

ZARROW POINTE

I LOVE HEARTS

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news & views

FEBRUARY 2022



I LOVE HEARTS

by Barbara Dinehart

My purpose in life is to grow in love. I set that intention for myself in college and hearts are a symbol of that purpose.

“I love hearts”. I take great delight in hearts. I am forever looking for hearts in nature and in my everyday life. Hearts have appeared in my life in various forms when I most needed that message of love. I connect hearts as a symbol and sign of God’s love for me. I see hearts in the clouds, rocks, melted snow and water spots, even potato chips to name just a few; I even have a heart shaped mole on my back. The stone that I picked out for myself in the memory garden is also heart-shaped. When I married in 1978 and became a Dinehart, it gave me more reasons to love hearts and I started using hearts after my signature.



A few years ago I was really struggling with the physical care of my husband, and at the same time, our beloved senior dog was needing constant care as well. I was up most nights caring for both of them. I remember a winters night about 3am carrying my dog out to relieve herself. I was exhausted and crying out to God saying I didn't know how much longer I could do this. It was very dark and very cold, but the moon was shining bright, and when I went to pick up my dog I saw a big beautiful heart in the yard where the snow had melted. I knew it was a gift from God and in that moment it gave me strength, hope and the reassurance that I was not alone. I went back out in the cold and dark and took a picture of that beautiful heart. I gave my now deceased husband a green stone heart that he carried in his front pocket for over 30 years. I now keep that heart stone near me.

People love to give me hearts. I have a heart doorbell, potato masher, necklaces, plates, stones, etc. The hearts that I buy I mostly give away, for example I love to take crystal hearts and leave them in unexpected places for random people to find them. When I went to Maui in July I brought a bag of all heart shaped rocks that I had collected on the beach back to my Tai Chi students and my friends.

Not only do I connect hearts to God’s love for me but I also focus on my physical heart. I focus on my heart center every morning during my meditation and prayer time. I also start my Tai Chi classes by focusing on our heart center to intentionally open, soften, and expand our heart energy to ourselves and one another.

In this love month of February and Valentine’s Day have fun looking for hearts all around you, and spread that love and heart energy to others.

My hope
is that **love** becomes the
dominant variant.



***Phil Armstrong,
Interim Executive Director -
Greenwood Rising
Black Wall Street History Center
Thursday, Feb. 3rd at 7pm
Burnstein Auditorium***

Philip Keith Armstrong is a native of Ohio and has been in Tulsa for 20+ years. Phil has a varied background working in the corporate sector and as an entrepreneur in the restaurant business. In 2019 he was hired by the Tulsa Community Foundation as Project Director for the 1921 Tulsa Race Massacre Centennial Commission to lead all coordination for fundraising, educational curriculum, economic development initiatives and construction projects, namely, the building project of Greenwood Rising Black Wall Street History Center. Phil has been actively engaged in the community by serving on several non-profit boards, most notably Community Service Council, Reading Partners of Tulsa, Tulsa Regional Chamber Board of Directors, Tulsa Opera Board and past board chair of the Greenwood Cultural Center. In July 2021, he transitioned into a new role as interim executive director of Greenwood Rising. He is a Leadership Tulsa graduate and a member of the Rotary Club of Tulsa. A talented singer, Phil enjoys singing for several events and organizations around Tulsa, most notably singing at the Tulsa Regional Chamber Annual Meetings, Tulsa Drillers Baseball and the Tulsa Symphony Orchestra.

Phil will enlighten and educate us about the history and legacy of the 1921 Tulsa Race Massacre. Participants will learn about Tulsa's Historic Greenwood District, the storied "Black Wall Street," including the massacre and its effects on Oklahoma and the nation. He will also introduce us to Greenwood Rising, a world-class history facility to showcase Tulsa's Historic Greenwood District.

TULSA OPERA

"Traveling Voices"

***Wednesday, Feb. 9th at 7 pm
Burnstein Auditorium***

A group of internationally-trained Resident Artists from the Tulsa Opera performing live in our very own Burnstein Auditorium. An evening you won't want to miss!



