



ZARROW POINTE

# Zarrow News & Views

January 2018

## Perfect Weather

Some of you may have noticed that the new display panel on the wall of the lobby is now in operation. We began receiving power from the parking lot cover/solar panels a week ago last Monday and the only task remaining is to cover the wires on the underside of the panels.

Aside from a small unit in Tahlequah, the Zarrow Pointe Retirement Center unit is the only other—and the largest--parking cover/solar panel unit in the state. We hope to be the "point of the spear" for Tulsa. Maybe, just maybe, merchants will realize the advantage of protecting customer's cars from the hot summer sun while getting the added benefit of a source of electricity for their business (by next summer?).

Notice that the display panel not only announces the amount of electricity being generated but also the effective amount of sunlight, wind speed, temperature, a prediction for the week, and provides a continual monitoring of the parking area and the cars under the panels.

GO GREEN!

## Resident of The Month

Del Schuler is a driven, successful woman full of ambition and adventure. She was born in Drumright, Oklahoma and soon after moved to Kansas. At four, Del contracted polio; the doctor said her right leg would be paralyzed. After she regained consciousness, the doctor began physical therapy. During quarantine, Del's mother read to her constantly. When her mother finished with children's books, she would read the newspaper and other books, this is likely what started Del's love for reading. Her mother also gave her crayons and paper for drawing which developed into her love of art. The doctor told her mother that Del had to move on her own, or she would be a cripple. The doctor told Del's mother to move the toys she really liked out of her reach so she would have to move and use her leg. Del doesn't remember other kids ever making fun of her for a leg that didn't work. Her mother was determined to help her gain full use of her leg. Any time Del said she couldn't do something, her mother always said "Yes you can, just remember some things may take a little longer." Del clung to that saying her whole life. Thanks to her mother, Del gained full mobility of her right leg. Ever since she was a child, she grew to have a passion for exercising: swimming, skiing, roller skating, tennis, and almost every sport except golf. Her family moved to Tulsa while Del was in junior high, and after high school, she attended the University of Tulsa. Working her way through college, Del received her bachelors in Commercial Art. After working three years for an advertising agency, she decided it wasn't for her. Del went back to TU and earned a bachelors in English, then a Masters in English. She spent a few years teaching art, but when she switched to teaching English, she truly felt fulfilled. Del thinks teaching high school English is her greatest accomplishment along with learning to walk again. After teaching for some time, she decided to become a counselor and was a school counselor for a few years. Later, she received an administration certification and was an assistant principal for the last five years of her thirty years with Tulsa Public Schools.

When Del retired, she stayed busy, taking many cruises, skiing, square dancing, taking long bike trips, backpacking, volunteering as a docent at Gilcrease Museum, visiting art museums, and working at the Assistance League. Due to now having a very serious compromised immune system, she had to cut back on the majority of her favorite activities. Del feels the key to a long life is keeping a positive attitude, good diet, and exercising regularly. Even though she can no longer enjoy some of the things she previously loved, she stays busy, attending exercise classes at Zarrow Pointe, helping however she can at Zarrow Pointe, attending classes with a learning opportunity, going to hear live music, reading, and playing bridge, but staying healthy is at the top of her priorities. Del has lived at Zarrow Pointe for 8 years and is a great asset to our community. Congratulations Del!



## Don't Miss This

- Study Group w/ Rabbi Kaiman THUR 4
- News w/Jacob Howland TUE 16
- Women's Health-Bladder Control with Dr. Price THUR 18
- Historical Museum- Lunch at Wild Fork TUE 23
- Travel Video to Greece TUE 30
- Book Review with Gerry Hendon TUE 30

## HAPPY BIRTHDAY!

- Dr. O'Meilia -2
- Rita S. 1-2
- Cece J. 1-6
- Ray B. 1-9
- Mary S. 1-13
- Barbara R. 1-13
- Adriana B. 1-15
- Sally M. 1-16
- Dale D. 1-17
- Grace L. 1-20
- Jim R. 1-23
- Christie K. 1-30

## Health Tip

Red meat is not so bad for your heart. Studies have found that it comes down the cut and serving size. The ideal serving size for your health would be the size of a deck of cards, stick to lean cuts as well. to the zinc, b12, iron

Potatoes will not cause weight gain when done right. It's all the topping that cause weight gain. Potatoes in moderation can be a good dinner side.

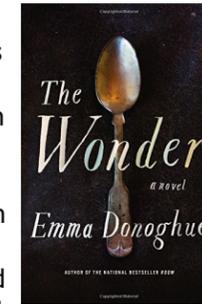


Alcohol can be bad for your heart but in fact, red wine can be beneficial for your heart but all you need is two servings a day which is only 5oz and its best to drink red wine.

## Must Read Books

### The Wonder by Emma Donoghue.

A tale of an 11-year-old "miracle child" who claims to have survived without food for months. She soon becomes a tourist attraction in her small Irish village. Lib Wright, a veteran of Florence Nightingale's Crimean campaign is hired to keep watch over the girl.



## Riddle Me This

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

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

### December Riddle Answer:

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?

-Waterfall

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.

## Get A Dog

In his new book, "Thank you for being late", Thomas Friedman extols his joy when a person is late for a meeting at a sidewalk café. In a world filled with ever-accelerating technology, globalization and global warming--each interacting with the other--one often fails to find even a few moments for quiet introspection, thinking, or just simple people watching.

I write a lot--often about thoughts that come to me during a solitary walk with our dog, Millie. Millie is a Queensland Blue Heeler who insists on our walk each morning. She loves being petted by people along the way and always remembers who has treats.

She is entertaining, funny, and predictable--and she gives me "thinking time".

There are several small dogs in our retirement center and I am amazed at the therapeutic and calming effect they have on many of the residents.

Mankind's relationship with dogs traverses thousands of years and, during that period, they have been bred to fill many useful roles such as hunting, guarding, retrieving, finding drugs, explosives, and people, identifying disease (I have a friend whose lapdog warns her of low blood sugar by scratching her left leg), and even being a lapdog and loyal companion.

A lady who lived next door experienced an attempted break-in but the burglar quickly left upon hearing the frantic barking of her little lapdog.

Whether big or little, dogs are very defensive of their turf--and their owners!

No burglar alarm? Don't own a gun?

Get a dog!

- Ray Bachelor



## Honest New Year's Resolutions

- \* "I don't call them New Year's Resolutions. I prefer the term, Casual promise to myself that I'm under no legal obligation to fulfill."
- \* "My New Year's resolution is to stop lying to myself about making lifestyle changes."
- \* " So I promised a list of New Year's resolutions Here's the first: Stop procrastination so much. Ill post the rest tomorrow or maybe the day after."
- \* " I need to start eating more healthy, but first I need to eat all the junk food in the house so it's not there to tempt me anymore."

### 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.*