

ZARROW POINTE

news & views

DECEMBER 2020

Season's
Greetings!
See Page 2



Peace, Joy & Hope

Season's Greetings!

By Mathew Snyder, Healthcare Administrator

I can't believe December is already here! 2020 has been a wild ride to say the least. As we head into 2021 I am filled with a sense of optimism that next year will be a better year. One reason for this sense of optimism is the COVID 19 vaccination is on the horizon and based on initial testing, the early results show tremendous promise in getting COVID 19 somewhat under control, and will hopefully end some of the suffering and devastation caused from this elusive disease.

As we have seen with other contagious diseases such as Polio, Measles, Mumps and Rubella (MMR), Diphtheria just to name a few, early, aggressive and widespread vaccination programs will be the key to defeating COVID 19 and have historically been very effective at combating disease on a mass scale.

One thing I have learned from working in healthcare for the last 20 years is that tomorrow is not guaranteed and to cherish loved ones in the moment as we never know when our time with them will be gone. With COVID 19, this has been a true paradox to this mindset; how do we enjoy the moment, but not be able to hug, hold and kiss our loved ones? I don't have a perfect answer for this, except to remember our seniors are at an extremely high risk and we should do everything we can to protect them until we can get control of this pandemic.

This holiday season will be a very challenging time for many families across the country with trying to adhere to safety guidelines related to COVID 19. With the vaccination being so close to being available, I would urge extreme caution this holiday season to protect our seniors and avoid activities that could potentially put them at risk. If we can safely make it through this holiday season, I am hopeful that by this time next year, we can resume some sense of normalcy and touch, love and be around family like we are all used to.

I encourage everyone to try to stay as positive as possible and see the light at the end of the tunnel and hope the vaccination is as effective as early trial studies show it is. Hopefully next year at this time, we will again have family members back in our facility, visiting their loved ones and cherishing every precious day we have with them.

I hope everyone has the best holiday season possible, even if it means sharing a virtual hug or celebratory toast over a zoom call!



Meet John Drinen

By Kimgrace Haokip

It's a beautiful fall day and John is just back from a walk around the Zarrow Pointe campus.

"My favorite walk is to walk through the Liberators Park and the Villas and head toward the track. By the time I do three laps of the track and reverse myself, I get my three miles," he says.

"If I am not golfing, I love to hike at Turkey Mountain, as well as walk along the Riverside trails or around the La Fortune Park. It is good to be healthy."

Earlier this year, John moved to Zarrow Pointe in the midst of the Coronavirus pandemic. He said that the pandemic did not deter him one bit.

"I decided on moving here because of the Continuum of Care", he says, then adds, "Zarrow Pointe appealed to me because of the independence it offers while promising smooth transition to Assisted Living or Healthcare services as the need arises. It has easy access to a vast array of services, amenities and activities. Many of these perks takes place within the walls of the community." John also loves using the gym here.

John grew up in Kansas and went on to join the military. After a stint in the military, he went back to Kansas University and finally joined Churches Chicken as the restaurant manager and



went on to the position of their Internal Auditor and accounting. His journey with Churches Chicken in San Antonio TX went on for the next thirty years as he managed the entire accounting department for the company.

He says with a chuckle, "When people ask me what I did for a living, I reply- I counted chickens!"

"I enjoyed my work as an accountant and managing people and it was been a very rewarding career." For John, living in San Antonio was enriching. There was always a lot to do, including the cultural festivals, a variety of diverse restaurants along the famous Riverwalk and the gorgeous hill country around San Antonio.

John states that he likes Tulsa a lot as well. "It has a lot of culture". Along with several golf courses here, John loves the Riverside trails.

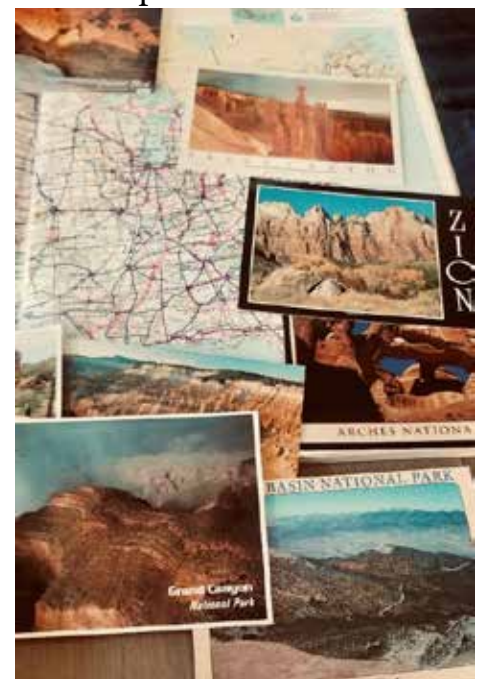
"I have two claims to fame",

he declares. "I have played golf in all 50 states in the country and when I retired, I visited all the national parks and monuments- three hundred and sixty some of them!"