***Monday, Feb. 14th at 7pm
Burnstein Auditorium***

***Live Music • Dancing • Open bar
Snacks & Sweets (of course)***



***Tulsa Symphony Quartet
Thursday, Feb. 24th at 7pm
Burnstein Auditorium***

It has been two years since their last standing ovation performance at Zarrow Pointe and we are very excited to have them back! If you enjoy the symphony you shouldn't miss this opportunity to hear these talented musicians perform right here at home!

HEALTHCARE CONNECTION

By- Ruben Bearer

Today, I read a news headline stating that Tom Seaver, of the New York Met's passed away. Mr. Seaver was called "Tom Terrific" and is a Baseball Hall of Famer. One of the causes of his death was complications from Lewy body dementia. This made me reflect on this disease and its impact.

When you work in long term care, dementia is something you often deal with. As my career has progressed, my understanding of this disease has grown. I have learned to appreciate every person with this disease and do my best to understand their needs. The primary lesson I have learned is, they are still who they always were. You just need take a little more time and have a lot more patience.

Two cruel effects of dementia are the frustrations the resident has, along with the pain and stress their family experience. Dementia affects much more than memory. It impacts your ability to communicate, your understanding, and sometimes it can even transform your personality. People who have dementia are constantly worried because things are not where they are supposed to be, or they often don't recognize their loved ones. Their entire day can be filled with anxiety. When you can't find the right word or remember certain facts, you start to avoid social interactions to avoid possible embarrassment. If someone is having difficulty communicating, the most important thing to remember is "Go with the flow". Don't correct, or interrupt. Let them talk. Even if they have told the same story to you many times, it is still good for them to tell it. Any social interaction helps them maintain social skills and offset the effects of the disease. The key to concentrate on, is to maintain a positive facial expression and body language. People with dementia can pick up on non-verbal communication and will rely on it when other avenues fail. If you show impatience or anger they will see that no matter what you say.

Families carry the burden of care. Loved ones feel constant guilt. They worry that they are not providing enough care or they are not providing the right care. They avoid leaving their loved one alone because they are concerned something might happen when they are gone. Don't feel guilty about taking a break. You have to take time for physical and emotional well-being. Your rest is vital to ensure that you are healthy enough to care for your loved one! This time of vital rest and recuperation is desperately needed to refuel and reenergize. The more you care for yourself, the better you are able to care for them. Often, families develop health problems due to the stress from providing care. Talk to their doctor, to ensure that they understand your loved ones symptoms. Also, talk to your doctor about your current life situation. Self-care is vital! While caring for your loved one, you must equally care for yourself.

When someone is diagnosed with dementia it can be very stressful. It is always better to start the conversation early, than too late. Zarrow Pointe has many resources, including the Health Center, Zarrow Pointe at Home, therapy services and many other activities for you and your loved one to enjoy. If you have questions, we can help you with the answers or provide you with the resources that can answer your questions. The staff at Zarrow Pointe are here to help you through this journey.



THE BOOK CLUB REVIEW

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

Suggested read for March:
"The Personal Librarian" by Marie Benedict

Interested in reading and discussing popular books?
Monday, February 14 @ 3:30pm
Zarrow Manor Library



Guest Speaker: Phil Armstrong
Interim Executive Director,
Greenwood Rising
Black Wall St. History Center

Thursday, Feb. 3 at 7pm - Burnstein Auditorium



BLACK
HISTORY
MONTH
FEBRUARY
2022

EXPERIENCE GREENWOOD

THURSDAY, FEBRUARY 17 - BUS LEAVES ZARROW POINTE AT 9:30 AM

RESERVE YOUR SEAT BY CALLING RANDY COGBURN AT 918.496.8333

Visitors explore the history of Tulsa's Historic Greenwood District and connect to the spirit of its Black citizens through an immersive journey that uses projection mapping, holographic effect, and environmental media.

The experience brings to life the memories of the past and the visions of success for the future and catalyzes important dialogue around racial reconciliation and restorative justice.