



ZARROW POINTE

news & views

MARCh 2020

When You
Become a
Caregiver

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When You Become a Caregiver

By Randy Cogburn, Wellness Director

To say the least, a lot of things change as we age. A good number of things are quite nice actually, while others are not. Our world around us changes, including those that we care about the most. That may mean that we take on the role of a caregiver. Sometimes it is brief, helping someone recover from an injury or a short spell of illness, but it can also turn into a much bigger responsibility as a result of an extended illness.

No one can really understand how you feel or how your life can be changed by taking on this role unless they have experienced it. I am old enough now to understand what it means. It is more than a responsibility, it is an honor, and it is one that I look back on with no regret. I know that many of you feel the same way.

Nevertheless, the challenge of becoming a caregiver can be overwhelming at times. It can take its toll on you physically and emotionally. I think the biggest frustration is when you reach that point where you just can't 'fix it' anymore. That heavy feeling, when you feel pushed into a corner and no matter how hard you try you can't change the outcome. You really could just scream. Sound familiar?

A really good caregiver is unselfish and takes very little time to think of themselves. How you are 'holding up' is the last thing on your mind at the time, right? However, it really isn't a selfish thing to realize that if you don't take care of yourself you can't take care of anyone else. Oh, I know, during that period you will say, "who has time for that"? Believe me, I understand.

What I would like to do is share with you some of the things that I have learned personally and in observing so many others that I have known who have become caregivers.



- Keep in mind; you can't help them if you don't help yourself!
- Talk about your feelings with others who understand. Look for support groups.
- Don't try to do it alone! Sometimes we feel like we are the only ones that can do things the way they should be done. Get help from family and friends and let them do the things they are good at.
- When others offer to help, don't say, "oh, I appreciate that, but I'm ok". You are not always going to be 'ok'. Not to mention, it really isn't fair to prevent someone else from doing something nice to help that person that they too care about.
- Eat a good diet. At times when we are most overwhelmed we don't take time to eat. You can't keep running without fuel in the tank!
- Exercise. Wait a second, I don't mean going to the health club three

times a week. Even a very short walk many times a day is helpful.

- Find time to 'shut down'. Getting away from the situation even for a day is absolutely necessary. This is where you recruit the help of others. They offered, and they mean it.
- Know your limits and prioritize your activities. Small things can wait. The clothes may be clean, but it doesn't mean you can't fold them tomorrow if you are tired.

The list could go on and on. I know that many of you, based on your own experience could offer up a lot more suggestions. No one will ever tell you that it's easy. What I can tell you is that it can be done a lot easier if you also care for yourself. While it is extremely stressful at the time, the reward of being a good caregiver is great. As with most things that we do in life, when we think and act outwardly to the benefit of others, we will always feel better about ourselves. That is a priceless gift!

STAFF PROFILE: SUSAN SURCHEV

By Jalexa Schell-McCall



Susan Surchev

Susan Surchev was born in Piestany, Czechoslovakia to parents who were Holocaust survivors. While studying culinary arts, she traveled all over Europe

learning and developing her skills in a handful of countries. Although Susan earned her degree in Hotel and Restaurant Management (as well as a Master's in Culinary Education), her travels have also allowed her to develop her people skills and helped her learn to speak four languages. She has always loved to travel, but Israel is by far her favorite place to visit. At the age of twenty-six, Susan moved to California and began working in a retirement center, where she began extensive and very strict Kosher training. There, she became one of the first 40 women to be recognized as Kosher Supervisors, which was a huge honor and achievement for Susan.

In 1997, Susan moved with her daughter and son to Tulsa, Oklahoma where she began working as the Food Service Director and Kosher Kitchen Supervi-

sor at Zarrow Pointe. She even opened a bakery within the retirement center lovingly dubbed "Susan's Bread, Babke, and Beyond" which offered freshly baked goods from traditional Jewish pastries such as challah and kugel to simple cookies. Although Susan has since moved on from the bakery, it was only one chapter in her book of service to Zarrow Pointe; she has now spent nearly twenty-three years serving the residents and the community at large. Susan feels that the greatest thing you can give someone is knowledge and feels honored to pass on some of her skills and wisdom as a mentor for all those who have become a part of the Zarrow Pointe tradition, and those who seek to. Presently, you can find her leading the dedicated Dining Services team to excellence and, on occasion, still baking up beautiful challah.

