

ZARROW POINTE

news & views

JULY 2019

Keeping Your Cool with
Summer Activities

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Keeping Your Cool with Summer Activities

By Randy Cogburn, Wellness Director

Exercise and other activities during the summer heat requires special consideration. The human body takes between 10 and 14 days to adapt to warmer, more humid temperatures, so it's important to do what we can to stay cool during our active routines. Tips for safe summertime activities:

WEAR LOOSE FITTING CLOTHING to allow circulation of air between your skin and the environment. Light colored clothing is best as it reflects the sunlight.

AVOID THE "PEAK" HOURS. If you are planning outdoor exercise or activities, do so in the early morning or evening to avoid the intense heat. Very humid weather hampers perspiration's ability to cool your body. Consider exercising indoors, at a health club, or shopping mall.

RE-HYDRATE. Drink water before, during and after exercising. Your body can easily lose up to a quart of water an hour while exercising in hot weather. Since your body can only absorb 8 ounces of cold water every 20 minutes, you may need to continue to drink fluids even after you no longer feel thirsty.

EAT COOL, HEALTHY FOODS such as sandwiches, salads, and fresh fruits and vegetables. They are ideal because they energize and aid in hydration.

TAKE IT SLOW at first. As your body adapts to the heat, you can gradually increase the length of your activities or exercise program.

CHRONIC MEDICAL CONDITIONS/ MEDICATIONS sometimes require special precautions when you are exposed to the sun or heat. Check with your doctor.

WALKING is a good summertime exercise, as it can be done outdoors when the temperatures are cooler, or indoors during warmer times. The only equipment you need is a good pair of walking shoes with flexible soles and good heel and arch support. You might want to get a pedometer/ step counter to monitor your progress. There are

roughly 2000 steps in a mile, depending on your height and stride.

WATER EXERCISE is an excellent choice when the weather is hot. The buoyancy of the water helps support your body weight (making it easier on your joints), and it adds natural resistance that helps strengthen your muscles. If outdoors, wear sunscreen!

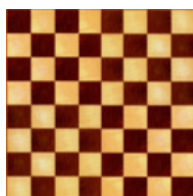
WATCH OUT FOR HEAT STROKE!

This happens when the body can't rid itself of excess heat. Symptoms may appear rapidly. Look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Seek medical attention immediately! Heat stroke can be fatal!

HAVE A BACKUP PLAN. If you are concerned about the heat or humidity, stay inside and choose indoor activities.

Riddle me this

July Riddle:
How many
squares are there
on a chessboard?



June Riddle Answer:
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? **A CANDLE**



DOGGY OF THE MONTH

By Aubrey Kistler

Basil – grey and white Great Dane
Owners: Caren and Steven O'Gwin
Organization: Paw PalsTulsa Dog
Training Club

Basil is named for the actor Basil Rathbone, who starred in many Sherlock Holmes Movies. Basil is very calm and collected, and loves being petted.

STAFF PROFILE: SUSAN DUDLEY

By Rita Shisler

A reliable member of the medical staff, who takes such good care of us here at Zarrow Pointe, is the smiling LPN Susan Dudley. This remarkable woman, who was born in Kansas City, MO and raised in Oklahoma, has been gaining experience for about 14 years on this campus while still taking advantage of classes in many different schools, like Jr. College, Northeastern A & M, Moore Norman Technology Center, and OU. She worked for a while at South Community Hospital in Oklahoma City, married, and had three children in three consecutive years, as she laughingly says.

One of her hobbies, in addition to reading a lot, has been to prepare a scrapbook for each of her children. The books are mementos of their children's

early lives, containing stories, items that they made, photos, etc. to give to the next generation: a picture of what she feels life should be. "They were all too tired with sports like soccer, basketball, track, and academics to get into trouble," Susan says. Honor Roll students, scholarship awardees, and active members of their church, they are all further examples of their mother's character. Great support came from their grandparents, their pastor, and other church friends.

Presently, in between the classes needed to acquire that elusive R.N. certificate, Susan is writing a book about her life as a single mother, which should contain great wisdom, plus many gems of great humor.



