



ZARROW POINTE

news & views

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More Reasons
to Be Thankful.

See page 2

More Reasons to Be Thankful

By Randy Cogburn, Wellness Director

Life can be tough sometimes, but in spite of our problems, at the end of the day we all have something to be thankful for.

We all know how much better we feel when take the time to give thanks. In fact, not doing so can seriously affect the outlook we have on aging, our peace of mind, and personal happiness. Not to mention, the way that we treat others around us.

So, if being thankful can really make us feel better, imagine the benefits of finding more things to add to our list of reasons to do so every day.

Do you realize that if you have a roof over your head, indoor plumbing, as much water as you need, and enough food to eat every single day you are living in the top 5% of the world's population, economically speaking? You see, it doesn't really matter if someone doesn't cook your steak the way you like it if you have to worry about how you will get clean drinking water for your family later that day.

Keep in mind that there will always be more people who do not have enough than those who do. Realize that you could easily not have had all the things you do. Offering your time

or resources to help someone in need will help put things in perspective.

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." –Buddha

There is every reason to become a more thankful person. A 2006 study published in the *Journal of Personality and Social Psychology* found that thinking about happy life events for eight minutes each day for three days was enough to increase overall satisfaction. Several studies have found that people who are more able to appreciate the good in life are less likely to be depressed.

Try making a list sometime of all the things that you are thankful for. No matter how small it seems, as ideas pop into your mind, write them down. At the end of the day, you may be surprised how much better you feel. In fact, researchers at the University of California-Davis and the University of Miami discovered that people who kept journals about what they were thankful for had more energy than those who didn't.

Examples of what you can be thankful for:

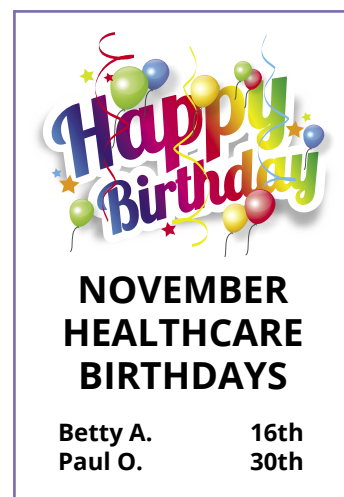
- Simply walking, or having any of your five senses (smell, sight...).
- Friends, relatives, a spouse, a partner, someone that appreciates your company, even a pet.
- Your health. On any given day you may have more or less problems with your body; but you are here, you are breathing, and you are alive.
- Having enough to eat. Do you starve daily or have problems obtaining food? Many people do.
- Being loved. It cost nothing, but it can be the most valuable thing we have.
- The opportunity to live in a country where we have the freedoms that we do, and for the veterans who have sacrificed to keep it that way.

"The more you thank life, the more life gives you to be thankful for."

- Unknown

No matter how positive or appreciative you are, life will have its share of ups and downs. But if daily we find more and more things to add to our list of reasons to be thankful, it makes it a lot easier to get through the tough times.

So...how many things are on your list?



MAXINE ZARROW – LIVING HER LEGACY

By Randy Cogburn



Maxine Zarrow

Though many people think of legacy as how the world will view them after they are gone, there are others who view legacy as life and living. They realize the importance of learning from the past, living in the present, and building for the future. Maxine Zarrow is that kind of person. She believes that regardless of age you should stay connected and maintain a purposeful life.

Born in Wichita Falls, Texas in 1925, Maxine Foreman Zarrow was a year old when her family relocated to the small town of Vernon, Texas where her father owned and operated Foreman's Department Store. Maxine is proud of being raised in a small town along with the special friendships that she made there. After graduating from high school in Vernon, Maxine attended her first year of college at the University of Oklahoma. She then moved to Austin,

Texas along with her cousin to attend the University of Texas where she graduated with a degree in education.

It was during her sophomore year that she met Jack Zarrow. Maxine recalls that while it wasn't necessarily love at first sight, he was so handsome and kind. The couple married in 1947 in Wichita Falls, Texas and moved to Tulsa.

Jack joined his father and brother Henry in the family business, Sooner Pipe and Supply. The iconic Tulsa firm enabled a great deal of the family's philanthropy in Tulsa and in the Tulsa Jewish Community.

As a mother of three children, Maxine, like her husband Jack, was an active volunteer with a number of Tulsa area organizations. She has served on the boards of the Margaret Hudson School, The Center for the Physically Limited, the Mental Health Association of Tulsa, Gilcrease Museum, and the advisory board of her alma mater, the University Of Texas School Of Education. She and her family are recognized for their active and generous commitment to the Jewish community, mental health, homelessness, and social services.

Maxine recalls that it was during one of their earlier trips to Israel that she and Jack visited a retirement facility

there. What impressed her was that in addition to providing supportive services to the aging community, they also emphasized social engagement and maintaining their resident's purpose in life. She told Jack that she felt our Tulsa community could benefit from a similar facility. Her vision was the impetus for the formation of the Tulsa Jewish Retirement and Health Care Center, now known as Zarrow Pointe.

