

news & views

The Dog Days
of Summer

See page 2



The Dog Days of Summer

By Ray Bachlor

When I was young my family would spread a blanket on the grass at night and look at the stars while waiting for the house to cool before going to bed.

We would watch for shooting stars and marvel at the myriad of flashing lightning bugs as the brightest star in the sky, Sirius, tracked the constellation Orion across the night sky. Little did we know that the Egyptians had done much the same thing thousands of years before, naming Sirius the “Dog Star” because of its ability to track Orion and also knowing that it signaled the beginning of a period of high temperatures, sudden thunderstorms, and flash floods that were a precursor to the flooding of the great Nile River.

This arrival of Sirius, the Dog Star, always announced the coming of the “Dog Days of Summer”—the period that normally began around mid-July and lasted for as much as two months bringing extreme heat, drought, violent thunderstorms, flash floods and discomfort to Egyptians and Oklahomans alike.

In 1936, from July 15th until August 15th, the daily high temperatures in Tulsa never fell below 112 degrees Fahrenheit—the high was 115 on August 10th.

We lived on South 65th West Avenue (Bruner road). It was a dirt road and about once a month the oil truck would spray black crude oil on it to keep the dust down. Children never wore shoes in the summer and we were always careful to avoid stepping in the boiling hot oil puddles. The “goat head” and sand burr stickers that hid in the grass beside the road were not much better.

Most folks had a small Brunswick radio and as you walked down the road on a hot summer day you would not miss a bit of “Ma Perkins” or “Stella Dallas” because every housewife was tuned in as they did the ironing and the sound seemed to hang in the hot air. At night, we listened to Jimmie Allen, Jack Armstrong (the All American Boy), Little Orphan Annie



(remember to get your decoder pin!), The Shadow, The Green Hornet, Inner Sanctum (the creaking door was creepy), Amos & Andy, Bob Burns, George Burns and Gracie Allen, Fibber Magee and Molly (the closet) and others.

Boys usually wore bib overalls with no shirt and no shoes from spring until fall. Girls wore homemade flowered “feed sack” dresses sewn together after “ole Bossy” the family Jersey cow had finished off the contents.

Girls played hopscotch, jacks, patty-cake, and skipped rope on the sidewalk in front of the school during recess and lunch. Boys always carried a slingshot in one hip pocket and a Prince Albert tobacco tin full of marbles in the other. All boys carried a pocketknife to play mumbly-peg with and many carried their favorite top or Duncan yo-yo to school—and you weren’t dressed without your trusty hoop & wheel. The steel hoops that were used to hold wagon wheel hubs together were the best. All of the games—hopscotch, jacks, marbles, tops, mumbly-peg and hoops

& wheels—had precise rules that were inviolate. If you didn’t find a game you liked during recess you could always find a co-ed game of crack-the-whip or dodge ball. At home, we made rubber guns and played cowboys & Indians or played “Annie Over”. Some climbed to the top of wooden oil derricks to play “tag” but I never did because I was afraid of heights. I later decided to conquer that fear by becoming an Army Paratrooper during WW II.

After the war came TV and air conditioning—and allergies.

No one played outside in the dirt anymore—and certainly not during the dog days of summer. During the day we go from air conditioned homes to air conditioned cars and then to air conditioned offices.

Everyone watches TV at night instead of stars.

No Sirius—are you serious?

The “Dog Days of Summer” are but a memory—for some.



Fabricologist

(noun) (fab-ri-kol-uh-jist)

One who has perfected the art of stashing fabric.

An expert accumulator of cloth intended for future use.

Anyone who sews and quilts can relate to this new word.

I want to acknowledge an expert fabricologist, Irene Elizabeth Dailey. Irene collected yards and yards of calico fabric in hopes that one day her children would have an interest in quilting. Her daughter, Cheryl Dailey-Gibbs, told me that, however, was not the case. After her mother died, Cheryl did not know what to do with the bags and bags of fabric.

