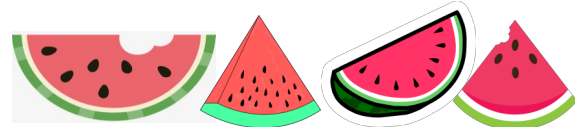


ZARROW POINTE



Zarrow News & Views

July 2018

Works of Art

We have so many talented artists here at Zarrow Pointe! As you walk our halls you can admire many of the beautiful pieces that have been put on display. We are proud of each and every one of them! Watch for more information about our upcoming art show this fall.

Isrella Taxon – While Isrella has not yet taken painting lessons, she is discovering her favorite art medium. Her use of chalks and self-expression show us that she has a lot of potential! Beautiful work Isrella!



Lois Rosenstein – Lois has been taking painting lessons for only two months and has already completed 4 paintings! Each piece gets better and better! Keep up the good work Lois! We love seeing your paintings in the art studio.

Nancy The Master Gardener

A lot of you may know how much Nancy Stolper likes her plants, but did you know that she is an OSU Master Gardener?

After Nancy retired from Muskogee Regional Medical Center (now St. Francis Muskogee) as director of public relations, she had more time to devote to gardening, one of her hobbies and passions. Of course she still found time to help as a volunteer including working in the hospital's flower shop.

Nancy enjoyed gardening for many years which no doubt was an influence on her four children...one who now spends most weekends planting flowers in her yard; another who makes his own dill pickles; another who has a garden every year; and another who won't step foot in a kitchen or garden! She's even planted the seed (pun intended) at an early age for her grandkids to garden by raising watermelons, some weighing nearly as much as they did.

Nancy always enjoyed cooking and she found ways to combine her love of gardening with that passion. She made delicious cucumber salads and pickles from homegrown ingredients. She had a sweet tooth too, and prepared homemade peach ice cream and strawberry preserves from local crops she enjoyed picking herself or purchasing at the farmers market.

Nancy and her husband Phil, of blessed memory, both enjoyed their yard. Nancy was in charge of the annuals and Phil was in charge of the perennials. There were flower boxes in front and back yards and the magnolia blossoms from their beautiful trees were a favorite on the kitchen table. They loved the azaleas in their yard which was near the entrance to Honor Heights Park, famous for its azalea gardens.



Her children think their mom's cooking and emphasis on nutrition must have had a positive impact on the family's health: Phil lived to 96 and Nancy just celebrated her 90th birthday. She served a salad every night family style in a glass pie pan and didn't prepare a lot of fried food. Good "food for thought."

Don't Miss This

- Travel Video/ American Eagle TUE 3
- Entertainment with Tim Turner & Alice Brook TUE 10
- Pain Management & Palliative Care w/ Dr. Vishal Aggarwal MON 16
- Special Activity w/Jan Symbols of America THUR 26
- Tulsa Historical Society & Museum Exhibit "Transmitting Tulsa: On Screen & Over the Airwaves" TUE 24
- Casino Night TUE 31

HAPPY BIRTHDAY!

- Bob D. 7/7
- Marilyn S. 7/9
- Merv A. 7/9
- Tommie K. 7/13
- Sylvia L. 7/21

Health Talk

Monday, July 16th at 11:00AM- Burnstein Auditorium

Dr. Aggarwal grew up in India and graduated from Sawai Man Medical College in 1998. He completed his residency in Internal Medicine from New York Medical College and fellowship training in Geriatric Medicine from Loyola University in Chicago, IL. Dr. Aggarwal served as assistant professor of medicine at the University of Oklahoma. He has held numerous leadership positions within the medical community. Dr. Vishal Aggarwal is widely trained, board certified in Internal Medicine, Geriatric Medicine and Hospital and Palliative Medicine. Dr. Aggarwal and his wife, Dr. Pallavi Agarwal reside here in Tulsa, OK. They have two boys, Vaibhav and Shaurya and one dog, Prim.



SAIL

(Staying Active and Independent for Life)

SAIL is a new fitness program directed by the Oklahoma Healthy Aging Initiative and will be offered here at Zarrow Pointe beginning August 1st. The program can be done sitting or standing. Each class includes cardio and strength training, plus balance and flexibility exercise.

It works... you'll be stronger, have better balance, feel better and this will help you stay active and independent.

It's safe... the exercises utilized in this program have been tested with older adults.

The class will be held on Mondays and Wednesdays at 9:00AM in the Burnstein Auditorium and will run August 1st through September 7th.

Riddle Me This

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

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?

June Riddle Answer:

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish.
What am I? ANSWER: A MAP
Winners- Iris C, Rita S, 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.

Entertainment

Tuesday, July 10th at 7:00 - Burnstein Auditorium

Tim Turner has a BS degree from Oral Roberts University in Television, Film and Theatre, and a MA Degree in Communication from Regent University with emphasis in Theatre and Film. He has been Dean at DeVry University and faculty and Dean at Oral Roberts University. Tim has a varied history of performance experiences including on stage and behind the scene in Theatre, Film Television and Radio. On stage he has performed in and produced a variety of venues including reviews, opera, dinner theatre, stock, night club, theme park and many musical and theatrical productions including: The Fantasticks, Fiddler on the Roof, Two by Two, Flower Drum Song, My Fair Lady, Guys and Dolls, Godspell, and many other plays, dramas and operas too numerous to mention. He was vocal director and technical director for Nanyehi: The Story of Nancy Ward, sponsored by the Cherokee nation and most recently musical director for Happy Days!:The Musical. He has performed for First Lady Barbara Bush, Vice-President Al Gore, Oklahoma Governor Frank Keating, Frank Sinatra, Lena Horn, Vince Gill, and many other Oklahoma and National notables.



Dr. Alice Brook earned her Doctor of Musical Arts degree from the Conservatory of Music and Dance at University of Missouri, Kansas City. During her undergraduate years, she studied at Illinois Wesleyan University, The Juilliard School and Manhattan School of Music. She has been the owner and director of Brook Fine Arts Academy at 81st and S. Harvard since 1993. She has been the musical director of numerous musical theatre projects (including Mary Poppins, Thoroughly Modern Millie, Tarzan the Musical, Will Rogers Follies, and many more), Bravo Ristorante, seasonal/holiday productions, and is music/choir director at Joy Lutheran Church. She works with Jenks High School vocal performance groups, Tulsa Opera and various other professional endeavors.



Never Stop Laughing

Why are there no knock knock jokes about America?

- Because Freedom Rings
- What kind of tea did the American Colonist want?
 - Liberty
- What did one flag say to the other flag?
 - Nothing, it just waved
- What do you call an American drawing?
 - Yankee Doodle!



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.