

ZARROW POINTE

news & views

JANUARY 2020



Angels
In The Snow

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Angels in the Snow

By Randy Cogburn, Wellness Director

As a child, seasons don't change things much when it comes to your activity level or finding a place to play. In fact, depending on where you live, winter months may represent a new playground filled with snow, not to mention a few extra days out of school...if you're lucky. Snow gives you a chance to do something that you can't do any other time of the year, one of which is making angels in the snow. It doesn't require a lot of effort. You just fall back in the snow and sweep your arms and legs back and forth. Voila, your own personal work of art has been created, and no one else can make one exactly the same as yours.

As we get older, we don't often look forward to winter with the same degree of enthusiasm. For some, fewer daylight hours, extreme cold, and lots of snow could mean decreased activity and a feeling of being 'shut in' from those on the outside. Feelings like that can lead to depression and a lack of desire to do most anything. So, what can be done to avoid that state of mind, and regardless of age, make your own angels in the snow? As the old saying goes, "when life gives you lemons, make lemonade". Here are a few suggestions:

- **Stay in touch.** Talk to friends and family on the phone regularly. Check up on those who may not be well and use a positive tone to make them feel better. Get in touch with an old friend that you may have lost contact with. Making a difference in someone else's day will make you feel better about yourself. An angel in the snow that only you can make.

- **Get some sun.** Sunlight makes you feel better, and vitamin D is important for good health. On sunny days, sit by the window while talking on the phone, reading a book, or working a puzzle.

- **Clean out your closets.** I just imagine, if you're like me, you have a number of clothes or other things that you no longer use or need that could benefit



someone who is less fortunate than you. Collect these together, and when you have the opportunity to get out or can have someone else pick them up, take them to an organization that provides assistance to those in need. Another angel in the snow.

- **Exercise.** Develop an exercise program that you practice on a daily basis. It doesn't have to be anything fancy. Just move! Get suggestions from the internet, books, watching DVD's that demonstrate simple at-home exercises that you are able to do based on your ability, or participate in the exercise programs that are offered in your retirement community. Sweeping your arms back and forth to create an angel in the snow doesn't have to be done just in the snow.

- **Pull out your recipe book.** Avoid the tendency to just sit around and eat junk food. Eat healthy and you'll feel better and have more energy. That doesn't mean that you can't bake your favorite pies, cookies, or cakes and give them as gifts to family and friends, or to me if you like! Wow, you've just made another angel in the snow!

- **Compute.** If you're among those who have a computer and enjoy using it, that opens up an entire world of things to you. The internet gives you connection to news, topic research, and email for staying in touch with others. If you've never used a computer....you're never too old to learn.

- **Game day.** If you enjoy board games, cards, dominoes, etc., invite others over to share in the fun on days when travel is not an issue.

By this point I think you get the idea. As much as winter may slow you down in terms of your normal activity, it doesn't mean that you have to come to a complete stop. You may not be a kid anymore, and you may not be able to 'play' outside when it gets cold. But keeping yourself active, and staying in touch with those on the outside will make the days seem much less cold. Also, use every opportunity you have to make a difference in how others feel; there is no greater satisfaction, and that creates an angel in the snow that only you can make.

STAFF PROFILE: JAN FIRST

By Randy Cogburn, Wellness Director



Jan First

Jan First was born in Kansas City, Missouri and was raised in Tulsa, Oklahoma. Her parents provided enriching experiences, support and encouragement for Jan and her younger sister. The University of Tulsa presented many opportunities for academic and social growth. While at the University of Tulsa, Jan met a most unique gentleman, Bob First. However, after nine months of dating, Bob and Jan were involved in a tragic event that resulted in Bob being shot. While Bob

was in rehabilitation, Jan finished her degree in Special Education and taught one year for Tulsa Public Schools. In 1973, Jan and Bob married and moved to Oklahoma City where Bob pursued his education. Jan began teaching in the Oklahoma City Public School System where she eventually served as Supervisor of Special Education Programs and then the Administrator of Special Services. Jan has always been service oriented and had a special desire to enrich the lives of individuals with special needs.

In 1997, Bob and Jan relocated to Tulsa due to their parents' health concerns. After spending a short period of time caring for parents, Jan spent seven years with the Coweta Public School system where she served as an elementary school principal for the last five years. After thirty-three years in education, Jan retired and began providing care for her mother.

