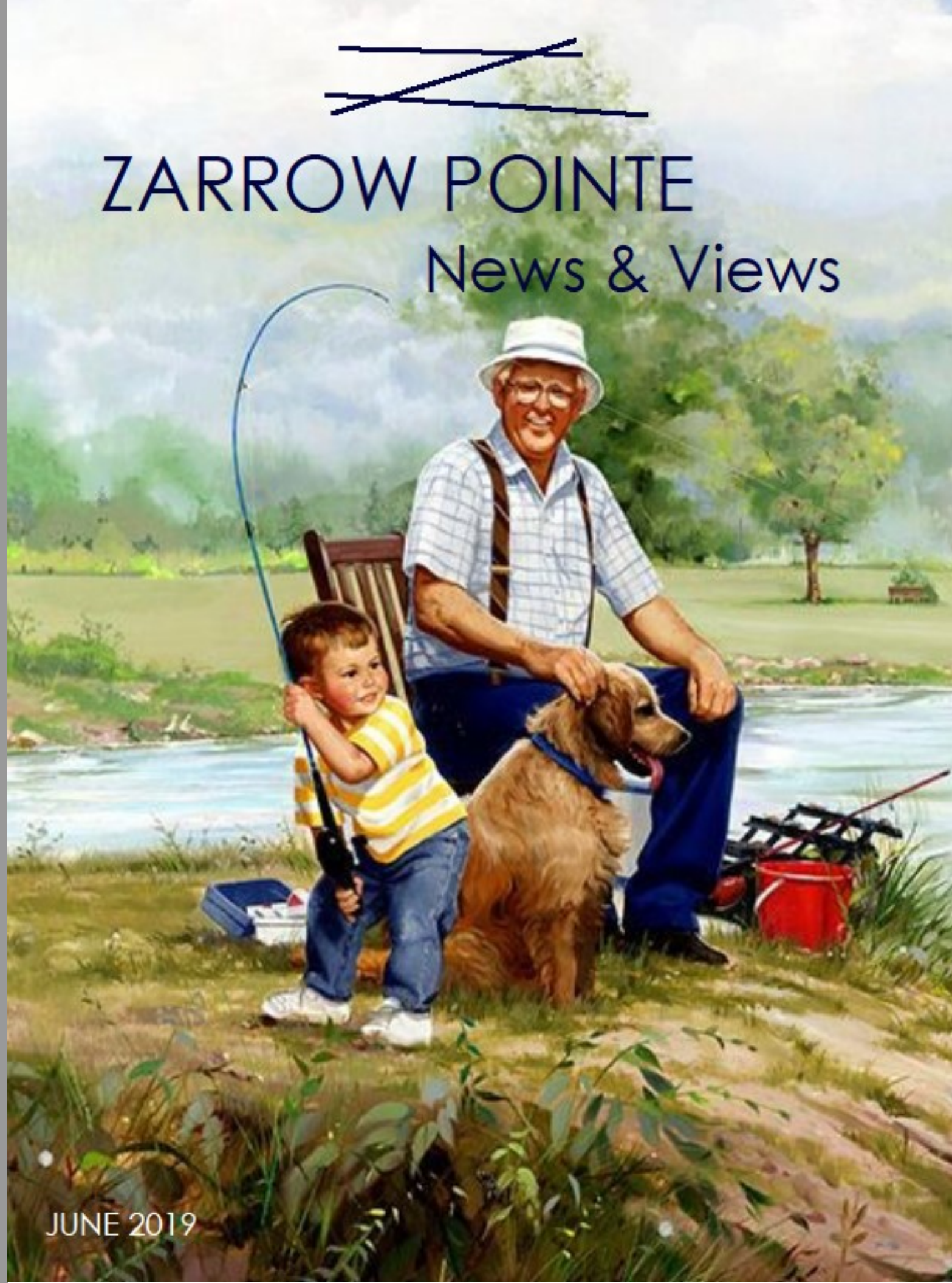


ZARROW POINTE

News & Views



JUNE 2019

SPOTLIGHT

Yolanda Charney

Born and raised in El Paso, Texas, Yolanda was the oldest daughter of Mexican immigrant parents. She met her husband, attorney Harold Charney, in 1955 when he spotted her outside of a concert hall in El Paso. After calling her three different times, she finally gave in and went on a date with him. They were married a year later.

