fourteen years she became the first woman to work as a special investigator; but she refused to carry a gun.

Rita has devoted much of her life to becoming a volunteer with a variety of organizations, including Literacy Volunteers, Habitat for Humanity, The Garden Club, and Jenks Aquarium. She marched many times with the National Organization for Women, and was on the Chamber of Commerce in Jenks.

After Rita retired, she spent many years traveling the world. Ireland was by far her favorite since she has deep family roots there. She has also climbed the pyramids in Mexico, went to the top of the Eifel tower, kissed the Blarney Stone in Ireland, and fed a wild bear in Allegany State Park. She backpacked the Grand Canyon in her mid-60's, and went hiking in her 80's at Fort Bowie National Park in hot Arizona. Rita also "collects bridges"; wherever she travels she walks across every bridge, takes a photo on it, and claims it as her own. She also collects stones and would do whatever it took to get one. She once climbed over a roped off area with a sign saying "Danger, Keep Out" to get a rock within ten feet of the edge of Niagara Falls!



Rita feels the secret to a long life is having the right attitude, finding what makes you happy, and most importantly finding what makes others happy so that you stop thinking about just yourself. She also insists: "just keep moving!" Her daughter Lollie recalls the time her mother drove to visit her at her office downtown, and while waiting on a mechanic to come fix her car she saw her mom doing sit-ups in the parking lot! When asked what she was doing, Rita just said: "Well I may as well be doing something instead of just standing around waiting".

Rita feels that her greatest accomplishments are her two amazing daughters who have blessed her with three grandchildren and four great grandchildren. She sets a goal each day to do something for someone else, and says it doesn't matter how big or small the act of kindness is, but that rather you should put others first. She has made at host of friends in her 20+ years at Zarrow Pointe, and has brought much joy to so many of us, not to mention her inspiration to embrace the journey called "life".

Happy birthday Rita, we love you!



The Best New Year's Resolution

by Randy Cogburn

Have you thought about your personal New Year's resolution for 2022; one that would bring you personal rewards, while at the same time having a positive effect on others?

You may not realize it, but there are numerous scientific studies that show acts of kindness result in significant health benefits, both physical and mental. I don't want to bore you or lose you with all the medical and scientific terminology, so here is the basic translation. Often referred to as a 'helpers high', the body responds favorably, both physically and mentally, after a kind act is performed. One can actually become less aware of the intensity of their own pain, and having a positive attitude helps contribute to the maintenance of good physical health as well as recovery from illness. As one's self-worth is increased, feelings of helplessness and depression decrease. Simply put, your overall health and well-being can be improved by just taking the time to make someone else feel better.

There are all kinds of ways that random acts of kindness can be performed. Some require very little effort, and cost nothing. Some make donations or give gifts, others give their time, and still others just simply say the rights words at the right time. There are even times when all someone needs is for you to listen. No act of kindness is any more or less valuable than the other; it's the fact that you took the time to make a difference in someone else's life at that moment in time.

Taking this approach when making a New Year's resolution will likely mean greater success in meeting your own goals for self-improvement. For example, if your goal is to start a walking program to get in better shape or lose weight, offer to walk someone's dog that is not physically able to do so. If you would like to get more active around the house instead of sitting in front of the TV all day, offer to run an errand or pick up the mail for a friend who is ill or having difficulty getting out of their home. If able, become a volunteer. It keeps you active, and you'll be rewarded for making a difference in someone else's day. Or, just simply make a call to a friend that could use a kind word or just needs you to listen.

So, make it a great year! Start by doing what you can to help another, and then watch yourself grow from the inside out!

"If you haven't any charity in your heart, you have the worst kind of heart trouble." - Bob Hope



Apples are a delicious, natural source of fiber and perhaps, the world's oldest fruit. It was the Egyptians and Romans that introduced the apple to Britain. Shortly thereafter, early Americans brought apple seeds home from Europe and began planting trees.

The apple is a member of the rose family. There are 2,500 different varieties of apples grown in the United States, and more than 7,000 varieties grown through out the world. Ninety-percent of the apples grown in the U.S., come from only 16 varieties of apples.

A single apple has more fiber than a serving of oatmeal or cold fiber based cereal. One medium size apple contains 5-grams of fiber, almost twice the amount of fiber in most high fiber cereals. In fact, the apple contains 20% of the fiber your body needs a day. Best of all, apples contain no fat, cholesterol or sodium.

