

ZARROW POINTE

# news & views

SEPTEMBER 2022

A SEPTEMBER  
TO REMEMBER

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# A SEPTEMBER TO REMEMBER

## A September to Remember

Our memories play a big role in the way we experience life. During times of grief, our memories help us process loss. Remembrance allows us to recall and reflect on favorite memories and reminisce about a loved one's many quirks and beauties, and when coupled with gratitude it helps us heal.

Rosh Hashanah is also a day of remembrance and reflection, and is explained well in the adjacent article that was written by Stan Klein in 2016.

I miss Stan, as I do so many of the dear residents of our community which we have lost over the years. I am grateful for the memories.

We would like to devote the month of September to remembrance. It is a good thing when we can share our memories of loved ones with others who have also experienced a loss. There have been many in our community recently.

Please join me and your neighbors at the outdoor pool on September 8th for a special Lantern Lighting for Remembrance. Details are found on the next page.

## Memory Garden at Zarrow Pointe

Recently, a beautiful pergola was added to the Joy B. Weddington Memory Garden near the northeast corner of the Water's Aquatic Center. On nice days, residents can be seen enjoying the new seating area, getting fresh air and looking over the Memory Garden.

In 2020, Ben Weddington had a vision of a space that would honor his wife's memory and provide a welcome location for residents and their families to place engraved stones in memory of loved ones. The garden includes a dry stream with a variety of plants alongside it which bloom throughout the year. Residents, family and staff are invited to purchase an engraved stone to be placed in the Garden in memory of their loved ones.

If you would like to have a stone placed in the Garden, please contact Julie Fielden in the Activities Department for more information. She can be reached Wednesday through Friday at 918-496-8333, extension 241.

## Happy New Year to Our Jewish Friends

by Stan Klein

**Rosh Hashanah** is the beginning of the Jewish New Year. It is also known as Yom Hazikaron meaning day of remembrance. What happens on Rosh Hashanah impacts the entire year. Rosh Hashanah is the day we proclaim G-D King of the Universe. On this day G-D is decreed in the heavenly court, who shall live, also who shall die, who shall be impoverished, and who shall be enriched. The shofar (ram's horn) is blown on Rosh Hashanah. The shofar was heard at Mount Sinai and was used to warn people of approaching danger or to regroup. On Rosh Hashanah it is customary to eat an apple dipped in honey to symbolize our desire for a sweet year. Yom Kippur means Day of Atonement, the holiest day of the year. We abstain from food and drinks, including water from sundown to sundown. The day before Yom Kippur it is customary to eat honey cake. Should you ever need to ask for anything, let it be cake. On this day it is also customary to dress in white. Extra charity is also given on this day. Sukkot, the holiday of Sukkot starts on the fourth evening after Yom Kippur. We are commanded to dwell in a hut of temporary construction with a roof of branches. Sukkot is a seven day joyous occasion. The seventh day of Sukkot closes the period of divine judgment that began on Rosh Hashanah. Shemini Atzeret is a biblical festival that comes right after the seven days of Sukkot. The morning service features the annual prayer for rain. A memorial service is also observed. Simchat Torah is celebrated the next day. It is the most joyous occasion, as we celebrate our connection to the Torah. Bereshith (Genesis), on the first Saturday of the New Year the Jewish people study the Torah in the beginning.

*Stan Klein 1936 - 2020*

*May his memory be for a blessing*





**LANTERN LIGHTING:  
REMEMBRANCE CELEBRATION  
THURSDAY, SEPT 8TH, 7:00-9:00 PM**

The universal longing for brightness and warmth gave birth to thousands of lights. They break the darkness and carry people’s hopes and dreams on special days. – Chinaculture.org

Join Zarrow Pointe for a truly magical experience at the Charles Schusterman Jewish Community Center outdoor pool. Listen to music and share memories of loved ones who are no longer with us. Luminary kits will be provided by the Activities Department office during normal business hours.

Hors d’oeuvres and refreshments will be served.



THURSDAY, SEPTEMBER 8TH, an OLLI representative will be here to host an Open House to promote their upcoming classes at Zarrow Pointe. The Osher Lifelong Learning Institute (OLLI) at Oklahoma State University is a member-driven program developed for adults age 50 and over who are interested in enriching their lives by expanding their intellectual experiences.

