

ZARROW POINTE

# news & views

MARCH 2022

WOMEN  
MAKING  
HISTORY

See Page 2



# WOMEN MAKING HISTORY

by Randy Cogburn

In addition to the beginning of spring, and the celebration of St. Patrick's Day, March is designated as Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

It all began in February 1980, when President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 08, 1980 as National Women's History Week. Along with that proclamation President Carter stated: "From the first settler who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

While I think it should have happened many years sooner, it is recognition that was long overdue. Women have always helped to shape the course of history and some have even changed the world. In many instances if not for the influence of women many of the things certain men are notable for, would not have happened.

When I began to search for a cover photo of a woman who would best represent the contribution of women in history I got stuck. How do you choose one over the other when it comes to the significance of their life and accomplishments in comparison to another? True, some have made a "name" for themselves in the world as the result of their inventions, their innovation, their courage, and their persistence to make a change; changes in the way women are recognized and treated in a society that catered way too long to members of the opposite sex. The photo that I chose is a representation of women in America. The women in our country who are soldiers, elected officials, teachers, wives, mothers and grandmothers, daughters and sisters, and overall, women who have persisted in the face of adversity with a kind of resilience that enhances their beauty.

When I think of the women who have impressed me the most, I think of my grandmother and mother, my teachers, and the ladies that I have been so fortunate to work alongside during my career. They have always been there for me when I needed them the most. Individually, there have been valuable life lessons that I have learned from each of them, and collectively they have taught me that women can be so much stronger than men in many ways. The women around me have taught me that strength is so much more than muscle. In part, it is the ability to hold up under pressure while still being sensitive to the needs of others around you in the process. Maya Angelou once said: "The quality of strength lined with tenderness is an unbeatable combination."

**Mother Teresa**, whose charitable figure is the prime example of sacrifice and strength, and inspired the world over with her kind heart, aiding those who needed it the most. **Helen Keller**, American author, political activist and lecturer was the first deaf and blind person to earn a college degree – proving that the only obstacle in achieving one's dream is yourself. **Amelia Earhart**, who in her brief life, became a record-breaking female aviator whose international fame improved public acceptance of aviation and paved the way for other women in commercial flight. **Rosa Parks'** courageous act in 1955 by refusing to give up her bus seat to a white person sparked a turning point in the civil rights movement. These women and many others like them have inspired other women all over the world to fulfill their dreams by having the courage to do what others would have thought impossible.

Women are making history every day. The women at Zarrow Pointe are no exception. Some have made a "name" for themselves for their accomplishments, while others through their life and legacy could, like Maya Angelou say: "Cause I am woman phenomenally. Phenomenal woman, that's me".





***Rick Clemons***  
***“When the Blues Went Electric”***  
***Wednesday, Mar. 9th at 7pm***  
***Burnstein Auditorium***

Being an award-winning Advertising Executive is Rick’s day job, but his lifelong passion is the guitar. He is a self-taught professional level player with a love of all things Blues. Last August he played acoustic selections from the early Delta Blues players. He’s back to showcase the music of the Electric Blues pioneers – featuring the songs of T-Bone Walker, BB King, Albert King, Michael Bloomfield and more. He will provide some brief background and then will get to playing the Blues in the style of these groundbreaking artists. Come out for an electrifying and enjoyable experience.



***Guitar + Piano***  
***Pat Savage & Jon Glazer***  
***Tuesday, Mar. 22nd @ 2pm***  
***Burnstein Auditorium***



***Lindsay Hutchison,***  
***President and CEO - Tulsa Zoo***  
***Wednesday, Mar. 23rd at 7pm***  
***Burnstein Auditorium***

Lindsay Hutchison is the President and CEO of the Tulsa Zoo. Lindsay was fortunate to meet an Asian elephant named Gunda when she was 4 years old at the Tulsa Zoo. This encounter led to her career as a champion for zoos and aquariums, and their role in saving wild species and spaces.

For 16 years, Lindsay’s focus has been funding a complete rebuild of the more than 95-year-old Tulsa Zoo. To date, the zoo has completed over \$36 million in projects since 2011 with another \$57 million in enhancements coming in the next 3 years. These enhancements have led to the successful births in all three animal areas built in Phase One, including our most recent birth, Hodari, our white rhino calf born in November 2021.