THE BOOK CLUB REVIEW

Suggested read for January:
"The Vanishing Half" by Brit Bennett

Suggested read for February:
"The Paris Library" by Janet Charles

Interested in reading and discussing popular books?
Monday, January 10 @ 3:30pm
Zarrow Manor Library

HEALTHCARE CONNECTION

By- Ruben Bearer

I want to brag about our staff. Zarrow Pointe is blessed with wonderful, caring staff. Every day I have the pleasure of working with selfless people who consistently put the welfare of others first. I cannot describe how amazing it is to work with these dedicated people. Right now we are all aware of the happenings of the world. We have a global pandemic that is approaching two years in duration. We have unprecedented staffing shortages across Oklahoma for any type of worker you could imagine. We even have shortages for many products in our stores! I have never seen anything like our present times, but no matter what the challenge, our staff have always stepped forward. Almost all of our team has worked extra days, or extra shift to ensure all residents are cared for. Our dedicated staff are here day or night, weekday or weekend, even on Holidays. They always ensure the needs of our residents are met. This year I have seen a nurse celebrate her 20th anniversary working at Zarrow, a nurse celebrate her 38th anniversary of nursing and a nurse with over 50 years of experience in the healthcare! We have CNA's who will take residents shopping for essentials, to needed medical appointments, swimming in our pool and have impromptu dance parties in our halls. Our activities team ensures every holiday is honored and every resident is stimulated with some sort of hobby. Birthday parties, anniversary dinners no event is forgotten. When you walk the halls of the Kaiser Health Care Center you see staff spending one-on-one time with our residents. People are engaged in conversation and spending time together. You can truly tell how much they enjoy serving our community. Work for me is an oasis of peace. Here at Zarrow Pointe I can turn off the turmoil of the outside world and enjoy working with dedicated people.

By- Aubrey VanTassell

Pajama Day! - Wear your favorite pajama set on Jan. 19th

Resident Room Showcase-

Lois G. on North Hall in Healthcare loves to show off the beautiful design of her room. She regularly entertains guests and family there. Resident rooms in Healthcare all feature large windows to let in light and have space for many personal photos and decorations.

Thank you Lois for being a part of our community!



Fun in Camo Season- Staff wore camo in November

January Birthdays

Rita S. 2nd
Lois F. 18th
Grace L. 20th
Marilou P. 22nd
Christie K. 30th



GROWING UP IN WAR TIMES

by Carmen Kinsey

I had just started first grade - 1941. I can remember that Sunday, December 7. The atmosphere in our little white three-bedroom frame house was tense as we listened on our Philco radio to President Roosevelt announce the Japanese bombing of Pearl Harbor. Big changes were in the air, and I could feel the seriousness of what was to come. World War II. I was only six, but here are some of my memories of that time, growing up in small-town Oklahoma.

There was rationing of many goods: Gum, candy bars, sugar, gasoline, tires, shoes. Fabric, elastic, bananas and other grocery items were hard to obtain. We had ration books for sugar and shoes, and this allowed for two pairs a year for each family member.

At school on Mondays, we would take our dimes and quarters to purchase savings stamps to be pasted into a booklet. Once filled, a \$18.75 War Bond could be purchased, worth \$25 after the years. I had two or three of these bonds when Barry and I were married in 1953. I cashed them in to buy his wedding ring.

Victory gardens, also called war gardens, or food gardens for defense were a big deal, as was canning fruits and vegetables. All the kids I knew picked peaches and tomatoes and helped with canning. We were encouraged to save old cooking grease and once strained, it was turned over to the butcher at the grocery store. In addition, kids saved newspapers and searched far and wide for scrap metal, all for the war effort.

At school, all of us learned songs of the day and sang them in music class or anytime. These included The Army, Navy, and Marine songs, White Cliffs of Dover, and God Bless America. We were proud to wear red, white and blue. We had feed sack dresses because fabric was hard to come by...but everyone had them, so they weren't a big deal to us. Jeans and big white shirts were cool things to wear, as were bobby socks and saddle shoes.

To purchase a new car was not possible. We had a 1938 Ford which we kept until 1949. We have many family pictures taken in front of that car, so you know we were proud of it. Pictured below is one of me and my older sister, Avonelle. I'm on the right.

High school boys, hardly old enough, went to war. We knew who went, and worried about them. Movies cost 11 cents, then 13 cents, and finally, 25. We went to the matinees on Saturday or Sunday and afterwards stopped at the drug store for ice cream cones. Double and even triple cones were available in vanilla, chocolate and strawberry.

After the war more things were possible for us. New car, changes to the house, and a different kind of telephone. A wooden phone had hung on the wall behind the kitchen door for many years. Our number was 29. Television came for us in 1951. We had TV parties with our friends, and we served big bowls of popcorn, fudge, and a drink called "party pack".

These are a few of my memories of my growing up years in Osage county.

