

ZARROW POINTE

news & views

OCTOBER 2020

Welcome Fall and
Welcome All.....
New Residents
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Welcome Fall and Welcome All....New Residents!

As we welcome fall, we want to also welcome all of our new residents. We have several new residents in the villas and the apartments. Since May we have welcomed 9 new residents to our apartments and villas.

In the apartments: Virginia Henshaw, John Drinen, Judith Jones, Jack & Karen Kelly, and Peggy Cameron have all decided to call Zarrow Pointe home. Jack and Karen Kelly previously lived in one of our villas, but due to family health issues they moved out of state to care for family. But they are back, and what a compliment for the Kelly's to choose Zarrow Pointe twice. George Singer, Barbara Dinehart, Lana & Robert Bianchini, and Chris Matthies have all settled in their new villa. Quite a few of the new Villa residents were familiar with our campus before deciding to make the move. Chris Matthies has volunteered faithfully with us for years, so she knows many of our residents and staff. You might remember Barbara Dinehart and Lana Bianchini if you ever joined in on a Tai Chi class. We will have a feature article each month starting in November to get to know our new residents. Until then please help us welcome all of new residents to our beautiful campus!



Tai Chi Returns to Campus

We are excited to announce that Barbara will be leading Tai Chi classes every Tuesday and Thursday starting this month. Tai Chi has been described as “meditation in motion” and during these times meditation in motion sounds like something each of us could benefit from. Even though Tai Chi is a slow and gentle exercise it addresses all the key components of fitness - muscle strength, balance, flexibility, and aerobic conditioning. Tai Chi can be easily adapted for anyone, and according to studies, can improve balance, and reduces falls. If you have taken one of the classes, or if you have never tried Tai Chi we would love to see you there.

Break These Walls!

By Kimgrace Haokip

The Battle of Jericho is an incident from the Book of Joshua, being the first battle fought by the Israelites in the course of the conquest of Canaan.

Joshua 6:1-27 says that the walls of Jericho fell after the Israelites walked around it for seven days carrying the Ark of the Covenant. On the seventh day, Joshua commanded his people to blow their trumpets made of rams' horns and shout at the walls until they finally fell down!

What an amazing sight it must have

been! What a victory!

Merriam- Webster defines 'Wall' as a high thick masonry structure forming a long rampart or an enclosure chiefly for defense means.

These days, abiding by CDC's policy of No Visitations, 'walls' have strangely become much of a barrier than a defense. Not being able to meet one's loved ones and not being literally 'in-touch' has become a part and parcel of this normal.

Our endeavor here at the Health Center has been to somehow break

these 'walls of restriction', these 'walls of conformity', and these 'walls of imposing obstacles'.

The visitation booth which lets residents to see their loved one has been a major victory.

Our window-visits have allowed meaningful conversation with residents and their families.

Window messages have re-created a sense of community once again!

Let's all strive to keep breaking these walls for a better view!

Let us break these walls!



*Len and
his family.*

*Evvy sharing the love
by writing messages
on the window.*



*Gloria and
her daughter.*



Fall Is Upon Us / Reflections

By Mathew Snyder, MS, LNHA - Healthcare Administrator

It's hard to believe October is already here! I personally like fall as it brings crisp, fresh air, shorter days and a less frantic feel that the action-packed summer months. As we enter into the home stretch on closing out 2020 and the upcoming holiday season, I can't help but reflect on the past 9 months and prognosticate on the remaining 3 months of this very interesting year.

In a previous article I wrote about how as a 9 or 10 year old boy, I was certain that the year 2020 would be similar to an episode of the Jetsons, flying cars and robot maids included. Even though I was wrong on this grandiose childhood prophecy, I mentioned that we have made other likely more impressive advancements as society and culture in the areas of science, technology and social equality, even though in this very tumultuous and chaotic time it might not sometimes feel like it.

