

ZARROW POINTE

August 10
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news & views

AUGUST 2021



AUGUST IQ, RIDDLE, & REBUS

Take our August IQ quiz , solve the riddle, and the mind teaser to increase your odds of winning prizes at the August 24th Casino Night. The more you get correct, the better your odds. Email your answers to Randy C at rcogburn@zarrowpointe.org, or drop them off at the Town Center Desk..

1. Août (pronounced oot) is the word for August in what language?
2. Which of these festivals does NOT occur in August? **A.** New York Marathon in New York City, USA **B.** Salzburg Festival in Salzburg, Austria **C.** Lollapalooza in Chicago, USA **D.** Edinburgh Fringe Festival in Scotland, UK
3. Born on August 6, 1911, what red-haired actress and comedian co-starred on a show with her husband in the 1950s?
4. True or False? August used to be called Sextillus.
5. A field of August birth flowers helped inspire Lieutenant Colonel John McCrae to write the famous poem “In Flanders Fields.” What is the name of that flower? **A.** Gardenia **B.** Poppy **C.** Gladiolus **D.** Peony
6. Which of the following celebrities was NOT born in August? **A.** Gene Kelly **B.** Debbie Reynolds **C.** Davy Crockett **D.** Esther Williams
7. Every August, a weeklong celebration at Graceland in Memphis, Tennessee, honors what famous musician?
8. Which of these gems is an August birthstone that has been mistaken for emerald in the past? **A.** Spinel **B.** Sardonyx **C.** Ruby **D.** Peridot
9. Which of these August events did NOT occur in the 1900s? **A.** The U.S. Social Security Act was signed by the president **B.** Firestone Tire & Rubber Company was founded **C.** The first U.S. federal income tax law was signed by the president **D.** Louis Armstrong was born
10. Born on August 25, 1918, which of these composers was best known for his work on West Side Story? **A.** Leonard Bernstein **B.** Benjamin Britten **C.** George Gershwin **D.** Aaron Copland
11. First airing on August 10, 1948, what television show caught people unaware they were being filmed in various situations?
12. Born on August 19, 1902, what humorous poet wrote, “Candy is dandy but liquor is quicker?” **A.** Ogden Nash **B.** Shel Silverstein **C.** Edward Lear **D.** Langston Hughes
13. What fruit do people throw at one another during La Tomatina Festival in Buñol of Valencia, Spain?
14. A well-known lion constellation shares his name with which of the August horoscopes? **A.** Aries **B.** Virgo **C.** Sagittarius **D.** Leo
15. Born on August 15, 1912, who had a very distinctive speaking voice, hosted her own cooking show, and wrote the book Mastering the Art of French Cooking?

RIDDLE: August was the name of a puppy who was always picking on larger animals. One day he got into an argument with a lion. The next day was the first day of September. Why?

MIND TEASER: Which movie name is hidden in the pictogram rebus below?





"The Blues..."Playin & Sayin"

Rick Clemons

Wednesday, August 04 at 7pm

Burnstein Auditorium

Being an award winning Advertising Creative Executive is Rick's day job, but his lifelong passion is the guitar. He is a self taught professional level player, with a love of all things Blues. He will be playing and talking about some of the early greats and will cover Delta, Hill Country, Piedmont and Chicago Style Blues. He will be performing on vintage guitars from the 20's and 30's for a truly authentic, fun and informative experience.



"Cons, Frauds, & Scams"

Lori Fullbright

Tuesday, August 10 at 7pm

Burnstein Auditorium

Lori Fullbright anchors the 5, 6 and 10 p.m. news each night on Oklahoma's Own Channel 6 with Craig Day. She has been the station's crime reporter for 27 years. She has covered countless crime scenes and interviewed thousands of crime victims as well as hundreds of criminals and law enforcement officers. She speaks to groups all over the state about crime safety and how to avoid the current cons, frauds and scams.

Lori won the 2015 Oklahoma Association of Broadcasters award for best investigative reporting for her story on a wedding ring destroyed by the ME's office and the 2014 OAB award for best news feature for her story on how easy it is for someone to steal purses out of shopping carts.

In 2020, Lori was inducted into the Oklahoma Journalism Hall of Fame. In 2021, she received an Edward R Murrow award for excellence in journalism for her 30 minute documentary on missing Oklahomans called Missing: Not Forgotten.



"Recent Finds in Biblical Archaeology"

Miriam Belmaker

Wed. August 11 at 3:30pm

Burnstein Auditorium

Miriam Belmaker is a Chapman associate professor of Anthropology focusing on climate change and human-environment interactions. She received her BA in Paleolithic Archaeology Cum Laude from Haifa University in 1995 and a Ph.D. in Evolution from the Hebrew University in 2006. Her research focuses on the effect of climate change on critical events in human evolution, history, and ecology. Her work is funded by the National Science, Wenner Gren, and Leakey Foundations, among others, and she is widely published in Journals such as Journal of Human Evolution, Journal of Archaeological Science, Quaternary Science Review, and Quaternary International.



"Circle Cinema - Creating Community Consciousness Through Film"

Clark Wiens

Wednesday, August 18 at 3:30 p.m.

Burnstein Auditorium

Clark Wiens is a graduate of the University of Tulsa. He started Circle Cinema as a nonprofit to restore a 1928 theatre and create community consciousness through film. The building was purchased in 2001 with cofounder George Kravis and opened in October 2004 with one screen. Thirteen years later they have four screens and continue to draw larger and larger audiences. Their history has included many Jewish related films, often with speakers, live or via skype. The Circle has partnered with the Jewish Federation of Tulsa it opened through selection of special themed films, and the founding and coordination of the annual Oklahoma Jewish Film Festival, returning March 2022.