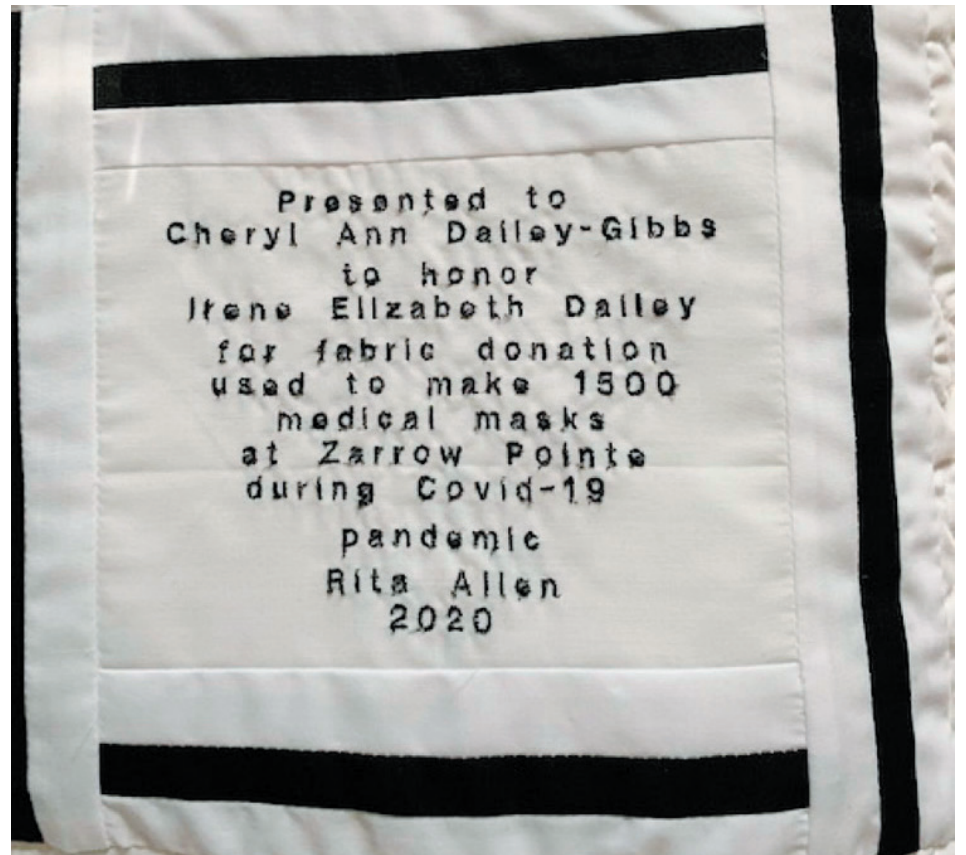
Cheryl gave it all to us at Zarrow to make the face masks and she was so happy that the fabric was used for a good cause.

After the mask project, I made a quilt for Cheryl to honor her mother. The quilt has over 80 blocks and each is a different piece of her fabric.

When I presented the quilt to Cheryl, she was so surprised and tearful. The label on the back explains the significance of the quilt.

However, it doesn't stop with our 1500 masks. Pam Young, a Villa resident took the remaining fabric to a group making masks for Oklahoma's prison population.

I am so proud of all you Zarrow residents who gave your time and talents every day on the "mask assembly line"



Winston Churchill said "We make a living by what we get, but we make a life by what we give."

