

ZARROW POINTE

news & views

APRIL 2021

Refreshing the Body,
Mind, and Spirit
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Refreshing the Body, Mind, and Spirit

By Randy Cogburn

For me, springtime is one of the most refreshing times of the year. Warmer temperatures seem to bring us out of hibernation, with a desire to do more and be in touch more with Mother Nature as she puts every color in the rainbow on display.

Most of us are aware of the health benefits associated with regular physical activity. Studies show that exercise does not even have to be vigorous to produce significant results. In fact, the equivalent of 30-45 minutes of walking each day can have a measurable, positive impact on cardiovascular and respiratory health.

The 'use it or lose it' principle definitely applies in this case. When muscles are not used on a regular basis, they weaken. This includes the heart and lungs. This is true for all of us, regardless of age. Our society is becoming more and more accustomed to having everything at their fingertips. Less and less physical activity is required to complete normal everyday tasks. Therefore, even younger folks are beginning to experience health problems associated with inactivity. I spoke with a friend recently who said he searched for the longest time to find the remote control to his television. I told him that at least he got some exercise during his lengthy search. Remember when it used to be necessary to get up from your easy chair to change the channel? This is just one example of how modern technology has made our lives 'easier', but also less 'active'. Therefore, a regular program of flexibility, strengthening, and cardiovascular conditioning is even more important for better health and quality of life.

While no one would argue the benefits of exercise for physical health, what about the mind and spirit? Simply put, if we ignore these aspects of wellness, they too will decline. I am reminded of how well I used to be able to remember phone numbers. If I was given a phone number it stayed in my 'mental directory'. However, with cell phone directories and caller i.d. I am now rarely required to recall a number from memory. The result? I am now lost without the contact list or callback feature on my phone.

Fewer people read these days, and as we age we sometimes become comfortable with the knowledge we have already acquired. So, rather than challenging ourselves to learn new things, we allow our minds to weaken. Some reason that with poor eyesight reading is too difficult. I was recently introduced to audio books, and have found these stimulating and quite enjoyable on my long commute back and forth to work each day.

Regardless of the avenue used, make a point to exercise your mind frequently. Push the stops. Take on a new hobby, or research an area of interest that you know nothing about. Take advantage of every lifelong learning opportunity that comes your way! Again, as with the body, 'use it or lose it'.

Is there also a spiritual aspect to life that if not used can weaken us, or if exercised can grow stronger, giving us a greater sense of well-being? Various cultures often have an impact on how one chooses to exercise their spirituality. Regardless of the individual choices we make, engaging in activities that promote soul growth will certainly contribute to a greater sense of self worth and better quality of life. Taking time to consider the needs of others ahead of ourselves, and treating others as we would want to be treated gives us a greater degree of inner peace. Being at peace with oneself and directed in a positive way definitely makes one more spiritually fulfilled, and impacts our overall health.

Whether one chooses to exercise or not is a personal choice. One thing is certain, without it you will weaken, and there can be a gradual decline in general health. Integrating body, mind, and spirit with a consistent and effective exercise program, lifelong learning, and a desire to give more of oneself on behalf of others will yield rapid personal growth and better quality of life.

Celebrations on Campus

Please congratulate our wonderful Care Coordinator FATOU CEESAY!

She passed her Administrator's test!

We are very proud of her!!

Dr. Ceesay (Fatou's husband), Dr. Carment, Jim Jay and the team members of the Health Center celebrated this Special occasion, organized lovingly by West Hall nurse – Crystal Cooper.



We had a celebration March 3rd for Pam Waddell's 35 Year Work Anniversary! From the words of Jim J. "Zarrow Pointe has seen many changes over the years, but one thing has always remained and that's Pam!" A few other staff members refer to her as the "Zarrow Pointe Mom." The staff, residents, family, board of directors, vendors, and visitors love Pam and don't know what we'd do without her. Congratulations on 35 years!



Unconventional Purim Parade

Each year students from the Mizel Jewish Community Day School arrive in the Healthcare Center dressed in wonderful costumes. They sing songs and wave noisemakers in celebration of the holiday of Purim- which commemorates the victory of Queen Esther of Persia over evil plots created to destroy the Jewish people of her Kingdom. This year, residents, students, teachers and staff gathered outside the South hall to enjoy a socially-distanced holiday celebration. Zarrow Pointe Residents were so excited to see the small children waving to them in their costumes. Rabbi Weg of Chabbad Tulsa was present to teach about the miracles of the Book of Esther- or Megillah. Thank you everyone for making Purim 2021 great!



Sweetheart Baking!



Residents enjoy decorating and taste-testing heart-shaped cookies.

APRIL BIRTHDAYS

Marcel B.	April 6
Marcia B.	April 6
Isrella T.	April 8
Irene F.	April 9
Joyce H.	April 13
Shirley D.	April 15
Linda A.	April 18
Betty W.	April 24
Nancy B.	April 29
Harriet F.	April 29
Gloria R.	April 30



Kickball

Residents enjoy a round of Kickball in the South Living Room.



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



THE BOOK CLUB REVIEW

INFORMATIONAL MEETING

Interested in reading and discussing popular books?
Join us for more information.

Monday, April 12 @ 4pm
Zarrow Manor Library

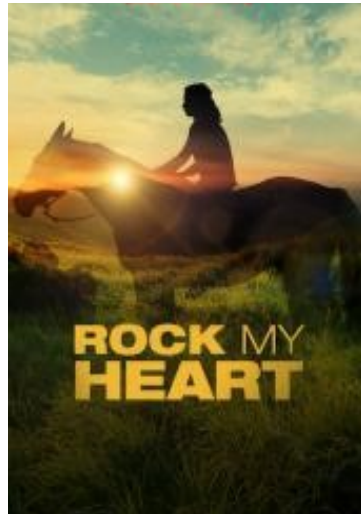
Feel free to bring book ideas.



