

ZARROW POINTE

news & views

NOVEMBER 2020

Giving Thanks -
The Best Recipe
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Giving Thanks - The Best Recipe

By Randy Cogburn

Commonly called the “First Thanksgiving”, the Pilgrims celebrated their first harvest in the New World in October 1621. The feast lasted three days, and was attended by some 90 Native Americans and 53 Pilgrims. Many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower’s sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

Needless to say, the Thanksgiving meal has EVOLVED over the years, and while the feast does not typically last three days, the leftovers usually do. It is an opportunity to serve all of the time honored family recipes that include your favorite cornbread dressing over stuffing, green bean or broccoli rice casserole, and a turkey that is now prepared in so many different ways that it staggers the mind. The menu will also include every favorite dessert known to man, and the traditional cranberry sauce or salad. I beg of you however; do NOT remove it from a can, slice it, and call it good!

Now, with the meal aside and a much needed nap to follow, we go back to our daily lives in a world that currently challenges us to remain positive.

I would like to think however that we are always best served by regularly counting the things that we are thankful for. In my opinion, it is one of the best recipes there is.

On my 60th birthday this year I decided to start a journal by writing down 60 things that I am thankful for. The first 20 were easy, the next ten took a little longer; the remaining 30 required some serious thought. Now, at the end of each day I write down whatever has inspired me or given me reason to be grateful.

It is no secret that showing gratitude is good for you. Writing down what you are grateful for can make you more optimistic by choosing to see the positivity in your life, rather than dwelling on negative emotions. Doing this at the end of the day can also help to clear your mind of worries for a better night’s sleep. Overall, one becomes a happier person and refuses to allow anyone or anything to disrupt their happiness. Simply put, giving thanks can be the best recipe for happiness.

Happy Thanksgiving!



Meet Barbara Dinehart

By Kimgrace Haokip

Often when you walk down the hallways of Zarrow Pointe, you might see small groups of residents practicing Tai Chi in gentle, flowing movements. You will also hear the vibrant voice of the Tai Chi instructor Barbara Dinehart, as she leads the group week after week for more than ten years now.

“My big thing is about sharing love, peace and joy,” says Barbara, who recently moved into Zarrow Pointe Villas.

Interestingly, Barbara’s decision to move here was to fulfill Zarrow Pointe’s vision where ‘dreams never retire’. She says, “I always knew that if ever I needed to move to a retirement community, it would be here at Zarrow Pointe.”

When asked why, she replies, “Because this has always felt like home.”

Barbara was born in Arizona and has lived in Kansas and Kentucky –where she attended her college, Colorado, California and Tulsa consecutively.

She grew up in a tight knit family with her parents and two sisters,



Melanie and Lana. While Melanie lives close by in Sapulpa, Lana actually has moved next door to Barbara here at Zarrow Pointe’s Villas! “Lana and I have always dreamt of retiring together and living close by. We are so glad that finally we are neighbors!”

Barbara’s passion for helping evolved in her career as a nurse. One of her greatest inspirations is Mother Teresa who served relentlessly in the slums of Calcutta, India. Barbara derives strength

from her spirit of service. She went on to practice holistic living which involves making conscious choices for a healthier life, a healthier environment, and making an effort to treat ourselves, fellow humans, other living beings, and our entire environment with respect and care. Barbara eventually got certified as a Tai Chi instructor. “Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.” “It also focuses on breathing and helps getting in touch with your own body,” adds Barbara.

With a passion for volunteering, Barbara started a Dementia Support Group for spouses. They meet frequently. After Bill, her husband, passed away in 2018 owing to complications of dementia, she knew that this was the right decision. “Connections are important,” states Barbara.

“Someday I want to travel to Israel and perhaps India,” says Barbara with a twinkle in her eye.

“In my journey, my focus is to love and to spread love.”

Memory Garden at Zarrow Pointe

The Joy B. Weddington Memory Garden was completed in October, and is located on the northeast corner of the Water’s Aquatic Center.

Designed by Robert Richardson, it is the vision of Ben Weddington as a space that will provide a welcome location for residents and their families to place engraved stones in memory of loved ones.

