

April 2019



ZARROW POINTE

News & Views

SPOTLIGHT

Jaime Memije

In 1996 a young man came to this country from Acapulco, Mexico looking for employment in the restaurant business. Jaime Memije had taken some culinary courses in school and had worked at odd jobs in that field, hoping to one day own a restaurant business serving Mexican food, but not the typical taco kind that is so common here.

Jaime worked at different kinds of jobs in various restaurants but for the last 11 years has been at Zarrow Pointe in the Health Care Center. He has been advancing in his job and is now Dining Room Manager. His wife, Dalia Hurtado, is also a Zarrow Pointe employee so that the care and feeding of their three children, Tiare who is 11 years old, Diego who is 8, and Keila who is 6 is in good hands.

As a closely knit family, all are interested in soccer and track, but Jaime's first interest is to be a good, loving dad and husband.

Hugs to y'all,
Rita Shisler



Hank and Maxine Lieber

Hank Lieber is often seen spending time with his lovely wife Maxine.

While assisting her in her wheelchair he will always greet you with a smile and a cheerful hello. Hank grew up in Muskogee, Oklahoma. After starting school at Washburn University, he served three years in the Army Air Corp. Upon leaving the Army, he went to Oklahoma A&M and attained his degree in Civil Engineering. Hank married the love of his life Maxine in June of 1950.

Hank spent his career as a civil engineer. Among his many accomplishments Hank designed a pipeline that covered 12 states and was named Pipe Liner of the Year in 2000 by Pipe Liners Club. Maxine was very involved in their three children's lives; she took care of the household, and managed their finances. Hank always told her that all he needed was money for coffee, cigarettes and 22 shells. They now have five grandchildren and three great-grandchildren. Hank always loved to hunt. He feels like he has been lucky in life and is grateful for the closeness of his family. Hank & Maxine have lived at Zarrow Pointe since June of 2017.



● EARTH DAY 2019 - Earth Day is an annual event, celebrated on April 22, on which day events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries each year.

In an effort to protect our environment Zarrow Pointe has installed solar panels that produce approximately 15% of our electricity. Our recent move to start a recycling program has resulted in a reduction of at least 1,000 pounds per month in our waste disposal. "Thank you" to Jan Potash for your suggestion to provide a recycling receptacle for hearing aid batteries! This is located at the Retirement Center desk.

● During the month of April we will be promoting an Earth Day photography contest. Residents and employees may participate. The theme is: "Through My Eyes". Prizes will be awarded for 1st, 2nd, and 3rd place. Don't have a camera? Disposable cameras will be available to the first 20 who request them. Watch for details and get involved!

● April excursions will include a spring drive and a visit to the Gathering Place; perfect opportunities to capture a picture for the photography contest! Our Sunday brunch this month will be at the Polo Grill. Sign up early to reserve your spot.

● See the back page of our newsletter for a listing of new entertainers and lifelong learning opportunities for April. Mark your calendars with a reminder to attend!

● A Senior Health & Wellness Expo will be held at Zarrow Pointe on Friday, April 12th from 10am - 4pm. The expo will include a blood drive, vendors offering services and products, and presentations. Watch for details.

● Thanks to all who participated in the resident satisfaction survey! Your voice matters! We appreciate your comments and look forward to implementing many of the suggestions you offered.

● Reminder: The café will close Friday, March 15th at 1:00 for remodeling. The date for reopening will be announced at a later date. Meals are available for purchase in the main dining room.

● 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.

What are the next 3 letters in this riddle?

o t t f f s s _ _ _

March Riddle Answer:

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?

Answer: False

Winners: Isrella T. and Frieda G.

Real April Fools Jokes

1957- BBC TV show ran a segment about the Swiss Spaghetti harvest, enjoying a "bumper year" thanks to mild weather and the elimination of spaghetti weevil.

1962- The Swedish National Network put on a technical expert who told the public that it's black-and-white broadcasts could be made color by viewing through nylon stockings.

1985- Sports Illustrated ran an article about the Mets pitcher Sidd Finch saying he could throw 168 miles per hour.

1996- Taco Bell took out newspaper ads saying it had bought the Liberty Bell "in an effort to help with national debt."

2015- Cottonelle announced on April Fools Day they were introducing left-handed toilet paper.

Health Tip

Believe it or not, even a small amount of socialization during the golden years, such as heading to a social coffee hour, can multiply quality of life in a big way. A 2011 Gallup poll reported, "The more time Americans spend socially with family and friends, the more likely they are to report enjoyment and happiness in their lives without a lot of stress and worry. Overall, Americans' self-reported mood improves with each hour of social time they spend in a day, up to about seven hours. Though the relationship is present among all age groups, Americans aged 65 and older are more likely than their younger counterparts to maintain a positive mood with fewer hours of social time." Additionally, a Cornell study published in Psychology and Aging even suggests that feelings of loneliness even cause reactions in your body that speed the aging process.