It will be interesting to see how this holiday season goes. Will this be the beginning of zoom-style family Thanksgiving dinners or "virtual" Christmas and Hanukkah celebrations? What about Halloween? Will children still be able to go trick or treating? What about new annual New Year's

celebration in Times Square? I wish I had the answers to these. At some point society (and lawmakers) will simply have to decide what level of ongoing risk is acceptable for society as a whole versus what is each person willing to personally sacrifice if the ongoing COVID 19 pandemic looks like it will be with us longer than we thought.

This year, hard as it's been, has definitely humbled me and made me re-evaluate what's important in life. I value family and personal relationships much more than in the past. I tend to find myself "enjoying the moment" and not worrying as much on things out of my control. When I play with my kids, I wish so deeply that our residents and family could share in these precious, intimate moments; I sometimes feel guilty for getting to see my family in a way our residents cannot.

I see the devastating impact COVID 19 has taken on residents across the county; not just from the disease itself, but the sudden isolation from their friends and family. Every day I see how badly our residents and families yearn to see and touch each other. While we are doing everything we can to allow for the limited type of visitation that is

allowable, I know that visiting through a plastic barrier with no human contact is not natural and we yearn for more as human beings.

As I am writing this article on September 11th, I told my staff in meeting this morning that today is a day that that I do a lot of reflecting on each year. 19 years have passed since the terrorist attacks of September 11, 2001. I have personally been to Ground Zero 10 times in the last 19 years and this day has deep meaning to me and will be forever etched in my memory. I remember the months after the attack and how united America was against a common enemy. I remember feeling as a 21 year old college junior, that there is nothing we can't do as a country when we are united and have the same common goal. Fighting COVID 19 and learning how to re-function as a society in the short term and likely long-term is our common goal. I know this is still true if we can put partisan politics aside long enough to unite together and figure out a way we can thrive as a country in this time of great uncertainty and get through this stronger than we thought possible.



Songs and Smiles

Staff was so glad for participation from residents in a Sing-Along activity this month. Residents gathered -spaced apart- to sing some of their favorite songs with staff. Everyone wore their masks but smiles were evident!
-Aubrey Kistler

October 22nd



Another Centenarian at Zarrow Pointe!

On the 6th of September, Mrs. Dorothy L. of the Kaiser Healthcare Center at Zarrow Pointe celebrated her 100th birthday. Dorothy celebrated her special day with staff and a visit at the window from her daughter. She received many balloons, gifts and cards from well-wishers as well as recognition from the Centenarians of Oklahoma- a non-profit organization founded in OKC in 1991. Zarrow Pointe is proud to honor the legacies of our most senior residents. Happy Birthday, Dorothy!
-Aubrey Kistler



Sukkot

The Jewish holiday of Sukkot begins at sundown on October the 3rd. Sukkot is an important Harvest Festival celebrating the season of bounty and begins on the fifth day after Yom Kippur. It is traditional to build shack or booth outdoors called a Sukkah in preparation for the holiday. Families and their guests eat meals in this shelter during the week-long festivities. The Sukkah must have a roof of thatch or palms

in order to provide shade but allows moonlight and stars to shine through. This shelter and the food provided to eat within it is representative of 40 year period of time that the Israelites spent in the desert. A special bundle of reeds known as a “Lulav” along with at fruit called a citron known as “Etrog” are usually procured. The bundle consists of myrtle, palm, and willow. These items are shaken or waved each day in celebration and

as a “wave offering” to God. Specific prayers are also said during services at this time. Jewish families enjoy cooking, gathering with friends and decorating the Sukkah with colorful fruits, gourds, and other items. Fall is a time for appreciation of seasonal treats, pleasant weather, and spending time with the ones we love. Happy Sukkot!

