



grandkids  
MAKE LIFE MORE GRAND



ZARROW POINTE

news & views

DECEMBER 2019

Antique  
Boys and Girls  
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# Antique Boys and Girls

By Randy Cogburn, Wellness Director



This is just one perspective of what grandparents really are. Like antique cars, they sometimes require restoration and some work on the engine. But, when properly maintained, they will run for years and their value is priceless long past the life of the original owner.

Now comes the disclaimer: I am not a grandparent, so I can't speak from experience, only from my observations. I am though turning 60 next year, so I guess that now constitutes me as an antique. What's more, I am proud of it!

I have heard some say that they didn't feel old until they became grandparents. Others say their grandkids keep them 'young'. I prefer to think that being a grandparent can be a unique opportunity to remain active and maintain a youthful outlook. In fact, grandkids really can keep hearts and minds young!

*"Life is easier if you hear the steps of grandchildren walking beside you!"*

*Unknown*

Instant energy! Once you take the hand of your grandchild, you can suddenly forget how hard it is to do the things that you once did and

minimize the aches and pains that you feel in your joints. They can revitalize, restore strength, and provide greater quality of life.

The key to tapping into this source of renewed energy involves being interactive in the life and interests of your grandchild. That's where the 'little boy and girl' in you comes out again. Sure, times have changed and technology has opened up a whole new world of things for kids to choose from. But, overall things never change. You grow, you learn, and have fun along the way!

Let your grandkids teach you about computers, email, texting and use of cell phones. Get up and move with them when they play Wii tennis, golf, bowling, or other video games. Each of these can challenge you mentally and physically.

Technology aside, there are a world of things that grandparents can exchange with their grandkids that benefit them both:

- Walking hand in hand.
- Tossing a baseball to the future Mickey Mantle.
- Teach them how to cook - (A lost art!)

- Teach them how to do canning or other ways to store fruits and vegetables - (Also, a lost art.)

- Repairing a bicycle or working on a car engine together.

- Let them read to you. Especially when poor eyesight makes it difficult for you to do this on your own.

- Attend their ball games or other school activities. Being there and giving praise goes a long way!

- Take pictures together and make photo albums as they grow - (You may have to learn how to use a digital camera, or a cell phone camera.)

- Make a video/movie together. Let them interview you about your life and legacy.

- Show them love, and be loved in return. Love covers all things!

The value of an antique is based upon its originality, restoration, and routine maintenance. With the proper relationship, grandchildren can provide all that you need to remain "antique boys and girls".

From the perspective of a grandchild, remember..."You are priceless!"

# STAFF PROFILE: MAYRA TORRES HUDSON

By Rita Shisler



Mayra Torres Hudson

Mayra Torres Hudson came to the USA 19 years ago from Chihuahua, Mexico where she was born.

This courageous young woman along with her daughter Erika, came to live with her brother in Tulsa, seeking as she says, “a better life”.

Erika was enrolled in a Head Start program, and Mom despite her lack of speaking English set out to find employment. The job was found in the kitchen at the Tulsa Jewish Retirement and Health Care Center. Although she had learned some English at Tulsa Tech, she learned mostly from listening to her co-worker’s conversations.

It was at work that Mayra met her husband, Kim Hudson, who was gaining experience in working with ill and elderly people who needed help. Mayra later sought the schooling needed to qualify her as a CNA Home Health Aide in order to assist Kim in his business as needed. Kim now works as the Director of Caregivers with Amada Senior Care. Mayra’s desire to keep her maiden name, Torres, is to show her love and respect for her father.

Important in their lives, is attending soc-

cer games with son, Luis, and basketball tournaments with son, Jacob. The entire family, (including M.J. their German shepherd) loves their Friday game night, where they play Monopoly, Uno, Bingo, etc. The latest addition to the family is their first grandson Nicolas, who they look forward to being a participant in the game night as well.

Mayra’s 19 years at Tulsa Jewish, now known as Zarrow Pointe, has included 5 years in the Nosh Café now called Doug’s At the Pointe. The experience she gained, as well as her dedication and exemplary performance was certainly a contributing factor in her recent promotion to Dining Room Manager.

When asked if she enjoys her work, Mayra’s reply was: “Yes, yes! I want to see the residents and staff happy. I want them to look forward to their experience in the dining room! All of us are like a big family.”

