



**Cherry & Jerry return to Zarrow Pointe!**

**Ragtime, Blues & Jazz**

***Alexander's Ragtime Band, Yes Sir That's My Baby,  
and other hit songs from back in the day!***

**Tuesday, Sept. 10<sup>th</sup> at 6:45pm - Burnstein Auditorium**

ZARROW POINTE

# news & views

SEPTEMBER 2019

## Attitude and Aging

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# Attitude and Aging

By Randy Cogburn, Wellness Director

Why is it that the golden years are truly golden for some, but not so 'shiny' for others? Obviously, the way we feel physically makes a big difference. But then, isn't that true of any age? There are days I 'feel' older than I really am, and I think most would agree they experience the same feelings. So, it really isn't so much about how old we are chronologically, as much as our attitude.

One of my favorite quotes by Satchel Paige is: "How old would you be if you didn't know how old you were?" Wow, that is thought provoking! Wouldn't you agree?

You see, none of us can control the rate at which we age chronologically, but I think we can do something about the age at which we decide we are 'old'. Ask any number of people at what age one becomes 'old' and you will likely get the same number of different answers. It has so much to do with our attitude and our mindset toward aging.

I think a lot of our feelings have to do with society's stereotype of getting older. We see common use of the words elderly, senior, and old. But, to describe people of what age? No one seems to know for sure. I received my invitation to join AARP six months before I turned 50. Don't get me wrong, I think AARP is a great organization, but unless I win the lottery, I have a long way to go before

I can retire. Needless to say, I am now pushing 60 and I still haven't joined.

Surely by the time a person does retire, they have life figured out and know what they want to do with it. But that's where a person's attitude and deciding what they are going to do with the rest of their life, makes a big difference. I've observed some folks who take 'retirement' literally. They really do retire! They have no real interests, they become less active, and ultimately become very unhappy people. Their physical and mental health begins to suffer for it and they feel bad most of the time. The result? They become 'old' people.

On the other hand, I see a lot of folks who refuse to get old. They maintain a healthy lifestyle and are proactive about taking good care of themselves; constantly looking for ways to remain productive and have purpose in living. While it is important to have the ability to get out of bed every morning, it is equally as important to have a reason to do so. That is a choice that we all make. Some continue to work after they retire, or they volunteer some of their time to help others. Helping others often makes one forget about their aches and pains and how they feel. Others take up new hobbies or interests to challenge themselves physically and mentally. The point is, they have chosen to be in control and not allow their age to control them.

Not everyone is able to do the same things as others due to circumstances beyond their control. Physical challenges or disease makes that impossible. But isn't that true of any age? What is important is that we do what we can. Also, regardless of our abilities, we need to maintain a positive outlook. Studies have shown that those who have a good attitude don't worry about things they cannot change; they remain happy and content, and usually live longer. But, regardless of how long we live, it really is more about "the life in our years than the years in our life" isn't it?

I am so grateful that my career has placed me in a position to work with folks 70+ in age who have decided to make their years 'golden'. I hope that I have learned something from them, and that I will live the rest of my years as they have. My parents and grandparents set a good example as well, and I often reflect on their attitude and resilience in spite of failing health.

No matter your age, there will always be someone who is younger and older than you are. Gold prices remain high, which means that you are worth more than you ever were; regardless of the color of your hair, or how much of it you have. Keep that in mind, and maintain a positive attitude about aging. Refuse to become old!

# HEALTHCARE OUTING TO THE GATHERING PLACE

By Kimgrace Haokip, Director of Social Services

When it was announced the Healthcare Center would soon visit The Gathering Place, there were a lot of oohs and aahs!

Indeed, we all were excited!

The New York Times recently extolled The Gathering Place "as one of the largest and most ambitious public parks ever created with private funds." Occupying almost a 100 acres in the heart of Tulsa, The Gathering Place was also named 2018 Best New Attraction in the Nation by USA Today Readers' Choice Awards.



The group from the Healthcare Center arrived at the Williams Lodge and explored the lovely wood-paneled walls and creative décor.

Next we proceeded to take a walk around the park.