Rita Allen

AUGUST 2020

SUNDAY	MONDAY	TUESDAY
AS- Art Studio BA-Burnstein Auditorium C- Café GR- Game Room AL- Assisted Living Z-Connect By Zoom	IP- Indoor Pool L- Library ML- Manor Lobby S- Synagogue TR-Theater Room R- RESERVATIONS ONLY	POOL HOURS: MONDAY – FRIDAY: 9:00-4:30 CLOSED FOR LUNCH: 12-12:45 SATURDAY –Closed SUNDAY –Closed
2 10:00 Games GR 2:00 Movie TR Singin’ In The Rain with Gene Kelly	3 10:00 Games GR 10:30 Crossword TR 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	4 10:00 Toe Tapping with Merri Beth BA 2:00 Movie BA The Good Liar with Helen Mirren
9 10:00 Games GR 2:00 Movie TR Where The Money Is with Paul Newman	10 10:00 Games GR 10:30 Town Meeting BA & Z 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	11 10:30 Jeopardy L 2:00 Movie BA Just Mercy with Michael B. Jorden
16 10:00 Games GR 2:00 Movie TR Life As We Know It with Katherine Heigl	17 10:00 Games GR 10:30 Crossword L 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	18 10:00 Toe Tapping with Merri Beth BA 2:00 Movie BA Spotlight with Mark Ruffalo
23 10:00 Games GR 2:00 Movie TR Cool Running with John Candy 30 10:00 Games GR 2:00 Movie TR The Iron Lady with Meryl Streep	24 10:00 Games GR 10:30 Crossword L 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR 31 10:00 Games GR 10:30 Crossword L 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	25 10:30 Jeopardy L 2:00 Music with Sergio BA

Reservations can be made by calling Carol Stanley at 918-493-8333 Ext. 241 or using the sign-up sheet by the mailboxes.

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY 8/7 Gail H. 8/8 Del S. 8/11 JoAnn S. 8/15 Lois R. 8/19 Dottie B. 8/22 Paula M. 8/23 Malcolm M. 8/23 Irene S. 8/27 Estelle F. 8/28 Joan G.			1 SABBATH
5 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion Group TR&Z 1:30 Exercise BA 2:00 Games GR 2:00 Balloon Swat BA	6 10:30 Guys and Gals TR 2:00 Movie BA The Good Liar with Helen Mirren	7 10:00 Games GR 10:00 Garth Brooks The Road I'm On Episode 1 TR 1:30-2 Exercise BA 2:00 Balloon Swat BA	8 SABBATH
12 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion Group TR&Z 1:30 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	13 10:30 Trivia L 2:00 Movie BA Just Mercy with Michael B. Jorden	14 10:00 Games GR 10:00 Garth Brooks The Road I'm On Episode 2 TR 1:30-2 Exercise BA 2:00 Balloon Swat BA	15 SABBATH
19 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion Group TR&Z 1:30 Exercise BA 2:00 Games GR 2:00 Balloon Swat BA	20 10:30 Brain Games L 2:00 Movie BA Spotlight with Mark Ruffalo	21 10:00 Games GR 10:00 Reba McEntire Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA	22 SABBATH
26 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion Group TR&Z 1:30 Exercise BA 2:00 Games GR	27 10:00 Epic History of Everyday Things TR 2:00 Bingo BA	28 10:00 Games GR 10:00 Carrie Underwood Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA	29 SABBATH

If you would like to receive email notifications of special events not listed or changes to scheduled activities, email your contact information to Randy Cogburn at rcogburn@zarrowpointe.org.

Protecting the Elderly from Financial abuse

By Mathew Snyder, Zarrow Pointe Healthcare Administrator

When one hears the term “elder abuse”, the first thing that usually comes to mind is physical abuse. While physical abuse toward elders in a variety of settings unfortunately does occur, a far more common type of elder abuse is financial abuse.

All forms of elderly abuse are each devastating in their own way. Abuse takes many forms, such as physical, emotional, mental, sexual, neglect and financial. Since financial abuse and exploitation is the most common and widespread form of abuse, we will focus on this very important topic today.

Financial abuse of the elderly is often the most difficult form of abuse to detect. Each year, vulnerable elderly lose \$36 Billion due to financial abuse. Financial abuse doesn't leave obvious scars, bruises, and other outward signs of trauma that other forms of abuse do. Financial abuse is equally devastating because it robs the victim of their livelihood and their financial means to care for themselves and it's traumatizing to the victim when they learn that someone they trusted and cared for has taken advantage of them and left them financially vulnerable.



Common perpetrators of financial abuse include: Caretakers, neighbors, financial institutions, lawyers, family and friends.

