

ZARROW POINTE

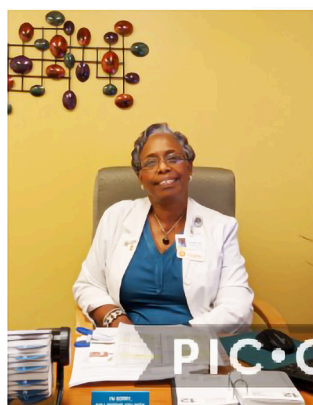
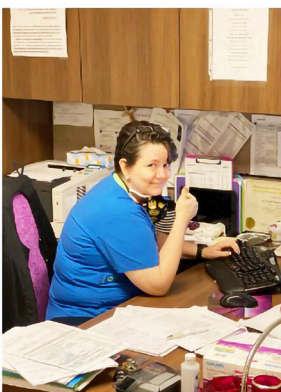
news & views

SEPTEMBER 2020

Labor Day

Celebrating Our Workers
& Our Diversity

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PIC • COLLAGE

Labor Day - Celebrating Our Workers & Our Diversity

By Randy Cogburn

For most workers Labor Day simply marks the end of summer, and the 3-day weekend that we look forward to following July 4th. Most of us though, have either forgotten or don't even know the why behind Labor Day. So, let's take a quick look at the history behind the holiday that, regardless of the date, is always the first Monday in September.

Labor Day is the worker's holiday that came out of great strife and mistreatment by businesses of workers, especially immigrants, in the late 1800's.

According to History.com, Labor Day was an outcome of the harsh changes happening as America moved from agriculture to an industrial society.

The working conditions in factories were unsafe, the pay was inadequate, and immigrants and the poor were taken advantage of – working 12-hour days and 7-day weeks...not by choice. They were barely getting by financially.

This led to marches and strikes by workers across the US and Canada against unfair practices. A key turning point for workers in the US was the Pullman Palace Railroad Strike in Chicago involving over 250,000 workers across 27 states. This strike lasted over 2 months and held up freight and passenger trains west of Detroit. Over 30 deaths were attributed to the strike. In an effort to get trains running again, President Grover Cleveland sent in the Army to break up the strike resulting in more deaths and chaos.

When it was learned what happened Grover Cleveland realized he had to do damage control. This led to Congress passing legislation to have a National Worker's Holiday just 6 days after the end of the strike. Grover Cleveland later signed it into law.

Labor Day celebrates diversity and inclusion by remembering the hard-fought achievements of immigrants to



have equal pay and reasonable hours for which we benefit, and recognize that the fight is not over.

Zarrow Pointe is a community that values diversity and promotes inclusiveness. It is an integral part of our mission statement and is a way of life for those who live and work here. Our 250 employees represent 23 different countries! We are a family whose cultural differences make us stronger, for as long as we learn from one another.

The following poem, by an unknown author, is a thought provoking lesson in the value of diversity. Please make a point to celebrate our workers on Labor Day by making them feel appreciated as we benefit from the fruits of their labor.

If All the Trees Were Oaks

What if all the trees were oaks,
How plain the world would seem;
No maple syrup, banana splits
And how would orange juice be?
Wouldn't it be a boring place,
If all the people were the same;
Just one color just one language,
Just one family name!

–But–

If the forest were the world,
And all the people were the trees;
Palm and pine, bamboo and willow,
Live and grow in harmony.
Aren't you glad, my good friend,
Different though we be;
We are here to help each other.
I learn from you, and you from me.

Author unknown

Tim Richards: Rebel with a Culinary Cause

By Jalexa Schell-McCall

There's never a dull moment in the kitchen with Tim Richards, Zarrow Pointe's new executive chef. Tim's contributions to the dining room have a signature creative flair with an emphasis on fresh ingredients, and residents are taking notice! While we've all greatly enjoyed his new additions and fresh takes on old favorites, many are asking, 'what about the man behind the chef's coat'? In my efforts to snag a free moment for an interview, one thing has become very clear: Tim is a full-steam-ahead individual with a passion for his work that keeps him moving! A Colorado native, Tim has been working in the restaurant business for 35 years. He attended Booker T. Washington High School in Tulsa, graduated with honors from the culinary program at OSU-IT, and has since helmed kitchens at some of Tulsa's best restaurants, including Michael Fusco's Flavors, Bin 35 Bistro, and Bodean's Seafood. The influences from his 12 years at Bodean's are certainly evident in the new and creative seafood options that have been showing up on our dining room menus as of late!