RESIDENT PROFILE: DON AND BARBARA ROTENBERG

By Jalexa Schell-McCall



Barbara and Don Rotenberg

Don Rotenberg was born in Portland, Oregon where he grew up with a driven pursuit of scientific achievement. As a graduate of the University of Oregon, he was the president of his class, and a member of both the Phi Beta Kappa and Sigma Xi honor societies. A young man with exponential academic promise, Don went on to receive his Master's Degree in Science from Harvard, and his Ph.D. in Chemistry at Cornell Univer-

sity. Little did he know, there he would discover an entirely different kind of chemistry, for this is where he would meet the love of his life, Barbara.

Barbara was born in New York City. During the summers of her youth, she worked as a camp counsellor, and as a young lady she attended Cornell to study Human Ecology. There she met Don, and a New York love story was born. Both of them shared an interest in the arts, and their first date was attending The Boston Symphony Orchestra. They were soon enough married and thereafter, Barbara began her career teaching Human Ecology at schools across New York, New Jersey, and Massachusetts.

Don's schooling led him to a successful career working with polymers in the optical field; he played a hand in the switch from glass to plastic lenses, worked with the creation of scratch resistant coatings, photochromic plastic lenses, contact lenses, and protective goggles. He first began working in New Jersey for a company known today as Exxon. Initially, he worked for their Enjay Chemical Lab as a Resident Chemist

and then later, for the Enjay Poly Lab as a Senior Resident Chemist.

When Don and Barbara decided to make a move to Massachusetts, he began a 20-year career at the American Optical Company. During his tenure, he served as Director of Materials and Processing, and eventually worked his way to become the Vice President and General Manager. In the course of his lifetime career in optical science, Don developed several patents for polymer optical products that have had a lasting impact on the industry. All the while, the two of them raised two daughters together, who have now brought them three beloved grandchildren.

The Rotenbergs's next major move brought them to Tulsa, a city that they fell in love with because it was the only city where one could go to the rodeo on a Friday night and the ballet on Saturday. In Tulsa, Barbara found the chance to further her interest in the arts by becoming a docent for the Philbrook Museum, establishing a monthly book club, and becoming part of the bridge and Mah Jogg groups here at Zarrow Pointe where Don and Barbara are enjoying their golden years together.

Moving from Home to Healthcare: *Creating a Smooth Transition for Your Loved One*

By Mathew Snyder, Healthcare Administrator

One of the hardest decisions you will ever make will be the decision to place a loved one in a healthcare facility. This can be especially difficult if in the past you “promised” to never put them in a healthcare facility. When the time comes to have that conversation, usually a negative event or a series of negative events have occurred – such as a serious fall, forgetting to take meds or not taking them correctly, declining mental function, deteriorating health, or the inability to take care of one’s self on a daily basis.

One thing to have completed before your loved one needs placement in a healthcare facility is to have them sign a Durable Healthcare Power of Attorney. This important legal document gives the appointed person the ability to make medical decisions if and when your loved one becomes incapacitated and will make placement decisions much easier as the legal authority.

One of the biggest fears and frustrations that I often hear is usually related to the sudden loss of independence and control. It can be

scary to go from living independently to all of a sudden being dependent on others for your care. One thing I would recommend is if the loved one needing healthcare facility placement is mentally/physically able to participate in the placement process, then allow them to do so! Let them tour the facilities, meet the staff, be active in expressing their input and feedback. The more active and involved you can make someone, the better the chances they will feel in control of the process and will likely do better at their new facility.

Once you choose the facility that is the best fit, I would suggest you make their room look as home-like as possible; decorate the room with familiar pictures, bring some personal decorations, paint a wall their favorite color (if allowed), bring their favorite blanket or pillow or whatever you feel could help ease the transition. A little bit of pre-planning can make a huge difference in their comfort level!

