



ZARROW POINTE

# news & views

OCTOBER 2019

Brain  
Fitness

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# Brain Fitness - Use it or Lose it

By Randy Cogburn, Wellness Director

Most of us are aware of the health benefits associated with regular physical activity. When muscles are not used on a regular basis, they weaken; this includes the heart and lungs. The 'use it or lose it' principle definitely applies in this case. It is true for all of us, regardless of age.

Our society though, is becoming more and more accustomed to having everything at their fingertips. Less and less physical activity is required to complete normal everyday tasks. Therefore, even younger folks are beginning to experience health problems associated with inactivity.

While no one would argue the benefits of exercise for physical health, what about our mind? Though not a muscle, the brain too requires regular activity and stimulation to strengthen cells and nerve connections. Vigorously exercising your mind, regardless of age, is necessary for long-term mental health.

This requires that we continue to challenge ourselves to learn new things. However, as we age we sometimes become too comfortable with the knowledge we have already acquired, and ultimately can allow our minds to weaken. So, rather than 'lose it' and allow our mind to weaken, how can we 'use it' effectively?

Any method is good, where it involves forcing your mind to study, recall figures, facts and other forms of information. Some work crosswords or jigsaw puzzles; while others are avid readers. Many folks find trivia games as a good way to challenge their knowledge of various topics, as well as their memory.

Regardless of the activity you choose, the key is to keep learning! You have to push the stops, so to speak. Take on a new hobby, or research an area of interest that you know nothing about. Activities that you have already mastered, without raising the challenge, may not do your brain that much good.

Based on their detailed understanding of the brain, neuroscientists suggest you choose activities that fit these criteria:

1. They should teach you something new. The brain is a learning machine. To keep it strong, you must continually develop new skills.
2. They should be challenging. Activities should command your full and close attention to drive chemical changes in the brain.
3. They should be progressive. You can begin a new activity at an easy level, but continuously challenge

yourself to stay on the edge of your performance abilities—at your "threshold"—so that you improve. This goes for old activities you enjoy, too: pushing yourself to improve will help your brain.

4. They should engage your great brain processing systems. Tasks in which you must make fine distinctions about what you hear, see or feel and use that information to achieve complex goals drive the brain to change its abilities on different levels.

5. They should be rewarding. Rewards amplify brain changes, leading to improved learning and memory. They turn up the production of crucial brain chemicals that contribute to learning, memory, and good spirits.

6. They should be novel or surprising. New, positive and surprising experiences exercise the brain machinery that makes you bright and alert.

Simply put, our body and mind both benefit from regular activity and a consistent exercise program. This can lead to rapid personal growth and better quality of life. Remember, it's never too late to start!



## DOGGY OF THE MONTH

By Aubrey Kistler

Phoebe- black, grey and white Great Dane

Owners: Steve and Caren O'Gwin

Organization: Paw Pals Tulsa Dog Training Club

Phoebe visits residents regularly at Zarrow Pointe Healthcare with her brothers Toby and Basil who are also Great Danes. She likes to be prim and proper and loves to have attention.



## STAFF PROFILE: JERI CURTNER

By Rita Shisler



Jeri Curtner, Town Center Receptionist

Jeri Curtner who displays her name plate “Director of First Impressions” works at the main desk located in our Town Center. This is where visitors are welcomed by a warm smile from someone who has enjoyed working in our community for over 26 years. She started years ago as a Certified Nursing

Assistant and moved to many other positions over the next few years while gaining knowledge of how everything works and therefore helpful to us all in many ways.

Born in Beaver, Oklahoma, where there is an annual “cow patty” throwing contest, Jeri maintains that she never participated except as a viewer.

Elementary and high school education were completed in Mooreland, Oklahoma. Being a housewife and Mom occupied the next phase of a busy life in which she received an associate’s degree in computers at Tulsa Community College. Her three children appreciated the demands of her exacting life and were inspired to continue their own educations.