Once things improved, Jan began volunteering at Zarrow Pointe where she answered phones for the health care center and gave a book review for the retirement center. When

the need arose for a part-time Assisted Living Activities Coordinator, Jan began serving in that position and after thirteen years has decided to retire. She feels privileged to have worked in an environment that has provided the knowledge on how to age well and has been blessed by being able to enrich the lives of the senior population. Many valued acquaintances have been developed with residents and employees of Zarrow Pointe. Jan plans on maintaining these relationships in the future.

Retirement plans include: writing a book about her husband's challenging and amazing life, pursuing hobbies such as miniatures, genealogy, needlework, and traveling. Jan feels that one of her greatest accomplishments has been caring for members of her family. Through these experiences, she has grown and achieved more than she ever expected. The highlight of her life has been traveling in Europe, where she hopes to be able to return in the future. With a life spent serving others, we are so grateful for the many years of service that Jan has provided to the Zarrow Pointe family.

RESIDENT PROFILE: BOB AND SHIRLEY DORMONT

By Malyn Saunders



Bob and Shirley Dormont

Bob Dormont was born and raised in Brooklyn, New York where he attended Brooklyn College and attained a degree in Economic Statistics. Shirley Shafer was born in Houston Texas. Her family then moved to Iowa, and by the age of ten they were living in Los Angeles, California. After Bob spent four years serving in the U.S. Air Force during the Korean War, he moved to Los Angeles. Shirley graduated from UCLA with a degree in Business Education. At this point in their lives, Shirley had become a widow and Bob a widower, and each had one son from their first marriage.

They would never have known that a party

in Hollywood Hills would introduce them to their partner for life, but once they met they instantly connected and after two weeks of dating they were engaged. Bob and Shirley then spent the next six months before marriage making sure their two five year old sons got along well. As of January, 2020 they have been married 55 years and have been blessed with four sons, three grandchildren and two great-grandchildren.

While in Los Angeles, Shirley spent some time working as a school teacher and Bob began working for North American Aviation. After eight years they relocated his job to Tulsa, Oklahoma where they have lived ever since. After the move Shirley worked as a substitute for Tulsa City County Libraries. They were both thrilled to be moving to the Midwest, where they could enjoy a slower pace and focus on raising their four boys. After four years Bob was laid off and began working in marketing for Promark Company. After fifteen years he worked his way up to the position of Senior Vice President and soon thereafter retired.

After retirement Bob and Shirley became very active as volunteers in the local community. Shirley was involved with Sisterhood at Temple Israel and Council of Jewish Women.

In addition to their service at Temple Israel, they became involved with the interfaith community and Bob held office with Tulsa Metropolitan Ministries. Bob served as treasurer and vice president of The Association of Reform Zionists of America. During that time they took many trips to Israel where Bob would serve as the US delegate to the World Zionist Congress. Bob has been on the Federation's Community Relations Committee for over twenty years, including a period as chairman, and Shirley was a docent to the Sherwin Miller Museum for over twenty years.

They both feel they have been very blessed by their many years of marriage, which they contribute to laughter and never going to sleep while mad at the other. They have so many things in common, enjoying the same books, movies and hobbies. Bob became a driver for Fitzgerald Funeral Home in 2007 and at the time of this interview has driven 1,866 funerals. Both Shirley's parents and Bob's mother were residents of Tulsa Jewish Retirement and Health Care Center during the 1980's and 90's. We are delighted that Bob and Shirley decided to move to Zarrow Pointe in June of 2016. They feel it was one of the best decisions they could have made and it was the perfect time to do so.

Reflections On 2019

By Mathew Snyder, Healthcare Administrator

Happy New Year to all of our wonderful staff, families, residents and volunteers!

I hope everyone had a happy, healthy, prosperous and joyful 2019, and I hope for everyone that 2020 is even better! The New Year is always a special time because it allows us to hit the proverbial “reset” button and pledge to be a better version of ourselves than we were in the year prior. The year 2020 is particularly exciting because it is also the start of a new decade. Each decade seems to have its own “personality” and it will be interesting to reflect in 30 years on the decade of the 2020s and see what it will be remembered for.

In 1990, I remember watching the ball drop in Times Square as a 10 year old kid and for some reason

I thought about the year 2020 and how different the world would likely be then. I thought that year 2020 just sounded very futuristic! In my mind, I thought we would have colonized the moon, visited Mars and have flying cars! While we might not be there yet, based on my expectations as a child, I do feel we have made great strides as a civilization in many other areas such as increased focus on environmental concerns, progress on many social issues, and numerous technological advancements in computers, science and engineering.

