



ZARROW POINTE

Zarrow News & Views

August 2018

Attitude From Hazel at Bekezela

The 92-year-old, petite, well-poised and proud lady who is fully dressed each morning by eight o'clock with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room...just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away...just for this time in my life."

Old age is like a bank account...you withdraw from what you've put in.... So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Remember the five simple rules to be happy:

1. Free your heart from hatred. 2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less.

Resident of The Month

David and Gerry Bernstein have spent their whole life helping those in need, going out of their way to solve problems when they see them. David's childhood was full of school and work. He spent many weekends with his grandfather who was always housing people who needed a place to sleep. Gerry was born and raised in Kansas City, Missouri with a tight-knit family who always spent time together with aunts and uncles. David completed his Bachelors degree in English Literature and Psychology from Fairleigh Dickinson University. After he graduated he took a job with Rayco in Tulsa, Oklahoma. When Gerry was a senior in high school, in Tulsa, Oklahoma, her brother brought his friend David Bernstein over to have one of their mom's amazing dinner. David and Gerry hit it off immediately and on their first date he took her to see the Harlem Globetrotters. Six months later they married. They now have four children, fourteen grandchildren and thirty-four great grandchildren. They feel that their family is their greatest accomplishment, and they are so proud of everyone of them.

David decided to get his Master's degree in Psychology from the University of Tulsa. During that time he taught Hebrew school and worked as school psychologist while Gerry took care of the kids. David became the Executive Director of the Tulsa Mental Health Association and played a key role in developing the first 24-hour telephone suicide prevention hotline in the Southwest which later evolved into today's 211 Helpline. He then became the Executive Director of Community Service Council of Greater Tulsa where he and Gerry saw a huge need to assist immigrants from Soviet Union Vietnam and South America with housing, education, language and community support. They were able to host many Jewish families from Russia, and Vietnam. They had one young man from Vietnam stay with them for fifteen years, and they raised him like one of their own.

David encountered resistance from male dominated funding organizations to accept women's protective and supportive programs, and with the help of Norma Eagleton they created a women's resource center for victims of spousal abuse and child abuse. David later became the Executive Director of the Jewish Federation and was privileged to travel to Israel to interview and select many emissaries. David said that Gerry was the one doing the real stuff, and that to this day she still receives cards and keeps in touch with many of the immigrants they hosted.

Throughout everything David and Gerry have been a team. They attribute their sixty-four years of marriage to being true partners. When times were hard Gerry went to work and they supported each other through everything. They have now been living here at Zarrow Pointe for three years with their precious dog Pepi. Thank you, David and Gerry Bernstein, for all you have given to this community.



Don't Miss This

-Movie and Popcorn
TUE 7

-Low Vision w/Dr. David Simpson
TUE 14

-
Entertainment w/ Collin and Luke
TUE 14

-Lunch and Learn Preventing Falls w/ Better Balance
WED 22

HAPPY BIRTHDAY!

- Sheldon G. 8/1
- Del S. 8/8
- JoAnne S. 8/11
- Lois R. 8/15
- Dottie B. 8/19
- Paula M. 8/22
- Malcolm M.8/23
- Irene S. 8/23
- Estelle F. 8/27
- Joan G. 8/28

"How to Deal with Vision Loss"

Tuesday, August 14th at 2:30 PM – Burnstein Auditorium

Dr. Simpson is an assistant professor at Northeastern State University Oklahoma College of Optometry. He serves as the Chief of Low Vision Services, where he works with patients with visual impairments at clinics in Tahlequah, Broken Arrow, and at the Oklahoma School for the Blind in Muskogee. David is a graduate of the Illinois College of Optometry and completed a residency in Low Vision Rehabilitation at the William Feinbloom Vision Rehabilitation Center of Salus University.



"Preventing Falls with Better Balance"

Over a third of the population over the age of 65 reports some difficulty with their balance and have experienced falls. This percentage also increases in frequency and severity after age 75. There is a good chance that there are a number of things that can be done to improve balance before it becomes a serious enough problem to result in falls that can result in injury and even hospitalization. Be proactive and not reactive!

Randy Cogburn – Wellness Director
Wednesday, August 22nd at 12:00 PM – Burnstein Auditorium

RSVP to Randy by August 15th – 918.496.8333 extension 225

Riddle Me This

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

What is it that goes up and goes down but does not move?

July Riddle Answer:

I have two arms, but fingers none. I have two feet, but cannot run. I carry well, but I have found I carry best with my feet off the ground. What am I?

Answer: Wheelbarrow

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.

Entertainment

Special Musical Performance – Collin & Luke
Tuesday August 14th at 7:00PM – Burnstein Auditorium

Luke Benedict, 20, born in Winchester, Virginia, began his piano studies at age 5. He has played the piano for twelve years and has spent the last two years studying with Rebecca Penneys at Eastman School of Music. At Eastman, Luke has had the opportunity to perform in a variety of settings, ranging from orchestral works and chamber music to solo works. In addition, he has enjoyed performing in several master classes with Svetozar Ivanov at University of South Florida. Over the past few years, Luke has attended both the Brevard Music Festival and Rebecca Penneys Piano Festival during the summer. He has attended the Rebecca Penneys Piano Festival for the past three years and hopes to broaden his outlook by working with different professors of piano. Luke, the next few years, will be pursuing a bachelor's degree in piano performance at Eastman School of music, and hopes to improve his mastery of piano technique and interpretation under Professor Penneys.



Classical guitarist Collin Holloway began playing at the age of nine in his home town of Oklahoma City. His passion for the instrument and natural talent were cultivated by Matthew Denman who acted as a teacher and mentor to Collin during his adolescence.

After completion of his secondary schooling, Collin went on to further develop his talent at the Eastman School of Music where he currently studies under Nicholas Goluses and Thomas Viloteau.

Collin's performing experience is extensive for such a young guitarist. He has performed across much of America and Spain both as a soloist and as a part of various ensembles.

Highlights of his promising career include winning the Oklahoma Haire Solo Guitar Competition, two first place finishes at the National Brownsville Guitar Duet Competition, and various first place ensemble awards at the national level.

Never Stop Laughing

Mabel: Did you hear that Sue won't be going to any more bridge tournaments because of her arthritis?

Theresa: Has she seen a doctor?

Mabel: Yes, she's been to many doctors.

Theresa: Can't they eliminate the pain?

Mabel: Oh, sure. But they also eliminated all her money.



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.