



ZARROW POINTE

# Zarrow News & Views

November 2017

## The History of Pumpkin Pie

Every Thanksgiving season, families gather around the table and celebrate a meal together. And let's be honest: As delicious as turkey can be, a well-made dessert can steal the show. Pumpkin pie, the hallmark of Thanksgiving, has been stealing the show for hundreds of years. This food's history is interesting, relevant and tasty.

Pumpkins are native to North America, which meant Europeans had a blast when they discovered them. Native Americans used pumpkins and their seeds for food and medicine. When European settlers discovered the pumpkin, they brought it back to France and England. The name "pumpkin" stems from the Greek word "pepon," or large melon. The pumpkin is a squash, but "pepon" means 'cooked by the sun,' which more accurately describes the food. When pumpkin arrived in France, its name was changed to "pompon." The English called the food "pumpion," and colonists in North America changed the name again to "pumpkin," ending the food's multilingual identity crisis and giving us the name we all know it by.

How did the pumpkin go from a squash filled with slime and seeds to a warm, fresh-baked pie? We can't thank one specific person, but we can be grateful to the first colonists in North America, who ate pumpkin as a principal part of their diet. Colonists cut off the top of the pumpkin, scooped out its insides and filled it with spices, honey and milk. This was the predecessor to our modern pumpkin pie. Colonists used the gooey insides to make pie crust. Pumpkin pie became popular in North America and in England, although the recipes in both locations differed. Recipes for pumpkin pies appeared in English cookbooks as early as the 17th century and in American cookbooks in the early 1800s. At around the same time it entered American cookbooks, pumpkin pie became an expected part of Thanksgiving meals.



## Resident of The Month

Dottie Horn is and has always been a positive person, she has strived to live every day putting others first. Born and raised in the Dutch country of Reading, Pennsylvania she had a truly wonderful and happy childhood. She was the classic middle child; Dottie and her father were always really close seeing as they were most alike. When Dottie was a junior in high school she met her beloved Adam Horn. After high school, Dottie moved into a dorm at Reading Hospital School of Nursing and began training to become a nurse. Adam went into the service and was stationed in Alaska. Dottie loved her job as a visiting nurse; it was one of her greatest joys to be able to take care of so many people, from sick patients to new mothers and babies. When he returned home they married and Adam went to college on the GI Bill. Once he finished with college he got a job with Bell Telephone of Pennsylvania as an engineer. They soon after moved to Harrisburg and had their daughter Roberta and later had Doug. Dottie was blessed with the opportunity to stay home and raise their two children. She feels that they have been the greatest blessing in her life and truly her greatest accomplishment, they never caused her any trouble from day one, and they have always been diligent workers and never asked for anything. They have now blessed her with six grandchildren and one great-grandson. For a brief time, Adam was in a partnership with his father. When that ended they were shocked and excited to find out Bell Telephone would take him back since he didn't go into competing for business.

Although Dottie and Adam never flew anywhere together, they didn't let that stop them from traveling and exploring this beautiful country. Dottie feels so fortunate Adam taught her to golf. To this day it is one of Dottie's favorite hobbies. They loved golf so much they played in almost every single state. Adam was also a Civil War buff and together they went to every civil war site. Dottie has now lived in Tulsa for twenty-five years and loves it. Dottie and Adam were married fifty-eight happy years. Dottie feels like the secret to a long life is looking on the bright side, no matter how bad things are you can always find some good. She currently volunteers at her church and at the front desk here at Zarrow Pointe. Dottie has been living at Zarrow Pointe for three and a half years now, and is active playing bridge, taking water aerobics and golfing when she can. Congrats Dottie Horn!



## Don't Miss This

- Klezmer Band Practice WED 1
- "A Positive Approach to Alzheimer's/ Dementia" with Cheryl Doyle THUR 2
- Fall Foliage and Lunch at Celebrity Club TUE 7
- Paint and Sip TUE 7
- Cocktails BA-Honoring our Veterans-Music w/ Jon & Debbye WED 8
- Voter Registration WED 15

## HAPPY BIRTHDAY!

- |           |       |
|-----------|-------|
| Hi C.     | 11/06 |
| Norm L.   | 11/12 |
| Irving F. | 11/14 |
| Betty A.  | 11/16 |
| Isabel S. | 11/19 |
| Grace R.  | 11/20 |
| Gary G.   | 11/28 |
| James     | 11/29 |
| Mort S.   | 11/30 |

## Health Tip

Soup is a quick, hot meal that offers plenty of health benefits. The American Heart Association recommends adults consume eight or more servings of vegetables every day. That's four and a half cups. Soup can easily attribute to that total. Soups made with beans and lean meats such as fish can provide ideal protein. Beans also attribute to our daily fiber intake. Vegetables in soup contain many vitamins, such as A and C. Cream soups supply calcium and vitamin D. However broth-based soups are a healthier option. Use fat-free broths and lean meat to reduce the fat content of soups. Nonfat milk for cream soups; or, instead of milk, you



can use pureed white beans to thicken the soup. Because soup contains so much water it fills you up with fewer calories.

## Never Stop Laughing



"It's been my biggest fear, Arthur, that you would turn into your mother."

## Riddle Me This

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

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

### October Riddle Answer:

A house with two occupants, sometimes one, rarely three. Break the walls, eat the borders, then throw me away.

Answer: Peanut

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

## Words From...

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." **-Buddha**

Our lives can be pretty hectic sometimes, but in spite of our problems, at the end of the day, we all have something to be thankful for. I remember as a child my parents saying: "No matter how bad it seems, be thankful for what you have. There is always someone who is worse off than you are." When things get tough, I still keep that in mind...and it always helps! We all know how much better we feel when taking the time to give thanks. In fact, not doing so can seriously affect the outlook we have on aging, our peace of mind, and personal happiness. Not to mention, the way that we treat others around us. So, if being thankful can really make us feel better, imagine the benefits of finding more things to add to our list of reasons to do so every day. Do you realize that if you have a roof over your head, indoor plumbing, as much water as you need, and enough food to eat every single day you are living in the top 5% of the world's population, economically speaking? You see, it doesn't really matter if someone doesn't cook your steak the way you like it if you have to worry about how you will get clean drinking water for your family later that day. Keep in mind that there will always be more people who do not have enough than those who do. Realize that you could easily not have had all the things you do. Offering your time or resources to help someone in need will help put things in perspective. There is every reason to become a more thankful person.

A 2006 study published in the *Journal of Personality and Social Psychology* found that thinking about happy life events for eight minutes each day for three days was enough to increase overall satisfaction. Several studies have found that people who are more able to appreciate the good in life are less likely to be depressed. Try making a list sometime of all the things that you are thankful for. No matter how small it seems, as ideas pop into your mind, write them down. At the end of the day, you may be surprised how much better you feel. In fact, researchers at the University of California-Davis and the University of Miami discovered that people who kept journals about what they were thankful for had more energy than those who didn't.

### Examples of what you can be thankful for:

- Simply walking or having any sense (smell, sight...).
- Friends, relatives, a spouse, a partner, someone that appreciates your company, even a pet.
- Your health. You may have more or less problems with your body, but you are here, you are breathing, you are alive.
- Food. Do you starve daily? Do you have problems to obtain food? Many people do.
- Being loved.
- The opportunity to live in a country where we have the freedoms that we do, and for the veterans who have given of themselves to keep it that way.

No matter how positive or appreciative you are, life will have its share of ups and downs. But if daily, we find more and more things to add to our list of reasons to be thankful, it makes it a lot easier to get through the tough times.

So...how many things are on your list?

-Randy Cogburn

### 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.*