

Making Wellness Your Lifestyle

By Randy Cogburn, Wellness Director

Many of us hear the word wellness becoming more frequently used these days. But what does it really mean? And, how can making wellness your lifestyle affect your overall health and quality of life?

Depending on whom you talk to, or what book you read, wellness can have several meanings. I think the simplest way to define it, and for you and me the most important to remember, is this: Wellness is a state of mind as well as a physical state. It is the balance between health and fitness physically, mentally, emotionally and spiritually.

With that in mind, the idea of wellness becoming a lifestyle makes a lot more sense, doesn't it? For example, you can be privileged with good health physically, but if you are depressed, lonely, bored, and lack good social support, how good do you 'feel' overall?

Abraham Lincoln once said: "In the end, it's not the years in your life that count. It's the life in your years." How true that is! As we age, it becomes more and more apparent that how well we live really is more important than how long we live.

For years our medical technologies were focused on helping people live

longer, chronologically that is. Life expectancy at birth in the United States in 1901 was 49 years. At the end of the century it was 77 years, an increase of greater than 50%. So while the human race is living longer, we are now faced with the challenge of maintaining quality of life.

I have had the privilege of working almost exclusively with the senior population for over 25 years now. Most of them range in age from 70-95. In my experience, the ones that seem to be the happiest and most content are those who maintain a positive attitude and a lifestyle that makes them feel 'whole'. They recognize that 'the desire to get out of bed each morning is just as important as the ability to do so'.

Depending on how you feel, it isn't always that easy to find that perfect balance. So, where do you begin? First, take a realistic look at each aspect of your life and try to identify those areas that need improvement. Address one at a time. Set realistic goals to get the results you want...one step at a time.

Next, determine how ready you are to make the necessary changes. Remember, you are the key to your own success. Attitude is so important. If you begin to believe that because of

your age you can't expect to feel any different, you probably won't.

I'm not suggesting that you need to do this alone. First, discuss any health problems you have with your physician, and have regular checkups to be sure that you are staying on top of any potential health risks. If your doctor recommends an exercise program, start out simple. Get advice from a therapist or personal trainer. Many times it helps to have others to motivate you. If appropriate, seek out group classes at a nearby senior center or health club.

Keep in mind that wellness is also a state of mind and involves mental, emotional, and spiritual fitness.

While everyone may have their own physical limitations, it is important to remember that maintaining good balance in each of these areas is key in maximizing overall health. I can't emphasize enough how important good social support can be. But, be sure that you associate with those who have a positive outlook and can be supportive of your efforts.

Making wellness your lifestyle is a personal choice that requires commitment. The results you feel will be well worth the effort!

Riddle me this

August Riddle:

How many cats are in a small room if in each of the four corners a cat is sitting, and opposite each cat there sit three cats, and each cat's tail another is sitting??

July Riddle Answer: How many squares are on a chess board? 204 squares

DOGGY OF THE MONTH

By Aubrey Kistler

Harlow: Black and tan mix

Owner: Caitlynn Morgan/Grace Hospice

Organization: Paw Pals Tulsa

Dog Training Club

Harlow is named for Jean Harlow the movie star and she loves to give snuggles.



STAFF PROFILE: SHERI SPRINGER

Bv Rita Shisler

One of the most important supports in keeping Zarrow Pointe a smoothly running facility is the operation of the front desk. Surely credit for this must be given to the three full-time employees and many volunteers who work there.

Longest employed among them is Sheri Springer who, 22 years ago, started part-time while still working towards a degree in Sociology at O.U. Upon receiving her degree, Sheri was offered the full-time afternoon shift which she still enjoys. Then, with the aid of a resident, Ann McQuilken, who many of us remember, and the cooperation of Pam Waddell who arranged work hours, Sheri continued

her education, earning a Master's Degree from the University of Phoenix.

Sheri has a sister who also lives in Tulsa and a brother in nearby Missouri. Family, in addition to the one on Zarrow Campus, means a great deal to Sheri. Her other interests are in reading a lot, especially biographies, books by Christian authors and books which teach one to be a better person, and to learn from each day's mistakes. Movies, too, are a large part of her life.

So thanks to Sheri, to Jerri our daytime desk caretaker, and to Jackie who covers the weekends, for making Zarrow Pointe a more comfortable environment for us all!



Sheri Springer, Receptionist

RESIDENT PROFILE: FRIEDA GROSSBARD

By Malyn Saunders

Frieda Grossbard spent her childhood in East Harlem, N.Y.C watching the Grand Central Station elevated trains coming and going every day. Her father was a major influence in her life. He instilled in her a good work ethic, and taught her to work with her hands. One of the memories of her dad was when she surprised him by wallpapering the entire bathroom on her own, thanks to everything he taught her. He was truly surprised and proud. After finishing high school Frieda moved to the Bronx where she worked during the day and attended City College to earn her Bachelor of Business Administration degree.