Reflecting on 2019 personally and professionally, 2019 was a year that I placed increased focus on the importance of personal relationships and family. I tried to make a conscious effort to slow down a bit and spend more time with the people I

love. I enjoy the little moments more and not worry about things out of my control. It’s funny as you get older, you look at time differently and tend to be more aware that time is a finite and valuable commodity, and we place more importance on who we share our time with and what we do with our time.

Professionally, Zarrow Pointe had a great 2019. We celebrated numerous organizational successes and milestones, plus I got to know a number of new residents and staff. To top it off we capped off the year in November with our 1st organizational gala where we honored Maxine Zarrow in front of hundreds of our donors, family members, staff and guests!

I am excited to see what 2020 holds! Bring on the New Year!



JANUARY HEALTHCARE BIRTHDAYS

Marilou P.	22nd
Norma B.	26th
Bill P.	30th
Christie K.	30th



Residents, staff and family alike gathered on one of the Healthcare patios this October to celebrate the last crisp days of autumn. Everyone enjoyed games, candy and fresh-cooked burgers and hot dogs prepared by our Healthcare Administrator, Mathew Snyder.

FLANNEL DAY!

Once again it is time to
dress in our best cozy
flannel on January 16th!



Parachute Games



Residents enjoy games and laugh together while using an extra-large parachute to stretch their arms and toss rubber balls and bean bags into the air.



Zarrow Pointe Residents can now have EYE EXAMS in our community!

By Kimgrace Haokip, Director of Social Services

SeniorVision Eye Care is now providing comprehensive eye exams at Zarrow Pointe. Their team of doctors examine and manage cataracts, glaucoma, macular degeneration and many other common eye conditions.

Equipped with specialized, state of the art mobile equipment, they provide the very best care for your eyes, just like you would receive in an office. In addition, they carry a selection of frames and can provide glasses at very reasonable rates. For your convenience, they also can adjust and perform minor repairs of glasses onsite. They are very experienced in caring for those with advanced dementia and Alzheimer's.



JENKS VOLUNTEERS CONNECT

By Aubrey Van Tassell, Healthcare Activities Director

The Jenks High School swim team arrived in October to spend time with residents. Members of the team sat with Healthcare residents during the afternoon bingo game as well as assisting with a pumpkin painting project. The students visited with a few residents in their rooms and thoroughly enjoyed their stories. One of our residents from south hall even sang a song for the students during their visit. Other residents joined staff and swim team members on the patio for snacks after activities and visits.



Outlaws and Lawmen of the Indian Territory

Featuring Suzy Laird as "Miss Suzette" • Tuesday, January 7th – 6:45pm • Burnstein Auditorium



Miss Suzette

Suzy Laird is the former Executive Director of the Fort Smith Museum of History, in Fort Smith, Arkansas. There she wrote and performed the ***Murder and Mayhem Trolley*** fundraiser for the museum. She was presented with a coveted Henry Award from Governor Mike Huckabee for this production. On January 7th at Zarrow Pointe, she will enact for us a revised version, now called ***Outlaws and Lawmen of the Indian Territory***.

As a "soiled dove" from one of the notorious and elegant brothels that existed in Fort Smith in the 1880's and 1890's in Fort Smith, her character, Miss Suzette, has seen it all.

Fort Smith was also the home of Judge Isaac C. Parker, known as "The Hanging Judge". Judge Parker's Deputy Marshals covered 75,000 square miles of territory, including all of Oklahoma and parts of Texas and Kansas. She will share with

us stories of the worst of the outlaws and the best of the lawmen who were part of Oklahoma's history back when it was known as Indian Territory.

Great Songs of the Great Singers

Featuring Paul Gerni • Tuesday, January 21st – 6:45pm • Burnstein Auditorium

Getting his singing start at age 6 with his brothers/sisters singing group in Logansport, Indiana, Paul now sings "The Great Songs of the Great Singers" featuring a pleasing mix of top songs and standards made popular by the likes of the greats like Frank Sinatra, Tony Bennett, Nat King Cole, Mel Torme, Bobby Darin, Bing Crosby, Ella Fitzgerald, Johnny Mercer, Diana Krall, Harry Connick, Michael Buble, Peggy Lee, Joe Williams, Louis Armstrong, Billy Eckstine, and more. These days Paul performs with his buttery resonant bass-baritone voice mostly in Kansas City, but also for appreciative audiences in Omaha, Fort Worth, Tulsa, Chicago, Denver, Stockholm, New York, and in Las Vegas.



Paul Gerni

Paul has sung songs in English, German and in Italian, and has happily worked with great and soon-to-be-great jazz musicians, in trios, quartets, and with 18-piece big bands. "A great and growing experience!" he readily admits with a smile.