

May 2019



ZARROW POINTE

News & Views

Happy ♥♥ Mother's Day

SPOTLIGHT

Joan Green

Born and raised in San Francisco, California, Joan Green had a wonderful childhood. She met her late husband, Curtis Green, at the local Jewish Community Center while he was in the Navy during the Korean War. They were married in 1953 after his discharge and eventually moved to Tulsa, which was Curtis' hometown. They were blessed with four children and now four grandchildren.

Joan worked for Curtis at his pipe and supply company while the children were little. She would often have to work through lunch to get everything done before rushing home to be there when the children returned home from school.

A passion for history led Joan to the University of Tulsa where she attended classes for several years. As a member of National Council of Jewish Women, she began a Jewish Oral History Project which eventually became the nucleus of today's Tulsa Jewish Archives housed in the Sherwin Miller Museum. Joan also served as president of B'nai Emunah Sisterhood and today still volunteers where needed.

Along with Curtis, Joan was a faithful Tulsa University sports fan and attended both football and basketball games when possible. Golf was also an enjoyable hobby for both.

Joan has been living at Zarrow Pointe since 2010 where she has been able to reconnect with old friends and make so many new ones!



Andrew Folsom

Prominent in Zarrow Pointe's Maintenance crew is the young man whom we call Andy.

Andrew Folsom has been with Zarrow Pointe for 8 years, expanding his experiences and honing his skills.

A Tulsa and surrounding area resident since 1991, Andy left high school at age 14 to work in construction jobs until he realized the need for a better education. At that time he entered the Tulsa Job Corps program and earned his G.E.D. certificate.

Andy has two children from a former marriage: a four year old son who spends every other weekend with his dad and a nine year old daughter who lives in Colorado. Presently Andy lives with his girlfriend and a brother here in the city.

His hobbies include fishing, hunting, and with a group of friends, racing his radio controlled electric cars in parks and on trails like those on Turkey Mountain.

Fortunately Andy likes his work at Zarrow Pointe and enjoys his relationship with the residents here. He, too, extolls the familial atmosphere of Zarrow Pointe.

Hugs to y'all. - Rita Shisler



Heroes

What defines a hero? A hero has been described as one who gives of themselves, often putting his or her own life at great risk, for the greater good of others. A hero is someone who can be looked up to for their actions, but rarely seeks recognition.

Traditionally the Month of May is a time when we honor our moms on Mother's Day and remember those who have died while serving in the United States Armed Forces on Memorial Day. They are both, in my opinion, heroes.

Mother's Day for me is more emotional this year since it is the first without my mom. Since she passed away last September I realize even more the value of a mother and the place that she holds in your heart. A mother's love is priceless and irreplaceable. Once she is gone, you don't get another. I miss Mom every day...she was a hero.

Mothers and soldiers have several things in common. Both are willing to risk their lives to defend those that they love, and have. They both perform a service that is far more valuable than what they get paid, and at times unappreciated by those they serve. They both are willing to work 24/7 if necessary, and though they are exhausted, somehow manage to keep it from showing. They are brave and determined; never backing down even when the odds are against them. All of these similarities are the things that make them heroes and so deserving of our respect and admiration.

If your mother is still living, cherish and love her for as long as you have her. Don't wait until she is gone to wish you had talked to her more often, thanked her enough, and loved her enough. Every day should be Mother's Day! If you know a veteran, thank them for their service, even though like our moms don't ask for it. On Memorial Day and every day honor and remember those who have died while serving our country. They paid a great price for us, and regardless of their age, were always their momma's baby.

To all the mothers and veterans here at Zarrow Pointe, we thank you. You are loved and appreciated, and a hero in the eyes of many around you!

-Randy Cogburn

Riddle Me This

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

When I'm used, I'm useless, once offered, soon rejected. In desperation oft expressed, the intended not protected.

What am I?

April Riddle Answer:

What is the next 3 letters in this riddle?

o t t f f s s _ _ _

ANSWER: e n t

They represent the first letter when writing the numbers one thru ten.

Never Stop Laughing

Patient: Doctor, I slipped in the grocery store and really hurt myself.

Me: Where did you get hurt?

Patient: Aisle six.

~

I gave my patient the results of her sleep study: "It looks like you stopped breathing in your sleep over 65 times per hour." Her response: "Did I start back?"

~

Scene: The operating room. I'm reviewing the surgical checklist with the nurses.

Me: We have the surgical equipment, the heart-lung machine, antibiotics, and the replacement heart valve on hand.

Patient: You wait until now to figure this stuff out?

Health Tip

Myth: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.



