

ZARROW POINTE

news & views

JULY 2021

Independence Day
See Page 2





Independence Day

by Randy Cogburn

I hope that this July 4th will give each of us an opportunity to look back on a year and a half like no other and remember what it is about our country that has always kept us strong. It is important to overcome the differences that can divide us, and find the common ground that unites us.

It is the generation of folks, like many of you, that were alive in 1941 when July 4th was declared a national holiday that I personally look up to for lessons in strength. You lived through the Great Depression and World War II, and without assistance programs, you pulled together as families, as friends, and as the best of Americans, to see the light of a new day. It is the resiliency of that generation that I most admire, and work hard to emulate.

As challenging as COVID was, I always admired the spirit of our community. Many of you just found ways to take lemons and make lemonade. I like to think that while some in the world were being driven apart, we just got stronger. It is the ability to do that that makes our country the best place in the world to live, and it was always worth fighting for!

We have had quite a number of new neighbors move into our community this past year and a half. To each of them: “Thank you for choosing to make Zarrow Pointe your home!”

I know that many of you have already enjoyed getting to know one another. I wanted to share a few of the pictures below that were sent to me recently from a gathering of neighbors in the Villas.

I am so proud to live in the United States of America; and I am grateful to each of you for making our community feel like home.

Happy Independence Day to all!



Happy 4th of July
from our family to yours!



“Jewish Genealogy & History - Lecture Series”

Phil Goldfarb

Every Friday in July at 10:00 a.m. - Burnstein Auditorium

A five part series exploring the history of Jewish immigrants to America, the migration to Oklahoma, the story behind their surnames, and the surprising story behind the history of passports. The series concludes with a discussion of Jewish gangsters in the early 20th century and how they helped to fight anti-Semitism.

Phil Goldfarb was born and raised in New Jersey, received a Bachelor of Science degree in Biological Science from Oklahoma State University and then did his graduate work at the University of Oklahoma where he majored in Pharmacy. He is a 4th generation pharmacist by profession.

After pharmacy school, he fulfilled his military duty in the Army Medical Service Corps and was stationed at Fort Sam Houston in San Antonio, Texas where he served as the administrative officer for the Brooke Army Medical Center retiring as a Captain,

USAR. After completing his active military service, he worked for Bristol-Myers where he received numerous sales and marketing awards and became the youngest district manager over a four-state area in the company's history. In 1988, he was recruited by a small medical communications company and helped them move from a \$5 million company with 50 employees to a \$250 million company and 1,200 employees within a 10-year period and assisted in taking the Company public. After four years as a public company, it was bought by Cardinal Health, a Fortune 19, \$89 billion-dollar company where Phil became their Divisional Vice President of Operations for additional five years until his early retirement.

Phil's hobby for over 35 years has been history and genealogy as he is the founding and current President of the Jewish Genealogical Society of Tulsa which was started in 2005. He has traced his family back to the late 1700's in Belarus and Lithuania. A genealogy contributor for several web sites, he has lectured extensively on various topics in genealogy including at the International Association of Jewish Genealogical Societies meetings, published articles on genealogy in numerous periodicals, sends out a weekly "Genealogy Update" to his members and authors a monthly column in the Tulsa Jewish Review. In addition, he has written two books titled "A Page of History: Passport Applications 1851-1914" and "A Page of History: Passport Applications Volume II 1915-1925."

Phil also sits on the Board of Directors for several non-profit organizations in the Tulsa area, and is on the Leadership Team for JewishGen.org, the number one web site for Jewish Genealogy in the world. In July 2020 he won an Emmy Award as a Producer for the Tulsa Historical Society's documentary titled: L'dor V'dor Generation to Generation: A History of Tulsa's Jewish Community which has been shown on PBS stations around the U.S. as well as being available to view on Amazon Prime and YouTube.

He has been married to Lisa Mulmed Goldfarb, daughter of long time Tulsa physician, Dr. Earl Mulmed and Rosetta Froug Mulmed for 45 years and they have two children and two grandchildren.

“Make Mine Music”

Machele Miller Dill

Wednesday, July 21 at 7:00 p.m.. - Burnstein Auditorium

Machele Miller Dill has been at the University of Tulsa as the Director of the Musical Theatre Program for 19 years where her specialties, in addition to musical theatre, include Meisner Technique, Mask Technique, obscure musicals, and social justice theatre.

She is a proud member of Actor's Equity Association and a commissioner on Tulsa's Arts Commission. She acts and directs locally, nationally, and internationally. National credits include performances at the Kansas City New Musicals Festival and direction of two new works for Rhymes with Opera in New York City.