Classes will include:

Jack Lemmon movies beginning Monday, 9/19/2022, at 1:30

Sam Houston in Indian Territory beginning Wednesday, 9/21/2022, at 10:00

Oklahoma Jazz Part III beginning Wednesday, 9/21/2022, at 1:30

City Forum beginning Monday, 10/17/2022 at 10:00



TULSA

SYMPHONY in partnership with

Zarrow Pointe, Montereau and Trinity Woods will present a series of introductory sessions to the TSO 2022-2023 programs. Each facility will host individual pre-concert lectures and one joint concert during the season. The first performance will be at Montereau on September 17th. Register for off-campus concerts by calling Chelsea or Julie in the Activities Department.



Independent residents will be attending the 60th anniversary of the Tulsa Greek Festival in downtown Tulsa on Saturday, September 24th. There will be traditional Greek festival foods, music, dancing and cultural entertainment. The Tulsa Greek Festival is Tulsa’s longest running ethnic festival.

Eat, dance, and yell “OPA!”



**“Dinner with a Benefit”**

**Thursday, September 29th at 5pm  
Burnstein Auditorium**

Join us for a fun-filled evening where you will team up to face our trivia challenge, facilitated by Phil Goldfarb.

Our Dining Services will provide the brain food with hand made pizzas; along with beer, wine and more.

At the same time you can feel good about supporting our local Community Food Bank with your donation of one or more non-perishable food items.

# HEALTHCARE CONNECTION

## Crazy Crafts!

Residents keep busy with all types of crafts, including streamers, sun visors and tie dye!



## Pearl Luncheon

Ladies in Healthcare enjoy a social lunch to get to know one another and discuss their favorite interests.



### *September HC Birthdays:*

Carlene R. 3rd  
Billie M. 6th  
Dorothy L. 6th

Gloria S. 16th  
Shirley G. 27th

Around 300 million tons of toxic plastic waste is produced every year and around 80 percent of that goes to the landfill. Americans throw away about 1 billion single-use plastic bags each year!

Now, a group of local volunteers at Zarrow Pointe are recycling plastic bags and turning them into something that can help people in need. Instead of plastic bags littering landfills, volunteers are reusing bags and creating sleeping mats to help those experiencing homelessness by providing a little more protection from the weather and helping to maintain their privacy.

Plarn is the 'yarn', also called plastic yarn that is used to crochet the plastic mat. Plarn is constructed from the plastic bags by cutting off the handles and bottom, then cutting the remaining material into strips. The strips are then tied together and rolled into a ball of 'plarn' that will be used just as one would use yarn in knitting or crocheting.

It takes about 500-700 bags to make one 3'x 6' mat. Karen Kelly, a resident crocheter says it takes her about 4 days to make one mat.

Finding a purpose for something that may otherwise end up in the landfill just makes sense, especially when it can be used to benefit someone in need.

Volunteering ones time to work on such a project is one way of finding our own purpose and a greater sense of self worth at any age.

If you would like to get involved in this incredible program please contact Julie Fielden in the Activity Department at 918-496-8333, extension 241.



## POSITIVE TRAITS THAT AID IN HEALTHY AGING

Research shows that a healthy genetic background is a good start – but also:

- Being positive
- Staying active
- Being able to relax
- Having a sense of humor
- Being organized
- Being involved in hobbies/community
- Having a spiritual side
- Striving to be a continuous learner
- Staying socially connected
- Maintaining a purpose

**THE BOOK CLUB REVIEW**

**Suggested read for September:**  
*"The Lincoln Highway" by Amor Towles*

**Suggested read for October:**  
*"The Other Einstein" by Heather Terrell*

Interested in reading and discussing popular books?  
**Monday, September 12 @ 3:30pm**  
**Zarrow Manor Library**

# TRIVIA NIGHT

*Dinner with a Benefit*



**FOOD**  
BRINGS  
PEOPLE  
TOGETHER

**COST OF ADMISSION: ONE (OR MORE) NON PERISHABLE FOOD ITEMS**

**THURSDAY, SEPTEMBER 29**

**BRAIN FOOD PROVIDED:  
PIZZA, BEER, WINE, SODAS**

**5 PM**

**Donations Benefit:  
The Tulsa Food Bank**

**REGISTRATION IS LIMITED: RESERVE YOUR SEAT EARLY BY CALLING  
RANDY COGBURN AT 918-496-8333**