We were fortunate that, in spite of the heat of season, we were blessed with a wonderful breezy calm of 80 degrees!

Pat and Paul walked hand in hand admiring the Chapman Adventure Playground since they recently welcomed their great grand-daughter and were thrilled, anticipating her being here one day!

Joan and Bob explored the neat boathouse, the wetland pond and

garden, along with Norma, Pat and Marion.

Lunch was special with hamburgers, hotdogs and fries from the restaurant.

Dot enjoyed watching the area from the Lodge and stated that she loved it!

Tulsa did it again!



## Riddle me this

### September Riddle

I move very slowly at an imperceptible rate, although I take my time, I am never late. I accompany life, and survive past demise, I am viewed with esteem in many women's eyes. What am I?

### August Riddle Answer

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?? **Four Cats**



## DOGGY OF THE MONTH

By Aubrey Kistler

Howdy Doody - Black and tan dachshund  
 Owner: Bernie Skinner  
 Organization: Paw Pals Tulsa Dog Training Club  
 Howdy Doody has been volunteering with Paw Pals at Zarrow Pointe for 12 years! He loves to chase the "Light Bug" at the end of Bernie's red laser pointer.



## SEPTEMBER HC BIRTHDAYS

<b>Dorothy L.</b>	<b>6th</b>
<b>Roger R.</b>	<b>6th</b>
<b>Anita U.</b>	<b>9th</b>
<b>Gloria S.</b>	<b>16th</b>
<b>Merlyn W.</b>	<b>18th</b>
<b>Harriet F.</b>	<b>30th</b>

## SOCK HOP DAY!



September's theme is Sock Hop. On September 25th put on your poodle skirt and your saddle shoes!

# What is Restorative Nursing Care?

By Mathew Snyder, Healthcare Administrator

A quality restorative nursing program is one of the most important programs in any nursing facility. It is common for family members and even residents to get confused between the differences in a skilled therapy program and a restorative nursing program. Restorative and therapy are distinctly different but when done properly, they should complement each other and not compete with each other. For example, when both programs are in use simultaneously, a quality restorative program can provide carryover from therapy and allow the resident to practice their skills outside of therapy providing them with a better outcome.

Quite simply, the goal of a restorative program is to prevent/delay functional decline and to keep residents at their highest practical functional level as long as possible. A restorative program will usually have the resident working 15-30 minutes a day with a qualified Restorative Aide. A restorative program focuses on activities that promote optimal function. To achieve a high quality of life, these activities may include

wheelchair mobility, strength and balance training as well as a focus on arms and legs that might show signs of being contracted and even massages!

For this reason, another goal of a restorative program is focusing on what the resident still can do and maximizing this potential and not focusing on what they can't do. Often, a loss of function due to a stroke, injury or medical condition cannot be reversed, but a person can be taught to compensate for this loss. A restorative program will work on this and not necessarily try to regain all previous lost functions.

This brings up the main difference between therapy (physical, occupational and speech) and restorative nursing services. When a patient comes to a skilled nursing facility (usually directly from a hospital) due to a stroke, fall or other medical condition and their functional status has significantly declined, the immediate goal of therapy is to try to return the patient to their previous functional status as much as possible. This is done



Michelove and Armondo, CNAs

through intense and aggressive therapy (up to 720 minutes a week across 3 therapy disciplines for up to 100 days). Restorative, on the other hand works on optimizing the carryover of the therapy program and maintaining the progress that is made.

Here at Zarrow Pointe, we are lucky to have two full-time Restorative CNAs, Armondo Juan and Mechelove Gardarsson; they both do an excellent job in helping our residents maintain their highest functional level for optimal quality of life!

## GREEN SCREEN

By Aubrey Kistler

The activities department has made use of some existing plants in the building as well as a set of beautiful wooden shelves built by our own David Smith to create a new indoor garden. They have new grow lights to keep our plants happy and healthy. They even turn off and on by themselves. The HC Activities Department invites residents and visitors alike to come and enjoy this jungle of plants and maybe water a few if they are thirsty. Gardens are for everyone!