JON GLAZER
APRIL 27 2:00
BURNSTEIN AUDITORIUM



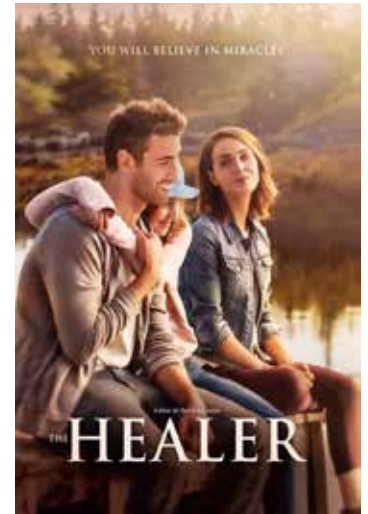
APRIL 04 - 2:00PM



APRIL 11 - 2:00PM



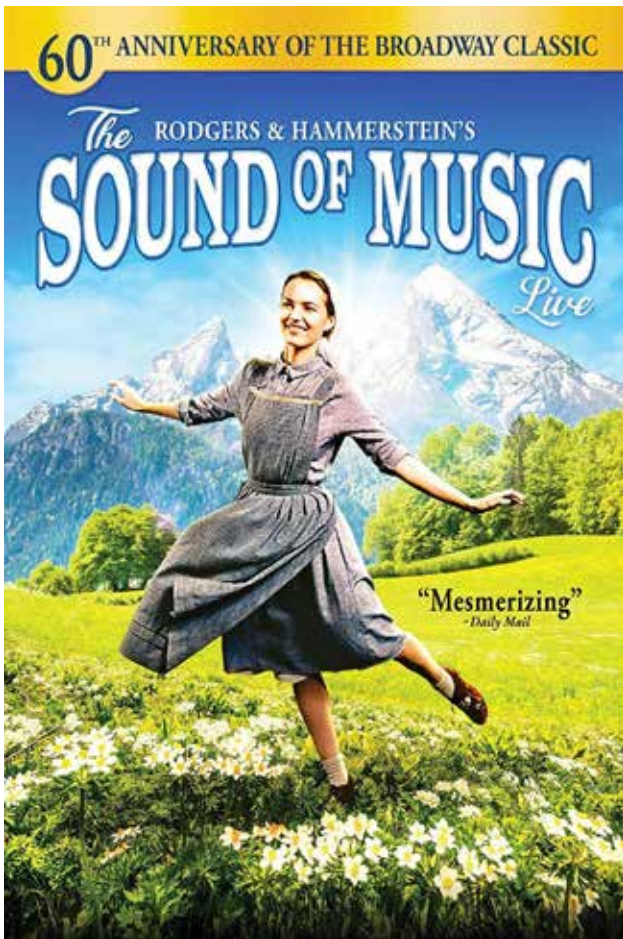
APRIL 13 - 1:00PM



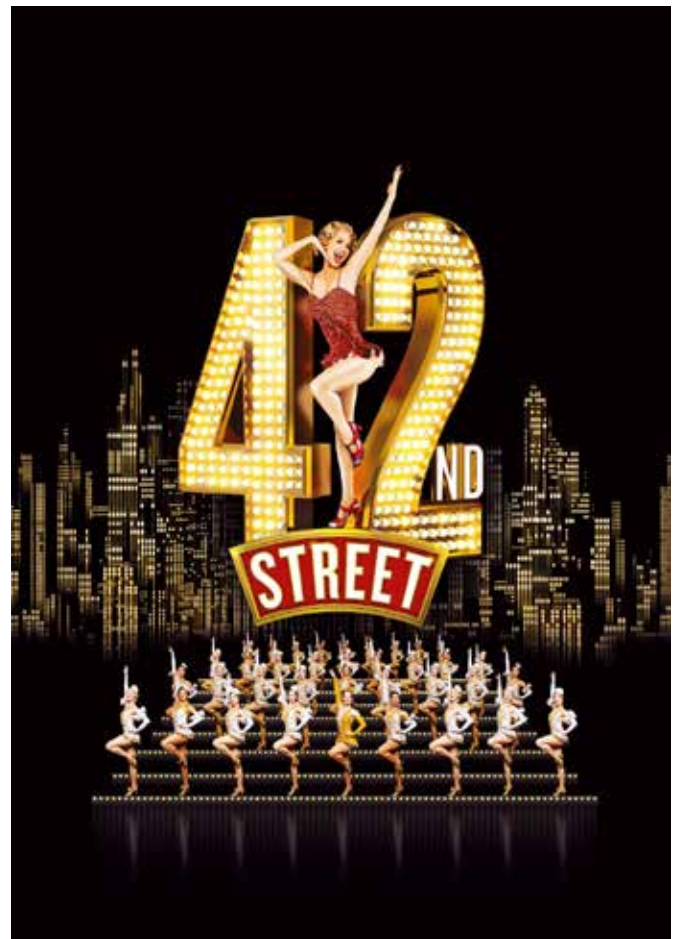
APRIL 25 - 2:00PM

MOVIES & MUSICALS

BURNSTEIN AUDITORIUM



APRIL 06 - 1:30PM



APRIL 20 - 1:30PM