Her life now is full with her job at Zarrow Pointe, and her home is full

with two Yorkies, her mom, one daughter and one son. The oldest son is married and lives nearby with his wife and one handsome youngster – who makes Jeri a very delighted grandmother. Recently the lad spent his first over-nighter with Grandma and Great- grandma.

Jeri had bought her first home in 2008 with plans to keep the family together. It was built with a grand-mom (mother-in-law house) apartment and rooms for the children who help the family in so many ways. Family is all-important to Jeri who appreciates a lot of outdoor activities like family picnics, hiking and feeding peanuts to the friendly squirrels at Woodward Park. Another happy essential is her second family here at Zarrow Pointe. Saying a happy “Hi!” as you go by Jeri’s desk will always harvest a happy one in response.

## RESIDENT PROFILE: ESTELLE FINER

By Malyn Saunders

Born and raised in the orthodox Jewish ghetto of Williamsburg, Brooklyn, Estelle Finer lived in a tenement building with her parents and maternal grandparents. She was raised in a very happy but very poor home. Her grandparents had a butcher store where she went every day. As her grandmother plucked feathers from chickens, Estelle taught her grandmother English while she learned Yiddish. One penny a week was her allowance and she and her uncle Joe pooled their resources until they could afford expensive candy that cost two for a nickel. One pair of shoes every Passover was the ultimate luxury. The years passed and the family moved to Sheepshead Bay. After high school, Estelle’s family couldn’t afford college so she worked every day and took many post graduate courses at night to further her education. No job was too menial for Estelle. She washed floors, dishes and windows and even became a

certified practical nurse. She worked in a clinic for the poor and after she fulfilled all her duties, she went into the neighborhood to tend to the sick and infants. Later on Estelle trained for three professions and worked in the Veterans Administration Hospital.

During this time she met and married Joe Finer, the love of her life. Several years later they moved to Tulsa, Oklahoma where Joe started Fabricut. They were married only 33 years at the time of his early death. Today, thirty five years later, she is busy with her growing family and enjoys her friends and activities. Estelle loves walking, reading, and spending time with her children, grandchildren and three new great-grandchildren. During her business activities, Estelle met vendors from all over the world. She enjoyed the experience along with the opportunity to speak with some of



