

ZARROW POINTE

news & views

JULY 2020



Celebrating Our Independence

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Celebrating Our Independence

By Randy Cogburn

On July 4, 1776 the Continental Congress adopted the United States Declaration of Independence, which announced that the thirteen American colonies then at war with Great Britain were now independent states, and thus no longer a part of the British Empire. There were subsequent battles to follow. The price was high, but for all those involved, the reward was worth it...independence!

Since then, every July 4th our nation celebrates its independence and we reflect on what it means to live in the land of the free. Likewise, celebrating our own individual independence has just as much meaning to us.

It is easy to take for granted the simplest of things in life, until one day, for one reason or another, they are taken from us. Maintaining one's independence, or ability to remain self-sufficient to at least some degree, is closely related to our need to maintain a purpose in life.

No one likes to think about changing his or her level of independence. But sometimes the reality of physical problems can cause changes. Your body goes through many changes as you age, but there are things you can do to slow these changes. Keeping healthy and physically strong are very important to being able to maintain independence.

Working with people who are in their 80's and 90's has given me the opportunity to see first-hand how one can best cope with the effects of aging and the impact it has on maintaining independence.

I see those who are still making it alone; they remain physically active, exercise regularly, are engaged socially, and keep their minds sharp. Others, while needing some assistance, are maintaining their own level of independence. For example, just because one requires the assistance of a cane or walker to steady them as they walk



doesn't mean they can't function independently.

If you feel that you are losing some of your physical independence, your mental attitude is very important. Draw healthy boundaries with those who offer support. For instance, you can let people know nicely that there are some things you prefer to do yourself, and where it is appropriate, for as long as you can.

If you are a caretaker of someone needing assistance, keep in mind the importance of letting them do as much for themselves as they can. When appropriate, and as often as possible, keep them involved in their own care and in making decisions that affect their own quality of life. When making those kinds of decisions, remem-

ber: "Nothing about them, without them." Don't make the mistake of making them dependent. Treat them as you will want to be treated. You'll likely be in those same shoes one day.

Our independence should never be taken for granted, and staying independent requires constant effort. Sometimes we have to 'push' ourselves in spite of the odds against us. Remember that just because you find yourself needing assistance with some things doesn't mean that you should totally sacrifice your independence. Don't focus on the things you can't do for yourself, but rather, hold on to the things that you can do for as long as you can! Every year that you are able to maintain that ability is reason to celebrate your independence, and life itself!

Miguel Lagunas is Shaking Things Up

By Jalexa Schell



Miguel Lagunas

Miguel Lagunas is shaking things up in Doug's at the Pointe! Zarrow Pointe is proud to welcome him to the Doug's team where things are heating up with a host of new and tasty creations. Hailing from Cuernavaca (the capital city of Morelos, Mexico and home of the 16th century Palace of Cortés), Miguel has had 14 years of experience working in kitchens. He began washing dishes as a first job during his early teens, but quickly discovered a passion for cooking and started working his way up in the kitchen. "When I'm cooking, it doesn't feel like work," Miguel told me with a smile as I spoke with him at the counter of Doug's on Friday morning, "it's like it's in my blood. I start creating and it's a passion to create that experience for customers."

Watching him work, it's clear to see that he has a flair for flavor and a friendly customer service, whether crafting traditional Carne Asada street tacos or serving up bistro style coffees. Over the past decade, Miguel has gained a wealth of experience from some of Tulsa's most beloved eateries such as Mahogany, Michael B's, and Polo Grill. He served as the executive sous chef in Philbrook Museum's Kitchen 27 for 3 years, and has worked alongside some of Tulsa's most cutting-edge restaurateurs at Mother Road Market in Bodhi's Bowl for the past 2 years before joining the Zarrow Pointe family. Alongside the Pointe's own Adrian Luna, the two of them have made an exciting splash on the campus dining scene and residents are taking notice!

"Everyone here has been very nice and welcoming," Miguel elaborated, flipping fresh pancakes on the griddle, "it's like coming into a big family and I get so excited to see the smiles on their faces when they try my cooking." He and Adrian make quite the team when it comes to service with a smile; watching them work together, the dynamic is nearly tangible.

