



Zarrow News & Views

May 2018

Going The Extra Mile

Performing volunteer service is not something one is required or expected to do. A volunteer is motivated out of a heartfelt desire to help someone. They offer valuable time to individuals and communities like ours each and every day. They are diligent and dependable despite the fact that they are not paid a salary for their service. Here at Zarrow Pointe we applaud our volunteers and thank them for the big difference they make in the lives that are touched by their service.

On Wednesday, April 18th our volunteers were honored at a luncheon in the Burnstein Auditorium. It was coordinated by our Volunteer Coordinator, Chris Matthies, and the food was provided by our excellent Food Service staff. It gave everyone an opportunity to reflect on the year 2017 and the role that our volunteers play in making Zarrow Pointe an excellent place to live and work. It was noted that for 2017 our volunteers contributed a total of 2,251 hours! The longest serving volunteer was Shirley Levin with 30 years and the resident volunteer with the most number of hours was Marilyn Smith with 312 hours. Our oldest volunteer is Rita Shisler at 96 years young! Our volunteers are extraordinary! Continued on back...

Faces That Inspire

Barbara Sylvan is a driven, dedicated, and thoughtful person. At the age of ten she and her family moved from Joplin, Missouri to Tulsa, Oklahoma. When she graduated from high school she began attending college at Stephens College in Columbia, Missouri. She decided to go to a job interview for the purpose of "picking the business owner's brain". She wanted to find out what he looked for when hiring someone. Even though she wasn't looking for a job, the business owner offered her the best work experience she could have received at his high-end men's store called Woolf Brothers in Tulsa. While finishing her associate's degree Barbara had a job waiting for her anytime she came home. Upon completing an Associate of Arts Degree in Fashion Merchandising she moved back to Tulsa and attended the University of Tulsa to obtain a bachelor's degree in business. She went to school in the mornings and worked in the afternoon at Woolf Brothers. Once she graduated she began working full-time in purchasing and management. Not only did she gain a wealth of experience, she ultimately met the love of her life, Dave Sylvan. He was a frequent customer, and his office was in the same building as the store. After working there four years, Barbara was offered a job in Shreveport, Louisiana where she managed four women's specialty stores. She only spent a short time there and moved back to Tulsa to marry Dave after they had dated for seven years. Together they have one daughter living in Chicago.

Tulsa has held many opportunities for Barbara. Being the driven woman she is, Barbara felt like she needed something constructive to do with her free time. She has never been one to play cards, but yet she never sits still for too long. Barbara is a past president of the Sherwin Miller Museum of Jewish Art, past chairman for the United Jewish Appeal, Women's Division of the United Jewish Appeal and for the Peggy V. Helmerich Distinguished Author Award Dinner. She has also served on the board of Resonance, an organization that helps women coming out of prison. In addition to serving as secretary of our board and honorary lifetime board member, Barbara has been involved with the Tulsa Jewish Retirement and Health Center from the beginning. In the early days she worked as a volunteer in running the resident necessities and gift shop as well as answering the phones at the retirement center desk. She mentions that she has always loved her years of service at Zarrow Pointe, but more importantly she has loved getting to know the residents and building a relationship with everyone. Barbara also serves on the board of the Jewish Federation of Tulsa, Sherwin Miller Museum of Jewish Art. She is also on the board for the Tulsa Ballet where she is chairing on the Donor Relations Committee and a member of the Archives Committee.

Barbara feels that her greatest accomplishment is living a happy life and finding the right man to spend it with. She says her life has been so full, and that having inner peace and happiness has played a huge roll in her contentment. Barbara always wanted to fly, and after time and dedication she obtained her pilot's license to fly private planes. She and Dave have been blessed to travel all over the world. This year will be the fifteenth time they have travelled to Israel. They have several places they have been going for many years and feel fortunate to have made many wonderful friends that they still stay in touch with. She is a blessing to our community. Congratulations Barbara on being one of the Faces That Inspire us!



Don't Miss This

The Greatest Showman Movie TUE 1

Speaking of Gilcrease-Gilcrease Gardens TUE 8

Women's Health Symposium FRI 11

Musical Monday MON 21

Trip-Southwood Nursey TUE 22

Travel Video BA-Van Gogh's Ear TUE 15

HAPPY BIRTHDAY!

- Ruth L. 5/1
- Toni F. 5/4
- Sherman R. 5/5
- Penny W. 5/6
- David B. 5/6
- Iris C. 5/13
- Shirley G. 5/13
- Frieda G. 5/15
- Ira L. 5/17
- Arlene R. 5/29

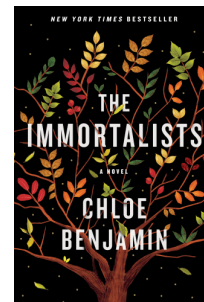
Health Tip

Keeping your body in proper alignment, improving your balance, and maintaining that alignment as you move are all part of what we call "good posture." Having good posture is attainable but it requires conscious practice. In order to make a change, we must retrain our motion patterns, and this begins with becoming aware of your posture first, and then developing new habits. Weight bearing exercises are an easy place to start. A few simple exercises to do at home would be Chin Tucks. Start with your shoulders rolled back, place two fingers on your chin, slightly tuck your chin and move your head back. Hold for 3-5 seconds, repeat 10 times. While driving, at each stop light squeeze your shoulder blades together and hold until the light turns green. A good stretch to loosen up your chest muscles is the doorway stretch. Simply stand in a doorway, lift your arm so its parallel to the floor and bend at the elbow so your fingers point toward the ceiling. Slowly lean into your raised arm and hold for 1-10 seconds. Repeat two or three times.



Must Read Books

The Immortalists by Chloe Benjamin



A story probing the line between destiny and choice, reality and illusion this world and the next. It's 1969 in Lower East Side of New York City and word has spread of the arrival of a mystical woman, a traveling psychic who claims to be able to tell anyone the day they will die.

Riddle Me This

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

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

March Riddle Answer:

Tall I am young, Short I am old, While with life I glow, Wind is my foe. What am I?

A Candle

Winners- David B, Isrella T, Rita S, Iris S,

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.

Going The Extra Mile continued...

It has been estimated that approximately 63 million Americans volunteer about 8 billion hours of their time, talent, and effort to improve the lives of others and the natural world. Some have suggested that the value of a volunteer hour could be as much as \$24.14 per hour, which would mean that Americans are contributing some \$193 billion to our nation.

People volunteer for a number of reasons, but most of all because it makes them feel good. That is the real value in volunteering and it should not be valued in terms of dollars. Besides, it would be very difficult to put a value on the extraordinary things that are done by our volunteers each day. They are priceless!

If you would like to volunteer at Zarrow Pointe, please contact our Volunteer Coordinator, Chris Matthies at 918-938-0151, or visit with Randy C.

Happy Anniversary!

Aubra and Tommie Kinyon
70th Wedding Anniversary
Married on May 28, 1948



Happy Birthday!

Congratulations to Zarrow Points Centenarian.
Catherine Vail, Happy 100th Birthday.



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.