

Zarrow News & Views

March 2018

Fact or Fiction

1. Crystallized Honey is spoiled honey.

MYTH

Typically, honey contains natural sugars and around 20% water. Since this is saturated the glucose may separate from the water and form crystals.

2. Honey never goes bad.

FACT

Because of honey's composition, it absorbs moisture like a sponge. However as long as its properly stored it will last much longer than the "best by date".

3. Honey can treat wounds.

FACT

Honey naturally contains antioxidants and antibacterial and antifungal properties that make it ideal for healing.

4. All bees produce honey.

MYTH

There are nearly 20,000 known bee species in the world. From this number, only 5% make edible honey.

5. Its dangerous to use metal spoons with honey.

MYTH

While honey is acidic, scooping your honey with a metal spoon is such a quick movement that corrosion of the metal is unlikely.



Residents of The Month

Dale & Pat Davidson were both born in Stephens County, Oklahoma in 1935. They attended Comanche Public Schools and graduated in 1953, Pat as Basketball Queen and Dale graduated third in their class of 65. Dale was awarded Outstanding Senior Boy, District Tennis Champion, President of the National Honor Society, Drum Major of the Marching Band, and He attended Oklahoma Boys State. Upon graduation, the Senior Class Trip was to Key West, Florida and Havana, Cuba.

They began dating as Juniors in High School and upon graduation enrolled in Stillwater at Oklahoma State University, graduating in 1957 with a degree in Elementary Education for Pat and a degree in Geology for Dale. He also was a Distinguished Military Graduate. Pat taught school in Duncan, Oklahoma, Odessa, Texas, and Tulsa, Oklahoma. Dale was employed by Halliburton and had assignments in Texas, Colorado, and Oklahoma at district, division, and regional levels over a period of 34 years. At the end of his 8 year military commitment, Captain Davidson resigned his commission to assume greater responsibilities for Halliburton.

After dating for 6 years, Pat and Dale were married December 22, 1957 in Duncan, Oklahoma. This union produced two daughters, Susan of Tulsa, Oklahoma and Linda of Dublin, Ohio. They just celebrated 60 wonderful years of marriage. They attribute their long lasting marriage to being well acquainted before they got married and simply being completely committed to each other. Today they enjoy keeping up with two granddaughters and families in Tulsa and two grandsons and parents in Ohio. They now have a great grandson in Tulsa and a second great grandson on the way. Without hesitation Dale and Pat feel their greatest accomplishment is their successful daughters.

They have always loved to travel together, with friends and family. When their daughters graduated college they took one on a trip to Mexico and the other to Hawaii. One of their favorite countries to visit was Germany; however cruising is by far their favorite way to travel and the most memorable trip was for their 50th wedding anniversary when they took the whole family on a Disney Christmas Cruise. They spend their days reading, playing bridge and Dale exercising in the pool. Zarrow Pointe has been their retirement home for many years. The outstanding staff and great facilities have made these years enjoyable and rewarding. They especially appreciate the many friends and activities here. Congrats Dale and Pat Davidson!



Don't Miss This

- Art with Aubrey THUR 1
- Hot Topics from a Geriatrician with Dr. Sharma THUR 8
- Information on Estate Planning w/Andy Wolov TUE 13
- Solar Panel Ribbon Cutting THUR 15
- Secrets of Underground London TUE 20
- Emergency Response Plan THUR 22
- Personal Safety for the Hearing Impaired w/Cathy Reynolds THUR 29

HAPPY BIRTHDAY!

Hank L.	3/2
Nancy F.	3/2
Jean W.	3/4
Joseph B.	3/5
Charlotte	3/8
Ellie B.	3/11
Judy Gayle W.	3/16
Irene R.	3/24
Miriam F.	3/30
Don R.	3/31

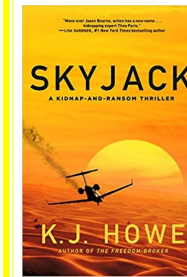
Health Tip

Magnesium is an important mineral necessary for countless functions in the body, including blood sugar control and nerve transmission. Interestingly, magnesium has also been shown to be a safe, effective remedy for headaches. Evidence suggests that magnesium deficiency is more common in people who get frequent migraine headaches, compared to those who don't. Studies have shown that treatment with 600 mg of oral magnesium citrate per day helped reduce both the frequency and severity of migraine headaches. However, taking magnesium supplements can cause digestive side effects like diarrhea in some people, so it's best to start with a smaller dose when treating headache symptoms.