When I asked Tim what made him take an interest in cooking professionally, I had to laugh at his answer of "35 cents!" The point-blank answer shook me out of my mid-afternoon caffeine slump, and Tim elaborated with a laugh, "I started out as a dishwasher working in my first restaurant, which was an opportunity that made 0.35 cents more than my friends who were servers and I felt like a real bigshot." After some admittedly less-than-stellar work in the dish pit and a particularly rousing conversation with his boss at the time, Tim recalls being asked, 'where's your future going to be?' and credits this moment for his decision to get serious about pursuing a career in culinary.

"But at that time, of course, it wasn't a glamorous profession; you didn't have all these artistic chefs. It was Julia Childs, Michelin star guys over in France, and if you weren't that, you weren't really anybody special," he recalls with a shrug, adding, "and when my parents were [asking] me, y'know, how are you going to succeed in this career without schooling, I decided, I will because I just have to; this is what I love and I'm going to do it." So from that point, Tim became a rebel with a culinary cause. It was then that he signed up for culinary

school at OSU and started to pursue his education while working his way up the ladder in restaurants at the same time. His commitment to the course is a tangible energy: a quiet and driven focus that leaves little time for interruptions and no task done halfway. It's clear to those working alongside him in the kitchen that his know-how comes from both dedication, heart, and a wealth of experience.

One thing that sets his cooking style apart is sheer resourcefulness. When asked about his perspective on ingredients, Tim explained to me that for years, he was working with one of the first restaurants in Tulsa to make use of farm-to-table ingredients: "Back in 2004, I remember we started with this young couple who had a local farm: just all kinds of things, any produce you can imagine, and they would bring in something different every Wednesday at 1pm. I would have about 5 hours to come up with a way to feature whatever they happened to have brought me, no matter how obscure it was, and we would feature it for the week's menu."

With that kind of experience under his belt, it's no wonder that we are seeing some fantastic new recipes and preparation styles! Although Tim might have started on his culinary journey at a time when there wasn't a lot of room in the spotlight, he has more than surpassed the stylistic constraints and stereotypes of French traditional cooking. With perspective being of utmost importance in the restaurant scene, Tim has carved his own path (likely with his favorite chef's knife, which sits on a dedicated shelf at-the-ready in the kitchen office) to success with unique flavors and tenacious drive.

"So, you've had so much experience in different types of restaurants, different types of palates; what's your favorite style of cooking?" I asked on Wednesday afternoon as I sat across from him during some extremely-rare downtime.

"Peasant food," he said with a smile, "anything that would have been considered scraps, or would have had someone turn



their nose up for whatever reason; I love using ingredients like that and turning them into something delicious that you never would have thought was possible. Elevating the kind of things that are affordable and accessible into something amazing."

I couldn't help but notice that this idea ties in perfectly with his rather rebellious entry into the culinary world, where he continues to turn tired trends on to new perceptions here in our very own kitchen. His attention to detail and ability to multitask has brought an exciting new energy to the backstage operations here at Zarrow Pointe, and he's fast become an integral part of the team working alongside our dedicated kitchen staff.

But of course, none of us can be all business all the time, and Tim is no exception. "I really love reading and music, and actually even reading about music," he said when asked about his off-duty pastimes. He devours books on musicians at about the same rate that we might devour some delicious kitchen creations, and told me some about the interesting band history he's learned in his most recent morsel, Van Halen Rising by Greg Renoff. Tim currently resides in Tulsa with his wife (a teacher at Monte Cassino in Tulsa), rescued cat Andouille, and 2 rescued dogs, Willie and Elvis, but still enjoys traveling back to Durango, CO to visit with his family at least once a year.