Jack Zarrow died at age 86 in February 2012. Their son Scott died later that same year in December 2012 at age 54. According to Maxine, that was the most difficult year in her life. She went on to say: "Sometimes you think you just can't go on. But then you realize, what choice do you have?" She feels that if you remain committed to making a difference in the lives of others it helps you get through things like that.

Maxine feels that the highlight of her life was meeting Jack. When I asked her what she felt was her greatest accomplishment, she said: "Marrying my husband."

Her advice to today's youth is: "Be flexible, and be willing to change with the times."

When I asked Maxine if she has any regrets, she simply said: "No. My only regret would be if I didn't still do what I can."



COFFEE SOCIAL

The ladies in The Villas enjoyed a Coffee & Tea Social gathering on Friday, October 11th. Pictured are those who attended the social which was hosted in the home of Joan Green.



Tulsa State Fair 2019

By Kimgrace Haokip, Director of Social Services



"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

- **Eleanor Roosevelt**

So, as to find newer and richer experience, a group of residents and staff including volunteers visited the famed Tulsa State Fair of 2019. The **Tulsa State Fair** is the City's largest family event, providing educational experiences and entertainment during an 11-day span. Annually held on the fourth Thursday after Labor Day, this historical event is based upon heritage, family values and quality entertainment for all ages.

The day was perfect. A light breeze accompanied by perfect temperature.

I remembered that one of the ticket collectors at the gate had remarked, "Just imagine yourself here for all the fun and entertainment and we'll help make it happen".

Meanwhile, at our turf, Carol said, "Maybe we can go shopping".



Billy wanted to see some of the live-stock and the new trucks. Marion and Norma said that they had not been to the fair in a long time and were eager to see what the changes were. Louise perhaps would want to play some games.



So it looked like there was something for everyone!

We first strolled down to the Expo building where the vendor booths were located.

What would a fair be without its food!

Billy had his corn on the cob, which





Mat graciously helped him get. Louise and Tina loved their fried green tomatoes! Mandy got a quick lunch with her husband and daughter.

Norma, Marion and Aubrey enjoyed their corn dogs. (Later Marion raved about her corn dog and declared that it was her first ever corn dog ever in life!)

Our two volunteers- Betty and Joann raved about their hamburgers while Armando followed suit. Carol said



that she loved her corn on the cob and Kimgrace got her 'turkey leg'.

Later, as we sauntered through the other areas of the Fair, Carol, Billy and Louise enjoyed the petting zoo!

Can we even miss out the games section- Louise won a prize and so did Carol who aced her game. Norma said that she just loves playing the games!

We left the Fair with happy memories.

Until next year!



HAWAIIAN BREEZES

By Aubrey Kistler



In August, residents in Zarrow Healthcare celebrated summer with Hawaiian style including decorations, flower leis, tropical punch and even a photo booth!



The Sherwin Miller Museum of Jewish Art



Exhibit: *Synagogues360°* by Louis Davidson; Technology by Ideum • Exhibit is open now and a part of The Museum's Permanent History and Culture Exhibit The *Synagogues360°* photo archive includes synagogues older than 2000 years to those of the most modern architecture as well as neo-classic, Byzantine, neo-Gothic, Art Nouveau, Art Deco and many vernacular design styles. This growing resource includes 584 synagogues from 38 countries including the world's northernmost and southernmost purpose built synagogues. All may also be viewed in 360° virtual reality at www.Synagogues.org.

Exhibit: *Say Yes to the Jewish Wedding Dress* • Now – January 5, 2020 Weddings for many are the happiest days of their lives. The Sherwin Miller Museum of Jewish Art is excited about our exhibit, *Say Yes to the Jewish Wedding Dress*. This one-of-a-kind event will feature some of the most beautiful gowns, textiles, documents, paintings, photographs, and other memorabilia from the Tulsa Jewish community. These items will proffer a tour through decades of unique nuptial attire and décor.

Exhibit: *Prairie Landsmen: The Jews of Oklahoma* • Now – December 2019 This exhibition consists of photographs taken in 1996 of Jewish people and places in Oklahoma, photographs that tell the story of the State's Jewish community. The artist, acclaimed American photographer David Halpern, concentrated on capturing the Jewish presence, in some cases the remains of a Jewish presence, in small-town Oklahoma.

Exhibit: *Jews Rock* • Now – December 2019 Featuring photographs of music's Jewish icons through the lens of photojournalist Janet Macoska. Musicians include Gene Simmons, Neil Diamond, Bob Dylan, Simon and Garfunkel, Bette Midler and many more. We are also debuting a select group of Oklahoma artists with original pieces of artwork featuring Jewish rock artists painted on guitars.

2021 East 71st Street • Tulsa, OK 74136 • (918) 492-1818