

ZARROW POINTE

news & views

APRIL 2020

Zarrow Pointe
Recognizes
Earth Day

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Zarrow Pointe Recognizes Earth Day

By Ray Bachlor

To paraphrase a 1950s song, “Earth Day is a-comin’, and our cells are in sight”.

On Earth Day, 22 April, millions of people around the world will march, speak, and sing to focus attention on our fragile earth and how our messy housekeeping can endanger its future—and ours.

While we here at Zarrow Pointe may not march, our solar cell parking cover, installation of LED lighting, electric vehicle charging stations, and our recycling program give silent testimony to our support—And a Global Warming presentation will be made on April 9th by Barbara VanHanken of the Green Country Sierra Club in the Burnstein Auditorium. The title of the talk will be “Global Warming or Climate Crisis, Stop Talking and Act Now!” It will be open to the public—invite your friends!

Much of the Earth Day effort is aimed at stabilizing our rapidly changing climate due to global warming.

Global warming is caused primarily by “greenhouse” gas emissions—notably carbon dioxide—that tend to trap heat thus preventing its escape into space.

And how do we know this? Fortunately, Greenland ice cores tell a lot about the earth over the past 800,000 years. The ice began as yearly snows that compacted into ice—the perfect storage medium. The snow trapped oxygen and carbon dioxide as well as spores, pollen, and other tell-tale ingredients. Approximate temperatures are ascertained by measuring fluctuations in the oxygen 180 isotope and records show that increases in carbon dioxide have always been followed by increased temperatures.

Carbon dioxide levels are now over 400 parts per million—the highest



in the history of the world! It is therefore expected that temperatures—presently on the rise—will reach record-breaking heights within the next few decades even if drastic action is taken immediately.

If the earth is getting warmer, why do we have extremely cold snaps?

Normally a circular “Polar Vortex” of extremely cold air measuring about 600 miles in diameter rotates around the North Pole. Because of increasing temperatures, the vortex has expanded and lost its shape. As a protrusion of the vortex passes through a region, it will experience extremely cold weather for a short time.

The National Oceanic and Atmospheric Administration (NOAA) continually monitors ocean temperatures worldwide via satellite and have verified a recent rise of about 2.3 degrees F. in world oceans. Increased temperature causes more evapora-

tion and rain laden clouds that may increase hurricane intensity or hover for longer periods to bring extreme amounts of rain and floods. In many cases, this is preceded by droughts and fires, compounding the problem and causing mudslides.

So what can we do?

Recognize the problem. Stop redacting “climate change” and “global warming” from official documents and ridding the government of scientists who can help.

Promote the use of renewable fuel—especially wind and solar—and grid sharing of energy. Stop subsidizing coal, petroleum, and corn-based ethanol.

Promote the use of electric vehicles (EVs) and battery research and penalize the use of internal combustion engines—the largest polluters on earth.

Protecting Residents in a Public Health Emergency

By Mathew Snyder, Healthcare Administrator

The last couple months have been an extremely challenging time at many nursing facilities (ours included) across the county. The global outbreak of the Coronavirus (COVID-19) has tested the limits of many facilities throughout the country; reduced or eliminated visitation for residents, cancelled group activities, and dining restrictions have severely impacted the daily routine of millions of residents nationwide.

The U.S. Centers for Disease Control and Prevention (CDC) says that the vast majority of deaths have occurred in the 70+ population. People 70+ simply do not have the immune system of a younger adult to fight off the viral attack

on the body; factor in other pre-existing conditions and we have a very scary scenario should an older person become infected.

Restricting visitor access, reducing or eliminating social activities, and limiting dining options goes against everything I was taught in school. The most important part of my job, in my opinion, is creating an environment and social atmosphere that allows our residents to live the highest quality of life possible with their given conditions. I have been a patient advocate ever since I took my first job in a nursing home kitchen 23 years ago as a 16-year-old high school kid and before I make any decision, I always ask myself,

“How will this affect our residents?”

Given all the negatives associated with the restrictions we have had to make, I still feel that these changes are absolutely necessary. Endangering anyone's lives is simply not a risk that we, as an organization, are willing to take for the temporary benefit of quality of life.

I am lucky we have such an understanding group of residents and families who have been so supportive of the restrictions we have had to make. While the whole COVID-19 response has definitely tested our internal capabilities, I think that it will make us stronger as a community and better prepared for the future.

Master Gardeners!