Whereas Miguel is a new face in the community, Adrian is celebrating his 13th year with the Zarrow Pointe team by taking on a new role in the kitchen at Doug's. He has

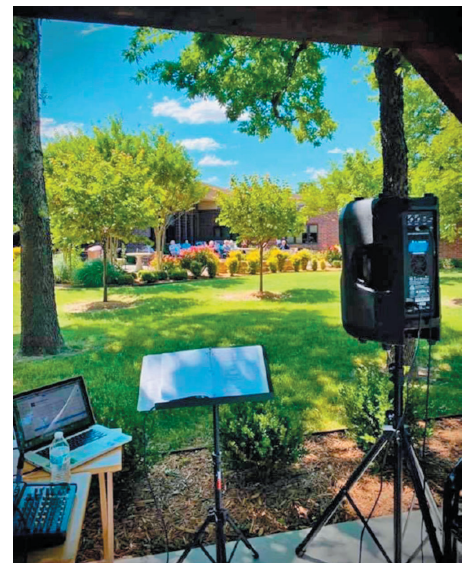
had nearly every job you could imagine in the dining department, but now he has stepped out of the dining room to bring the flavor at the helm of Doug's and showcase his skills in the kitchen. "Working with Miguel is laid back and fun," he had to say, "we get the chance to be creative and put our own spin on things and we have a good time."

Good times are certainly what the relaxed, bistro atmosphere at Doug's is all about; there is a fun and fresh energy, employees and residents are excited to come check out the special board and fuel up for their busy days, and the guys are serving up made-to-order freshness with smiles on deck. When asked what he likes to do when he's not busy behind the grill, Miguel had to say that he enjoys playing soccer and simply catching up with friends: "I just like to socialize, go out for drinks and check out new restaurants with friends," he said with a laugh, "it always comes back to the food, because for me, that's how you show you care about people."

You can come say hello to Miguel and Adrian and try some of that heartfelt cooking at Doug's Restaurant near Town Center anytime between Tuesday and Friday from 8:00am to 2:30 pm.

Outdoor Concert Fun!

We welcomed Denise Hoey to our campus again, for two outdoor concerts. The residents had a great time enjoying the fresh air, good friends, and great music.



JULY 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
5 10:00 Games GR 2:00 Movie TR Country Strong with Gwyneth Paltrow	6 10:00 Games GR 10:30 Crossword TR 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	7 10:00 Toe Tapping with Mary Beth BA 2:00 Movie BA The Proposal with Sandra Bullock
12 10:00 Games GR 2:00 Movie TR Failure to Launch with Matthew McConaughey	13 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	14 10:30 Jeopardy L 2:00 Movie BA The Wife with Glenn Close
19 10:00 Games GR 2:00 Movie TR Soul Surfer with Ann Sophia Robb	20 10:00 Games GR 10:30 Crossword L 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	21 10:00 Toe Tapping with Mary Beth BA 2:00 Movie BA The Good Lair with Helen Mirren
26 10:00 Games GR 2:00 Movie The Wrong Missy with David Spade TR	27 10:00 Games GR 10:30 Crossword L 1:30-2:00 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR	28 10:30 Jeopardy L 2:00 Movie BA The Help with Emma Stone

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	
1 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion GroupTR&Z 1:30 Exercise BA 2:00 Games GR 2:00 Balloon Swat BA		2 10:30 Guys and GalsTR 2:00 Movie BA Betty White Queen of TV		3 10:00 Games GR 1:30-2 Exercise BA 2:00 Balloon Swat BA		4 SABBATH HAPPY INDEPENDENCE DAY	
8 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion GroupTR&Z 1:30 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR		9 10:30 Trivia L 2:00 Movie BA The Proposal with Sandra Bullock		10 10:00 Games GR 10:00 Robin Williams Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA		11 SABBATH	
15 10:00 Strength and Balance BA 10:00 Games GR 11:00 Discussion GroupTR&Z 1:30 Exercise BA 2:00 Balloon Swat BA 2:00 Games GR		16 10:30 Brain Games L 2:00 Movie BA The Wife with Glenn Close		17 10:00 Games GR 10:00 Jerry Lewis Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA		18 SABBATH	
22 10:00 Games GR 10:30 Strength and Balance BA 11:00 Discussion GroupTR&Z 1:30 Exercise BA 2:00 Games GR 2:00 Balloon Swat BA		23 10:30 Jenga Game L 2:00 Movie BA The Good Lair with Helen Mirren		24 10:00 Games GR 10:00 The Three Stooges Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA		25 SABBATH	
29 10:00 Games GR 10:30 Strength and Balance BA 11:00 Discussion Group TR&Z 1:30 Exercise BA 2:00 Games GR 2:00 Balloon Swat BA		30 10:30 Giant Jenga Game TR 2:00 Movie BA The Help with Emma Stone		31 10:00 Games GR 10:00 George Burns Documentary TR 1:30-2 Exercise BA 2:00 Balloon Swat BA		<div>HAPPY BIRTHDAY</div> <div><div>7/5</div><div>7/6</div><div>7/7</div><div>7/9</div><div>7/9</div><div>7/10</div><div>7/13</div><div>7/20</div><div>7/26</div><div>7/28</div><div>Joe S.</div><div>Franklin M</div><div>Bob D.</div><div>Merv A.</div><div>Marilyn S.</div><div>Abu A.</div><div>Tommie K.</div><div>Connie S.</div><div>Mary S.</div><div>Mary H.</div></div>	

