

ZARROW POINTE

news & views

NOVEMBER 2021

What Does
Thanksgiving
Mean To You?
See Page 2



*Happy
Thanksgiving*

WHAT DOES THANKSGIVING MEAN TO YOU?

By Arlene Chemers

This is an easy question for Americans to answer because Thanksgiving is the favorite American Holiday of most. Knowing that people have holiday traditions and cherish warm memories of celebrating this day, I asked numerous Zarrow Residents and Staff Members to answer this question.

Respondents quickly and unanimously replied with two answers: “gathering with family and friends” and “the food”. Additional traditions included: watching the parade, viewing football games, listening to music, spending the entire day together, laughing with family, and the pleasure of preparing the meal. When discussing favorite foods, the most oft-mentioned favorite food was stuffing. Of course, being that we are in Oklahoma, stuffing referred to cornbread stuffing exclusively. Most mentioned that their favorite stuffing recipe and other memorable recipes were those their mother or grandmother made when they were children.

It is known that THE FIRST THANKSGIVING was originally celebrated by the Pilgrims, however, it was not celebrated as Thanksgiving, but as a fall harvest festival. From a letter written in December, 1621 by Edward Winslow, an actual attendee at this first festival, we learn some eye-witness information. He was one of 100 people who sailed from England aboard the Mayflower & founded Plymouth Colony in Massachusetts. According to Winslow’s account, the festival lasted over three days and was held sometime between late September and Mid-November in 1621 as a fall harvest celebration. Foods and dishes indigenous to the Americas were served. The menu included turkey, potatoes, stuffing, squash, corn (maize), green beans, cranberries, and pumpkin pie, similar to our menu today. Activities included feasting, games, and military exercises. The festival was shared with the local Wampanoag tribe. Colonists in attendance were: twenty-two men, four married women and twenty-five children.

It was President Lincoln who proclaimed the official Thanksgiving Holiday on October 3, 1863, expressing gratitude for a pivotal Union Army victory at Gettysburg on November 26, 1863. Since then, the holiday has evolved into the concept of giving thanks, a time to focus on and give thanks for blessings. Some families have traditions of asking each person around the table to share why they are thankful. Other families spend time volunteering at food banks to serve those less fortunate. Some contribute to charities to ensure those in need obtain their meals and some attend religious services or say special prayers.

Thanksgiving is also my favorite holiday. When I answer what Thanksgiving means to me, I respond in the same manner, that it is a time of family gathering and wonderful food. I also focus on the many blessings for which I am thankful, the love and health of my family and friends.

My Thanksgiving Traditions and memories have changed as my life has changed. Beginning with warm childhood memories in my parent’s home, attempting my first dinner as a newlywed, years of hosting family and friends, and celebrating in foreign countries and attempting to pull together the traditional fare (Iran, Germany and Surinam). However, my fondest Thanksgiving memory is when my husband Ed and I prepared dinner together and invited local family members from Tulsa and OKC to our farm in Cushing to celebrate. The challenge was finding recipes that we could both agree on, as he had his family traditions and I had mine. I was born in Chicago; he was a Texan and considered me a “Yankee”. He loved to cook and had very definite ideas on food preparation, which of course, always included chili peppers and hot sauce. Naturally, we debated over stuffing recipes. He insisted on cornbread stuffing, and I was committed to the traditional original bread stuffing. We tried combining the recipes, but it just did not satisfy either of us. Finally, we agreed to always have two stuffing recipes on the table and plenty of hot sauce available for garnish.

My sons are now grown, and both live in California. They have taken charge of Thanksgiving and are creating their own traditions. Both of my sons are excellent chefs and host Thanksgiving with their wives each year. I have joyously joined the gatherings.

This survey revealed that the meaning of Thanksgiving for most is a time for family gathering and special food. This does not mean that we are ignoring the Giving Thanks aspect of the holiday. By lovingly preparing the food and eagerly spending the day with our special people, I believe we are demonstrating in real-time, that what Thanksgiving means to us is an opportunity to celebrate, honor, and appreciate our loved ones.



***“Israel Pre-statehood,
Through Eyes of
Reuven Rubin”***

Chen Shoval

***Wednesday, Nov. 3 at 7pm
Burnstein Auditorium***

Chen Shoval is currently the Israeli emissary in Tulsa (shlichah) She moved here

in September 2020 with her husband Tal Yogev and their son Agam.

Chen has B. A in Israel studies at Haifa University and have a government tour guide license.

During Chen’s IDF service, she was at the Education unite and worked with soldiers in need, teenagers, and kids from different backgrounds on various programs. She led a few delegations of teens to Jewish communities around the US and Europe.

Chen’s previous work was a tour guide, where she presented Israel, its history, the diverse society and religions, the geopolitics of the middle east, and the complexity of the living in Israel. Chen worked with people who came to visit and tour, from all over the world, with Jewish and non-Jewish audiences.

Chen and Tal met in India. When they got back they lived together in Jerusalem and Haifa. after 5 years they got married and a year later, when Agam was born, they moved to Rosh H’hayin, Chen’s hometown. To Tulsa they arrived during the pandemic and currently they live in Tulsa hills. Chen is excited about everything related to Israel, the landscapes, politics, people, and history, and she’s thrilled to share it with others.



