



ZARROW POINTE



Zarrow News & Views

June 2018

Aging In Place

The decision that you have made to move from your home to a continuing care retirement community, (CCRC), was no doubt based on the desire to remain as independent as possible, while having access to the care and services needed as you age. More recently referred to as a Life Plan Community, a CCRC supports the goal of a person to maintain an active and vibrant lifestyle without the worry of having help when you need it. As the child of a parent who now lives here at Zarrow Pointe I also now realize more than ever the comfort and security that comes with knowing my Mom is getting the best care anywhere.

To give each of you a better understanding of all of the services available to you at Zarrow Pointe we have scheduled a "Care Fair" for Monday, June 11th from 10:30am - 12 noon. This will follow the Town Meeting which will take place at 10:00am. In conjunction with this informative fair we are requesting that each of you update the information that we have on file for you so that we can better provide support and care for you, especially in an emergency. You will have by now received a form accompanied by a letter from our Business Services Director requesting your information. If you have not yet done so please endeavor to complete and return it.

We want to meet your needs and exceed your expectations, now and in the future, so that you can achieve your goal of aging well and aging in place. -Randy Cogburn

Faces That Inspire

Donna Nichols was born and raised in Kansas on a large farm. She was always a tomboy and loved to be outside. Donna spent many years helping her father take care of the animals when they were sick, and this cultivated a passion for taking care of those in need. As soon as Donna was old enough she began riding her horse to school every day. Once Donna graduated high school she attended business school in Salina, Kansas. After school, she began working as the office manager and accountant for an architect firm where she met the love of her life, James Nichols. James was an architect at the firm and after they grew to be good friends they soon started dating and got married six months later.

Donna and James moved to Tulsa, Oklahoma where she began school for X-ray and radiology training. Once that was completed Donna commuted to Chicago during the week to attend school at Rush Medical Center where she studied Radiation Therapy. After Donna graduated with that she worked at Saint John's in Tulsa as the Radiation Therapy Supervisor. They soon after moved to Charlottesville, Virginia where she was the Director of Allied Health at the University of Virginia. All though she enjoyed exploring many interests in the medical field they decided to move back to Tulsa so Donna could graduate from Tulsa University with her Bachelors of Science in Accounting and receive her Masters of Business Administration. Donna felt that business gave her more options. She began working for Citgo as a financial analyst, corporate budgeting, and a long-range planner.

Once Donna retired she began volunteering with Court Appointed Special Advocates and with New Hope. Fifteen years ago New Hope paired Donna with a young girl, Breanne, who's father was incarcerated. Donna has been a huge role model and has had an opportunity to bless Breanne in so many ways with ballet lessons and holiday parties, but more than just gifts Breanne has become like family. Donna feels her that her greatest accomplishment has been encouraging and helping this young lady in all she does and is so proud that Breanne will be attending TU in the fall. Donna's husband moved into Zarrow Pointe eight years ago in assisted living and then to health care. Donna began volunteering wherever she was needed here at Zarrow Pointe. After her husband passed she began volunteering with Miller Hospice as their internal auditor. Last year Donna logged over 2,000 hours volunteering. She is a talented wood carver, loves growing flowers and water aerobics. Donna has been a huge blessing to Zarrow Pointe. Congrats Donna Nichols!



Don't Miss This

-Paint and Sip with Aubrey
TUE 5

-Care Fair
MON 11

-Travel Video BA-The Origami Revolution
TUE 19

-Woolaroc and Lunch
TUE 26

-Speaking of Gilcrease-Lost in Landscapes
TUE 26

-Dessert Night and Entertainment with Denise Hoey
THUR 28

HAPPY BIRTHDAY!

Marvin H. 6/1

Maurine T. 6/5

Rae A. 6/17

Mike G. 6/25

Klara K. 6/25

Nancy S. 6/26

Jan P. 6/27

Health Talk

EyeBall 101 - Friday, June 8th

Burnstein Auditorium

Eye Ball 101 is a one hour overview of eye health, specifically focusing on the symptoms and treatment options of four main medical conditions which affect eyesight among older adults. The presentation is designed to benefit all older adults and their caregivers, and is delivered without reliance on heavy medical jargon. Eye Ball 101 is a program developed in partnership with Dean McGee Eye Institute on the University of Oklahoma Health Science Campus.



Guest Speaker Bio:

Devon Murray received her Bachelor of Arts Degree from Lindsey Wilson College in 2004. Devon has spent the majority of her career working with older adults. First, as a Case Manager and now as an Education Specialist for the Oklahoma Healthy Aging Initiative (OHAI) Northeast Center of Healthy Aging in Tulsa. The Oklahoma Healthy Aging Initiative, or OHAI, is a statewide organization devoted to the health of older adults. OHAI provides health and wellness classes for older adults and their caregivers, provides family and professional caregiver training, partners with health systems across the state to provide specialized geriatric care, and works with local leaders to promote the interest in older adults. The Northeast Center of Healthy Aging serves 19 counties in Northeastern Oklahoma. Devon has been married to her husband, Jerry, for 13 years and they have two children.

Riddle Me This

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

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish.

What am I?

March Riddle Answer:

A man pushes his car to a hotel and tells its owner that he is bankrupt. Why?

Answer: He was playing Monopoly

Winners- Frieda G.

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.

Dessert and Entertainment

Thursday, June 28th in the Burnstein Auditorium we are hosting dessert and entertainment by Denise Hoey. Everything will begin at 6:15 following dinner.

Denise Hoey Bio:

Originally from Oklahoma, Denise Hoey has toured the world entertaining audiences with her distinct and powerful voice. Ms. Hoey brings power and passion to everything from Broadway, standard classics and jazz to Rock and Roll.

Her credits include Annie Oakley in 'Annie Get Your Gun', Sally in "Cabaret", the popular Rizzo in "Grease", and of course Ado Annie in "Oklahoma". Her stand out performances at the Alabama Theater drew rave reviews, leading to the national tour of the Cole Porter Review "I Get A Kick Out Of Cole".

After headlining on cruise ships across the globe, Denise is thrilled to be back in her hometown with her husband and two beautiful boys.

Currently she is lead singer of her own cover corporate band, DENISE HOEY & THE BOULEVARD. She can also be seen starring in 'The Retro Rockets'-50's, 60's & 70's band.



Advice One-Liners

Never criticize someone until you've walked a mile in their shoes. That way, when you criticize them, they won't be able to hear you from that far away. Plus, you'll have their shoes.

Dance like no one is watching. Because they're not. They're checking their phones.

Don't give up on your dreams... keep on sleeping.

Don't let aging get you down. It's too hard to get back up.



Há, Há, Há...

The secret of staying young is to live honestly, eat slowly and lie about your age.

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.