Sunday's 10 AM
~ Manor Lobby

Health Care Connection

Zarrow Pointe On Pointe

The Importance of Visiting a Loved One Suffering from Dementia

One of the most common questions I get asked is "My loved one is suffering from Alzheimer's disease (a form of dementia), and they don't seem to know who I am or remember me, does it even matter if I visit anymore?"

I have a special place in my heart for serving those suffering from different types of dementia. I got my start in healthcare management as the Administrator of a long-term care Alzheimer's and dementia facility. This early experience has prepared me immensely for having those difficult and heart-wrenching conversations about the devastation dementia causes not only for the resident, but their families as well.

To get back to the question above, my answer when I am asked this is always "Yes!", when your loved one is suffering from Alzheimer's or other forms of dementia, it is MORE important than ever to visit them and engage with them regularly."

This answer sometimes takes people off guard as they equate not being able to remember a visit, conversation or interaction as a waste of time. We have to understand that in the later stages of Alzheimer's disease, it really isn't important that your loved one remember the conversation, details of the visit, or even who you are; what is important is that in the moment they feel loved and connected with another human being. Loneliness, boredom, social isolation and lack of meaningful human interaction are devastating to a resident with dementia and causes rapid decline. When a resident with dementia is being stimulated in some way, whether it be through one of the five senses or stimulated through social interaction, the electrical activity and feel good chemicals in the brain called Dopamine are increased, and this heightened brain activity is very beneficial to residents suffering from dementia. This increased brain activity lasts several hours after the source of stimulation is removed, thus the resident enjoys a lasting effect from the stimulation.

If you have a loved one suffering from dementia, I encourage you to have meaningful interaction with them as often as possible. Yes, they might not be the same person you remember, but enjoy the moments as they happen and create new memories for yourself.

All the Best,
Mathew Snyder, MHA, LNHA



An elderly man hurried to his 8:00 AM doctor appointment, he wanted to finish quickly so he could get to another appointment. The doctor asked what it was and he proudly said that every morning at 9:00 AM at the hospital he had breakfast with his wife. The doctor asked what her condition was and he replied that for 5 years she has had Alzheimer's and hasn't known who he was. The doctor asked why he continues to go if she has no idea who he is and the old man replied "because I still know who she is."

Theme Day

The Health Care Activities Department started Theme Days in August of 2017 at the request of a staff member. Since then, Activities and others staff have put together a theme for one Wednesday each month. So far, we have celebrated everything from Luau Day to Flannel Day and Hat Day!

This is a great way for residents and staff to enjoy something together and step outside their respective roles. Residents enjoy getting compliments on their accessories as well as taking photos with staff members who are dressed up. This is a time to be lighthearted and loosen the busy schedules that operate our Health Care Center.

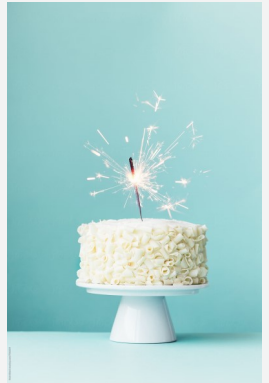


Theme Day for April:

"Pajama Day" will be April 17th. Wear your favorite comfy P.J.s!

Happy

Robert B.	1st
Dinshaw C.	3rd
Louise R.	10th
Oneta L.	16th
Ivy D.	29th
Gloria R.	30th



Zarrow Pointe's New CNA Mentor Program

Zarrow Pointe is proud to announce that we have partnered with the National Association of Healthcare Assistants (NAHCA) to launch the new CNA Mentor program. The primary goal of the partnership is to reduce CNA turnover and standardize training to new staff members which will ultimately lead to better patient care.

NAHCA is a nation-wide quality organization that focuses on the education, development and career-advancement of CNAs. NAHCA offers training to CNAs to become mentor trainers and once a CNA completes the full NAHCA mentor training program, they earn a nationally-recognized Certified Preceptor certificate.

We are proud to announce that the following CNAs have been promoted to CNA Mentors!

Stacey Gibbs, 7-3 CNA on West Hall

Ray Nunez, 3-11 CNA on West Hall

Laronda Allen , Weekend doubles CNA



Say It With Plants



"A beautiful plant is like a friend in the house" ~ Beth Ditto

We used to think that plants belong in the garden, out in the sun, away from our homes and offices where we live and work. This isn't the case anymore today. Having indoor plants is the simplest way to bring nature under your roof.