-Aubrey Kistler (myjewishlearning.com)



OCTOBER BIRTHDAYS

Phil A.	Oct. 3rd
Lee R.	Oct. 10th
Vicki H.	Oct. 13th
Jack F.	Oct. 14th
John S.	Oct. 15th
Faye R.	Oct. 19th
Will S.	Oct. 20th
Ed A.	Oct. 22nd
Peggy C.	Oct. 23rd
Jerry P.	Oct. 26th





October 02

BARBARA STREISAND
“One Night Only”

October 09

CARLY PAOLI
“Music for Mercy”

Live at the Roman Forum with:
Andrea Bocelli, David Foster, and
Elaine Paige



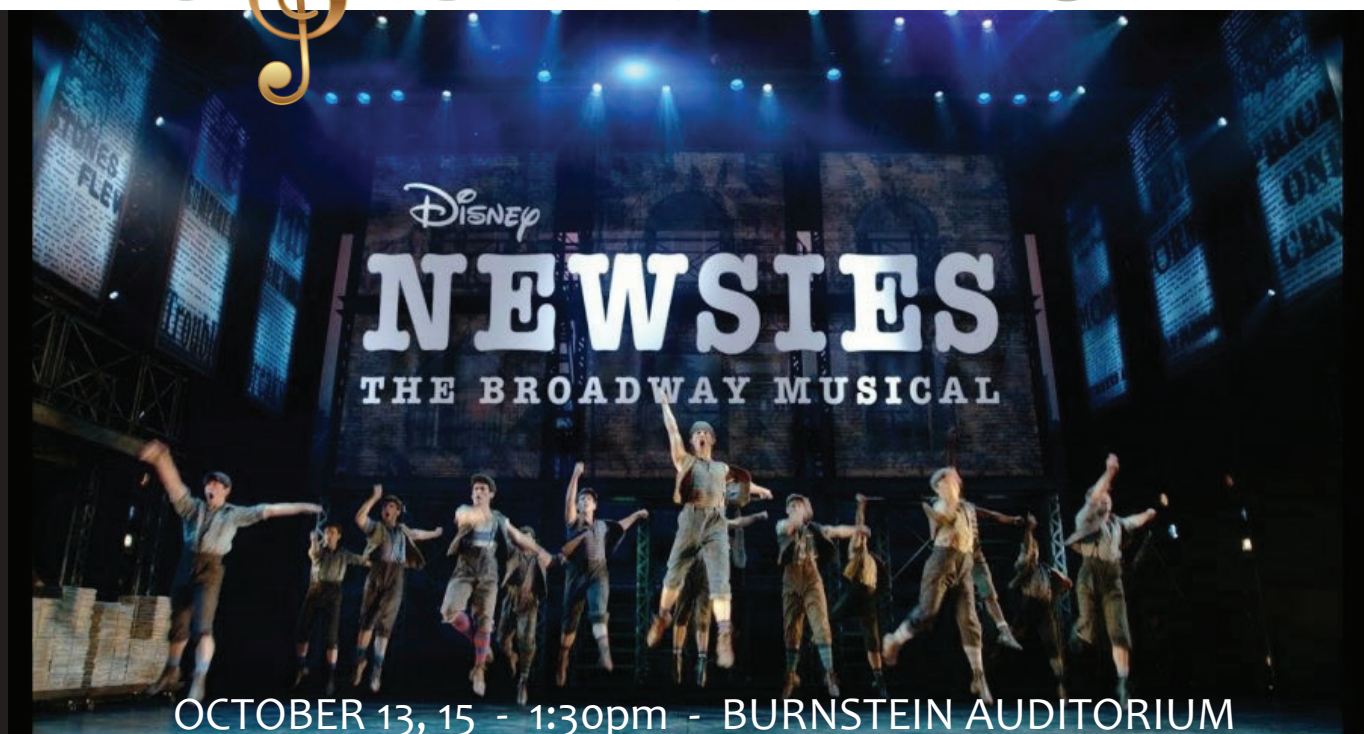
October 16

ELTON JOHN
London
The Royal Opera House

October 23

MICHAEL BUBLE

MUICAL OF THE MONTH



OCTOBER 13, 15 - 1:30pm - BURNSTEIN AUDITORIUM