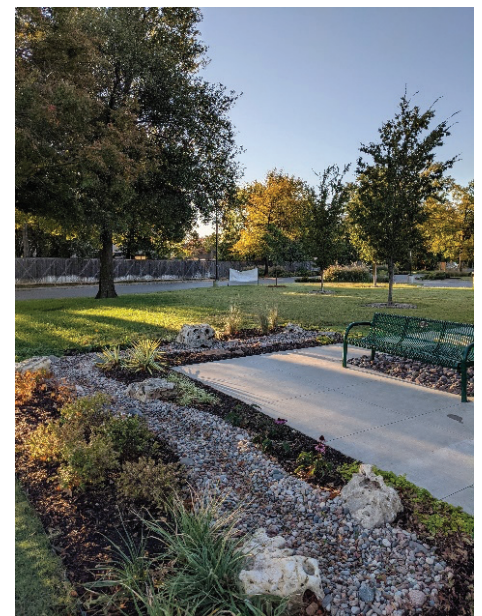
A dry stream serves as the unifying element that meanders throughout the Garden. Decorative river stones line the stream bed, and limestone boulders are placed along the stream’s bank. The Garden contains a mix of plants and a variety of textures and forms

to give year-round interest.

Many of our residents, staff, and their families have already made donations to have engraved stones placed in the Garden in memory of their loved ones.

If you have an interest in having a stone placed in the Garden, please contact Carol Stanley for more information. She may be reached at

918-496-8333, extension 241.



Zarrow Pointe Begins Development of New Sensory Room

By Mathew Snyder, MS, LNHA - Healthcare Administrator

Alzheimer's Disease or other forms of dementia are often some of the most difficult and misunderstood diagnoses a family member can receive regarding their loved one. Family members can often see the subtle warning signs such as forgetting their grandchildren's names, losing car keys, not being able to balance a check book, getting lost on the way home from the grocery store, months or even years before the diagnosis. Once a diagnosis is made, there are several medications that can be very effective in managing symptoms in the early stages. As the disease progresses, the medications usually become less and less effective. Eventually, the mind and body begin to shut down and the increased care load usually becomes too demanding for families to manage at home. At this point, placement at a long-term care facility or memory care assisted living facility usually becomes necessary.

Once the individual is placed into

a facility, their immediate safety needs are usually met, but what often happens is the resident can often swing between episodes of lethargy and depression and periods of increase agitation and confusion. The new change in environment in addition to the natural progression of the disease itself can be very challenging to an individual experiencing Alzheimer's disease or other forms of dementia.

It is the extremes of lethargy and depression and agitation, confusion and overstimulation that can be most detrimental to persons with dementia. Residents with Alzheimer's disease and other forms of dementia need a very strategic approach in the periods on the far ends of the spectrum. When a resident is lethargic and not active enough, this needs to be offset with increased stimulation and mental activity with the brain and body. On the other end, residents with too much stimulation, agitation and confusion need sources of excessive stimulation removed to help

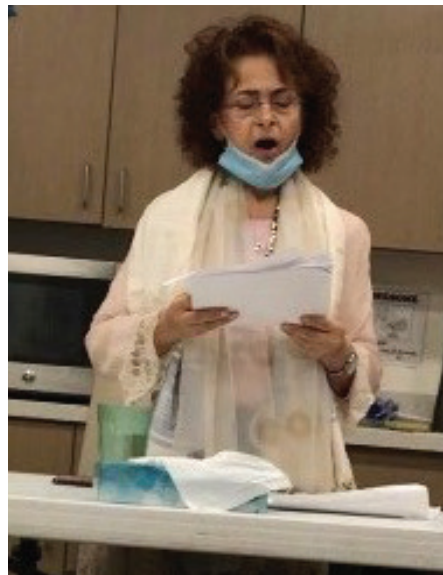
alleviate these symptoms.