The Older Americans Act of 2006 defines financial abuse as:

“The fraudulent or otherwise illegal, unauthorized, or improper act or process of an individual, including a caregiver or fiduciary, that uses the resources of an older individual for monetary or personal benefit, profit, or gain, or that results in depriving an older individual of rightful access to, or use of, benefits, resources, belongings, or assets.”

Some of the more common financial abuse scenarios include:

Lottery scams, home repair scams, tax

scams, charity scams, long lost relative scams, relative is trouble scams, abuse of financial power of attorney, etc.

While there is no method that is perfect, the following strategies can make you or your loved one a harder target for financial abuse:

1. Don't share bank accounts or give bank account information.
2. Setup a revocable trust with a fiduciary. This will block outsiders from accessing valuable assets.
3. Don't give out personal or banking information over the phone to unknown sources.
4. If you need family to help you manage your finances, setup a system of checks and balances to include at least two trusted family members to where all financial transactions are transparent to each other. This will reduce the chances of exploitation of both parties know that someone else is monitoring financial activity.

It is everyone's job to ensure that our elderly are not victimized financially. If you suspect financial exploitation to yourself or your loved one, you can call Oklahoma Adult Protective services at 877-751-2972.



AUGUST BIRTHDAYS

Joyce H.	1st
Maxine C.	5th
Joan M.	7th
Harel B.	15th
Judith M.	17th
Richard D.	24th

Tie Dye Day!

August 27th is Tie Dye Day!
Wear your best and brightest tie dye clothes!

Luau Day

Residents joined in to celebrate a tropical Luau Day in celebration of CNA week



On June 26th 2020, Aubrey Kistler (HC Activity Director) and Kimgrace Hakip (Director of Social Services) were deputized by the Oklahoma Election Board to act as Election officers to help residents vote for the local elections.

A few of our enthused residents voted.

Gloria Rothman stated, "I am glad that I can still vote".

David said that he has been waiting for the voting day. Marilyn proudly donned the sticker "I voted" after casting her vote.

Some changed their minds and exercised their refusal to vote.



FRIDAYS IN AUGUST OKLAHOMA Country Music Artists

AUGUST 7

GARTH BROOKS

“The Road I’m On” - Episode 1

AUGUST 14

GARTH BROOKS

“The Road I’m On” - Episode 2

AUGUST 21

REBA MCENTIRE

Documentary

AUGUST 28

CARRIE UNDERWOOD

Documentary

Zarrow Pointe Reviews

Zarrow Pointe Chefs, I was so surprised when I was first served my meals here at Zarrow Pointe skilled nursing center. The food was exceptionally good. You prepared delicious meals most people wouldn't expect at a medical facility. I can tell a lot of preparation and skill went into what foods you prepared and served. The casual meals, like the sandwiches and burgers, were even tasty and appreciated too! I'll share with you one of the coolest things that happened. When I first arrived, I was hurting and in need of a lot of care. It was just before dinner time when I arrived in my room where I hadn't been told what to expect or how things worked. Then in walked someone with a dinner tray. I said "What?" I wasn't expecting dinner. I then open the covered plate and it was enchiladas. I then started to cry. (HAPPY tears). What a way to cheer someone up! Ya'll didn't even know me. Mexican food and enchiladas are my favorite food. Also this was better than I had been eating at home for a long, long time. My other favs you served were the fresh berries and bananas, the green side salads, the eggs rolls with spicy dipping sauce and fried rice, THE CORN BREAD with kernels of corn in it (which I could have eaten several pieces as my meal), and the bread pudding!!!

*Thank you so much.
Shaloam, Vanessa P. - South Hall*

When my mom entered Healthcare, I was and continue to be amazed at the ★ ★ ★ ★ ★ cuisine! I couldn't get over the quality and attention to detail. Whenever our family and friends came to visit my mom, they were blown away, as well. I have to also give a shout out to Jaime and Marilyn. Marilyn knew my mom and her needs, likes and dislikes. When I had to leave town, I never worried, because Marilyn watched over her. I'll always be extremely grateful to Chef and the dining room team, as the daughter of a resident and later a coworker.

Sharon Grimes (Dorothy H.)