



# ZARROW POINTE

News & Views

Hello March !

MARCH 2019

# SPOTLIGHT

## Norma Eagleton

Norma and John Eagleton lived in Dallas and New Orleans before returning to Tulsa in 1962. They were married 61 years until John's death in 2017. They have two children and five grandchildren.

Norma attended Stephens College in Columbia, Missouri and graduated from The University of Oklahoma. She received her Juris Doctor degree from Oklahoma City University and practiced law in Tulsa for twenty-three years.

In 1976 Norma was elected Finance Commissioner—the first woman to serve as a voting member in Tulsa's City government. She then served ten years as the first woman on the Oklahoma Corporation Commission. She was inducted into the Oklahoma Women's Hall of Fame in 1997 and has lived at Zarrow Pointe since 2015.



## Elizabeth Chatzigiannidis

Have you encountered the young woman with the charming South African accent who works as a staff accountant in the second floor Administration office of Zarrow Pointe? As newlyweds, Elizabeth Chatzigiannidis and her husband, John, moved to Tulsa 20 years ago so that he could pursue his medical career. They have two children, both born in the U.S. and now all four are U.S. citizens.

Elizabeth worked at various jobs, continuing her education, extending the Degree of Accounting and Business Administration which she had obtained in Johannesburg. She eventually came to Zarrow Pointe four years ago where she loves her work, especially enjoying meeting the residents here. Other interests are cooking, traveling, reading, attending her children's swimming meets, and studying her fifth language.

Be assured that Elizabeth will appreciate a greeting in any one of these languages and respond accordingly. -Rita Shisler



Expanding our newsletter is one way of helping you feel better connected with what's happening at Zarrow Pointe. It will also give us the opportunity to feature news and events from our Health Care Center and to showcase the many faces in our community. We hope that you enjoy the new look and we welcome your suggestions.

Beginning in April, Malyn will be offering a new exercise class for those who are interested in slimming their waistline. The class will be called "Waist Watchers" and will include exercise coupled with education about making the right food choices for sensible diets. Along with setting your own personal goals there will be incentives offered for meeting them.

Have you ever experienced the world of virtual reality? You will soon be given that opportunity. We are purchasing equipment that will allow you to take a three-dimensional 360° visual journey that is the next best thing to being there. This immersive environment can be similar to the real world or it can be fantastical. If you can think it, you can do it! Watch for more details.

In the spirit of community outreach we would like to hear from you with your suggestion for a local organization or cause that our Zarrow Pointe family could be in support of through volunteer service or resources.

Our activity lineup will include community art projects, a photography contest, new entertainers, and excursions with new destinations; dinner theater, lifelong learning opportunities, and more.

Your voice matters! Let us know how we can help you feel more engaged and socially connected.

## Riddle Me This

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

Some pencils are erasers.  
All erasers are papers.  
Some papers are pens and some pens are erasers.  
So, pencils are obviously pens?  
True or false?

### February Riddle Answer:

"I'm a word that's hardly there. Take away my start, and  
I'm an herbal flair.  
What am I?  
Sparsely (No S = Parsley)

Winners: Frieda G. and Isrella T.

## Never Stop Laughing

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says: "Wow! Are you kidding?" The interviewer replies: "Yeah, but you started it."

## Health Tip

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.



# Health Care Connection

## Zarrow Pointe On Pointe

Dear Zarrow Pointe community members:

I want to take the time to say “thank you” to everyone for being so welcoming to me in my new role as our Health Care Administrator. Over the last 6 months, I have been absolutely amazed by how close-knit our community really is. I have already met so many amazing and talented people and I still have so many more to meet!

Many facilities often say that they treat their residents and staff like family, but at Zarrow Pointe we truly take this phrase to heart and put it into practice every day! It makes me proud to come to work every day to serve our organization’s mission, vision and values.

I also wanted to briefly mention that in future newsletter publications, the Health Care Center will have more of a presence. Our goal is to showcase all of the great things that are going on in our Health Care Center and offer a small glimpse into some of our more notable activities and events.

