

ZARROW POINTE

news & views

MAY 2021

Sherman Ray
100 Years Strong
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Sherman Ray - 100 Years Strong

On Wednesday May 05, 2021 Sherman Ray will celebrate his 100th birthday. It is an exception that one lives long enough to gain the status of centenarian. To do so itself is worthy of recognition, and while surviving the Holocaust is not the only thing Sherman is recognized for, it is a sobering thought that he is the last one living here at Zarrow Pointe.

Happy birthday, Sherman! Here's to life, and living it strong!

The following is an introduction to his interview at age 95 and written by John Erling with Voices of Oklahoma:

Sherman Ray survived WWII Nazi death camp, Auschwitz, by sewing German uniforms. He was targeted by the Germans not once, but twice to be transported to the infamous Auschwitz. The first time, as a young man, was with his family. Sherman had heard rumors of the camps and wanted his family to jump from the train with him to escape, but they refused, so he jumped alone.



That was the last time he saw his parents, sister, and younger brother. They were among thousands of Jews rounded up after Hitler's army stormed through Poland.

After leaping from the moving train, he hid in the woods and lived by whatever means available. Eventually, he was captured a second time by German soldiers and transported to Auschwitz—this time, he was not lucky enough to escape. After arriving at the concentration camp, Sherman was saved by his tailoring skills and the soldiers put him to work making Nazis uniforms. For four years, he made his captors clothing while he watched many other Jews die of starvation and disease, and heard the screams of those in the death chambers.

Sherman was liberated in 1945 and eventually came to Oklahoma City and then Tulsa where he continued his work as a tailor and became the owner of Ray's Tailor Shop.

The number B2526 was tattooed on his wrist by the Nazis. Sherman had the constant reminder of his past covered with a butterfly tattoo to help him forget.

His fondness for America is apparent when he says, "If I have to give my life for this country, I will."



Did you know that here at Zarrow Pointe we have a private, indoor therapy pool? Let me introduce you to the Waters Aquatic Center! Our therapy pool is perfectly equipped for your safety and enjoyment. With a ramp for easy access in and out of the pool, a wraparound barre for stability, and pool towels at your disposal you can't go wrong.

Aquatic Therapy is extremely important and provides numerous benefits to our ever changing bodies. These benefits include: mood enhancing, low impact on joints, improved cardiovascular health, and increased strength and balance; not to mention how fun it is!

Here at Waters Aquatic Center we keep our indoor pool at 92-94 degrees year round. Our pool is also salt water based which can be more gentle on your skin than a chlorine based pool. We also offer pool safe equipment to get the best out of your workout. Pool operation hours are Monday – Friday (9am – 12pm and 12:45pm – 4:30pm). Water Aerobics classes are also offered weekly on Monday and Wednesday (3:00pm – 3:45pm). We invite you to come on down; the water's fine!

-Merri Beth Purdin

Guest Speaker: Judith Finer-Freedman

“The New Generation in the Workplace”



Dr. Finer Freedman is an internationally recognized researcher and lecturer on the dynamics of generational diversity, gender bias, mentoring, and work-life effectiveness. She founded The Balanced Worker Project™ where she provides career enhancing advice to organizations and academic institutions. She has spoken at graduate schools such as Harvard Business School, Georgetown Law School, The University of Tulsa Law School, The University of Toronto Faculty of Law and Columbia University.

Dr. Finer Freedman is the author of **Cracking the Code: Unlocking the Potential of Future Leaders in the Legal Profession (West, 2010)**, now in its second printing. The book was the first of its kind to outline for the legal profession how to engage and retain the new generation of young lawyers and is applicable to any senior organizational leader concerned with retention and workplace viability.

Dr. Finer Freedman was chosen as a Work-Life Rising Star by the Alliance for Work-Life Progress. Also, The Balanced Worker Project™ was chosen as a “Promising Practice” by the Business and Professional Women Foundation and was highlighted in their *Successful Workplaces Digest*.

Dr. Finer Freedman has served on the BBYO International Executive Board and as the Chair of Women’s Philanthropy for the Toronto UJA Federation. She remains active in UJA both in Toronto, Canada and Naples, Florida. The Naples Jewish Book Festival, and The Canadian Friends of the Simon Wiesenthal Centre.

A native of Tulsa, Oklahoma, Dr. Finer Freedman earned her Bachelor’s degree in Advertising from the University of Texas at Austin and her Master’s degrees in Advertising from Northwestern University and in Counseling Psychology from The University of Toronto. She earned her doctorate degree in Applied Psychology and Human Development from the Ontario Institute for Studies in Education (OISE) at The University of Toronto. Her thesis is entitled, “The Voices of Women Struggling to Manage Employment and Motherhood.”

Meet Sassafras the Squirrel, We Call Her Sassy!

Sassy is a Fox Squirrel that lives in the courtyard between the Town Center and our Apartments. You’re able to identify the species of this particular squirrel because of the color of her belly. I’m hoping our guess on gender was correct as well or we may be looking for a new name. There are 3 different species of squirrels in Oklahoma and Fox Squirrels are known to thrive around people, and she has a lot of people to thrive around on our campus. Fox Squirrels also enjoy forest areas with trees that produce nuts, we have a few nuts around here including the ones that grow on trees. You might think we’re “nuts” if you see us out there filling up a small water container or putting apple slices and crackers in the trees. Sassy seems to really enjoy the special treats that staff and residents leave for her, however we have found she does not like peanut butter or bananas.