In addition to fundraising, Lindsay has been focused on ensuring a rebound of the zoo’s operating revenue since the COVID-19 shut down in 2020. In her free time, Lindsay likes to read as well as travel with her husband and two young children.



***Musical Performer***  
***John Orsulak***  
***Tuesday, Mar. 8 @ 2pm***  
***Burnstein Auditorium***

***Kara Staiger Sings***

***Tuesday, Mar. 29 @ 2pm***  
***Burnstein Auditorium***



# HEALTHCARE CONNECTION

## Spring Forward

By- Sharon Grimes

Spring is a good reminder that it's time to spring forward into action in many areas of life. It's a beautiful time to witness the new growth in nature. For our Healthcare and Retirement community, one of the best ways for us to experience action, growth and connection is through the Activities Department. We are blessed with an excellent staff in both sides of the facility. As we age, not all of us have family members that live in the area. Interpersonal relationships are vital to our emotional health. Studies have shown that conversation and activity provide stimulation in a manner that minimizes the progression of dementia, as well as, have a positive effect on our immune system. Therefore, being verbally and physically active are key to our overall health and well-being. There are times, when we choose to stay comfortable in our rooms and simply watch TV. That is perfectly fine. We are blessed with a tremendous campus, comfortable rooms and great food. However, keep in mind that the more active you are, the healthier you will be. Please take advantage of the many opportunities provided by our activity staff. We have plenty of fun and clever exercises, crafts and lectures. We are grateful for the many concerts provided, which are not only enjoyable to the ears, but good for the soul. You might enjoy participating in the spiritual services and studies that are offered. We like to provide opportunities for the whole person - body, mind and spirit.

I am grateful for our wonderful group of residents and staff. Please take a moment and let the staff know that you appreciate them. Due to the pandemic it has been a weary two years, but our loving and caring staff, have stayed the course. They have continued to express their professionalism and care, day in and day out. I am proud of our staff, in every department. You've heard it said, "It takes a village." Every department and each staff member play a vital role. I have often heard our staff say how much they love our residents. It can be easy to take the people around us for granted. Please express your appreciation to our Zarrow Pointe family of staff and residents.

Spring affords us the opportunity to gaze into nature and look forward to new times spent together with family and friends. Consider getting together with other people in our community, while following best practice in Covid safety. We have spent the last two years basically in isolation. This can cause one to feel alone and struggle with some form of depression. Not many seniors have the fantastic opportunity, to live within an active and social community like Zarrow Pointe. We offer different settings to eat, relax, swim, exercise and yes, PLAY! It's no wonder that the song, "Young at Heart", sung by Frank Sinatra, was such a big hit. I especially enjoy the phrase, "If you should survive to a hundred and five, look at all you'll derive out of bein' alive, and here is the best part, you have a head start, if you are among the very young at heart."



**Pajama Day**  
Staff and Residents  
wore cozy pajamas in  
January.



**March Birthdays**  
Pearl K. 9th  
Lynn C. 9th  
Estelle F. 19th



**Fantastic Singers**  
Pat sang a Holiday  
duet with Ms. M for  
all of her friends.



**Sweater Day**  
Residents and staff wore their favorite  
Holiday Sweater in December.



## Spring Forward - Out With the Cold...In With the New

by Randy Cogburn

I don't like cold weather! And the older I get, the less I like it. However, with spring just around the corner, it's time to pull ourselves out of hibernation and get busy again!

With spring comes new growth. Things start to look colorful again. The grass starts to green, trees begin to bud, and flowers emerge. Feel better already? I do! Sunshine and warmer temperatures are an incentive to get outside and soak it up.

In my experience, it's always harder to get people interested in starting an exercise program when it's cold outside. But as spring approaches, it's the perfect time to consider your options for becoming more active. Whatever you choose, be sure that it's an activity that you enjoy. If you like what you're doing, you are much more likely to stick to your routine, without even thinking of it as exercise. For some folks, the idea of a structured routine, or working out at a gym, just isn't for them.