The activity department will be providing regular content on some of the neat things we are doing in our Health Care Center. I, on the other hand, will be writing a monthly article called “Zarrow Pointe, On Pointe” that will be either an informative article on changes or additions related to our Health Care Center or an educational article on a different healthcare topic that I might feel could benefit our readership in some capacity.

One of the best perks of my job is getting to meet all of the amazing individuals that make our campus truly unique. I invite anyone interested to come tour the Health Care Center and meet myself and our talented healthcare team. I also encourage our readers to email me as well if they have a healthcare related question that they would like answered personally or an idea for an article they would like to see written. My email address is [msnyder@zarrowpointe.org](mailto:msnyder@zarrowpointe.org)

I look forward to connecting with our readers each month, and again, “thank you all for making me feel so welcome!”

Regards,  
Mathew T. Snyder

## Facebook Portal

Ellie Brimer’s daughter Angela contacted me a couple of weeks ago regarding getting mom a Facebook Portal.

Since Ellie finds it hard to use a regular phone, Angela recommended a voice activated Facebook Portal.

The Facebook Portal was installed yesterday in Ellie’s room.

Ellie and I used the portal to call her family a couple of times today so that she can get the hang of it.

You should have seen the biggest smile on Ellie’s face when she mastered the magic words,

“Hey Portal, call Angela”!

That’s all it takes for her to connect to her family instantly, and that’s magical!

- Kimgrace Haokip

## Wellness for all Ages

Beach Ball Volleyball is one of our most highly attended and energetic activities. The activity engages the following three holistic functions: Cognitive, Fitness, and Wellness. The residents automatically encourage and motivate each other. Our residents naturally include as many of their peers as possible. Their socialization and laughter help reduce some of their stress. If you are interested, please watch or play with our residents at our next Volleyball activity on Thursday, March 28, 2019, at 11:00am in Health Care Center’s South Living Room.



## Special Activities

3/1- Kabbalat Shabbat Service with Mizel Day School- 11 AM S. Hall Living Room

3/15- Purim Costume Parade with Mizel Day School –11 AM S. Hall Living Room

3/20 - Theme Day for March: “Super Hero Day!” Bring out your inner powers and dress as your favorite Superhero!



## Art Gallery is Now Open!

We are proud to announce that the new Health Care Center art gallery is now open to the community for viewing. The gallery opened January 30th with the intention of showcasing some of our talented artists we have on campus, and for the enjoyment of our residents.

The gallery is located by the administrative offices in the Health Care Center and open for viewing any time!

The gallery will feature a diverse selection of community artists spanning different art mediums and forms such as still-life, abstracts, landscapes, nature, portraits and many more!

The art gallery will be a “living” exhibit, meaning that the art displayed is on loan and we will regularly rotate new pieces through the exhibit. If you would like your piece displayed in the gallery please contact Mathew Snyder, Health Care Administrator at 918-496-8333 x 258 or email at [msnyder@zarrowpointe.org](mailto:msnyder@zarrowpointe.org).

We also want to give a special thanks to Lois Rosenstein for contributing several pieces to our exhibit that allowed us to get it off the ground! Several of her pieces are also up for sale as well.

If you are interested in taking one of our art classes on campus please contact Carol Stanley at 918-496-8333 x241.



## Employee Spotlight

Meet new staff members: Mat Snyder, Mandy Johnson, and Kimgrace Haokip!

**Mathew Snyder** became the new Health Care Administrator at Zarrow Pointe in August 2018. He grew up in Tulsa and is the eldest of 5. Mat began his career serving others early when he started as a dietary aide at the age of 16. Mat earned his Bachelor’s degree in English Literature from NSU and received his Healthcare Administration degree from Oklahoma State. Mat has 20 years of experience in the healthcare industry, including eight years in administration. Some of Mat’s interests include: cars, motorcycles, sports, travel, and time with family. Mat likes alternative rock music, he enjoys Mexican food, and seafood at Red Lobster.  
Fun Fact about Mat: He spells his name with one “T” not two.