We believe she’s found the perfect spot, she hasn’t just built one nest, but she has two. It’s fun watching wildlife make a home for themselves in the middle of our urban jungle; Sassy seems to have found her spot and we will happily keep an eye on her and her adventures.

If you have more questions regarding our new friend, Jeri at the Town Center front desk would probably be delighted to tell you all about Sassy and her latest adventures.



Spring Along With Me

By Kimgrace Haokip

As the earth tilts towards the sun, the first flowers emerge, greens erupt and days elongate. It suddenly is spring!

It has officially been spring since March 20th and I began to literally think about the concept of 'spring cleaning'. Interestingly, the tradition of spring cleaning dates back centuries and is a hallmark of many a cultures including the Jewish culture.

Some researchers trace spring cleaning origins back in history to the ancient Jewish custom of thoroughly cleaning the house in preparation for the springtime feast of Passover. Jews are bound to avoid leavened food throughout the entire holiday. Even the tiniest of "chametz" crumbs count. This equivalent of spring cleaning is followed by a traditional hunt for chametz crumbs by candlelight, the night before the first day of Passover.

The very definition of spring cleaning denotes a thorough cleaning of your entire home- room by room, top to bottom and surface to surface. Back in the days when people used coal and wood for fuel and warmth, homeowners had to resort to spring cleaning

their homes once winter ended.

Here's an account from a journal entry by a housewife in 1850,

Swept and dusted sitting-room & kitchen 350 times. Filled lamps 362 times. Swept and dusted chamber & stairs 40 times.

And I wondered how we can spring-clean our lives.

Should we sweep and dust away all hurts and sorrow 350 times? Can we fill our personal lamps with joy and happiness 362 times? Must we sweep and dust physical, mental and emotional chambers of our lives?

To spring clean our minds, maybe we can start by looking at things that make us happy and things that have the opposite effect. And then, making a conscious deliberate effort to choose wisely. Let's get our personal checklist and start now. I think we can agree that spring cleaning is the perfect excuse to remove away the negatives; replace with the positives and refresh with the inspired.

"Then I will send rain on your land in its season... spring rains, so that you may gather in your (new) grain, new wine and olive oil." (Deuteronomy 11:14)

Mourning Doves

Paula and Malcolm have welcomed a new family to their villa home!

Mourning Doves have decided to take the "Welcome" sign literally and build their nest on a cozy shelf. Paula and Malcolm have gone out of their way to make sure this new family feels welcome by placing signs around their porch asking visitors to be considerate of the newly settled guests.

Maybe we'll get a future update to welcome baby Mourning Doves to the family.



Mother's Day Party

May 9th at 2:30

North Hall
Dining Room

Massage Therapy Available!



Massage Therapy is now offered at Maxine's Salon & Spa here at Zarrow Pointe. Reservations can be made by calling Ronda Niemiec at: 918-550-9933. Ronda is a Licensed Massage Therapist, and is currently available on Sunday's.

Rates:

30 mins. - \$25.00

60 mins. - \$45.00

90 mins. - \$65.00



Ronda Niemiec, LMT

Devon Murray

Oklahoma Health Aging Initiative

Monday, May 10
3:00 pm

Burnstein Auditorium



Music à la Carte 3: Radiant Blossom

Joined by acclaimed violinist Geneva Lewis, cellist Joshua Halpern, and pianist Min Young Kang, 'Radiant Blossom' perform Mozart's ebullient Piano Trio K. 548, Jean Francaix's vibrant and witty Piano Trio (1986), & Schumann's turbulent and passionate Piano Trio No. 1.

Virtual Event - Monday, May 4 at 7:00pm
Burnstein Auditorium



Art Class

Residents in the Healthcare Center have requested a weekly art group to be held on Friday afternoons in the Activities Room. Staff and residents paint along together on the same subject or independently on any design that they choose.



Isreal Craft



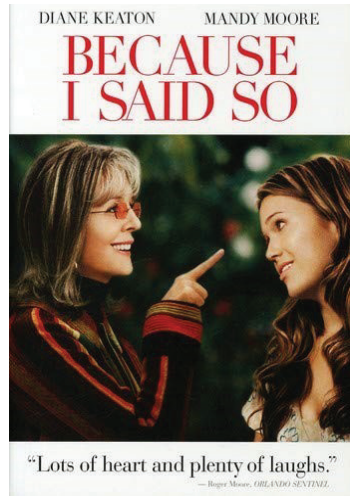
MAY BIRTHDAYS

Ruth L.	May 1
James B.	May 2
Toni F.	May 4
Sherman R.	May 5
Iris C.	May 13
Frieda G.	May 15
Frances H.	May 24
Paul W.	May 24
Arlene R.	May 29

FULL LISTING OF MOVIES INCLUDED IN THE CALENDAR, PAGES 4 & 5



MAY 02 - 2:00PM



MAY 09 - 2:00PM



MAY 18 - 1:30PM



MAY 23 - 2:00PM

MOVIES & MUSICALS

BURNSTEIN AUDITORIUM

The Voice of Pat Hobbs



MAY 11 - 2:00PM

Musical Performance
By

Denise Hoey



MAY 25 - 2:00PM