Estelle Finer, Villa Resident

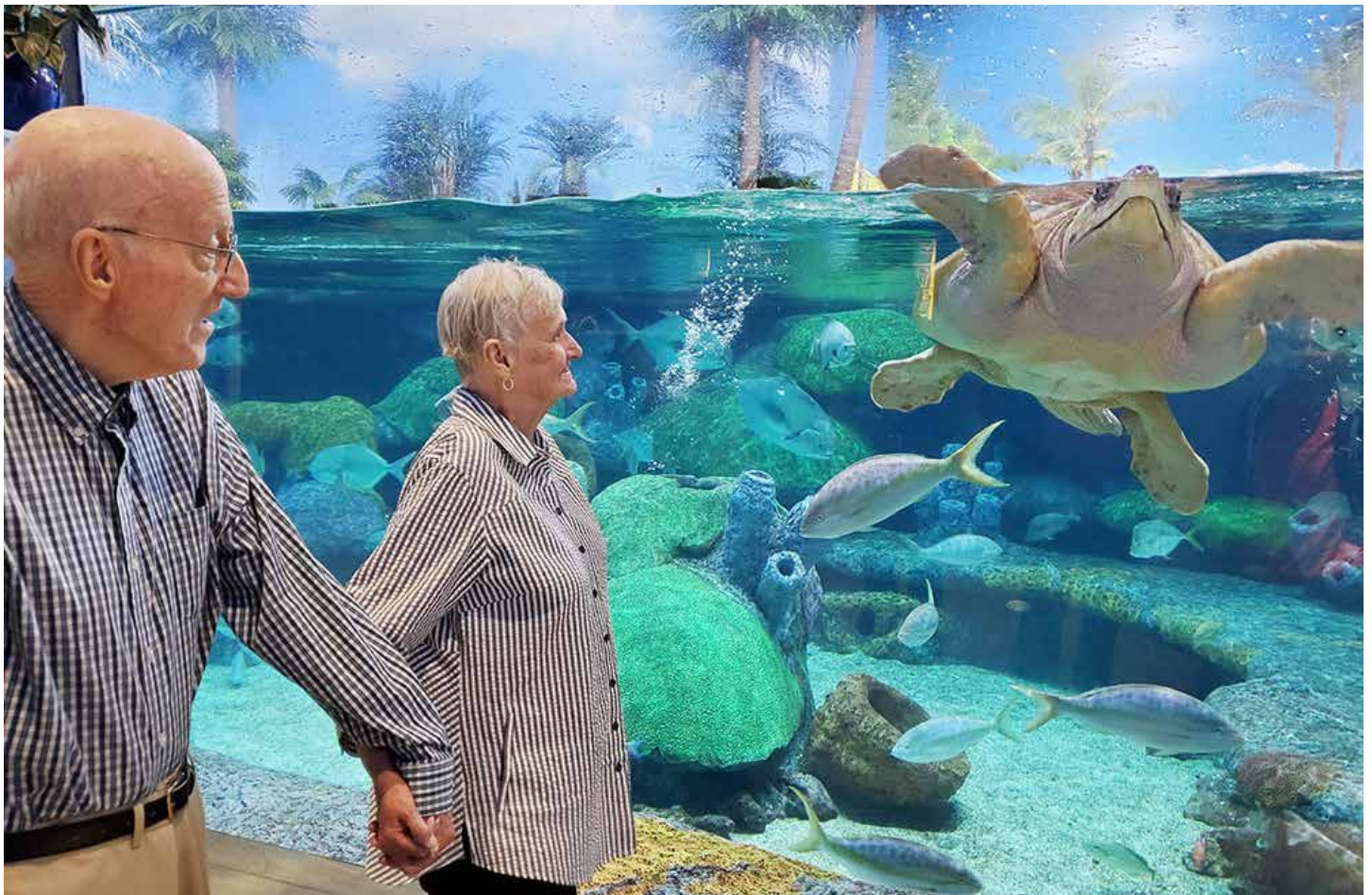
them in French or Spanish. Always thirsty for knowledge she also keeps good books handy.

Living in The Villas at Zarrow Pointe has been a very happy experience for Estelle, especially since there are so many activities to take advantage of, along with good food and beautiful surroundings.





# Fish and Friends





# AN OKLAHOMA AQUARIUM ADVENTURE

By Mathew Snyder, Healthcare Administrator

Last month, several Zarrow Pointe Healthcare residents ventured out to one of Oklahoma's finest attractions to learn more about local and not-so-local marine wildlife; the Oklahoma Aquarium.

Featuring aquatic wildlife from the local area and around the world, a trip to the Oklahoma Aquarium is an excellent way to learn about different types of marine species and their natural habitats.

First opened in May 2003, the Oklahoma Aquarium features over 72,000 square feet of public exhibit space and over 30,000 unique species, including one of the largest collections of bull sharks in captivity; the Oklahoma Aquarium has plenty to keep the curious mind busy!

Upon entering the aquarium, Zarrow Pointe residents first noticed the Amazon River exhibit that featured a group of freshwater Piranhas. After gazing at the Piranhas, residents then took in the vivid colors of tropical fish and large sea turtles, followed by a live beaver feeding demonstration by aquarium staff! Residents then meandered toward the back of the aquarium where several of them participated in the "touch" exhibit where they could feel several species of shallow water wildlife.



The best was left for last as the outing was capped by a grand finale at the shark exhibit, where residents and staff walked under large Bull Sharks via a underwater passage way. This was definitely the highlight of the trip and of course we couldn't resist a group picture in front of the shark exhibit!

After the visit to the aquarium wrapped up, the group of seven very hungry residents (and staff) headed over to Los Cabos Mexican Cantina

to relax and enjoy a group lunch.

Each month, the activities department in the Healthcare Center plans a group outing for the residents. The goal is to allow residents to live life to the fullest and experience all the attractions the local area has to offer, while keeping a sense of "normalcy" in their lives. Just because one might have to come live in a nursing facility does not mean that they can't still live an active and happy life!