Health Care Connection

Zarrow Pointe On Pointe

What is Long-Term Care Insurance?

When the time comes for families to consider placing their loved one in a nursing facility, they are often shocked at the cost to do so at a modern nursing facility. While costs can vary greatly depending on the area of the country you live in, according to Seniorliving.org, the average annual cost for a private room in America is \$7,698 and many of the nicer, better-rated facilities in urban areas can run much more.

One solution to the sticker shock of long-term care placement is taking out a long-term care insurance policy before the need arises for nursing facility placement. A long-term care policy pays a pre-determined daily rate toward “custodial care”, meaning help with daily tasks of living that now need significant assistance such as bathing, eating, dressing, toileting, transferring and medications management.

Long-term care policies can vary widely, but as a general rule of thumb, it is best to take out a policy while you are still young and in good health. Other factors that determine the cost of a policy include things such as you age when you buy the policy and the maximum amount per day the policy will pay toward the cost of care. The maximum amount per day times the number of days determines the lifetime value of the policy.

While most policies won’t cover 100% of the cost, they often cover a substantial amount that will soften the financial blow a bit. The cost of healthcare and long-term care continues to rise every year with no signs of slowing down. I would encourage people to start looking into policies as soon as possible either for themselves or their loved ones. Some employers offer the option to purchase policies and they are also sold through insurance companies and individual brokers. AARP is a good source for more information on long-term care insurance policies.

Sincerely,
Mathew Snyder,
Healthcare Administrator

Comfort for Residents with Dementia

Susan Green is the founder of “Cuddle Therapy Dolls” in Tulsa which launched in March of 2018. Susan was a full-time Caregiver for her father for six years and experienced other personal losses during that time. Susan’s Mother-in-law suffered from dementia which also added to Susan’s experience with elders in the healthcare system. Her Mother- in-law drew comfort from her stuffed animals in her last years. This past March, Susan came across a doll in a house that she was remodeling and knew that it was special. After taking the doll home, Susan found an article on Facebook about doll therapy for patients with memory loss. Susan dressed the doll and took it to a care center where her father had stayed for a short time and Cuddle Therapy Dolls was born.

- We asked Susan Green a few questions about her organization.
- What types of tasks do you do in your daily operation?
I shop for baby dolls and clothes to use for dressing. I use social media to promote dolls to nursing homes, hospitals and memory care centers. I dress the dolls and deliver them across Tulsa and surrounding towns.
 - What is something you have learned since starting your services?
I’ve met so many nice and caring people that appreciate what I do. I’ve seen first-hand how patients respond positively to the dolls. I receive testimony from the places where I’ve donated the dolls (about how well) they work.
 - What can others do to start making an impact in their own community?
The hard part is finding a need that fits your ability and passion. The rewarding part is being good at it and knowing it makes a difference in the lives of others.
 - Is there anything else that you would like to share with readers about your experience?

If you would like to help by donating to Cuddle Therapy Dolls, go to cuddletherapydolls.godaddysites.com and click the link “Donate Now” or visit Cuddle Therapy Dolls on Facebook. \$11 will buy one doll.

Thank you Susan Green for brightening the lives of elders with dementia!

-by Aubrey Kistler



A Love Story

Fifty-four years ago this month Anita and Ed Ulrich took their wedding vows like millions of other people have since that day. What makes their vows special is how seriously Ed and Anita spoke these sacred oaths to each other. When they took those vows so many years ago, Anita and Ed had no way to know what the future would hold, other than the fact that they would do it together “in sickness and in health.”

Anita and Ed met on a blind date shortly after he got out of the army in 1963, and they were married in 1965. When asked whether it was love at first sight, Ed said, “The moment I met her, I knew that Anita was the most beautiful human being - inside and out - that I had ever known - and she still is.”

In 1976, eleven years after they were married, Ed and Anita, much to the shock of their family and friends, relocated from their native New York to Oklahoma, first to Norman, then Tulsa. After settling here, the couple had two children, daughter, Kate, and son, Jesse, as well as two grandchildren, all of whom live in Tulsa.

Here Ed joined then Tulsa Junior College for 35 years as an assistant professor of developmental language and writing. He also was extremely proud to serve his Jewish community here for almost two decades as editor of the Jewish Federation of Tulsa’s 89-year-old newspaper, the Tulsa Jewish Review. Ed received great satisfaction teaching the students at now Tulsa Community College, as many hundreds were older students, as he himself had been, searching for a second chance at life. Ed has always felt that only education can offer for many people that rare second shot at a life of success and fulfillment.

Anita was a bookkeeper here in Tulsa and Broken Arrow for a number of local companies. Ed said with great pride that, except for the births of their children, conscientious Anita never missed one day of work in all their years living in the Tulsa area.