Susan Dudley, LPN

RESIDENT PROFILE: HOWARD ALEXANDER

By Malyn Saunders

After growing up in Chicago, Howard Alexander moved to Tulsa, Oklahoma. During World War II Howard served in the Air Force as a pilot. He feels very fortunate to have made it out of the war alive. Howard always wanted to attend The University of Tulsa, and was very grateful that when he returned from the war he was able to attend school on the GI bill. He attained a degree in Petroleum Engineering and pursued a career in the oilfield as an investor and producer. He continues to thank God for the people who were brought into his life and can't give enough credit to those who helped him even when they didn't need to.

Howard has four wonderful children, two boys and two girls, who have blessed him with nine grandchildren and seven great-grandchildren. Since Howard began working when he was very young, he has instilled a great work ethic into his family. He served many years as the president of B'nai Emunah and the Hebrew School.

Howard spent many years playing golf and still loves to be active by exercising twice a day. Singing and listening to music is one of his favorite ways to spend his afternoons. He is now 96 years old and feels so blessed to still be alive.

Howard said that in this life it helps to have a little mazel. He has lived at Zarrow Pointe for almost five years and is happy to call it "home."



Howard Alexander, Resident

What is Hospice and Palliative Care?

By Mathew Snyder, Healthcare Administrator

The word “hospice” comes from the Latin word “Hospis” which means “host” and “guest”. Simply put, hospice care is a type of specialized medical care delivered to patients near the end of life. While hospice care is a form of healthcare delivered by an inter-disciplinary team toward the end of a patient’s life, hospice care is much more than the actual type of care delivered.

The words “hospice and palliative care” are often used together to describe the actual type of healthcare and services that a patient is on, but it also describes the change in mindset, philosophy, and end-of-life goals when it is determined that a patient has a terminal disease.

A common misconception about going on hospice is that it means that death is “imminent” or that it means someone is “giving up”. These misconceptions couldn’t be further from the truth. In reality, going on hospice services just means that a patient and/or their family is adopting a different philosophy of care and putting comfort ahead of life-saving

and aggressive measures. In fact, it is not uncommon for a patient to go on hospice and actually improve due to having an additional level of care and attention. Some patients also go on and off hospice services more than once if their terminal diagnosis improves.

In order to qualify for hospice care, a physician must certify through an established set of criteria that more likely than not, a patient has less than 6 months left to live should the disease run its normal course. There are numerous different terminal diagnosis that could lead to a hospice diagnosis. Some of the more common diagnoses include: Debility, ALS, Liver Disease, Pulmonary Disease, Dementia, HIV, Cancer, and Stroke/Coma.

More importantly, the patient (and often the family of the patient) who elects to receive hospice care must also have a mindset of comfort care as a first priority and not want extraordinary, life-saving measures or aggressive treatment in order to receive hospice services.

Once on hospice, a patient will be supported by the hospice interdisciplinary team (a team of a physician, nurses, social workers, chaplains, and volunteers if needed). The team’s primary goal is to ensure that the patient (and their family) is supported and kept as comfortable and pain-free as possible while the disease runs its course. When the patient passes, ongoing support is also offered to the family for up to 12 months.

Hospice services are a Medicare benefit and some private insurance policies have hospice benefits as well. Under the Medicare benefit for hospice services, Medicare will pay for all medications, equipment, and supplies related to the diagnosis.

In order to provide a complete continuum of care for our residents and the community at Zarrow Pointe, we offer hospice services through our own Miller Hospice. If you or your loved one would like more information on hospice services, please call Miller Hospice at 918-742-6415 and they will be happy to speak with you!

MOTHER’S DAY PARTY

By Aubrey Kistler

May 12th saw a large crowd for the annual Mother’s Day party. Staff and Residents honored mothers and their families by enjoying music and refreshments together. Mothers in attendance received special pink roses.



TRIP TO THE CASINO

By Kimgrace Haokip, Director of Social Services

On a beautiful May morning, Billy, Pat, Norma, Marion, and Dot ventured on a trip to the nearby River Spirit Casino.

