

Zarrow News & Views

December 2017

Perfect Weather



Zarrow Campus has never looked so beautiful. Everyone has been asking how the trees are prettier than ever and it all has to do with the perfect weather. Temperature, sunlight and soil moisture all play a role in how the leaves will look in the fall. Abundant sunlight and low temperatures after the abscission layer forms cause the chlorophyll to be destroyed more rapidly. Cool air (especially at night) with a lot of daytime sunshine promote the formation of more red and purple pigments. Freezing conditions destroy the leaf's ability to manufacture the red and purple pigments. Early frost will end the colorful foliage. Drought during the growing season can cause the abscission layer to form early and cause the leaves to drop before they change color. The best weather for brilliant fall foliage is a growing season with ample moisture followed by a dry, cool and sunny autumn with warm days and cool but frostless nights. Heavy wind or rain can cause the leaves to fall before they fully develop color. Luckily, this year everything turned out just right for Tulsa, Oklahoma.

Resident of The Month

Andrew and Linda Allen are a breath of fresh air, the way they both brag about each other and how they laugh through everything. Andy was born and raised in Tulsa, Oklahoma. He gained a great work ethic at a young age. After high school, he put himself through college getting his bachelors of science degree at The University of Tulsa and continued on to receive a law degree. After graduating with his law degree he worked thirteen years for the District Attorney's office in Tulsa. He absolutely loved this job, it was very interesting and maybe even fun. He then spent the rest of his career working for Ashland Chemical Company as a litigation lawyer. Linda grew up in Indiana. Once she graduated from high school she attended Purdue University and attained a degree in education. She spent many years teaching preschool through sixth grade. Linda moved to Batesville, Oklahoma and taught for twenty-two years in a great school that had a perfect blend of kids from all backgrounds. She retired teaching her favorite class, sixth-grade Language Arts. In 2008, Andy and Linda meet at an elder care fundraiser in Bartlesville. They both knew from the beginning of their relationship that they were serious about each other, they spent the five years dating getting to know each other's family. Andy has three daughters and one son, Linda has two daughters, combined they have 17 grandchildren and great-grandchildren. After dating five years, Andy decided it was time to tie the knot. It was very important that each one of their children found out on the same day that they were getting married, everyone was so happy to find out they were getting married they all made sure to attend the wedding. They believe their greatest accomplishment is successfully blending two families. They truly feel like they are all one big wonderful family.

Andy and Linda have always been active, Andy played basketball and Linda was a twirler and dancer at Purdue. Linda spent many years volunteering on the board for YWCA and was the president for one year. They currently stay active throughout the Tulsa community by attending local art shows at several museums, participate in events at TU and exercising in the fitness center and water aerobics here at Zarrow Pointe. They feel the key to a long happy life is keeping to your faith which in return helps to keep a positive attitude about life. They have spent their years together visiting family and traveling all over. Their favorite trip was a summer excursion in the Swiss Alps. Andy spends his days reading great literature and Linda loves to create photo albums from all their wonderful trips. Congratulations to Andy and Linda!



Don't Miss This

• **Capture The Spirit with The Oklahoma Performing Arts Center SAT 2**

• **Holiday Light tour and Dinner at Charleston's Restaurant SUN 3**

• **TCC Community Band MON 11**

• **"How to go Beyond Aging Well" speaker - Nikki Hanna THUR 14**

• **New Years Eve Party BA Entertainment w/Jon & Stephanie SUN 31**

HAPPY BIRTHDAY!

Sam S. 12/1
Howard A. 12/3
Eleanor L. 12/12
Joan W. 12/15
Sue W. 12/17
Norm L. 12/17
Toni F. 12/26
Stan K. 12/31

Health Tip

The color of your plate can affect how much you eat. The key is contrast: The more different the color of the plate from the color of the food that's on it, the less you'll serve yourself. In one study, people served themselves about 30% more fettuccini alfredo if they were given white plates instead of black. White plates have been associated with excessive consumption. According to the Rohm and Haas Paint Quality Institute, red is a powerful color that increases blood pressure and heart rate. It also stimulates the appetite—it is often used in restaurants and is an excellent choice for dining rooms in the home.



Must Read Books

The Boys In The Boat by Daniel James Brown. This riveting tale of nine Americans and their epic quest for gold and beating the odds at the 1936 Olympics.

City of Spies by Sorayya Khan. Based on the author's own childhood in Islamabad, Pakistan, City of Spies is about the daughter of a Dutch mother and Pakistani father, who comes of age amidst a political upheaval in 1970s Pakistan.

Riddle Me This

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

This old one runs forever, but never moves at all. He has not lungs nor throat, but still a mighty roaring call. What is it?

November Riddle Answer:

Whoever makes it, tells it not. Whoever takes it, knows it not. And whoever knows it wants it not.

Counterfeit Money

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

Chanukah Lights

I KINDLED my eight little candles,
My Chanukah-candles--and lo!
Fair visions and dreams half-forgotten
To me came of years long ago.

I musingly gazed at my candles;
Meseemed in their quivering flames
In golden, in fiery letters
I read the old glorious names,

The names of our heroes immortal,
The noble, the brave, and the true,
A battle-field saw I in vision
Where many were conquered by few.

Where trampled in dust lay the mighty,
Judea's proud Syrian foe;
And Judas, the brave Maccabaeus,
In front of his army I saw.

His eyes shone like bright stars of heaven,
Like music rang out his strong voice:
"Brave comrades, we fought and we conquered,
Now let us, in God's name, rejoice!"

"We conquered--but know, O brave comrades,
No triumph is due to the sword!
Remember our glorious watchword,
'For People and Towns of the Lord!'"

He spoke, and from all the four corners
An echo repeated each word;
The woods and the mountains re-echoed:
"For People and Towns of the Lord!"

And swiftly the message spread, saying:
"Judea, Judea is free,
Re-kindled the lamp in the Temple,
Re-kindled each bosom with glee!"

My Chanukah-candles soon flickered,
Around me was darkness of night;
But deep in my soul I felt shining
A heavenly-glorious light
By More P. M. Raskin



Never Stop Laughing

My wife, a phlebotomist at the Denver VA hospital, entered a patient's room to draw blood. Noticing an apple on his nightstand, she remarked, "An apple a day keeps the doctor away, right?" "That's true," he



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.