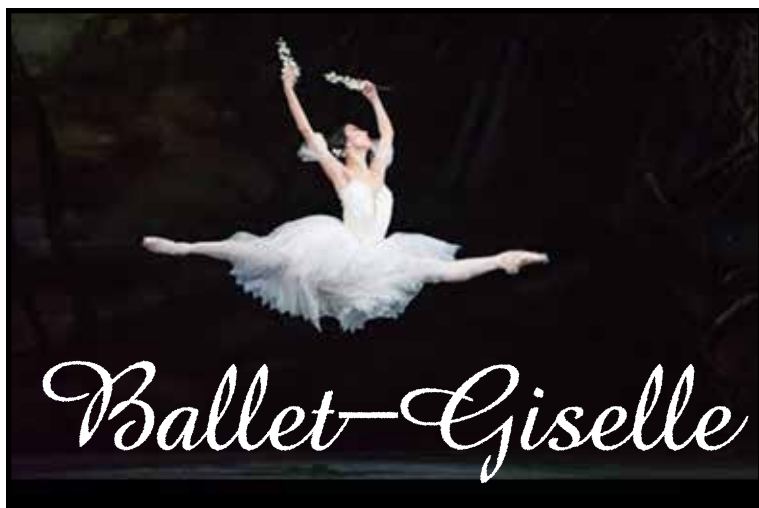
## OCTOBER HC BIRTHDAYS

Lila S.	8th
Doris D.	11th
Florence K.	13th
Marion S.	16th
Delphe K.	25th
Wilhma O.	29th
Eileen W.	30th

## Hat Day!

The Theme Day for October is Hat Day. On October the 23rd, wear your favorite or most interesting hat!





**Sunday, November 3<sup>rd</sup>**

Bus leaves at 1:30 pm

Ballet starts at 2:30 pm

**Ticket Price: \$38**

Contact Carol Stanley 918-496-8333 at Ext 241  
by **Tuesday, October 15<sup>th</sup>** to reserve your ticket.

Fall 2019

## Institute of Adult Jewish Studies

*Classes begin October 28 and run for six  
Monday nights through December 9  
(There will be no classes on Nov. 11)*

**All classes will be held at the  
Charles Schusterman JCC  
2021 E. 71 St.**

**Co-sponsored by:**  
Congregation B'nai Emunah, Temple Israel and  
the Jewish Federation of Tulsa  
Email Mindy at [mprescott@jewishtulsa.org](mailto:mprescott@jewishtulsa.org)

### COURSE OFFERINGS

#### Hour One - 7:00 pm

Roll Into Dark;  
Roll Into Light

You & Me, Let's Disagree...

From Worrier to Happy Warrior, Jewish  
Wisdom to Feeling  
Good (2 hr. class)

She Persisted: Jewish Women's Impact  
From Torah to Today

The Jewish Mind

Pickleball

Beginning Hebrew: Part 1

#### Hour Two - 8:00 pm

Intro to Judaism: Part 1

From Worrier to Warrior (cont. from  
hour 1)

Why? The Holocaust as History &  
Warning

Archaeology of the Lands of the Bible  
2...

Conversational Hebrew



**ZARROW POINTE**

*Invites you to attend:*

## SENIOR TRANSITION SYMPOSIUM



*Good Planning = Rest Easy*

**Learn about the following and  
more from our expert speakers:**

- Estate Planning
- Downsizing
- Veteran's benefits
- Aging in place
- Senior Identity Theft -  
presented by LegalShield
- Medicare benefit updates



*Join us on:*

**Thursday, Oct. 24<sup>th</sup> ~ 6:00 - 8:30pm**

**Burnstein Auditorium**

**2025 East 71st Street**

**Tulsa, OK 74136**

Reserve your seat by:

Monday, Oct. 21st

Call: Randy Cogburn (918)496-8333

*Hors d'oeuvres and refreshments will be served*