

ZARROW POINTE

# news & views

JUNE 2020



What we Did in  
the Time of the  
Coronavirus

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# What we Did in the Time of the Coronavirus— *A time when there was so much to do*

By Jim Jakubovitz

We made, because the need was so great, face masks for Ascension St. John Medical Center, an effort of love and support, which built connections between Zarrow and St. John, but also amongst our residents. It was the idea of Rita and Phil Allen. And while we couldn't bring entertainers into our building, as we ordinarily would, we organized an outdoor concert—our residents on their balconies and patios, while performers entertained from a common area. We sang together, all of us from folding chairs in safe spaces,

once removed from each other, but together again. Further, 35 (35!) canvases are now being painted by residents and staff that, when finished, will form a 5 x 7 foot mural collage that will adorn the entrance to our retirement center. We also ordered flowers and plants, and our residents competed for the top prize in a contest to determine who could best transform their personal outdoor living space. We decided they all won. As one resident said, "If we have to go through this, let's make the best of it."



Cyd, drew all the individual canvases.



Almost done!



Rita Allen – Head Maskateer wearing her BOSS Mask



A small group of The Maskateers.





To add a little color and fun to our campus we had a Patio & Balcony Decorating Contest. We couldn't decide on just one winner, so we declared everyone a winner!

## STAFF PROFILE: AMANDA HAMILTON – NEW HEALTHCARE DON



Amanda Hamilton

I knew from the time I was a little girl in the second grade that I wanted to become a nurse, and that's all I wanted to do. After graduating high school in 1999, in 2000 I got my CNA license and immediately went to work, I started out doing private duty in resident's homes and filling in at long term care facilities and fell in love with geriatrics. In 2004 I graduated from LPN school and worked as a charge nurse on a skilled unit for a couple of years until having my daughter in 2007. I took a different direction after she was born and did home health for

9 years because the schedule was more flexible but continued to pick up shifts PRN in long term care. I came back to long term care fulltime in 2016. Prior to coming to Zarrow Pointe I was the Assistant Director of Nursing at The Gardens. I am so thankful for the opportunity to be a part of such a beautiful facility, amazing team and place that truly cares about their residents. I graduated from OSU with my RN degree in 2012 and I will graduate with my Bachelor's degree in December of 2020 from Oklahoma Panhandle State University.

## STAFF PROFILE: TANYA GILMORE – NEW MDS COORDINATOR



Tanya Gilmore

I have always been a caregiver of sorts, first with my younger brother, and the dogs that we raised throughout the years. I was blessed to sit at the knee of my dad while he became a Physician's Assistant. I have gleaned though the years from his experience and teaching ability to learn even more, and continue to daily. I love learning and working with the residents. They have also taught me things that have helped me in life. My success is due to my parents and their drive and continued willingness and wanting to

learn. And my grandmother Jean, who always told me that I would make a great nurse. My family is my biggest driver in what I do daily and that requires me to constantly push myself to achieve more. I am humbly thankful to those that have crossed my path and I theirs for they have brought me Joy and Love which continues to grow daily.



## A Reflection on Mother's Day 2020

By Mathew Snyder, Healthcare Administrator

Reflecting over this past Mother's Day has allowed me to put many things in perspective. Due to the ongoing COVID 19 pandemic, our usual Mother's Day celebration looked very different this year. Each year, I really get into Mother's Day and I want to make sure she knows that my siblings and I all appreciate all the sacrifices she made for us growing up, to put us in the best positions possible, and to set us up for success in life.

Since I normally plan an extravagant celebration for my mom with the whole family, and knowing the limitations that would be in place due to social distancing restrictions, I was stressing out about what to do and how to make my mom feel special without planning a big get-together.

After several weeks of thought on this, I basically came to the conclusion that while I know my mom does appreciate the large family events we normally do for Mother's Day, I knew that she would

be happy with whatever I planned and that I shouldn't worry about things I have no control over. I then called my mom and told her there would be no big plans this year, and asked, "Will you just have lunch with me and your grandbabies?" She said she would love to and that would be a great Mother's Day gift for her.

We had a small lunch with just us and my kids and for the first time in years, it was a quiet lunch without having to talk over 20 other people. We were actually able to sit and have a wonderful conversation and she was able to enjoy her grandkids and give them some one-on-one time instead of having to divide her attention amongst all of them like she normally does.

While I was initially worried she would be let down with such a simple plan, I came to realize that it truly is the quality of the time and interaction that matters, and not how many people can show up to an event.

In addition to my own plans for Mother's Day, I was worried that our residents would feel left out or forgotten. Many families called, video chatted, and some even came to the window to see their mothers. Everything went as well as I could have hoped. While I still feel that not being able to physically be with loved ones is obviously hard, just the thought and effort that families made to make Mother's Day special with the limitations we're facing were appreciated, and that alone let them know they are loved.