International credits include a performance of an original one woman show in Dublin, Ireland, a ten day performance tour of Israel in the new musical, The Unwitting Wife, and the performance of her original play, The Lowdown Dusty Blues at the Edinburgh Fringe Festival. Professor Dill holds an MFA in Acting from the University of Arkansas, an MS in Analytical Chemistry from the University of Nebraska – Lincoln and a B.S. in Chemistry cum laude from the University of Arkansas.



Summer Opening

By Ruben Bearer
Healthcare Administrator

Summer is upon us! Traditionally, summer has always represented freedom and growth. It is a time for family celebrations and long, never-ending days. Can you remember the summers of your youth, enjoying the hot afternoons with no thoughts of school or any concerns? Summer seemed to stretch out without end. Days were spent playing games, swimming, neighborhood games and evenings filled with lighting bugs.

After a year of lock downs, hospitalizations, isolation from family and friends, a freedom filled summer almost seems like an alien concept. We have vaccines, and every indicator for COVID activity is falling, but many of us can't let go to the habits that have become ingrained over the past year. How is it possible to go from one normal to a new normal?

The best possible way to live a new normal is to live at your own pace. Do what you are comfortable with and understand that others are doing the same. If a family member is ready to charge into the open, to live life, as openly as possible, or if they want to move slowly and take the time to ensure everything is okay, everything will be fine.

As we slip into summer, it's okay to enjoy activities again. We can enjoy ourselves, and still remember the lessons we have learned. Go to that picnic, just take your hand sanitizer. Perhaps you can take off your mask, while practicing social distancing. Before you hug your family, monitor your symptoms before visiting. Taking the vaccine is one of the best ways to ensure safety.

This summer find your happiness, whatever that maybe. Do what you want, when you want. Let others do what they want, when they want. Just understand we are all different, and that is okay. Understanding, communication, and respect are how we can open up and enjoy the summer again.

Activities - Aubrey VanTassell

July Party

We will celebrate Independence Day on July 8th with food and great music by Denise Hoey! Please join us at 2:30 in the North Dining Room (residents and staff only at this time)

Musicians Are Back!

In July, Healthcare Activities will continue providing music programs every Wednesday. Please check the Healthcare Activities calendar for performance dates and times.

Healthcare Drumercise

Healthcare Activities has started our own version of Drum Exercise group. Residents love the music and rhythm! Most Fridays at 10:30 in South Hall living room.

July Birthdays:

Andy B. 1st
Billy D. 15th
Sharon E. 25th



Water Activity Fun Facts

by Merri Beth Purdin

Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age. Swimming and water aerobics can help with that. For the month of July we are focusing on water activity fun facts courtesy of the Water's Aquatic Center. Enjoy!



1. Swimming and Water Aerobics burns about 40% more calories than biking and about 30% more calories than running per hour.
2. Swimming strengthens the heart and lungs.
3. Swimming can improve exercise-induced asthma.
4. Swimming lowers stress and depression.
5. Swimming in saltwater can detoxify the skin and promote new cell growth.
6. Aerobic activities like swimming can reduce inflammation.

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).

Attitude from Hazel at Bekezela

The 92-year-old, petite, well-poised and proud lady who is fully dressed each morning by eight o'clock with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room...just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away...just for this time in my life."

Old age is like a bank account...you withdraw from what you've put in.... So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.



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



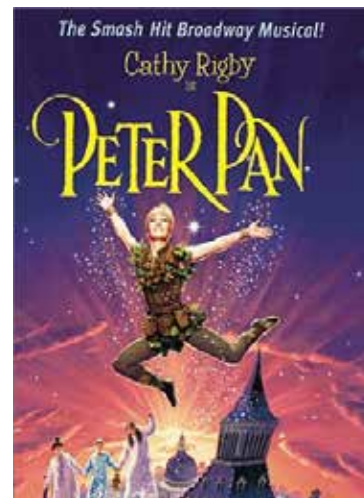
JULY 04 - 2:00PM



JULY 13 - 1:30PM



JULY 18 - 2:00PM



JULY 27 - 1:30PM

MOVIES & MUSICALS
BURNSTEIN AUDITORIUM



Cherry & Jerry

Blues, Jazz, & Ragtime
Tuesday, July 20 - 2:00 PM



John Orsulak

Singing Your Old Favorites
Tuesday, July 06 - 2:00 PM

!! LIVE MUSICAL PERFORMANCES !!