Harold and Yolanda returned to his home state of Oklahoma and eventually settled in Owasso, a tiny dot on the map. Today, thanks in great part to their efforts, Owasso is a thriving, growing community. The Charneys were married for sixty wonderful years and had three children, five grandchildren and three great grandchildren.

Yolanda has always been driven and focused with a heart to serve. Her education from Loretto Heights College and the University of Texas gave her the fundamentals for a successful and impactful career. Yolanda organized the first Oklahoma Conference on the Holocaust, the first Night to Honor Israel and was a co-founder of the Hispanic American Foundation and the Martin Luther King Society.

Yolanda spent twenty years working as Director of Community Relations at the Jewish Federation of Tulsa and says that she absolutely loved her job and the opportunities that it presented.

Among volunteer activities, Yolanda has been president of the Tulsa Ballet Theater Guild and Tulsa Section, National Council of Jewish Women and has served on numerous other volunteer boards.

After the death of her husband, Yolanda moved to Zarrow Pointe in 2018. She had always been an active person– from being a majorette in high school to Latin dancing– and now is enjoying exercise programs and many other activities here at Zarrow Pointe.



Lisette Cisneros

Another happy and efficient member of our housekeeping staff is Lisette Cisneros. She's the hard working, always smiling lass who has been here at Zarrow for about fifteen years, working in many different areas like the Healthcare Center,

the kitchen and the Manor.

Lisette lives in Tulsa with her sister but keeps in regular contact with her mom who lives in San Salvador, capital of El Salvador, where Lisette was born and educated to a level equivalent to the U.S.A's high school graduation.

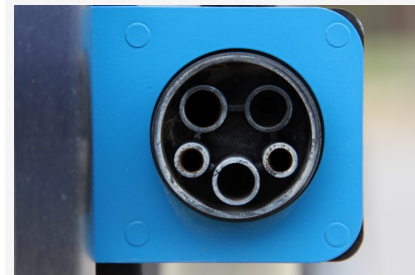
Both sisters are active in their church, working with children of seven and older. They also are busy with friends, enjoying movies and other activities. Lisette is especially fond of reading romantic novels. Jane Austen's "Pride and Prejudice" is one of her favorites. This rigorous life, plus Lisette's delight with her co-workers and the residents, must be just right for Lisette who looks 21 years old but is actually thirty-six, Unbelievable.

Hugs to y'all,
Rita Shisler



Earth Day Photo Contest

To all who participated in the photo contest during Earth Day month: Thank you! Below are the winning photos that were selected by random staff and residents along with a professional photographer. Congratulations to all of the winners!



1st Place Tie- "Alternative Fuels = A Happy Face" (Electric Car Charger) Dale Davidson



1st Place- "Spring Nesting in a Redbud" -Dale Davidson



2nd Place "Passion Flower" -Evelyn Covey



3rd Place "Pansies" -Barbara Rotenberg



1st Place "Tulips in Holland" -Malyn Saunders



2nd Place "We Support Alternative Fuels & Recycling" -Jeri Curtner



3rd Place "Tulsa – Up With Trees" -Kathy Barham

Riddle Me This

First four residents to tell Malyn Saunders the correct answer will win a free meal ticket.
You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

May Riddle Answer:

When I'm used, I'm useless, once offered, soon rejected. In desperation oft expressed, the intended not protected.
What am I?
A poor alibi or an excuse

Health Tip

Physical activity is good for the heart, lungs, muscles, and minds of older adults. However, it can be hard on well-worn joints and bones, as well as a hazard for seniors who may be less flexible and prone to falls. Water exercise may be the perfect answer for seniors. In addition to being comfortable, the water eliminates the concern about falls and other injuries associated with other types of workouts. Water exercise is not limited to any age group or skill level. Among the many benefits are the following:

- Increases flexibility and improves heart and lung function
- Builds strength with gentle resistance from the water
- Helps with balance and reducing the risk of injury from falls
- Relieves joint pain as well as symptoms of arthritis and blood circulatory problems



Health Care Connection

Zarrow Pointe On Pointe

Protecting the Elderly from Financial Abuse

When one hears the term “elder abuse”, the first thing that usually comes to mind is physical abuse. While physical abuse toward elders in a variety of settings unfortunately does occur, a far more common type of elder abuse is financial abuse.