Anita and Ed shared many healthy and prosperous years together, until the last two when Anita’s health declined to the point where Ed could no longer take care of her in their home. Being longtime members of the Tulsa Jewish community, they had been present for the groundbreaking of all the Zarrow Campus buildings, and Ed knew that The Tulsa Jewish Retirement and Health Care Center, now Zarrow Pointe, was the only facility he would consider for Anita. “It was like coming home,” he said. Here Ed spends all his time with Anita, feeds her lunch and dinner every day, takes her in her Broda chair on many strolls around the entire Campus, and gently holds her hand while constantly speaking with her, the two of them continuing to share their beautiful life together.

When Anita first arrived at Zarrow Pointe, many of Ed’s family members thought he could then enjoy a break from his years of caregiver responsibilities - perhaps taking a much-needed and deserved vacation. Ed would have none of it. When asked over and over why he didn’t want to get away for a while and take a break, Ed would say, “Wherever Anita is - is where I will always be.” He has said, “I know, as well as I know anything, had fate struck us down differently, Anita would do the same for me. That’s what love is,” he says.

True unconditional love is truly special, and you know it when you see it. Anita and Ed exemplify that, and they have a love story that Hollywood couldn’t have scripted better.

Mathew Snyder,
Healthcare Administrator



Care

As each step fall on the ground
As each leaf crinkle with sweet sound
As stillness cover cower me surround
Rustling and tussling of the soft wind-
May I in gentleness be found.

As each touch on the hand meet
As each meaning coat my speech
As each soulful thoughtful gesture teach
Blowing trumpets say to me-
May others be blessed as nature’s feat.

As many smiles I share
As countless stories compare
As hours roll by, this be my prayer-
Rooting my feet
Let me care, let me care!

~ Kimgrace

Mothers Day Party

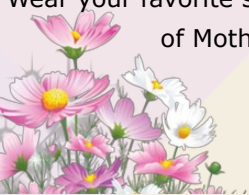
Sunday, May 12th 2:30
North Hall Dining room



Pink Friday

Friday, May 17th

Wear your favorite shade of pink in honor
of Mother’s Day!



Happy
May
BIRTHDAYS!



Catherine V. 2nd
Genie T. 17th
Frances H. 24th

Guest Speaker

“Replacing Partisanship with Policy”

Mayor G.T. Bynum
Tuesday, May 28th
4:00 PM ~ Burnstein Auditorium

G.T. Bynum was sworn in as the 40th Mayor of Tulsa on December 5, 2016. Prior to his election as Mayor, Bynum served for eight years on the Tulsa City Council. During that time, he was elected as the youngest City Council Chairman in Tulsa history.

Throughout his time in Tulsa city government, Mayor Bynum has focused on fiscal restraint, public safety, infrastructure and quality of life. He led the successful effort to enact the largest streets improvement package in the city's history, authored the first city sales tax cut in Tulsa history, doubled the number of Police academies to increase manpower, authored legislation creating the first municipal rainy day fund in Oklahoma and coordinated efforts to establish the first municipal veterans treatment court in the United States.

Bynum is a proud graduate of two institutions operated by the Augustinian Order of the Catholic Church: Cascia Hall Preparatory School in Tulsa and Villanova University, where he served as Student Body President. He previously worked as the managing partner of Capitol Ventures, and before that in the United States Senate for Senators Don Nickles and Tom Coburn.



Mayor Bynum comes from a family dedicated to public service and he and his wife, Susan, are the proud parents of Robert and Annabel – the sixth generation of Bynums to call Tulsa home.

Entertainment

VELVETMOON

PREFORMANCE BY:
DENISE HOEY - KARA STAIGER - MICK CASPER
TUESDAY, MAY 28TH ~ 6:45 PM
BURNSTEIN AUDITORIUM

Special Dining Events



Fiesta Dinner with Mariachi Band

Sunday, May 05 ~ 5 - 7 pm

Mother's Day
CHAMPAGNE BRUNCH BUFFET

Sunday, May 12 ~ 10:30am - 2pm

\$25 for Guests, 10 & under \$12.50

Reservations: 918.496.8333



BBQ & Mixed Grill Dinner

Monday, May 27 ~ 5 - 7pm

\$13 for Guests

Education

“Coping With the Health Impacts of Stress”

Devon Murray, Education Director, OHAI

Thursday, May 09 – 3:00pm

Burnstein Auditorium

- Stress may be affecting your health even though you might not realize it.
- Learn how to detect symptoms of stress, as well as ways to manage it.

