



Rodrigo Rojas, Director of Community Relations



Tuesday, December 11th - 6:45PM  
Burnstein Auditorium

A PowerPoint presentation giving a tour of Tulsa's Gathering Place and all that it offers.

### Riddle Me This

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

I like indigo but not blue, I like onions but not turnips, I like forms but not shapes. According to the same rule, do I like tomatoes or avocados?

November Riddle Answer:  
Who can shave three times a day and still grow a beard?  
A Barber  
Winner: Frieda G and Rita S.

### Why Did The Chicken Cross The Road Continued...

"Spirituality is the way you find meaning, hope, comfort and inner peace in your life. Many people find spirituality through religion. Some find it through music, art or a connection with nature. Others find it in their values and principles."

It is with that thought in mind that I would like to personally add my own sixth dimension to wellness - Purpose.

Regardless of all the wonderful things we may do to keep our mind, body, and spirit healthy, if we lack purpose, we really are like the chicken that crosses the road... merely to get to the other side. What is the reason you get up each morning? While each of us has different abilities, a good rule of thumb to follow in finding purpose is to focus our thoughts outwardly instead of inwardly. How can I use the abilities that I have to make a difference in someone else's life? Keeping in mind that even the smallest things can sometimes make the biggest difference.

Wellness really is a way of life. It is that kind of lifestyle that makes us whole and gives us direction. Remember: Any old chicken can cross the road, (if they move fast enough), but having a reason to get to the other side makes it all worthwhile.  
-Randy Cogburn

#### 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.*

### Guest Speaker

**Parkinson's Disease: Current Challenges & Solutions**  
Syed Hussain, M.D. - Neurology, OU Physicians - Tulsa  
Thursday, December 06th - 2:00PM  
Burnstein Auditorium

- Identify patients with symptoms of Parkinson's disease
- Recognize new and frequently prescribed therapies for Parkinson's disease
- Utilize resources for multidisciplinary approach for the management of Parkinson's disease

Dr. Hussain is an assistant professor in the Department of Internal Medicine. He obtained his medical degree from the Deccan College of Medical Sciences in India and completed a neurology residency at the University of Mississippi School of Medicine. He then completed a Movement Disorders fellowship at the University of Iowa Hospitals and Clinics. Dr. Hussain is board certified in Neurology.

A movement disorder specialist is a neurologist who has received additional training in Parkinson's disease and other movement disorders including dystonia, chorea, tics and tremors. "The benefit of seeing a movement disorder specialist, often affiliated with a major university or teaching hospital, is that they are usually on the cutting-edge of knowledge and treatment of PD and other movement disorders and are often best equipped to tailor a plan of care for you and your specific needs ." (Partners in Parkinson's)



### Never Stop Laughing

A new police officer in a small town stopped a motorist who was speeding down Main Street.

"But, officer," the man began, "I can explain"

"Just be quiet," snapped the officer. "I'm going to let you cool your heels in jail until the chief gets back."

"But, officer, I just wanted to say"

"And I said keep quiet! You're going to jail!"

A few hours later the officer looked in on his prisoner and said, "lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back."



"Don't count on it," answered the fellow in the cell. "I'm the groom."

If you would like to receive the newsletter through email or provide submissions for future issues, please email Malyn Saunders at [msaunders@tjrhcc.org](mailto:msaunders@tjrhcc.org), by visiting her at our Aquatic Center or she may be reached at 918-496-8333, extension 311



# Zarrow Pointe News & Views

December 2018

## Why Did The Chicken Cross The Road?

"To show the armadillo that it could be done." Old joke, but different answer. The chicken could just do it to get to the other side, but why not have a purpose along the way? I'm a firm believer that it is equally as important to have a purpose in life as to have the ability to move around. That's where the whole concept of wellness comes into play. Most people think of wellness as how one 'feels' physically. It is so much more than that.

Wellness isn't something we do, nor is it a type of exercise. Wellness is a lifestyle. It is a quality or state of being in good health as a whole person. Mind, body, and spirit, all working in harmony to make one feel complete and moving about with a purpose. It is that state of being that contributes to quality of life and not just years of life as we age. Depending on whom you talk to, or what you read, wellness is made up of five or more dimensions. All of which, together, make up the whole person. The basic five are: Physical, Intellectual, Emotional, Spiritual, Social

Simply, if one or more of these dimensions suffer, so does the whole person. For example, one can be in great shape physically, but if they are depressed or lack intellectual stimulation they will soon become weak. Being socially engaged is important, and while some folks are just not as inclined to be 'social butterflies' as others, care should be taken not to isolate yourself from the world around you.

Regarding the spiritual dimension. Being a spiritual person doesn't necessarily make one a religious person, and vice versa. One of the best definitions of spirituality that I've read is: Continued on Back...

## Faces That Inspire

Nancy Bloomfield is a positive and encouraging woman. Nancy was born and raised in Tulsa, Oklahoma. Due to the Depression, her family lost their home and had to move to a farm in Arkansas. Nancy had a younger brother and sister and attended first through third grade in a one room school house. The family moved back to Tulsa where Nancy graduated from Central High School in 1941. She has always loved dancing and spending time with people. After high school, she began working at the First National Bank as a page girl and then in the credit department. Nancy later worked at an oil company.



Nancy and Chet were neighbors first, then friends, and then husband and wife for almost seventy years. They enjoyed a life full of adventure and fun. While Chet was fighting the war in Europe, Nancy worked for Hanlon-Water which played an instrumental role during the war. When her husband came back from fighting five battles in World War II, they moved to Santa Fe, New Mexico where Chet spent the next five years in and out of the hospital due to poor health. They didn't let their hardships break them. They moved back to Tulsa, where Chet attended TU and where they began raising their two children. Nancy and her mother opened and operated a shop named Mary-Ruby which sold ladies apparel, maternity wear and children's clothing. Chet started his own tile company. They decided to have two more children; perfectly rounding out the family with two daughters and two sons. They were always active as a family; going skiing, camping and fishing almost every weekend. Sadly, one of their sons passed away in a hang gliding accident when he was twenty-eight. Despite the misfortune, Nancy now has now been blessed with eight grandchildren and eight great-grandchildren. On the 40th anniversary of D-Day, Nancy and Chet traveled to Europe and revisited all of the battle sites where Chet fought, including Normandy.

At one point, Nancy thought if she couldn't read, her life would not be worth living and yet her positive outlook has carried her through. Now that Nancy is legally blind she enjoys audio -books and books from the school for the blind. Nancy said that when you can no longer do something you once loved you simply have to keep going and find joy in other activities. Nancy has lived at Zarrow Pointe for a year now and loves her apartment. She expects to celebrate her 95th birthday with all of us in April. Congrats to Nancy Bloomfield.

### Don't Miss This

-Dinner and Light Tour Independent Living SUN 2

-Light Tour Assisted Living WED 5

-Parkinson's Disease with Syed Hussain THUR 6

-Gathering Place Speaker TUE 11

-Cocktails: Holiday Theme WED 12

-New Years Eve Party. Entertainment with Jon and Debbie MON 31

### Happy Birthday!

Sam S.	12/1
Howard A.	12/3
Eleanor L.	12/12
Anne W.	12/12
Helen G.	12/15
Norm L.	12/17
Sue W.	12/17
Toni F.	12/26
Stan .	12/31