June 15th, 2019 is World Elder Abuse Awareness Day. This date was founded in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN). All forms of elder abuse are each devastating in their own way. Abuse takes many forms, such as physical, emotional, mental, sexual, neglect and financial. Since financial abuse and exploitation is the most common and widespread form of abuse, we will focus on this very important topic today.

Financial abuse of the elderly is often the most difficult form of abuse to detect. Each year, vulnerable elders lose \$36 billion due to financial abuse. Financial abuse doesn’t leave obvious scars, bruises, and other outward signs of trauma that other forms of abuse do. Financial abuse is equally devastating because it robs the victim of their livelihood and their financial means to care for themselves and it’s traumatizing to the victim when they learn that someone they trusted and cared for has taken advantage of them and left them financially vulnerable. Common perpetrators of financial abuse include: Caretakers, neighbors, financial institutions, lawyers, family and friends.

The Older Americans Act of 2006 defines financial abuse as: *“The fraudulent or otherwise illegal, unauthorized, or improper act or process of an individual, including a caregiver or fiduciary, that uses the resources of an older individual for monetary or personal benefit, profit, or gain, or that results in depriving an older individual of rightful access to, or use of, benefits, resources, belongings, or assets.”* Some of the more common financial abuse scenarios include: Lottery scams, home repair scams, tax scams, charity scams, long lost relative scams, relative is trouble scams, abuse of financial power of attorney, etc.

While there is no method that is perfect, the following strategies can make you or your loved one a harder target for financial abuse:

1. Don’t share bank accounts or give bank account information.
2. Setup a revocable trust with a fiduciary. This will block outsiders from accessing valuable assets.
3. Don’t give out personal or banking information over the phone to unknown sources.
4. If you need family to help you manage your finances, set up a system of checks and balances to include at least two trusted family members to where all financial transactions are transparent to each other. This will reduce the chances of exploitation if both parties know that someone else is monitoring financial activity.

It is everyone’s job to ensure that our elderly are not victimized financially. If you suspect financial exploitation to yourself or your loved one, you can call Oklahoma Adult Protective services at 877-751-2972.

By Mathew Snyder,
Zarrow Pointe Healthcare Administrator

Spring Fun with Mizel School

Throughout March and April, 2019, students from Mizel Jewish Community Day School joined our Health Care residents in several activities. On March 1st, Mizel celebrated the legacy of children’s author Dr. Seuss amidst their monthly Kabbalat Shabbat Service. For Purim (March 21st and 22nd), Mizel led a special Kabbalat Shabbat. Everyone admired the students’ favorite Purim costumes! In April, Mizel students practiced their reading skills with the residents before the Wednesday music program. The students helped residents decorate a specific Seder photo frame during the week of Passover (April 19th through 26th). We genuinely appreciate Mizel, and the time you share with us! -by Aubrey Kistler



Getting to Know Billy Davis

On a regular weekday noon hour when others are starting to make their way to the dining area, you might notice a determined looking man walking down the hallway with a restorative aide. “I would have walked more, if it were not for lunch hour”, says Billy Davis, with a chuckle.

Billy, who exudes likability, general decency, and a sense of humor, says he likes it out here!

I visited him one fine morning. From the array of neatly arranged pictures on his shelf, with their history to tell, to the ornate patchwork blanket on the wall presented to him in honor of being a veteran, the room shows care and intention. And it carries its own stories, from Billy’s different phases of life.

With a grin on his face he asked, “So, what do you want to know?” His instant smile put me at ease and I went on to find out his favorites!

Tell us something about your childhood.

“I was born in Nowata, OK. My father had a farm. My regular day was to help around the farm – harvesting corn, feed hogs, and tend to the cows and horses. My dad would have me and my brother cut wood for the winter time. We always used to have a big stack ready!

I actually had a horse of my own. It was a black horse with a white strip down its nose.