Once situated in their new environment, the work is not over for the family; maintaining active family relationships is now more



important than ever. Visit your loved one in the facility as often as possible and encourage other family members to routinely visit and not just on major holidays. Having frequent and regular visitors goes a long way in helping someone adjust to their new surroundings and know they have not been “forgotten.”

Moving a loved one into a healthcare facility can be both emotionally and mentally exhausting, but it doesn’t need to be – as a little pre-planning can go a long way!

If you or your loved one would like more information about moving to our wonderful community at Zarrow Pointe, please call 918-496-8333 and ask for the Admissions Department or stop by for a tour!

Purim

By Aubrey Kistler, Activities Director – Healthcare

We celebrate Purim each year on 15th day of the season of Adar (March 10th) to honor Queen Esther of Persia and her uncle Mordechai who saved the Jewish people from a terrible fate. Esther risked her life to speak up to her King, Ahasuerus. She informed him of a plot devised by the Prime Minister Haman

to eliminate the entire Jewish population. In the end, Ahasuerus trusted his new Queen and equipped the Jews in his kingdom with the means to defend themselves against any attackers. Esther and Mordechai were victorious and Haman was hanged for treason.



On this holiday, there are feasts and parties. Participants are encouraged to laugh and drink wine. It is said that you may drink enough so as to confuse the righteous name of Mordechai with the evil name of Haman. Children play with noise makers called Graggers to drown out Haman’s name when it is spoken. We bake traditional flakey cookies with fruit preserves in the middle called Hamantashen. Hamantashen- meaning Haman’s Hat-are formed in a triangle shape to represent the type of hat Haman wore. Children and even adults often dress up in bright costumes like Queen Esther and King Ahasuerus. (chabad.org)

Join us at 11:00 on March 6th in the Healthcare Center South Living Room for the Annual Purim Parade with Mizel students. Wear a whimsical Purim costume!



**MARCH
BIRTHDAYS**

Roy G.	8th
Maxine L.	19th
Estelle F.	19th



**DOGGY
OF THE
MONTH**

By Aubrey Kistler

Name: Cassidy
Breed: Golden
Doodle
Owner: Warren Pagel
Organization: Paw
Pals Tulsa Dog
Training Club
Cassidy is sweet and
quiet. She likes to go
on therapy visits with
her brother Truman.

Right Choice at the Right Time

By Kimgrace Haokip, Director of Social Services

Just the other day, a good friend of mine asked if I had a Durable Power of Attorney and Advance Directives signed.

Needless to say, I was taken aback. I thought to myself, “Isn’t it too soon for me?” “Why do I need someone to make decisions for me?” “Maybe I will think about it later.” “I am not ready.”

Choices about end-of-life can be daunting and uncomfortable. Conversations about end-of-life preparations can seem “too soon.”

However, planning ahead ensures that your wishes are followed when the time comes. Preparing ahead of time can make difficult health care decisions less stressful. Health crises are often unpredictable. And unpredictability means that we need to understand the nature of such directives before we need them so our wishes are met.

Baby Boomers are retiring in large numbers. And as Baby Boomers approach retirement age, there is a greater demand for chronic health care. As the numbers begin to increase, I am starting to think about the need of patient-centered planning.

What will happen if/when I am not able to make decisions for myself? I certainly do not want my wishes to go unmet. Therefore, the need to promote my directives is very relevant and now is the right time for me. Therefore, signing a DNR (Do Not Resuscitate) means if I am gone, let me go. And this is okay with me.

What is a Durable Power of Attorney for Health Care?

A Durable Power of Attorney for Health Care is a document that allows you to name someone else to make decisions about your health care in case you are not able to make those decisions yourself. It gives that person instructions about the kind of medical treatment you want.

Can I appoint more than one agent?

Yes. The law allows you to appoint co-agents (two people who will serve together as equals) or successive agents (a second person who will serve in case the first agent is unable to do so).