***“University of Tulsa
Presidential Lecture”***

Fran Lebowitz

***Monday, Nov. 8 at 7pm
Burnstein Auditorium
(Virtual Presentation)***

In a cultural landscape filled with endless pundits and talking heads, Fran Lebowitz

stands out as one of the most insightful social commentators. Her essays and interviews offer her acerbic views on current events and the media – as well as pet peeves including tourists, baggage-claim areas, after-shave lotion, adults who roller skate, children who speak French or anyone who is unduly tan.



How About a Rock Show

Herb Magley

***Wed., Nov. 17 at 3:00pm
Burnstein Auditorium***

How about a rock show, but without the Beatles, the Styx, or ‘Stones? Well, you’re in luck!

I have a 60-minute show where you will see the story through a slide show, hear the story from me and, best of all, hold and examine the actual rocks and fossils as they are discussed.

Learn how geology helped make your teeth harder. Hold a 4+ billion-year-old rock from outer space. Check out a 3 million year-old fossil shark’s tooth...only this tooth is 6” and belonged to one of the nastiest creatures that ever roamed the ocean; examine a large slice of the most colorful petrified wood in the world; hold one of the oldest fossils on earth, and see where the largest crystals in the world are located.

We will end the show with some amazing rocks that have magical characteristics.

And why do I do this for retirement communities? I do it in memory of my wife, who was diagnosed with Alzheimer’s at age 54. Our journey with that dreadful disease lasted 11 years.

She passed away almost 6 years ago, and ever since then I have dedicated my life to Alzheimer’s caregivers and those living with the disease. I have traveled the country giving speeches to caregivers, and I serve on the board of directors for the Oklahoma Chapter of the Alzheimer’s Assn. I have started 7 support groups, I am a community educator, and was the chair for the OKC Walk to End Alzheimer’s for 2 years. I have been a top 10 national fundraiser for the Walk for the last 7 years. I travel to Washington, DC to meet with our Oklahoma legislators to support getting more funding so that we can end this disease. Basically, I volunteer for anything and everything at the Alzheimer’s Assn. and in 2019 I started entertaining seniors with these rock shows. I can neither raise enough money, nor do enough to end Alzheimer’s. *Herb Magley*



HEALTHCARE CONNECTION

Ruben Bearer

The Health Center of Zarrow Pointe is a complex organization. It's responsible for the care, and comfort of up to 62 very different people. These people all have different stories, desires and needs. The very existence of the Health Center is centered on these people. This organization thrives on driven and dedicated people who provide care for our beloved residents. One of the most important positions in the Health Center is the Director of Nursing.

A Director of Nursing has a very demanding position. It takes many talents to be successful. A Director of Nursing must be patient and understanding. They must have a very strong set of nursing skills. A Director of Nursing must be compassionate and caring. They must be able to juggle staff schedules, manage emergencies, and advise families towards the best plan of care for their loved ones. As a Director of Nursing you need to ensure that you are thinking about the long term plan for your community, as you handle short term issues that constantly present themselves. The Director of Nursing needs to stay up-to-date on any regulation change, especially in the midst of a global pandemic.

In short, a Director of Nursing must be firm, but caring. They must be analytical and also empathetic. They are often everything that anyone needs, at the time they need it. They are ready to provide expert medical care, or just listen. A good Director of Nursing is a gift from God to all who depend on her.

I am very excited to announce that Zarrow Pointe has found its Director of Nursing. Please welcome with me our new Director of Nursing, Jane Pierre! Jane is a veteran nurse of the United States Airforce who has over 50 years of healthcare experience. Jane has a strong leadership history that will help our community continue to bring the great care that you have come to expect. Jane will officially join our community on November 1st. When you see her, introduce yourself and welcome Jane to our family.

Therapy Dogs are Back!



Shabbat Shalom! Residents and students celebrate Sabbath together



Lois G. 2nd
Helen C. 8th
John F. 20th
John S. 21st



How to Get Started With Water Exercise

by Merri Beth Purdin

Here are some tips and tricks to get you started on independent water exercise:

Walking in the water is a great way to start a water workout routine. It can help you get a feeling for resistance in the water. Simply walking in the water can target your arms, core, and lower body making it a perfect full body workout.

The next thing to add to your routine are water arm lifts. This exercise will help strengthen the muscles in your arms by using the water as resistance. You can also work on intensifying your arm workouts by using foam dumbbells and paddles (provided by Waters Aquatic Center) to add extra resistance in the water.

Simply holding onto the ledge of pool or the wrap-around ballet bar and kicking your legs is a great independent workout. This exercise works the muscles in your core and legs. Or, for a more intense workout you can opt for a set of jumping jacks.

Of course if all that sounds like too much, Waters Aquatic Center has a beautiful seated spa area where you can work on seated leg kicks while our jets relax your back and muscles. Or just come in and chat with friends, no judgement here!

This is just the beginning of your journey to a better you here at Zarrow Pointe. If you have any more questions don't hesitate to ask. We are happy to help. 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). Come down and see what you are missing!





VETERANS DAY

11TH NOVEMBER

* REMEMBER ALL WHO SERVED *



11 • 11 • 2021 at 2:00pm
BURNSTEIN AUDITORIUM
Musical tribute by Denise Hoey