I truly hope by this time next year, we can have things somewhat back to normal to where families can once again celebrate together and hug and touch each other. If nothing else, this pandemic has taught us about the value of quality time in relationships and I think in the long run, we will appreciate each other and not take things for granted since we know what it is like when things are taken away, and that tomorrow is never promised.

## Happy Birthday Catherine!

Aubrey Kistler- Healthcare Activities Director

On the second of May, Mrs. Catherine Vale celebrated her 102nd birthday with staff and family from a safe and healthy distance. Ms. Vale received many special cards and gifts from friends and relatives

as well as a flower cake from her children. Ms. Vale also had a very special window visit from her grandson and his family. Zarrow Pointe is honored to have Mrs. Vale as a treasured friend and member

of our community. Here's to many more years of good times and happy memories, Catherine! We love you!



**JUNE  
BIRTHDAYS**

<b>Evelyn M.</b>	<b>1st</b>
<b>Margaret M.</b>	<b>8th</b>
<b>Len M.</b>	<b>14th</b>



**Neck Tie  
Day**

**June 24th** - wear a necktie-  
however you like- in honor  
of our caring fathers and  
grandfathers.



# We Celebrate Our Healthcare Heroes May 6th-12th for National Nurses Week

By Mathew Snyder, Healthcare Administrator

National Nurses week is May 6th-12th this year. In a “normal” year we celebrate the nursing profession with a small token of appreciation and a sincere “Thank You” to all our nurses do. As we know, this year has been anything but ordinary to say the least, with our nurses and thousands more across the country putting their lives on the line to care for the sickest and most vulnerable of patients. One week is truly not enough to thank, honor and recognize the long hours and selfless work our nurses do each day. If it were up to me, I would name 2020 the “Year of the Nurse”!

I simply cannot say “thank you” enough to all of our nursing staff for what they do. I would encourage everyone if they see a nurse in public to make an effort to say “thank you” to them and let them



know their work is appreciated. Being a nurse is truly more than a job; it is a calling that not everyone can do. There is a reason that nurses consistently rank as the most trusted profession year in and year out!

We will get through this together and I

am so proud to be able to work alongside some of the most talented and dedicated nurses you could possibly imagine!

Again, on behalf of the greater Zarrow Pointe community, THANK YOU to our nursing team and happy Nurses Week 2020!

## 40s Flirts!

Aubrey Kistler- Healthcare Activities Director

The month of April saw staff celebrate the “Can-Do” attitude of our residents from the Greatest Generation. Healthcare staff showed off their best 1940s fashion.



## Distance Bingo

Aubrey Kistler- Healthcare Activities Director

Activities staff have continued best efforts to maintain a schedule of bingo games from a safe distance. Residents have enjoyed playing their favorite game in hallways or safely spaced from one another in the Activities Room. We hope soon our residents will be able to laugh and play bingo again together!





# Forecast: "Sunny Days Ahead"

By Randy Cogburn

As the sun once again begins to shine through the clouds that have covered us for a while during these challenging times, we begin to wonder how the world around us will change. Personally, I am trying to look at the way things are changing as an opportunity to just do things differently, and perhaps to some extent better. I will say that I have learned that many of the things that I thought I could not do without are really not that important at all. The little things, that are often taken for granted are what I miss the most...like hugs.

Moving forward we are looking for opportunities to bring our residents back together for activities. We will gradually begin posting more events on our monthly calendar, but we will still be controlling the size of our groups. Please look for more details in the article alongside the calendar in this month's newsletter.

Technology will also play a part in connecting our residents to more of the things that normally would require them being there in person. Ray Bachlor will begin organizing a weekly Discussion Group again, and anyone interested in participating may join the discussion via Zoom video conferencing. Those who do not have the needed equipment may attend in the Town Center Theater where it will be displayed on the screen and attendees may also participate. If you are interested in participating via Zoom Connect please email Ray Bachlor at: bachlor@cox.net and he will add you to his list.

Beginning in June we will begin holding our monthly Town Meeting again. Like the Discussion Group, you may also join the meeting via Zoom. A meeting invite will be sent out each month to all of the residents that have supplied me with their email address.

If you have questions about Zoom and whether or not the computer or device you have will allow you to use it please let me know and I will be glad to help.

Throughout this journey I have learned to appreciate this community even more. I am grateful to the dedicated staff and the cooperation of our residents in keeping us healthy and strong. In spite of everything, our residents answered the call and made face masks to protect themselves and our workers along with others in our medical community. Many have participated in the community art project and have become even more interested in painting again. I can't wait to see the finished piece!

The cloudy days have been easier to live with because of you. Like many of the other things we've sacrificed together, we will learn to appreciate the sunny days even more.



COMING IN JUNE  
OUTDOOR CONCERT!

featuring  
**DENISE HOEY**

date & time  
to be announced

## 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



FRIDAYS IN JUNE  
DOCUMENTARIES

*Women in  
Comedy*

JUNE 5
LUCILLE BALL
JUNE 12
CAROL BURNETT
JUNE 19
THE GOLDEN GIRLS
JUNE 26
CAROL CHANNING