I've found that a walking program is one of the simplest ways to get someone started. It doesn't cost anything, and you can do it anytime that it fits into your schedule. Longer days and warmer temperatures make spring an ideal time to start walking outdoors. When you begin a walking program, don't be concerned about how fast or how far you walk. Focus more on the length of time that you walk. Start slowly, gradually increasing your pace, and finally ending with a brief cool down at a slower pace. Ideally, it would be great if you can work up to walking 30 minutes or so at a time without stopping, 4 -5 times a week. However, start with what you can do. Even if it's only for 10 minutes at a time. Take it easy at first, and listen to your body. If you start to get out of breath, slow down. Once your body gets used to the activity, you'll see an increase in your energy level and endurance, and want to do more because you feel better. Ask a friend or family member to join you. The buddy system works as a good motivator!

I love spring! Longer daylight hours and lots of color ahead! With that said, two March dates to keep in mind: Daylight Savings Time begins Sun., March 13 at 2:00am. The first day of Spring is Sun., Mar. 20

*Spring is nature's way of saying, "Let's party!" ~Robin Williams*

### What Spring's Arrival Means to the Honey Bee



During early spring, the lengthening days and new sources of pollen and nectar stimulate brood rearing. The bees also gather water to regulate temperature and to liquefy thick or granulated honey in the preparation of brood food. Drones will be absent or scarce at this time of the year.

Spring is the season when bees produce the most honey. At this time, not only is there a rich source of honey, but the temperature is also suitable for bees to collect. In addition, spring is also the period when the largest nectar sources are concentrated.

*Honey bee photo courtesy of Steve Scott*

**THE  
BOOK CLUB  
REVIEW**

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

**Suggested read for April:**  
*"Harry Potter and the Sorcerer's Stone" by J.K. Rowling*

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

# THE IRISH

by Jack Kelly

The population of the United States is made up of people of all different origins. Over 10.1 percent have an Irish surname. That is about 3.3 million people or five times the current population of Ireland. The most common surname is Kelly or Murphy, depending on who is doing the headcount.

The Act of Union of 1800 abolished the Irish Parliament and united Britain and Ireland into one kingdom. The “Big Wind” was a hurricane that struck the island in 1839. It was the worst storm to hit Ireland in several centuries. The potato famine occurred between 1845 and 1852. These catastrophes triggered a mass exodus of people from Ireland to America, Canada, and Britain in hope of finding a place to make a living, raise a family, and be free. The years just before the potato famine were difficult times for the Irish. Laws and regulations were established to favor the landed and rich gentry. Catholics were not allowed to own property or hold public office. Those that worked a small piece of land as tenant farmers were hardest hit when the potato crop failed in successive years. The famine caused a ripple effect of economic hard times across Ireland. One million died of starvation and another million emigrated.

The Irish people had been leaving for a long time before the famine and taking with them their culture and customs. The first St. Patrick’s Day parade held in the United States was in Boston in 1737. Throughout the country, signs were posted “Irish Need Not Apply!” The Irish were not welcome because it was thought that they were taking jobs from current residents even though a good many were invited to come here and help build railroads. The state of Illinois had only one railroad in 1835. The city of Chicago was organized August 12, 1833, with a population of about 200 people. So, the Irish, wanted or not, worked at whatever they could find. For some, it was the military, police departments, farms, and manual labor. To some it was politics. 22 of all U.S. Presidents claim Irish heritage, beginning with Andrew Jackson, the son of Irish immigrants.

Our family came to the U.S. in 1837. They settled in Adams County, Illinois, near the town of Quincy. My great, great grandfather, Patrick Kelly and his brother Thomas did work preparing roadbeds for future railroads. Thomas was the first casualty from the state of Illinois in the battle of Buena Vista in the war with Mexico. My great grandfather was the sheriff of Adams County and later Senator in the state of Illinois. My grandfather was in the 7th Cavalry stationed at Fort Apache and later with Teddy Roosevelt in the Spanish American War. My father and my uncle both served in the Oklahoma National Guard. I am the last in the family to serve our country in the military. I served in the Oklahoma Air National Guard as an Air Evac Medic during the Viet Nam war.

My family was typical Irish Catholic – Mass every Sunday, meat and potatoes every dinner meal, close-knit with aunts, uncles, cousins. However, we did not have many children; there were just my sister and me. The first public school I attended was the University of Oklahoma.

St. Patrick, patron saint of Ireland whose date of death, March 17th, is celebrated around the world. So, on that date, look around! Some of those wearing green are actually of Irish decent. Some are not but enjoying the party anyway.

My grandmother used to say, “If you are lucky enough to be Irish, then you are lucky enough.”

Erin go bragh!

