

ZARROW POINTE

# news & views

SEPTEMBER 2021

Never Too Old  
To Learn  
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# NEVER TOO OLD TO LEARN

by Randy Cogburn

In my opinion, there is nothing left to learn only when we decide we have learned it all. Regardless of age or physical condition the biggest mistake one could make is to let their brain become lazy.

Ever wonder why, as we age time seems to pass by more quickly? It can be directly related to our failure to experience new and different things! Psychologist William James, in his 1890 text *Principles of Psychology*, wrote that as we age, time seems to speed up because adulthood is accompanied by fewer and fewer memorable events. When the passage of time is measured by “firsts” (first kiss, first day of school, first family vacation), the lack of new experiences in adulthood, James morosely argues, causes “the days and weeks [to] smooth themselves out...and the years grow hollow and collapse.” So, if this theory is true, could we not psychologically slow the passing of time by exposing ourselves to new and different things as we age? I believe so.


While no one would argue the benefits of exercise for physical health, what about our mind? Though not a muscle, the brain too requires regular activity and stimulation to strengthen cells and nerve connections. Vigorously exercising your mind, regardless of age, is necessary for long-term mental health. This requires that we continue to challenge ourselves to learn new things. However, as we age we sometimes become too comfortable with the knowledge we have already acquired, and ultimately can allow our minds to weaken. All too often I hear someone say: “I’ve just never had too much interest in that”. If we only open our minds to the things we have always had an interest in, how can we ever learn anything new?

American actor, director, and narrator Morgan Freeman once said: “I’m always trying new things and learning new things. If there isn’t anything more you can learn - go off and die.”

One part of our mission at Zarrow Pointe involves our commitment to lifelong learning. For good reason, we only stand to benefit from taking advantage of every opportunity to expand our knowledge and open our minds to experience something new.

Several months ago I had this same discussion with Joe Secan, or as many call him, “Uncle Joe”. I told him how important it is to me that we make lifelong learning a part of our wellness programming. He mentioned that while living in Houston he had a great deal of experience recruiting speakers for community lectures and would be happy to assist me in doing that here at Zarrow Pointe. Starting with the presentation by his niece, Judith Finer-Freedman (pictured on the cover with Joe), to the Phil Goldfarb lecture series on Jewish Genealogy and History, and others, Joe has become a valuable part of our Lifelong Learning team. THANK YOU Joe!

I am proud to say that we are planning many more stimulating programs this year. Surely you will want to take advantage of these programs as you recognize the benefits of maintaining an active mind. Please feel free to offer us your suggestions for other topics of interest that you may have, or recommendations for good quality speakers.



Seek to learn constantly  
while you live; do not wait  
in the faith that old age by  
itself will bring wisdom.

Solon

[www.idlehearts.com](http://www.idlehearts.com)





### ***“My Jewish Journey”***

***Aida Nozick***

***Wed., Sept 1 at 3:30  
Burnstein Auditorium***

**Aida** began serving as the new Executive Director for the Jewish Federation of Tulsa on June 01.

Born in Ethiopia, Aida came to the United States when she was 12. She graduated from Saint Mary's College, Notre Dame, Indiana with a degree in History and Sociology.

She has worked as a Jewish communal professional for the past seven years. She started at the Jewish Federation of Northwest Indiana first as a committed volunteer, organizing meals for the Men's Mission and spearheading food drives for the food pantry. As the Director of Jewish Community Services, she helped increase social service programs and revamped specialty programming pertaining to aging adults. She also increased enrollment for the summer camp program while maintaining fiscal responsibility and increasing profits. Aida became the Executive Director of the Federation of NWI in 2016 and led the staff and board through the transition. She developed close working relationships with the local non-profit agencies, police departments, and government agencies. Through her partnership with board lay and professional leaders, Aida successfully implemented and facilitated many successful communal programs. Aida is passionate about all aspects of Jewish communal life and believes in a broad and inclusive outreach to the Community.



### ***“Laughing Out Loud: The History of Jewish Comedy”***

***Phil Goldfarb***

***Tuesday, Sept. 21 at 7 pm  
Burnstein Auditorium***

**Phil Goldfarb**, President of the Jewish Genealogical Society of Tulsa will present this program to Zarrow Pointe residents talking about Jewish Comedy from the Bible to the Yiddish Theater, Vaudeville, The Borsht Belt, Jewish Comics on radio, TV and in the comic books, as well as the Americanization of Jewish comics surnames. This presentation is interesting,



### ***Taste of the Town-Zarrow Pointe Style***

***Thursday, Sept. 30***

Cocktails, a dinner that gives you the opportunity to enjoy multiple cuisines, and desserts that will rival the imagination. Our own Taste of the Town style is a special culinary event that will stimulate your taste buds while you wine and dine with your friends.

Cocktails served at 4:30 pm with dinner to follow. The evening will wrap up with a comedy hour beginning at 7:00 pm where Leon The Jokester will leave you laughing out loud!



### ***“Black, Blind, & Vaccinated”***

***Leon the Jokester***

***Thursday, Sept. 30 at 7 pm  
Burnstein Auditorium***

Based out of Tulsa, Oklahoma, Leon The Jokester has been touring the country relentlessly, performing in comedy clubs, churches, corporate events, Colleges, Fundraising Events, and Retirement Homes.