Must Read Books

Skyjack by K.J. Howe- International kidnap expert Thea Paris is escorting two former child soldiers on a plane from an orphanage in Kanzi, Africa, to adoptive parents in London when the Boeing Business Jet is hijacked and forced to land on a deserted airstrip in the Libyan desert. Revealing a deadly conspiracy that connects the dark postwar legacy of World War II to the present, this case will bring all parties to an explosive conclusion that will decide the fate of millions across Europe and the Middle East.



Riddle Me This

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

What's 3/7 chicken, 2/3 cat, and 2/4 goat?

February Riddle Answer:

16, 06, 68, 88, ?, 98

What is the '?' ?

(L8) when you turn the riddle upside down it reads 86, 87, 88, 98, 90, 91

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.

Lifelong Learning

We have all heard that you can't teach an old dog new tricks! I disagree. I think that even an old dog can learn something new, and does. I think that it could be said there is nothing left to learn only when we decide we have learned it all.

What you may not realize is that the reason time seems to pass more quickly as we age is directly related to our failure to experience new and different things. Psychologist William James, in his 1890 text Principles of Psychology, wrote that as we age, time seems to speed up because adulthood is accompanied by fewer and fewer memorable events. When the passage of time is measured by "firsts" (first kiss, first day of school, first family vacation), the lack of new experiences in adulthood, James morosely argues, causes "the days and weeks [to] smooth themselves out...and the years grow hollow and collapse." So, if this theory is true, could we not psychologically slow the passing of time by exposing ourselves to new and different things as we age? I believe so.

One part of our mission at Zarrow Pointe involves our commitment to lifelong learning. For good reason, we only stand to benefit from taking advantage of every opportunity to expand our knowledge and open our minds to experience something new. Classes like those presented on our campus by the Osher Lifelong Learning Institute are good examples of such opportunities.

I am proud to say that we are planning many more educational programs this year. In March, Dr. Sharma will be presenting "Hot Topics from a Geriatrician", and Captain Cathy Reynolds with the Tulsa Police Department will be here to educate those of us who have poor hearing on how to practice better personal safety skills. Also in March, we will receive helpful information on estate planning from Andrew Wolov. In April, Dr. Carment will speak on common sleep disorders and what can be done to get a better night's sleep, and Life Senior Services will be with us to present "Keys to Healthy Aging". In honor of Mother's Day we are preparing a Women's Health Symposium in the month of May, and in June OHAI will be offering a program titled: "Eyeball 101", providing valuable information for those living with low vision.

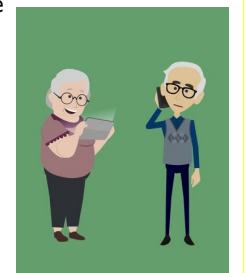
I am certain that you will want to take advantage of these programs along with others that we are planning for the remainder of the year. Please feel free to offer me your suggestions for other topics of interest that you may have or recommendations for good quality speakers. A quote from Solon: "Seek to learn constantly while you live; do not wait in the faith that old age by itself will bring wisdom."-Randy Cogburn

Never Stop Laughing

An older man in Phoenix calls his son in New York and says, "I hate to ruin your day, but I have to tell you that your mother and I are Divorcing; forty-five years of misery is enough." "Pop, what are you talking about?" the son screams. "We can't stand the sight of each other any longer." the man says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her," and he hangs up. Frantic, the son calls his sister, who explodes on the phone. "They're not getting divorced if I have anything to do about it," she shouts, "I'll take care of this."

She calls Phoenix immediately, and screams at the man, "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing. Do you hear me?" and hangs up.

The man hangs up his phone and turns to his wife and says, "Okay, they're coming for Thanksgiving... now, what do we tell them for Christmas?"



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.