

Zarrow Pointe News & Views

September 2018

“Longevity Rules – Advice From a Centenarian”

1900-2002- The Queen Mother, who was a symbol of strength for Great Britain during the dark days of WWII and an icon into the new millennium, lived to be 101 years old. We don't have to make educated guesses about why she lived so long. She made it abundantly clear in this quote from her official biography, Queen Elizabeth the Queen Mother: "Wouldn't it be terrible if you'd spent all your life doing everything you were supposed to do, didn't drink, didn't smoke, didn't eat things, took lots of exercise, all the things you didn't want to do, and suddenly one day you were run over by a big red bus, and as the wheels were crunching into you you'd say 'Oh my god, I could have got so drunk last night!' That's the way you should live your life, as if tomorrow you'll be run over by a big red bus." Now there's some longevity advice we can all get behind.

1875-1997- Passing away at the age of 122, Jeanne Calment is officially the world's oldest person (on record). Born the same year that Alexander Graham Bell patented his telephone, she had numerous vices that included smoking cigarettes (she finally quit at 118), drinking red wine, and eating more than two pounds of chocolate per week. But she was also active, not just in her youth but at an age when most people are doing more sitting than aerobic activity. She took up fencing at 86. She rode her bicycle every day until she was 100. Jean-Marie Robine, a public health researcher and co-author of a book about Mrs. Calment, told the New York Times in 1997 that the recently deceased centenarian "was someone who, constitutionally and biologically speaking, was immune to stress."

1903-2003- During his later years, when Bob Hope was asked his secrets to staying young, he would characteristically reply with a joke: "The secret of eternal youth is to lie about your age," he'd say. Or, "I'll tell ya how to stay young: Hang around with older people." But in an interview to the Weekly World News in 1981, at age 78, he revealed this nugget: "I walk two miles every night, no matter what city I'm in." Hope learned about the importance of walking from his grandfather. "When he was 96 years old, he walked two miles to the local pub every day to get a drink," Hope said. "He died within a month of his 100th birthday, and he remained mentally sharp till the very end."

Faces That Inspire

Pam Waddell is considered a well-known face in our community, having been employed at Zarrow Pointe for the past 32 years.

Pam was born and raised in Springfield, Illinois and is the eldest of seven children. She grew up in a large home and lived with her grandparents, both of whom she was very close to. It was a normal childhood, but as Pam says, "We were not The Walton's."

After high school, Pam began working for the state of Illinois where she met her husband. Before she married, Pam went on a road trip through Tulsa and immediately fell in love with Oklahoma.

In 1971, Pam was thrilled to learn she and her husband would be moving to Tulsa for her husband's job with IBM. Since then, she has loved living in Tulsa and has considered it her "true home". Pam also has a son, Joseph, who lives in Atlanta and an amazing granddaughter, named Trillion, who will be seventeen in September.

After eight years as a stay-at-home mom, Pam began working at a racquetball club in Tulsa. It was there she remembered her mother's advice: to "always be willing to learn new jobs and always put a smile on your face." Little did she know that taking her mother's advice would lead to a successful career. While working at the racquetball club, Pam met the Executive Director of the Jewish Community Center. Being impressed with her "smile and great attitude," the Executive Director soon offered Pam a part-time job and she took it. As she worked at the Jewish Community Center, Pam did anything and everything she was asked to do – from helping at the fitness center to typing notes and taking care of the mail.

On March 3, 1986, Pam became the receptionist at the Tulsa Jewish Retirement and Health Care Center (which is now known as Zarrow Pointe). When Pam took the job she was told she "would never be busy or have much to do." Now, thirty-two years later, Pam says she's never seen a slow day at Zarrow Pointe! There's always something to do and someone to help.

Along with serving the residents of Zarrow Pointe, Pam works as the Executive Assistant to the CEO. Over the years, she has filled-in for nearly every job including the Interim Director's position. Pam proves every day how much she loves the residents, as well as their pets. She thrives on solving problems and meeting needs. Every day Pam looks forward to coming to work and seeing what the day might hold.

We truly appreciate Pam's dedicated service to our Zarrow Pointe community and the inspiration she continues to be to those around her.



Don't Miss This

- "Fraud: Stay Alert" with Paige Sheuerman THUR 13

-Travel Video Secrets of Althorp-The Spencers TUE 18

-Trip-Pops Diner in Arcadia, Ok. TUE 25

- POOL CLOSED 9th -16th

HAPPY BIRTHDAY!

Pat D. 9/4
Andy A. 9/8
Chuck W. 9/12
Gerry B. 9/19
Delores B. 9/27

Casino Night at Zarrow Pointe

Our residents had a wonderful time at our annual Casino Night! Fellowship, great prizes, snacks and beverages as well as a photo booth with crazy hats and accessories. With free chips for the casino games and bingo, no one had to worry about losing their own money! Many thanks to our vendors and service providers for providing gifts that were used in our prize drawings, and to Casino Nights of Tulsa for doing a great job for us again this year!

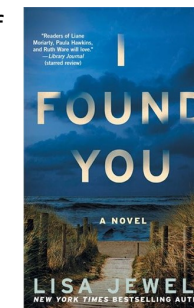


Must Read Book I Found You by Lisa Jewell

"A mystery with substance and surprising revelations all the way up to the ending."

In the windswept British seaside town of Ridinghouse Bay, single mom Alice Lake finds a man sitting on a beach outside her house. He has no name, no jacket, and no idea how he got there. Against her better judgment, she invites him inside.

Meanwhile, in a suburb of London, newlywed Lily Monroe grows anxious when her husband fails to return home from work one night. Soon, she receives even worse news: according to the police, the man she married never even existed.



Riddle Me This

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

What ends everything always?

August Riddle Answer:

What is it that goes up and goes down but does not move?
Answer: Staircase
Winner: Frieda S. and Iris C.

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.

"FRAUD: STAY ALERT!"

Thursday, September 13th at 1:30PM
Burnstein Auditorium

Topics:

- WHAT TO KNOW ABOUT YOUR NEW MEDICARE CARD
- NEW MEDICARE CARD SCAMS
- HOW TO PROTECT YOURSELF FROM MEDICARE FRAUD, WASTE & ABUSE
- HOW TO DETECT AND REPORT MEDICARE FRAUD
- THE TOP 10 SCAMS TARGETING OUR NATION'S SENIORS



Featured Speaker: Paige Sheuerman, Oklahoma Insurance Department

BIO – Paige Scheuerman is the Outreach and Development Coordinator for the Medicare Assistance Program at the Oklahoma Insurance Department. She is a graduate of Oklahoma State University where she earned a Bachelor's Degree in Human Development and Family Science with an option in Child and Family Services. She continued her education at OSU by earning a Master's degree in Human Development and Family Science with an option in Gerontology. Ms. Scheuerman has previous work and research experience with disabled farmers and ranchers in Oklahoma and the use of assistive technology. She also has research experience on centenarian life satisfaction.

Never Stop Laughing

Real conversations!

My 3-year-old granddaughter, Sydney, told my husband, Ted, and me that she was going fishing with her dad. Ted asked if she was going to use worms. "No," she said. "I'm going to use a fishing pole."

My great-granddaughter Brylee was playing horse with her pappy one night. As she was sitting on his back, he asked her how old she was. Brylee said, "Pappy, you know I'm 3." "When will you be 4?" he asked. "When I get through being 3," she explained.



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.