While attending a party at the Central Synagogue in Manhattan she met the love of her life, Marty Grossbard. Together they had three children who blessed them with six grandchildren and five greatgrandchildren and another on the way. Marty worked for the Golding

Brothers in New York City as a converter in the fabric industry while Frieda spent many years working in an accounting firm doing statistical typing, book keeping, and auditing. Marty received an offer from Joe Finer, to move to Tulsa and began working for Fabricut. Moving from NYC to Tulsa, Oklahoma was quite a change, but they settled in quite easily and became more metropolitan here than when they were in NYC. Frieda had to learn to drive and was proud to take care of their children and home. She feels that raising wonderful, successful children is one of her greatest accomplishments. Marty was known by many as "Hugging Marty". They were quite a pair and said they fit together perfectly while dancing through life for sixty-four years.

Frieda served as treasurer for B'nai Emunah for over thirty years, and was a member of the Chevrah Kadisha Burial Society. She served on the board



Frieda Grossbard, Resident

of the Jewish Federation of Tulsa and the Mizel School. Frieda noted that moving into Zarrow Pointe in 2001 was one of the best decisions they could have made. She currently volunteers at the retirement center desk, attends activities to keep her brain sharp, and continues learning as much as she can. Frieda truly believes it is important to keep a positive attitude, be friendly and help someone out whenever they are in need.

Roy and Maggie Gilliand: *A Second Chance at Love*

By Mathew Snyder, Healthcare Administrator

Finding true love doesn't always happen on the first try for a lot of people. By any conventional definition, Roy and Maggie Gilliand are not your typical couple who were high school sweethearts or fell in love at first sight.

Roy and Maggie are unique because they found each other later in life and their marriage together was a second marriage for each of them.

In March of this year, they celebrated their 27th wedding anniversary together. Before they exchanged vows in 1992, they had been friends for 15 years.

They first met in 1977 at a local church group for singles. They had each been single for about two years prior to their meeting, with Roy having suffered the loss of his wife from cancer and Maggie having undergone a painful divorce.

When asked about what first caught her attention about Roy, Maggie said "I loved his upbeat personality and caring nature" and "He has such a grateful heart." Due to her instant liking to Roy's personality, a deeper attraction began to develop that would grow over the next 15 years.

Growing up in Gladewater, Texas, according to Maggie, Roy had an interesting childhood that she feels contributed to his unique sense of humor and outlook on life. Roy's parent's owned a local photography business in downtown Gladewater. Because Roy was downtown so much with his parents when he was very young, the local theater allowed him



Maggie and Roy Gilliand, Residents

to attend the movies for free. He continued to be able to see all the best movies when he was old enough to work as a "flunkie". He has told Maggie that's when he decided that "all the good guys wear white hats and all the girls are good looking." Roy was also able to entertain his classmates with all the latest humor.

After leaving Gladewater, Roy would attend Texas A&M University and eventually become a Certified Public Accountant and systems analyst.

Maggie, on the other hand, was born in Oklahoma and attended Oklahoma State University and went on to become a school psychologist with Tulsa Public Schools.

Roy and Maggie have two kids each from prior marriages, both having a boy and a girl. When asked why they dated for so long before they got married, Maggie said "a variety of factors including work situations and the needs of their children."

Maggie describes their married life as "simple" saying that they never required a lot of extravagances to be happy and they just enjoyed each other's company and family.

When asked what some of her favorite memories were from their marriage, Maggie described a memorable fall foliage bus trip through

Continued from page 6

the New England countryside at the peak of Autumn. They also enjoyed several trips abroad including trips to France and England.

When asked about some of the challenges with remarrying later in life, Maggie said that as Roy began to develop signs of dementia about eight years ago it became difficult and especially difficult when she could no longer care for him in the home, thus requiring a move to Zarrow Pointe Healthcare Center in September

of 2018.

Maggie spends time with Roy every other day, enjoying the little moments they still share together. His son, Kyle sees him almost every day.

Maggie and Roy's story is certainly not a conventional one, and there are many more chapters left to be written, but the theme of their story is that love is often found when you're not looking for it and when your heart is ready for it.



HC BIRTHDAYS

Roy B. 2 Maurine H. 18

MEET ZIPPY!

By Aubrey Kistler

Residents and family members alike are enjoying the newest addition to Activities programing in Healthcare. Zippy meows, purrs and even cleans his paws like a real cat!











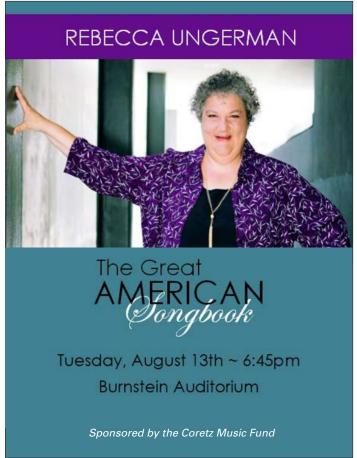




THE ICE CREAM TRIP TO MARBLE SLAB CREAMERY IN JENKS AUGUST 20!









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