



ZARROW POINTE

Zarrow News & Views

February 2018

More— “Faces That Inspire”

The wall in our Town Center is graced with pictures of so many amazing people who truly embody the mission and vision of Zarrow Pointe. Along with the Resident of the Month article in our monthly newsletter we have learned so much about our neighbors and their remarkable lives. It is inspiring to read their stories and their personal philosophy on living well.

Along with our residents there are so many other inspiring faces that make up our community. Our dedicated employees, volunteers, and board members perform so many valuable services that help to make Zarrow Pointe a wonderful place to live and work. I think that we would all enjoy learning more about them as well. For that reason, starting with this issue we will be featuring additional members of our community whose life and love of serving others provide inspiration to so many.

The more we can learn about one another, the better we can appreciate the faces that we see every day in our community. Building friendships and lasting relationships is an important part of aging well. I feel rewarded and proud each day for having the opportunity to work alongside such amazing people. - Randy Cogburn

Employee of The Month

Donna Kay Bailey was born to Gloria and Dave Bailey on November 25, 1950. Donna is the oldest of seven siblings. Being the oldest of seven children, Donna has always had a sense of responsibility. Donna had a special relationship with her paternal great grandmother. This relationship gave Donna not only a fondness for her great grandmother but, a fondness for older people. Donna Loved the stories that her grandmother shared with her. Donna learned at a very young age that one can always learn from those that has experienced more than she has. Donna graduated from High School in 1968. After high school Donna attended Los Angeles City College, Texas Tech University and University of Southern California. Donna married and had three children, Rissa, Audi and Michael. Later Donna became a single parent and she decided to go to LPN School in order to support her family. According to Donna this is one of the best decisions that she has ever made. Donna has been employed by Tulsa Jewish/ Zarrow Pointe since October 1, 1991. Donna started working the 3-11 shift and later transferred to the 7-3 shift. A couple years later Donna became the Assistant Director of Nursing. When Jim Jakubovitz CEO came on board Donna was promoted to the Director of Nursing position. A few years later an Assisted Living option was added to the facility. Donna was offered the position of Director of nursing/Assisted Living and Community Nurse for independent residents. Donna loved the new role because it continued to present challenges that allowed her to wear many hats. Donna states that building relationships is the most important factor in assisting residents. A genuine relationship allows for open and honest conversations about the future of resident’s health and protocol for care. Donna states that Zarrow Pointe has been an amazing opportunity for her because she has learned so much from so many residents.

Even as a child, Donna realized the insight and wisdom of people that was older and she gravitated toward that knowledge and wisdom. Donna lives her life with no regrets. That’s not to say that she has not made mistakes because she has. According to Donna we should never pass up the opportunity to capitalize on our mistakes. “To die well you must live well, without regret.” Donna has clung to this quote as a way of living life to the fullest. Donna states that the Joy of her life is her husband Garnett, her three children, Rissa, Audi and Michael and her five grandchildren. Donna’s biggest accomplish are services rendered to the residents at Zarrow Pointe for 26 years. Donna has been a nurse for 41 years. Each of us are born with a purpose. We each want to be validated. We want to know that our presence on earth matters. Donna states to be a great nurse is not all about your nursing skills. Your interactions with people are very important. We must treat people with dignity and respect. Donna concludes: When one is up front and honest with people, they will respect you in return. I am truly at peace with the life that I am living! She is truly a blessing to our community. Congrats Donna Lee!



Don’t Miss This

- Living with Arthritis Pain by Dr. Carment-MON 5
- Klezmer Band Practice WED 7
- Sadie Hawkins Party-BA Entertainment w/Jon and Debbye TUE 13
- Book Club THUR 15
- Travel Video-Secrets of Westminster TUE 20
- News with Jacob Howland TUE 20
- Mystery Trip TUE 27

HAPPY BIRTHDAY!

- Dottie H. 2/6
- David H. 2/17
- Gay W. 2/21
- Shirley L. 2/23
- Dottie R. 2/24
- Marilyn K. /28
- Evelyn C. 2/28

Health Tip

Neurobics for your mind. Get your brain fizzing with energy. American researchers coined the term ‘neurobics’ for tasks which activate the brain’s own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits.

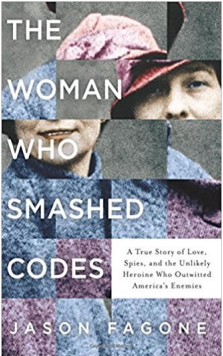
Brush your teeth with your ‘other’ hand, take a new route to the grocery store or choose your clothes based on sense of touch rather than sight. Instead of leisurely doing cross words or Sudoku try timing your self to keep your mind working faster.



Must Read Books

The Woman Who Smashed Codes by Jason Fagone

An incredible true story of the greatest code-breaking duo that ever lived, an American woman and her husband who invented the modern science of cryptology together and used it to confront the evils of their time, solving puzzles that unmasked Nazi Spies and helped win World War II.



Riddle Me This

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

16, 06, 68, 88, ?, 98

What is the ‘?’ ?

January Riddle Answer:

I belong to you but others use me more often than you do. What am I?

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

There’s A First For Everything

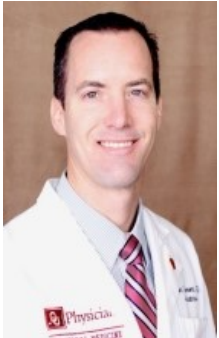


2:30 pm-add champagne, beach and fake news = happy family! I’m so glad I will see you again. May all our nuclear threats be fake news.” - Rita Shisler

Walk With Ease

Oklahoma Healthy Aging Initiative is starting a Walk With Ease program. This is a program designed for people interested in walking in groups. They will begin with a short discussion on arthritis management. Participants will learn stretching techniques, tips to improve mobility and endurance, and develop a walking plan.

We are launching this program with a talk from Dr. Carment titled “Living with Arthritis Pain”. This will be held Monday, February 5th at 11:00 AM in the Burnstein Auditorium.



Never Stop Laughing



My high school assignment was to ask a veteran about World War II. Since my father had served in the Philippines during the war, I chose him. After a few basic questions, I very gingerly asked, “Did you ever kill anyone?”

Dad got quite, Then, in a soft voice, he said, “Probably, I was the cook.”

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.