One of my childhood memories included riding our horses on Sundays!!

We had a lot of pecan trees too. We sold a lot of pecans during the season.”

So, you joined the Navy...

“Yes, I followed my brother.

I was a gunner and also worked as a deckhand.

Just barely 18 years, I travelled from Galveston, TX to the Panama Canal.

I have been to Hawaii, Nagasaki Japan, Shanghai China, Guam, and Carolina Islands to name a few. We were on the ship for one straight year and a half!”

What greatly influenced you ...

“Working on the farm helped me a good deal.

Plumbing was a side job until I joined the Benjamin Funeral Home in Nowata. Why a funeral home? It was quite simple - the owner, Mr. Benjamin offered me a job and I took it! I did everything at the funeral home except embalming. I even worked on headstones, mainly sandblasting them and then selling them.

Joining *Sinclair Oil* in Nowata was one of the highlights of my career. I worked there for 34 years as a clerk beginning in 1954.

Later, I joined *Atlantic Richfield Oil* from 1969 to 1985 until I retired. ”

About this ‘Casino-hopping’ deal...

“Ah, I love to go to different casinos on a given day. It is a great deal of fun!

I have been to River Spirit Casino, Hard Rock Casino, Osage Casino and Duck Creek Casino all in a day!”

If you could go back and give yourself a piece of advice what would it be?

“Get a job and stick with it!”

Indeed, wise words from a wise man.

By Kimgrace Haokip



Activities Has Moved!

Due to construction at the end of South Hall/Cherry Street, the Health Care Activities Department relocated to the room with all of the windows (a.k.a., “The Fishbowl”). It is the second room from the entrance door in to Health Care. With the large windows, anyone can view activities in progress.

The Activities’ room provides most of the non-exercise related activities, which includes the following: bingo, arts and crafts, baking, snacks, spelling bee, resident council, and numerous others! Please refer to the Health Care calendar to locate where and when a specific activity will be held. At your earliest convenience, visit us and see us in action!

Bandana Day

June 26th is Bandana Day!

Wear your favorite cotton bandana in a creative way!



June Birthdays!

Evelyn M.	1st
Sydney S.	6th
Jo L.	6th
Margaret M.	8th
Leonard M.	14th



Older Driver Safety

Trooper Aaron Riggs, Oklahoma Highway Patrol
&
Devon Murray, Oklahoma Healthy Aging Initiative

Thursday, June 20, 2019 – 3:00pm
Zarrow Pointe – Burnstein Auditorium

LEARN WHAT YOU NEED TO KNOW FOR:

- Maintaining your independence through safe driving
- Identifying possible safety issues
- Understanding advancing age impairments
- Taking a self-assessment of your driver skills
- Knowing the process of a formal driving assessment
- Deciding when it is time to give up or take away the keys
- This class is sponsored by a grant from the Oklahoma Highway Safety Office.



Brunch Out

The Brunch Out for June is:

Sunday, June 9th – 10:30am

Waterfront Grill

Call Carol for reservations



Native American Music & Dance

Tuesday, June 11th

6:45 pm



Entertainment

Jenny Labow and Mac Ross
Sunday, June 30 – 2:00pm
Burnstein Auditorium

Mac Ross & Jenny Labow have been staples on the Tulsa music scene since the early 1990's. Mac was part of a popular club band called The Groove Pilots, and Jenny was in Glass House. Mac would later go on to form the original band, Molly's Yes, who garnered a record deal from Universal Records, while Jenny went on to forge a solo career, releasing two nationally distributed CDs on Renaissance Records. They later met up to play as an acoustic act, as well as play in their current band, The Jumpshots.

Jenny is the Administrative Assistant at Temple Israel, as well as the Cantorial Soloist. There, she shares duties with Cantor Laurie Weinstein, and they often sing together at events and services. Jenny teaches beginning piano, guitar, and voice, at the Oklahoma Music Academy, which is owned and operated by Mac. She spent time at OSU as a bass clarinet music performance major, and then left to pursue her singing career.

Mac has been running his music school for 15 years, and has become mentor to many successful students. Mac & Jenny play a variety of popular music from the 1970's through today.