Recognizing Heroes

By Ruben Bearer
Healthcare Administrator

What a blessing it is to live in a world populated by heroes. Our heroes don't wear capes and leap over buildings in a single bound like in the comic books, they are the ones who care for others. Our heroes simply lend a helping hand when we are in need, helping us to maintain our dignity and independence. They are the ones who enable Zarrow Pointe to fulfill our mission *"to give vibrant and inclusive living, learning, and care throughout the progression of life."* Ours is a lofty mission! But how are our heroes able to accomplish this lofty mission? Much of the time this happens quietly and behind the scenes and we are not even aware that our heroes are busy caring for and serving our residents. These individuals come in early, work double shifts or work through the night. Ready and available to repair anything that needs fixing in our home. They prepare nutritious and delicious meals. They clean our living spaces. When we are sick, they care for us and nurse us back to strength. This heroic approach to caring all the time is tough. Sometimes our heroes need a helping hand. How can we help the people who take such good care of us? At Zarrow, we offer something that can be a great encouragement to these sacrificial individuals. It is recognition for a job well done. Have you ever been tired and worn down by a tough day? Sometimes the thing that makes the hard work worthwhile is a simple **"thank you"** or **"great job!"** Zarrow Pointe has a recognition program available to our residents and their families to help you to say, **"Thank you."** At our reception desk, or at the nursing station in the Health Center you can find, **"Thank You Grams."** A Thank You Gram is a way for you to thank an employee and make sure their supervisor knows about their outstanding work. If you want to point out an employee who provided an above and beyond approach to caring and service, simply fill out a Thank You Gram and turn it back in at the desk where you got it. This grateful act will go back to that person's supervisor. The employee will then be recognized in front of their peers and colleagues. This may even lead to winning a gift card or getting a raise as a well-deserved sign of appreciation! Our heroes need help and encouragement! Please join me in recognizing the splendid work our heroes do every day making sure our lives are vibrant and inclusive.

Activities - Aubrey VanTassell

Luau Day

Calling all Beach Bums! August 19th is Luau Day!

Ball Toss

Residents continue to enjoy spending time together during ball toss.

Parachute

Parachute games are a great way to exercise and spend time with friends.

August HC Birthdays

Mary P. 1st

Joan M. 7th

Virginia T. 8th

Jo Anne S. 11th

Judith M. 17th

Dorothy B. 19th

Richard D. 24th

Ray K. 27th



Aquatics at the Olympics

by Merri Beth Purdin

As of now we are knee deep into the Tokyo Olympics and I couldn't be more excited! There are so many amazing athletic feats featured in the Summer Olympics from track and field to fencing. From tennis to gymnastics and everything in between, the Olympics games bring the world together cheering on each country's top athletes while they do things we could only dream about. This month, in honor of our top athletes I bring you, the history of Aquatics in the Olympics.

At the Olympic Games, the sporting category of Aquatics includes; swimming, diving, synchronized swimming, and water polo. Swimming was added in 1896, water polo in 1900, diving in 1904, and synchronized swimming in 1984. These sports are regulated by the International Swimming Federation (FINA).

Swimming was first featured at the Olympic Games in Athens, Greece. The first events were freestyle (crawl) and breaststroke. These events took place in the choppy waters of the Mediterranean Sea (no swimming pools here). In 1904 the backstroke was added to the lineup.

Women's Swimming was added to the Olympics in 1912 at the Stockholm Games. Women from around the world raced in the 100 meter freestyle and the 4 x 100 meter freestyle relay.

In the 1940s, swimmers discovered a (now forbidden) form of breaststroke where swimmers brought both arms forward over their heads. This gave birth to butterfly which made its first official appearance in the 1956 Games in Melbourne. This style is now one of the four strokes used in the competition.

To get just a small taste of what our amazing competitors will endure this summer, come down to The Water's Aquatic Center. It may not be as intense as the Olympics Games but boy is it fun!

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 look forward to having you!



Yes, “We” Do!

by Randy Cogburn

I recently read the quote below from Malcom X, and it struck me how absolutely on point it is in describing the impact that social engagement can have on good health and longevity. Life will pass us by regardless of whether we choose to go out to lunch with the ladies, or just isolate at home; satisfied in the notion that “I’ve already been there done that, so what else does life have to offer?” Replace the “I” with “we”, and you most likely will, or should, start to feel differently.

The islands at the southern end of Japan have historically been known for longevity, once called the land of immortals. Okinawans have less cancer, heart disease and dementia than Americans, and women there live longer than any women on the planet. Perhaps their greatest secret is a strong dedication to friends and family. They maintain a powerful social network called a “moai,” a lifelong circle of friends that supports people well into old age.

The picture below represents the faces of what “we” do. Keep it up ladies; you’re on the right track!



When "i" is
replaced with
"we" even illness
becomes wellness.



DAVID HORNE & KEN ACKLEY - AUGUST 03 - 2:00PM

"CRUELLA", A DISNEY MUSICAL - AUGUST 17 - 1:30PM



BLACKJACK ★ CRAPS ★ BINGO

TUESDAY, AUG. 24th ~ 6:30 - 9PM

BURNSTEIN AUDITORIUM



COCKTAILS • SNACKS • HOURLY PRIZE DRAWINGS



!! AN OLD FAVORITE IS BACK !!

!! GAMBLING & DRINKS ARE ON THE HOUSE !!