One way of doing this is the through the use of a specialized "sensory" room. A sensory room is a special room that can be used to either increase or decrease stimulation to a resident. When a resident is in the lethargic or under stimulated phase of dementia, they can be brought to the sensory room and a staff member can do special sensory increasing activities that stimulate the 5 senses such as handling objects, smelling scents, listening to music, watching special lighting and receiving touch that can increase brain activity and help them function better. On the other hand, overly stimulated or agitated residents can come to the room and they will be "de-stimulated" through the same 5 senses but with opposite techniques. The benefits on the brain of de-stimulating and increasing stimulation last many hours after the resident leaves the room.

The room is currently under construction and should be ready around mid-November.

Yom Kippur Celebration

Residents and staff observed a small Yom Kippur Service in the Activities room on the eve of the "Day of Atonement" which is part of a larger High Holy Holiday season on the Jewish calendar.



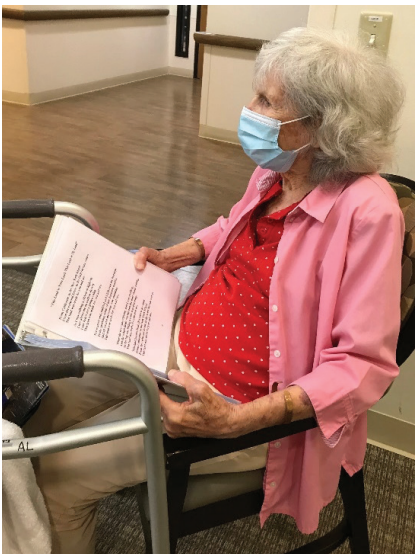
Camo Crazy!

November the 27th is Camo Day! Stand out by blending in.



A Beautiful Donation

Lila S, a resident on the Kaiser Healthcare Center donated 13 inches of her hair to a national wig charity called Wigs for Kids. Our own beautician Mark kindly cut and styled Lila's hair for her. Wigs for Kids is one of several charities that accept donations of human hair in order to make wigs for those who suffer from cancer and other diseases that cause or necessitate hair loss. Wigs for Kids create custom wigs specifically for children living in the U.S. To learn more information, go to [Wigs for Kids.org](http://WigsforKids.org). You are amazing Lila!



Still Singing

Residents continue to enjoy Sing-Alongs with staff in the Activities areas while keeping a safe social distance.



NOVEMBER BIRTHDAYS

Hi C.	Nov. 6th
Pam Y.	Nov. 11th
Betty A.	Nov. 16th
Isabel S.	Nov. 19th
Ben W.	Nov. 19th
Grace R.	Nov. 20th
John S.	Nov. 21st
Rita A.	Nov. 24th
Barbara D.	Nov. 25th
Norma H.	Nov. 25th

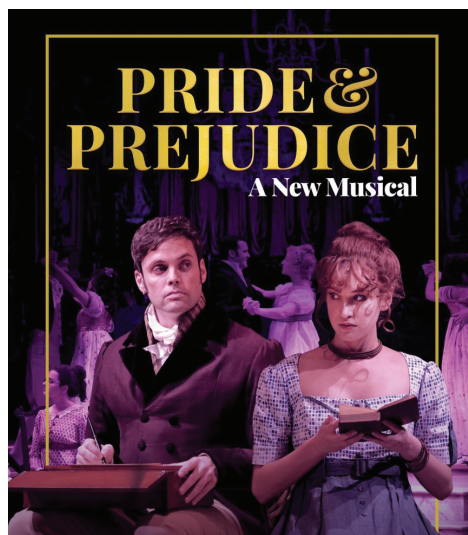


Grab your friends and bring your competitive spirit to Cornhole! Practice anytime in the Burnstein Auditorium. First team to reach 21 points wins! One point given if the bean bag lands on the board and three points if you make it in the hole! If you need assistance or have questions please contact Chelsea at 918-496-8333 ext. 260

PIC-COLLAGE



Tuesday, Nov. 03 - 1:00
Burnstein Auditorium



Sunday, Nov. 08 - 2:00
Burnstein Auditorium



Tuesday, Nov. 10 - 1:30
Burnstein Auditorium

MU ICAL OF THE MONTH



OKLAHOMA!

LIVE AT THE ROYAL ALBERT HALL

NOVEMBER 17 - 1:30pm - BURNSTEIN AUDITORIUM