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.

The Resiliency of the Greatest Generation

By Mathew Snyder, Healthcare Administrator

Every 20 or 30 years we define a group of people born within certain dates as a “Generation”. Over a length of time, each generation develops a certain personality and set of unique characteristics that defines them. Some of the more well-known generations include the Baby Boomers, Gen X, Gen Y also known as Millennials and then of course the Greatest Generation.

For example, people born into the Baby Boomer generation (born between 1946 and 1964) are well known for the huge post-war baby boom and this generation is known for being born into an unprecedented time of post war stability, economic growth, prosperity and traditional family values.

Gen X, born between 1965 and 1979, are the children of the baby Boomers and they are known for being hard working, driven, technologically savvy, and generally well-educated.

Gen Y (Millennials), form a group of people born between 1980 and 1994. This generation is young and they have yet to still be defined by history, but so far this generation tends to be known for being born into a technology-driven world, have experienced major world events such as the terror-



ist attacks of September 11th, 2001, experiencing a ‘Great Recession’ from 2008-2011 as well as being known for not liking the traditional corporate America work environment, instead favoring more the progressive and less structured work environments of smaller, more employee-centric companies.

While I have never fully agreed with the whole idea of “labeling” an entire generation of people, The Greatest Generation is one generation that I believe warrants the lofty title of “Greatest”. Born between 1901 and 1924, the Greatest Generation is often the most revered generation for a variety of reasons. This generation has become to be known as hard working, resilient, independent, patriotic and traditional. This generation is well-known for experiencing World War I from 1914-1918, the Great Depression from 1929-1939, and World War II from 1939-1945.

By the luck of being born at the right time in 1980, and getting into my career in Long-term Care in 2010, this has allowed be an amazing level of access and time with this generation of people. Over the hundreds (maybe thousands) of people from this generation I have talked to over the last 10 years of my career, I can confidently say that there is something truly spe-

cial about this group of people. Fiercely independent, loyal, family-oriented, patriotic and self-reliant are all characteristics that I can say I see over and over in this generation when I talk to my residents here at Zarrow Pointe and other places.

I think that the combination of going through two World Wars and surviving a decade long depression fundamentally changed and toughened this group of people. It is truly awe inspiring and puts things into perspective during this historically challenging time we are facing in 2020. Often, I feel bad for residents here and across the country having their lives up-ended with restrictions on activities, visitation, meals, etc. When I talk to our residents, I apologize about all the changes and inconveniences they are having to endure. I have yet to have one resident complain to me about them and they often tell me “I have seen and been through much worse, and this too will pass.” These words alone is what gives me hope we will truly get through this. If the generation that survived one of the hardest times in history, tells me it will be fine someday, that is what carries me and gives me confidence that we will be fine and this will strengthen us as a country and as individuals, and hopefully we will all come out on the other side stronger.



JULY BIRTHDAYS

Andy B.	1st
Ed R.	13th
Billy D.	15th
Nanette P.	26th

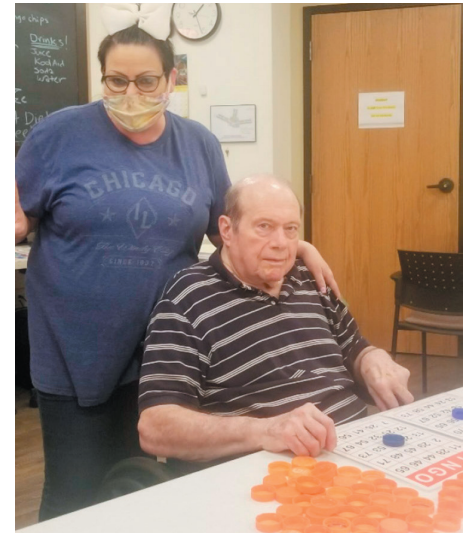
Keeping it Social....Distancing



Creativity has become a present need during this “safer at home” time. We want to make sure our residents have as much social interaction as possible even with no