# RESIDENT PROFILE: LOIS ROSENSTEIN

By Malyn Saunders



Lois Rosenstein

Lois Rosenstein was born in Tulsa, Oklahoma and spent the first ten years of her life in a small town outside of St. Louis, Missouri. They later moved back to Tulsa to be closer to family.

Lois became involved in the Jewish Community and absolutely loved singing and performing in school musicals. After high school, Lois attended the University of

Colorado for a few years then came back to Tulsa to attend business school where she learned many secretarial skills that ultimately sparked her interest in business.

She was thrilled to move to Chicago where she worked as an office manager at a movie theater chain. This was one of the most exciting jobs she had ever had, and gave her the opportunity to meet many famous actors and actresses, one of which was Charlton Heston. Lois was never afraid to travel or move and loved living in Los Angeles, California and Toronto, Canada. While living in Canada, Lois began working at an employment agency where she gained experience that eventually led to her next opportunity. Her last big city move was back to Tulsa where she opened her own employment agency which she named Career Path. In the beginning she placed clerical people, but as the business grew she began placing professionals and mid management. The business flourished for seven years, but when a recession came

it was forced to close. At that time she began a new career selling carpet and tile for Mill Creek, where she stayed for fifteen years until she retired.

Lois has lived at Zarrow Pointe for a little over four years now. She loves playing mahjong, and is a Life Master Bridge player. A year and a half ago, Lois attended a Paint and Sip class at Zarrow Pointe, where she discovered she had a gift and decided to learn more about acrylic painting. She took her first class at Hobby Lobby and hasn’t stopped since. She has now sold several of her paintings and did very well at the Holiday Bazaar. Lois enjoys painting because it is relaxing and allows her to “block out everything”. She loves painting flowers, landscapes, seascapes and birds. Lois feels that moving to Zarrow Pointe has been a highlight of her life, and feels blessed to have made so many new friends while discovering a hidden talent and a new hobby.

# Zarrow Point Raises Money for the Oklahoma Alzheimer's Association

By Mathew Snyder, Healthcare Administrator

In October, the staff at Zarrow Pointe held a charitable staff potluck lunch fundraiser with proceeds to go to the Oklahoma Chapter of the Alzheimer's Association. With an initial goal to raise \$100, staff from all departments at the Zarrow campus were invited to make their best recipe and enter it in an employee potluck lunch to be sampled by fellow Zarrow Pointe staff. With a small donation of \$2-\$3 as a ticket to enter, staff were able to sample some amazing selections made by our talented staff! Some of the more

popular entries being shrimp fired rice, cowboy chili, Swedish meatball, but the runaway favorite was the made-from-scratch eggrolls made by Glenda Enriquez, Director of Nursing in the Healthcare Center.

When it was all said and done, the team Zarrow blew by our initial goal of \$100 and collected a total of \$200.35! Due to the significant number of residents on our campus affected by this disease, we couldn't think of a more worthwhile organization to support!



## DOGGOY OF THE MONTH

By Aubrey Kistler



Name: Truman  
 Breed: Golden Doodle  
 Owner: Warren Pagel  
 Organization: Paw Pals  
 Tulsa Dog Training Club  
 Truman loves attention but is very mild mannered and even likes to sit in a chair for his visits!



### DECEMBER HEALTHCARE BIRTHDAYS

<b>Charlotte W.</b>	<b>12th</b>
<b>David K.</b>	<b>16th</b>
<b>Norman L.</b>	<b>17th</b>
<b>Donna W.</b>	<b>22nd</b>
<b>Dot C.</b>	<b>29th</b>
<b>Louis D.</b>	<b>31st</b>



### Light the Lights!

The Chanukah Menorah will be lit nightly at 4:45 in the West Hall Living Room during the Holiday (Dec. 22<sup>nd</sup> - Dec. 30<sup>th</sup>) Join us for prayer and fellowship.

## Shine Day

December 19<sup>th</sup> Wear a festive item or accessory that is sparkly, shiny or reflective.



Please join us for the New Year's Eve Party on **December 31<sup>st</sup> at 6:30 p.m.** in the North Hall Living Room.

# PONDERING PUMPKINS



Residents get engaged in the annual pumpkin painting craft.





# The Sherwin Miller Museum of Jewish Art



**Exhibit: *Synagogues360°* by Louis Davidson; Technology by Ideum • Exhibit is open now and apart 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](http://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 select group of Oklahoma artists with original pieces of artwork featuring Jewish rock artists painted on guitars.

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