Who better than Bukai to grasp this! Bukai Ayala is one of our dedicated CNAs in the Health Care North Hall. She has a natural instinct to understand the plants. She meticulously tends to the few indoor plants we have in the common area at the

end of the North Hall and Activities Area. Bukai says, "I want my residents to see the plants and enjoy the greenery". "The plants need love too and they want to live". Along with caring for the residents, the plants have thrived with her gentle touch. Bukai surely says it with plants! She plans to grow a small vegetable garden as soon as the winter thaws away. We are excited!

- Kimgrace Haokip



Megan Brenner, Activity Coordinator leads the residents in afternoon bingo.


Volunteer Bingo Champions

Mary and Joel Miller began volunteering at Zarrow Pointe (Tulsa Jewish) in 1995. Joel's mother lived in Health Care Center in 1993, and they became involved in the community quickly.


Joel and Mary started facilitating bingo games in the Activities department regularly. Joel devised the idea of giving the residents a quarter for each bingo they won and a dollar bill for the first winner of the blackout game. The Millers donate their own funds to the residents who play bingo. At the end of the games, the residents are given the opportunity to donate their winnings to the selected charity or to keep their money for their own purposes. When enough money is raised, a check is issued from the bingo account and sent to a local charity. The residents then chose a new charity the next time they meet for bingo. Historically, the residents have chosen the following local charities: John 3:16 Mission, Clarehouse, Tulsa Boys Home, etc. Our next check will be sent to Emergency Infant Services.

Mary continues to call bingo each Thursday afternoon. They both attend bingo on Sundays when Joel is the caller. Mary and Joel have made numerous lasting friendships with both the staff and residents at Zarrow Pointe. We are very grateful the Millers are part of our community!

-Megan Brenner and Aubrey Kistler



Give and Take Day



A garage sale without the garage and the sale, "Give and Take Day" is a great way to give away some of your household items that you just don't need anymore.

Wednesday April 10th, 3:00 PM
During Cocktail Hour in the Burnstein Auditorium

Rules:

1. Please bring any donations to the Activities Coordinators office by Tuesday April 9th. Limiting 3-5 items per resident.
2. YES PLEASE– small furniture, books, DVDs/CDs, DIY items, clothes, shoes, games, electronics. (Residents are responsible for the dropping off of all items given or selected at the event.)
3. All items must be in good and working condition.
4. NO THANKS– broken, unsafe, dirty items including knives, blades, tweezers and scissors, rusty tools, undergarments, toiletries and large items such as sofas, armchairs and mattresses.
5. You do not have to attend the event to donate and you don't have to donate to attend.
6. All donations will be at the discretion of staff members.

Entertainment

Linda Traw Sings

Tuesday April 30th-6:45 PM
Burnstein Auditorium

Performing as Judy Garland, singing songs from three of her musicals, Eliza Doolittle, Mary Poppins and Dolly Levi. She will also be performing songs from Patsy Cline and the Big Band era.





Kara Staiger Sings

Tuesday April 3rd-3:30 PM
Burnstein Auditorium

An hour of songs from the Golden Age of movie musicals from Oklahoma, Carousel and Cinderella and featuring tunes from Berlin, Rogers and Hammerstein and Cole Porter.

Senior Health & Wellness Expo


Friday, April 12th 10AM to 4PM

Oklahoma Blood Institute Blood Drive from 10AM–2PM located in the library

Vendors – Products/Services related to Health & Wellness

Several presentations in the theater room throughout the day.

- Damsel In Defense
- Healthy Eating w/ Pampered Chef
- Young Living Essential Oils



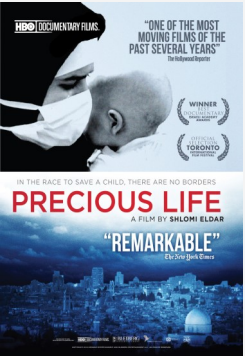
Special Event

Documentary: Precious Life

A prominent Israeli journalist documents the struggle of an Israeli pediatrician and a Palestinian mother as they try to get treatment for her baby who suffers from an incurable genetic disease.

Tuesday, April 9th-6:45 PM
Burnstein Auditorium


Followed by a discussion with Liat Gal




Educational

Stroke Prevention Workshop


with John Lieber
Thursday, April 11th-3:00 PM
Burnstein Auditorium





Speaking of Gilcrease - Revealing America Through Art and Archives

Tuesday, April 2nd-6:45 PM
Burnstein Auditorium



At the Polo Grill in Utica Square
Sunday, April 28th-10:30 AM
See Carol Stanley for reservations