They were accompanied by a few staff from the Health Center.

River Spirit Casino, with one the largest Gaming floors in Oklahoma, also has dining spaces, live music, and performances. The group decided to sample the acclaimed Visions Buffet there and cool it off by hitting the slot machines!

The entrance to the Casino was as attractive as the inside; a large, lavish palace of entertainment. The entire place seemed like an opulent combination of high-end shopping, arcade, hotel, conference center, restaurants, and gaming spaces.

As we walked to the buffet line where foods from different countries were displayed, we quickly found our appetites and piled up our plates.

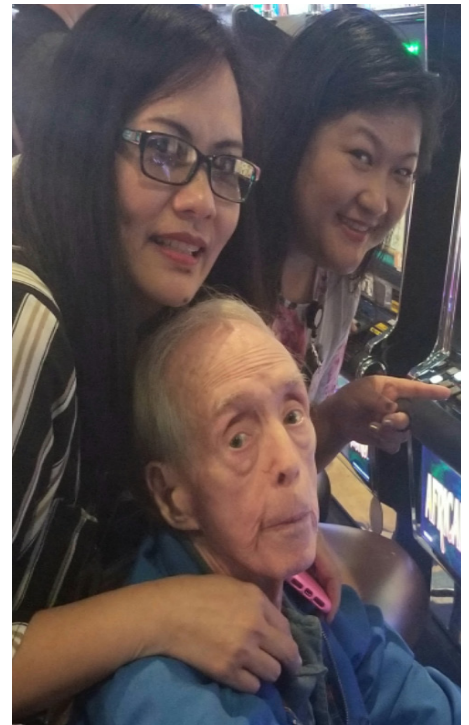
Pat and Billy checked in to the gaming area as the rest of us took in the atmosphere. Among the glitz and the glamor, with rows of flashy games, the crowds of people, noise of bells and whistles, the excitement was hard to miss!

Pat said that she comes here frequently with one of her friends. Billy chuckled, "Let's spend some money!" as Dot took



out her wallet, exclaiming that she was also ready for some games. Norma and Marion said that they would like to watch their friends play and save their money.

Between good food, extravagant sights, and fun with friends, the afternoon was indeed well-spent!



HC JULY BIRTHDAYS

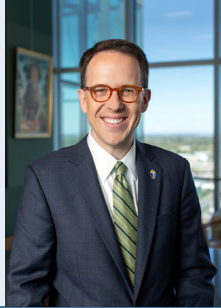
| | |
|------------|----|
| Andy B. | 1 |
| Ed R. | 13 |
| Billy D. | 15 |
| Martha G. | 25 |
| Nanette P. | 26 |

TEAPOT CRAFT

Roy B. and Louise R. enjoy decorating ceramic teapot planters in honor of Mother's Day.



**TULSA MAYOR
G. T. BYNUM**



REPLACING PARTISANSHIP WITH POLICY

**MONDAY, AUGUST 5 – 4:00 PM
BURNSTEIN AUDITORIUM**



ZARROW POINTE
Senior Living At Its Finest

Walk AND Lunch

July 19 – 10:45 am

**Get outside and enjoy the sights
and sounds at The Gathering Place!**



**Transportation and lunch provided.
Please make reservations by July 10
Call Malyn at Ext. 311**

**CASINO
NIGHT**

**Tuesday, July 30 – 6:30-9:00 pm
Blackjack, Craps and Bingo
Hourly Prize Drawings
Cocktails and Snacks Served
*Zarrow Pointe Residents Only***



**Floral Design Class
July 26, 2:00 pm – Art Studio
Take home your own arrangement!
For reservations call
Malyn at Ext. 311 by July 13**

Health Center July 4th Party!

**Join us in the North Hall
Greenwood Dining Room
on July 4 at 2:30 pm
for a party with
Luigi Balletto!**

**Tie Dye Day at the
Health Center!**

**July's theme is Tie Dye.
Wear your favorite tie dye
shirt on July 24!**