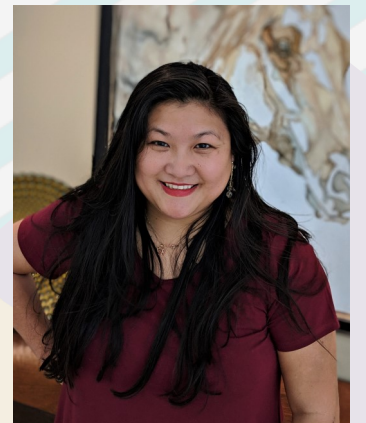
**Mandy Johnson** commenced as the new Admissions Director at Zarrow Pointe in October 2018. She is an RN and has a Bachelor’s degree in Psychology. Mandy has worked in hospice and home health and has eight years of experience in healthcare. Mandy is from Sapulpa, OK. She has been married to her husband for 14 years. They have a three-year-old daughter and are expecting a son in March. Mandy loves spending time with her family. She listens to country music. Mandy’s favorite food is Italian.

Fun Fact about Mandy: She enjoys organizing.



**Kimgrace Haokip** started as the new Social Services Director at Zarrow Pointe in August 2018. Kimgrace is from a family of four. She has a Master’s of Philosophy and has worked as a Special Educator, Speech Language Therapist, and Case Manager. Kimgrace enjoys hiking, camping and road trips. She loves all types of food and all types of music, especially her mother’s singing voice!

Fun Fact about Kimgrace: She loves to knit and has made many of her own scarves and hats.



**Massage Therapy  
Available!**



Just a reminder that massage therapy is offered in our salon at Zarrow Pointe. Reservations can be made by calling Ronda Niemiec at 918-550-9933. Ronda is a Licensed Massage Therapist.

30 mins. - \$20.00  
60 mins. - \$40.00  
90 mins. - \$60.00



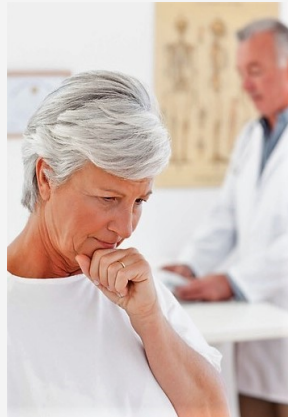
**Aging Can Be  
Tough To Swallow**

Guest Speaker- Rachel Howard, SLP  
Friday, March 15th ~ 2:30pm  
Burnstein Auditorium

It is thought that one quarter of US adults will experience a swallowing problem at some point.

Among other health issues, swallowing difficulties can lead to malnutrition, dehydration, and pneumonia from food and drinks being misdirected into the lungs. Could you be at risk? Yes.

Rachel Howard is a Speech/Language Pathologist here at Zarrow Pointe and is recognized as an expert in her field for her



knowledge of and treatment for swallowing difficulties. Her discussion will focus on a common sense approach to early prevention as well as intervention techniques to treat advanced swallowing issues.



**1900:** Women officially participate in the Olympics for the first time. The first 19 women to compete in the modern Olympic Games in Paris, France, play in just three sports: tennis, golf, and croquet.

**1910:** 19%, or one in five, women are in the work force.

**1920:** Women have finally won the right to vote in the U.S.

**1924:** Mrs. Nellie Tayloe Ross of Wyoming becomes the first woman governor in America.

**1925:** Florence Sabin, one of the foremost scientists of the day, became the first woman elected to the National Academy of Sciences.

**1950:** Nearly 30 percent of all U.S. women work outside the home.

**1957:** Althea Gibson became the first black American to play in the U.S. Open, breaking the color barrier in professional tennis.

**1972:** Title IX mandates that all schools allocate equal resources to male and female athletic programs.

**1976:** Women are admitted to the U.S. military academies.

**1997:** Two of our residents, Norma Eagleton and the late Penny Williams were inducted into the Oklahoma Women's Hall of Fame.

**2016:** The ban against women in military combat positions is removed.

**2017:** In 1960 women working the same job as men were paid on average only 60% of what men were paid, but in 2017 it has increased to 80.5%.



**A NIGHT OF ENTERTAINMENT YOU  
WON'T WANT TO MISS!**

**TUESDAY, MARCH 12TH 6:45 PM**

**BURNSTEIN AUDITORIUM**