His work ethic speaks for itself on stage bringing the house down with lots of laughter and unforgettable stories of his personal struggles, family-life, and how he views the world.

When Leon The Jokester is not on tour, he is spending time with his wife of 17 years and their 10 year old son. Being a family man is important to the comic and that's why he works full-time as an entertainer to provide for his family through comedy.

Leon The Jokester is the full entertainment package for sure.

## What Can I Do For My Country?

By Ruben Bearer  
Healthcare Administrator

John F. Kennedy famously said, “Ask not what your country can do for you; ask what you can do for your country.” When he gave this speech, he was addressing a nation that was grappling with many problems, and in the midst of a Cold War. The Cold War is over, but once again our nation is grappling with an enemy that threatens our way of life, COVID-19.

When this disease started, we all remember the lock downs, and uncertainty we felt. The world’s seniors faced the danger of this disease as everyone prayed, and waited for the vaccine. At the time, our government initiated project Warp Speed to quickly make a vaccine for the world. Untold resources were freed, and used to spur the development of a vaccine. I remember the day I received the call that my community was eligible for the vaccine. I cannot express the joy I felt, knowing that my residents would then be protected and I would not lose anyone else to this horrible disease. In a space of a month, nursing communities around the nation were shutting down their COVID rooms. They were no longer needed! Just a few months ago it looked like the days of COVID were over!

Sometimes life throws you a curve ball. Now we have a new variant of the disease. With the new Delta variant, in some cases, we now see our seniors who have received the vaccine are more protected than their children. In some cases the staff that worked so hard to protect them are in danger. The hospital beds are filling up once again with patients. This time the sick are predominantly under the age of 40. The health department has needed to add a new category for their daily reporting which is pediatric cases.

There is one way to beat this horrible disease once and for all. People must come together and get the vaccine. We must get everyone vaccinated, so COVID can be eradicated from our country. Many people do not want to get the vaccine. Some people are concerned about the side effects, some feel like they are being “pushed” to get the shot. Some people feel like COVID is not that much of a threat to them. Some people, unfortunately, have medical conditions that prevent them from getting the vaccine.

I personally have seen hundreds of people receive the shot. I have not seen anyone have a reaction that outweighed the benefit of receiving this vaccine. I have seen many people with COVID. Everyone one of those people would have benefited from receiving this vaccine. They could have avoided the disease or would have had a much easier time defeating it, if they had only received the vaccine. Some of them would be alive today, spending time with their families.

If you or someone you know has not received the vaccine and you have no medical conditions preventing you from receiving it I think of President Kennedy’s words. “What can I do for my country?” I have a great idea. You can get the vaccine!

## Activities - Aubrey VanTassell

### Sports Day

September 30<sup>th</sup>- wear your favorite T-Shirt, Jersey or athletic attire.

### Volleyball is Back

Some time has gone by since residents got together for a game of balloon volleyball. It’s great to see everyone’s inner athlete revealed!

### How Does your Garden Grow

This one grows with beans, tomatoes, corn and watermelon! Billy D. enjoys selecting seeds and starter plants each year and tending to them daily behind the Kaiser Healthcare Center. He has pots and rows laid out to perfection. Staff and other residents sometimes enjoy watering and admiring the progress.

### September Birthdays:

Mary R 3rd.	Norma G 9th
Billie M 6th	Gloria S 16th
Dorothy L 6th.	Harriet F 30th





## Water Exercise: Tips & Tricks

by Merri Beth Purdin

Did you know that 40% of women and 30% of men over the age of 70, never exercise? Yet the benefits of staying active for seniors is incredible! Exercise can help your body protect itself from diseases, help prevent falls and fractures, and keep the mind sharp. One of the best ways to get back into an active lifestyle is the water. Here are some ways to get the most out of your water activities.

Walking, jogging, or even swimming laps in the pool are great ways to keep your body moving. The low impact exercise is gentle on your joints while the movement works your muscles in an effective way. These activities also help maintain bone strength, flexibility, and balance which are critical to the body as it ages.

Socializing is a great perk of water exercise and therapy. Whether you are walking, kicking at the side of the pool, or relaxing in our spa section, getting to chat with fellow residents is a wonderful way to get the most out of your pool time during the week.

Lastly, the diversity of activities offered to you in the Water's Aquatic Center is one of my favorite parts of our pool. From swimming to walking, water aerobics to water therapy, exercise tools and everything in between, you will not regret throwing on your suit and seeing what all the fuss is about. With so many things offered it is hard not to get excited about our beautiful pool. Make sure to add us into your weekly schedule. Pool operation hours are Monday – Friday (9am – 12pm and 12:45pm – 4:30pm). Water Aerobics classes are



smiles  
HERE







SEPTEMBER 30

TASTE OF THE TOWN  
ZARROW POINTE

*Style*

eat \* drink \* laugh



LEON THE JOKESTER

**BLACK, BLIND  
& VACCINATED**  
Comedy Tour

SEPTEMBER 30 - 7 pm  
BURNSTEIN AUDITORIUM