## STAFF PROFILE: CAROL STANLEY

By Rita Shisler



Carol Stanley, Activity Coordinator

One who fills an important role in our Activity Department is Carol Stanley. About 30 years ago, while working as a private caregiver for a resident, Carol was offered the job in what was then named Tulsa Jewish Retirement and Health Care Center.

Carol is a native "Okie", residing in Sperry and Tulsa most of her life. She graduated from high school in Sperry and then continued her education at Tulsa Community College. Her marriage of 25 years ended in divorce, but she had two beautiful daughters and eventually two grandsons. Important also in her life are her brother and sister-in-law.

Carol who formerly gardened, ate the produce as well as canning and preserving the excess. Though she can no longer garden, her home still presents a stunning colorful front because of her brother's landscaping artistry. Changing appearances of her yard at Christmas time is also a 'highlight' (pun intended) in Carol's life. She is also a musician, having played piano for about seven years and especially delighting in Christmas carols, enjoying weeks of the season's Noels, etc. She credits her dad's

musical achievements with her own appreciation of gospel and a broad appreciation of music in general.

Other interests include reading mysteries, romance novels, and self-help books. Her Chihuahua Chloe provides a special kind of love which all animal lovers can understand. A different kind of place which Carol enjoys is Branson, Missouri for its shows and artists. The butterfly garden and shopping are also a lure.

Carol recognizes that her mom's death, at the early age of 47, makes her even more aware of the importance of family, and she tries to emphasize that in her own lifestyle, as well.

Working at Zarrow Pointe is not like working at all, because she is moving alongside her second family. Residents and staff alike give her joy and satisfaction each day.

## RESIDENT PROFILE: ANNE AND PAUL WARUSZEWSKI

By Malyn Saunders

Anne and Paul Waruszewski were both born and raised in South Bend, Indiana where they attended the same high school and the same college. Paul graduated from Ball State University two years before Anne with a major in Biology and a minor in Chemistry and Anne received her degree in Education. It wasn't until Paul's sophomore year of medical school at Chicago College of Osteopathic Medicine, and while Anne was teaching in South Bend, that they met for the first time on a blind date and continued dating long distance. They called once a week, wrote letters to each other, and visited on the weekends when they could. Paul and Anne were married during the summer before Paul's senior year of medical school in their hometown of South Bend, Indiana in 1973. Soon thereafter Anne began teaching a huge class of 40 fourth graders outside of Chicago while Paul finished medical school.

After Paul finished school they moved to Tulsa, Oklahoma to complete his internship at the Oklahoma Osteopathic Hospital, now OSU Medical Center. They knew after being here a few months that Tulsa was going to be their home. Anne taught elementary students at Union Public Schools for several years

before she focused on raising their four wonderful children. Paul spent 5 years in Family Practice before he began his surgical residency. They moved to Granbury, Texas for a short period of time so Paul could become board certified, and moved back to Tulsa as soon as they had the opportunity. Back in Tulsa, Paul was a General Surgeon for many local hospitals and became Chief of Staff at what was then Tulsa Regional Medical Center.

In 1993, Paul suffered a fall that required three brain surgeries. This however did not slow him down. Once he recovered, Paul was still able to work in Family Practice and specialized in identifying appropriate patients for hyperbaric oxygen therapy.

Paul and Anne have been blessed with 8 grandchildren and feel that raising four good upstanding children is their greatest accomplishment. Anne volunteered and served as the President of the Tulsa Cerebral Palsy Association for many years and during that time organized the Red Glove Review fundraiser. They have always been involved with their Church and local Catholic Charities. They celebrated 46 years of marriage this



Anne and Paul Waruszewski

August and contribute that to laughing a lot and hugging every day. Paul and Anne have been at Zarrow Pointe for two years now, they feel like it is the perfect fit and truly a God send. Of those two years, Paul spent twenty-one months in the Health Care, which prompted Anne's move into the Villas. They still enjoy going back and visiting with the wonderful staff and residents they still call friends. They are huge college football fans and have their own competitive family tournament every year to see who will win the wooden bowl/trophy, (originally a wedding gift), they now call the "Waruszewski Bowl".