Renting a camper, John covered these national parks and monuments in two and half trips in a span of thirteen-fourteen weeks to the west and about ten weeks to the east. "There are some wonderful places out there!"

When asked what next, he says, "I always wanted to take a cruise through the Panama Canal so maybe I will do that sometimes!" "I want to keep travelling, revisit the Grand Canyon, the Red Canyons in Utah, and the big trees in Sequoyah, among others."

"Moving to Zarrow Pointe tells me that as you grow older, there is still life. Residents here are very active and that itself inspires me. "



Supportive Care Solutions of Tulsa

Supportive Care Solutions of Tulsa is a new medical program in Tulsa offering supportive care services to people affected by serious chronic or life-threatening illnesses. This program – one of the first supportive care programs in Tulsa - offers you physician visits in these places:

- The outpatient clinic at Zarrow Pointe
- The independent living areas at Zarrow Pointe
- The villas of Zarrow pointe
- Assisted living or long term care areas of Zarrow Pointe

A board-certified physician with special training in palliative medicine will visit you in your home to assess your symptoms and will work to improve these burdensome symptoms along with your primary care physician. This program focuses on excellent symptom control as well as spiritual, emotional and social support.

This program focuses on helping to decrease these symptoms that are interfering with your day to day quality of life. Our service does not replace your primary care physician but we will collaborate with your primary care physician as an extra layer of support in your care. No physician order is required to begin our services and involvement in your care.



Dr. Holder

If you feel that you or your loved one would benefit from our services, please call to speak to Karen or Saunya at 918-728-7586. No physician order is required to initiate.

A Happy Simchat Torah (photos)



Students from Mizel Jewish Community Day School sang songs for residents on the last day of Sukkot- known as Simchat Torah. Residents were thrilled to hear the children's voices and see them smiling and waving their flags!

Hanukkah - A Celebration of Freedom

By Ed Ulrich

Jewish people throughout the world are about to observe Hanukkah, commemorating remarkable 'miracles' that occurred around the year 200 B.C.E. An eight-day holiday, Hanukkah recalls both the rededication of the Second Temple in Jerusalem - an extremely important moment in Jewish history - and a good deal more.

Hanukkah means "to dedicate." Following the unimaginable victory of a small group of ordinary Jewish citizens against the full army of a 'world power,' which had captured their land, killed thousands of their people, desecrated their holiest religious Temple, and forbidden its citizens from practicing their religion, in celebration these citizen-soldiers reentered their Temple to purify it - to

"rededicate" it. However, only a miniscule amount of purified oil was available for this sacred effort; yet through a 'miracle,' this special oil, in fact, lasted eight long days, enough to complete this most holy of tasks. Hence, the Hanukkah celebration of eight days.

Hanukkah, like all Jewish holidays, occurs according to the lunar calendar, meaning its eight-day span can occur from late November through late December. Hanukkah is not "the Jewish Christmas"; there is none - but like it, beginning each evening, this joyful holiday also involves lights, through the kindling of candles on a 'chanukiah' (an eight-branch menorah), one lit every sundown; nightly presents for children, each gift associated with an important Jewish value (such as giving to

charity, respect for education, love of 'mishpucha' [family], hope for the future); and lots and lots and lots of family time, joyous music and games, and absolutely delicious food!

This year Hanukkah, in the Hebrew year 5781, begins at sundown, Thursday, Dec. 10, and ends at nightfall on Friday, Dec. 18, 2020.

Finally, and equally importantly, Hanukkah recalls the other 'miracle' that also occurred at that moment - the first absolute victory in Western recorded history of a people's desire to win back the ability to worship God as they choose - against those who would deny this most eternal of human rights, a triumphal success that can be celebrated by every one of us who treasure freedom.

Hat Day! (photos)

Residents and staff enjoyed showing off their styles and taking photos together wearing their favorite hats. Thank you to all residents and staff who participated and don't forget to check the newsletter each month for up-coming Theme Days!



WATER AEROBICS IS BACK!

Come join us for a fun warm water workout that combines cardio and strength training while being low impact on the joints.
Great for all skill levels!

Monday & Wednesday

3 - 3:45 PM



DECEMBER BIRTHDAYS

Sam S.	Dec. 1st
Yolanda C.	Dec. 10th
Dot C.	Dec. 11th
Anne W.	Dec. 12th
Eleanor L.	Dec. 12th
Claudia G.	Dec. 15th
Mashuf A.	Dec. 15th
Helen G.	Dec. 15th
David K.	Dec. 16th
Barbara W.	Dec. 17th
Norman L.	Dec. 17th
Betty S.	Dec. 22nd
Toni F.	Dec. 26th
Stan K.	Dec. 31st



DECEMBER 01 - 1:30PM



DECEMBER 15 - 1:30PM



DECEMBER 22 - 1:30PM



DECEMBER 29 - 1:30PM

MOVIES & MUSICALS

BURNSTEIN AUDITORIUM



DECEMBER 08 - 1:30PM



THE EXTRAORDINARY
25th ANNIVERSARY PERFORMANCE

DECEMBER 19 - 6:30PM