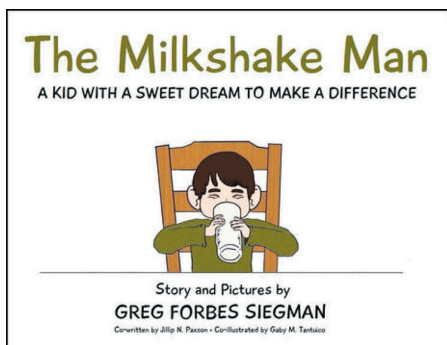


visitors allowed on campus. We are setting up Zoom style video chats with family and friends, playing our favorites games, and doing one on one visits just to talk and listen to

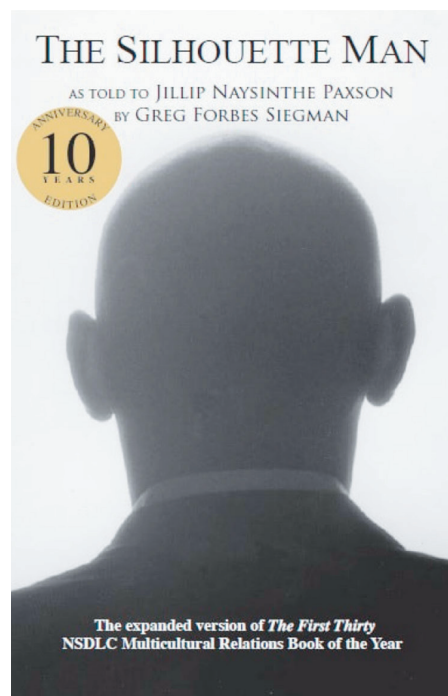


some favorite tunes. We can't wait until we can see everyone in person again, but until then we are trying to make the best of our time.

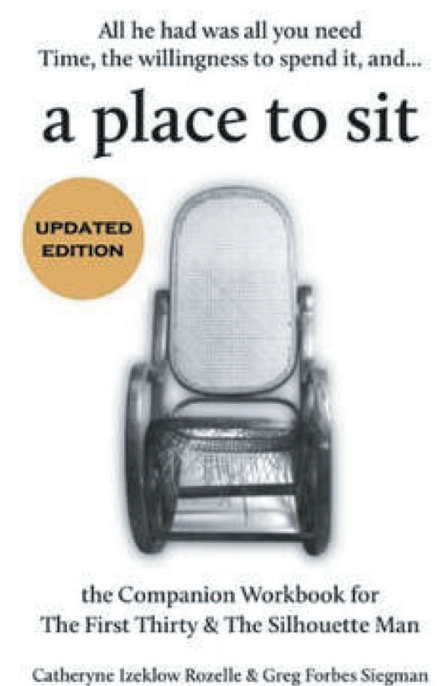
During –the- Pandemic Book Club



Nationally known author Greg Forbes Siegman has partnered with the Zarrow Pointe Healthcare Activities Department! Copies of Siegman's books “The Silhouette Man” and “The Milkshake Man” are available to residents to read while quarantine measures are in place. These books revolve around topics such as volunteerism, community activism, goal planning and the wisdom of elders. There is also a companion workbook available to those interested in reading the books. When residents have finished reading, staff will collect questions, comments and discus-



sion prompts from participants and submit them to the author. He will then provide Zarrow residents with a personalized video answering all of their questions. This can be a great way of coming together with friends



while enjoying a book at home. If you are interested being a part of this program, please contact Aubrey Kisler, Healthcare Activities Director. Stay close to home, stay safe, and read a good book!

**FRIDAYS IN JUNE
DOCUMENTARIES**



Men of Comedy

JULY 10

ROBIN WILLIAMS

JULY 17

JERRY LEWIS

JULY 24

THE THREE STOOGES

JULY 31

GEORGE BURNS

Doug's

at the Pointe

8:00AM - 2:30 PM

Come join us for breakfast or lunch.

Toe Tapping with Mary Beth

Tuesday, July 7th & 21st

at 10:00 am