However, if you appoint more than one agent, confusion or conflict may result. For example, your health care provider may be able to reach only one of the agents in the event of an emergency, or the agents

might disagree about how to carry out your wishes.

Can I change my mind about my Durable Power of Attorney for Health Care?

Yes. If you change your mind, you should destroy the copy of the form that you have and tell anyone who might have a copy that you have changed your mind. You can then make a new Durable Power of Attorney for Health Care that reflects your current wishes.

How can I make sure that no one “pulls the plug” on me?

In your Durable Power of Attorney for Health Care, you can say whether, and in what kind of situations, you want your doctors to use machines or feeding tubes to keep you alive.

Your agent must respect your wishes.

What happens if I don’t have one?

Someone has to make decisions for you if you don’t have a Durable Power of Attorney for Health Care. Doctors, hospital staff, and loved ones will do the best they can. Often that means disagreement over what you would want. Please keep in mind - if health care professionals make the decision, they will do all they can to keep you alive. However, what they decide may not be what you want. Also, a conservator or guardian could be appointed by the court to decide for you.

What does a Living Will do?

A living will tells which treatment you want if your life is threatened, including: dialysis, breathing machines, tube feeding and organ or tissue donation after you die.

Myth: You must have an advance health care directive to stop treatment near the end of life.

Fact: Treatment can be stopped without an advance directive if everyone involved agrees.

However, without some kind of advance directive, decisions may be more difficult and disputes more likely.

Myth: An advance directive means “Do not treat.”

Fact: An advance directive can express both the treatment that you do want—and that which you don’t want. Even if you do NOT

want treatment to cure you, you should always be kept reasonably pain free and comfortable.

Myth: If I name a health care proxy, I give up the right to make my own decisions.

Fact: Naming a health care proxy or agent does not take away any of your authority.

You always have the right, while you are still competent, to override the decision of your proxy or revoke the directive.

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Myth: I should wait until I am sure about what I want before signing an advance directive.

Fact: Most of us have some indecision about what we would want because treatment near the end of life can be complicated. Advance health care directives can always be changed if/when your wishes or circumstances change.

Myth: Advance directives are only for old people.

Fact: Younger adults actually have more at stake, because, if stricken by serious disease or accident, medical technology may keep them alive but comatose or insentient for decades.

Every person age 18 or over should prepare a directive.

SPRING 2020 CLASSES

All residents interested in attending should contact Carol Stanley for registration information. Call Carol at 918-496-8333, extension 241. Tuition assistance is available for anyone in need.



The Jefferson Highway in Oklahoma

Wednesdays, 1-3p ~ 2/19-3/25

Instructor: Jonita Mullins, Historian, educator

With its roots in one of the oldest trails in Oklahoma, this road plays a major role in the development of the state. Originally an Osage hunting trail, today a major trucking route called by a dozen different names, Highway 69 has more history than any other road in the state.

Stories behind the Songs

Wednesdays, 1-3p ~ 2/19-3/25

Instructor: John Hamill, Musician, historian, educator

Enjoy live performances of jazz and pop standards along with the stories about their origins during the first hour of class. The second hour will be a continuation of the series, "The History of Jazz" covering The Jazz Guitar: From Strumming to Soloist. Renowned local musicians will receive particular attention.

DEEP

Diabetes Empowerment Education Program

Instructor: John Lieber

Offered by Ability Resources, this FREE & FUN workshop will teach you practical skills on managing diabetes, monitoring blood sugar and diet tips. It will give you the confidence and motivation you need to manage the challenges of living with diabetes.

PREVIEW SESSION

Zarrow Pointe
Town Center Theater

Thursday, March 19, 2020 ~ 1:30pm

To learn more about this program or to register for the program contact:

Randy Cogburn at 918-496-8333

ZARROW POINTE AT HOME

Companion Care Services

Now available for the
residents of Zarrow Pointe

Contact

Danna Green
Director of Nursing,
Assisted Living

(918) 496-8333

Extension 237



**PREPARE
YOURSELF
BE READY**

**Annual Emergency
Preparedness Meeting**

Thursday, March 19 ~ 4:00pm

Burnstein Auditorium