By Aubrey Kistler, Activities Director – Healthcare

The Healthcare residents at Zarrow Pointe recently had a visit from the Tulsa Master Gardeners Senior Outreach program. For many years, these volunteers have traveled to facilities throughout the city to provide a specially prepared activity. This could include a planting project or nature craft as well as one-on-one assistance with the project for each resident. The Gardeners provide all supplies as well as name tags, hand crafted items for participating residents and a small bouquet of fresh flowers to take back to their room. The residents feel a special sense of community and friendship from the start and even receive special recognition for participation

in the Armed Services and recent birthdays. Thank you Tulsa Master Gardeners for your unique program!



HEALTHCARE BIRTHDAYS

Louise R.	4/10
Oneta L.	4/16
Gloria R.	4/30

HAPPY BIRTHDAY

Marcel B.	4/06
Marcia B.	4/06
Isrella T.	4/08
Irene F.	4/09
Joyce H.	4/13
Shirley D.	4/15
Linda A.	4/18
Betty W.	4/24
Harriet F.	4/29
Nancy B.	4/30

The Celebration of Passover

By Ed Ulrich and Aubrey Kistler, Activities Director - Healthcare

Passover, or Pesach in Hebrew, is one of the most sacred and widely observed holidays in the Jewish religion. Passover celebrates the freedom of the Israelites from their Egyptian enslavers over 3,000 years ago.

In the Hebrew Bible Book of Exodus, the bitterly enslaved Israelites were set free when God inflicted ten plagues upon the Egyptians, the last of which being the death of every Egyptian's first-born male child, including the Pharaoh's own first-born son. Passover refers to the angel of death "passing over" the homes of God's chosen people indicated by their marking the doorposts of their homes with the blood of a slaughtered lamb, as death was brought down upon their captors' children.

Passover commences on the 15th of the Hebrew month of Nisan and lasts for either seven days or eight days depending on one's Jewish denomination and where one lives. The week involves prayers, attending services, and is highlighted by a very special meal called the Seder.

It is traditional for Jewish families to gather for the Seder (which means 'order' in Hebrew - referring to the very specific arrangement of the dinner's rituals) on the first night of Passover and, for many, on the second night as well. Most American Jews hold their first-night's Seder in their homes, and many also join other congregants at their synagogue or temple for the second night's celebration.

The table is set with the finest china and silverware to reflect the importance of the meal. During the Seder, the story of the Exodus from Egypt is retold using a special text called the Haggadah ('telling' in Hebrew). Four cups of wine are consumed at various stages in the narrative, and at the center of the bedecked Seder table is a large beautiful and distinctive Seder plate, usually with separate sections around its perimeter to hold a number of the symbolic foods of the historical story to be told, sung about, prayed for, and, of course, eaten during the Seder evening's 'experience.'

At the center of the table or the Seder plate is a key symbol of the Passover holiday - the matzo, a distinctive unleavened flatbread made solely from flour and water. The Torah (the first five books of the Hebrew Bible) contains



the requirement to eat matzo instead of leavened bread during the Seder and throughout the entire week of Passover. One prominent explanation for the centrality of matzo during this holiday is that the Hebrews left Egypt in such haste that there was no time to allow baked bread to rise; it a reminder of their very rapid departure from their enslavement developed throughout the evening's retelling.

There is much participation and interaction among those attending this joyful yet complex and uplifting dinner, with many families' Seders lasting long into the night with singing, delicious food, games, beautiful symbolism, and children both asking and providing the answers to four enigmatic questions, thus allowing the young people present to enjoy and participate in the entire process.

However, there is one profound moral center of the Seder: a stern reminder from God - repeated over and over in the Haggadah - and by Seder participants - to recall and learn from those days thousands of years ago. It implores again and again: "Remember that you were a slave in the land of Egypt."

Participants of the Seder, and all Jews,

including children, must again taste that bitter time when they, too, were considered outsiders, oppressed, downtrodden. Consequently, Jews are commanded always to embrace the stranger, the orphan, and the poor among us. "You shall rejoice before God with your son and your daughter ... and the stranger, and the fatherless, and the widow in your midst" - says the Haggadah.

Always, always remember...

This, God's emphatic admonition, is also another profound explanation of the importance of employing matzo during Passover. Called 'the bread of affliction,' consuming matzo serves as a literal symbol allowing Jews to physically experience a part of their enslavement, thus, hopefully fostering a deeper knowledge of the gift of humility, the reverence of freedom, the fate of the 'other' who walk among us, and a rejection of all hubris here symbolized by leavened bread. Remembrance, gratitude, selflessness, and appreciation - These are the central tenets of the Seder and the entire holiday.

This year Passover will be observed beginning Wednesday evening, April 8, and will conclude Thursday evening, April 16, 2020.