A Campus Update

Mathew Snyder, Healthcare Administrator

Fall will be upon us before we know it! To say that 2020 has been a whirlwind would be an understatement. I think 2020 will be a year that tests all of our resolve and will go down in history as a very challenging one to say the least! I also think that 2020 will be a year that can unite us in a common goal and hopefully allow people of all ethnicities and backgrounds to come together for the greater good.

As a continuum of care retirement community (CCRC), our goal is always to promote and encourage residents to live their lives to the fullest extent possible. COVID 19 has of course required everyone to sacrifice some for the safety of others.

Everyone in our organization wants things to return to normal as soon as possible. The words “new normal”, as cliché as they might be, are accurate to the current situation in describing how we must operate until we see a decrease in COVID 19 infection rates at the local, state and national level that would allow us to feel comfortable enough to re-open fully. I know it is very difficult at this time for all of our staff, residents and family members, but we must remember that if we are all vigilant and consistent in the precautions we take here, we have a greater chance of keeping this virus out of our campus and keeping our residents safe.

We will continue to be as vigilant as possible with the things we can control. We will continue to screen staff at the beginning of each shift on the latest COVID 19 symptoms from the CDC and staff will be monitored while at work to ensure no symptoms develop. Should a staff member show any signs of symptoms, they will be asked to leave immediately and will require two negative tests before they will be allowed to return to work.

Residents will also be monitored closely and should any residents show any signs of symptoms, a test will immediately be given and the resident(s) will be required to quarantine in their room until two negative tests are achieved. Families will be notified should a resident or staff member test positive and will be told what actions are being taken to protect residents.

The Retirement Center and Healthcare Center will still allow visitation in one of the approved visitation booths, facetime or window visits. Activities will go on in a COVID 19-compliant manner to the best of our ability. Communal dining will continue to be restricted with the exception of residents who need staff assistance with feeding.

From all of the Zarrow Pointe staff members, thank you for everyone's patience and understanding in this very difficult time.

Mathew Snyder, MS, LNHA

Healthcare Administrator

High Holy Days: Rosh Hashanah & Yom Kippur

By Ed Ulrich

This month, we celebrate a few special holidays on the Jewish calendar known as High Holy Days. Rosh Hashanah- known as the Jewish New year marks the beginning of a special season of self-reflection and repentance which is then ended by the holiday of Yom Kippur. These days are referred to as the Ten Days of Repentance or the Days of Awe.

During Rosh Hashanah, worshipers attend services that include special scriptures called the Selichot which are prayers of confession and forgiveness. At this time, it is said that God “opens the Book of Life” and inscribes the transgressions of the people upon it. A special instrument called a Shofar-made from a ram’s horn- is sounded during the service. Loaves of Challah bread are round during this holiday to symbolize the never-ending cycle of life and are sometimes filled with raisins or other sweet fruits. Apples and honey are also eaten to ensure a “Sweet New Year”.



During the Days of Awe, followers pray often and spend more time with friends and family or engaging with their community. Yom Kippur concludes this season of communion. It is also known as “The Day of Atonement” during which worshipers atone for sins committed throughout the year and God “closes the “Book of Life” and starts the New Year off clean. The Shofar is also sounded during Yom Kippur services. Yom Kippur is known as the most solemn of Jewish holidays and is spent in

peace, quiet reflection and fervent prayer.

This year, Rosh Hashanah begins on the evening of the 18th of September and Yom Kippur begins on the evening of the 27th. Formal Activities will not be held on these days but Activities staff will be available. Please refer to the Activities Calendars for details.



SEPTEMBER BIRTHDAYS

Carlene R.	Sept. 3rd
Dorothy L.	Sept. 6th
Jean G.	Sept. 9th
Anita U.	Sept. 9th
Juanita D.	Sept. 13th
Gloria S.	Sept. 16th
Judith J.	Sept. 24th
Harriet F.	Sept. 30th





September 04

HAUSER – Cello
“Live in Zagreb”
FULL Classical Concert

September 11

ANDREA BOCELLI
“Duets”
Music Video Collection



September 18

TONY BENNETT
“Wonderful World”
Live in San Francisco

September 25

“HOORAY FOR
HOLLYWOOD”
John Wilson Orchestra

MUICAL OF THE MONTH

