

ZARROW POINTE

# news & views

DECEMBER 2021

Be The Light  
See Page 2



# BE THE LIGHT

By Randy Cogburn

Whether you are lighting candles or putting lights on a tree, this is the time of year when both are meaningful in different ways. Both are representative of miracles, and they give us hope. In a world where there can sometimes be more focus on the dark days ahead, that means a lot.

Looking at holiday lights almost always brings folks together, regardless of their background or their faith. For many of us holiday lights and happiness go together like hot chocolate and marshmallows. Lights help us see better and their presence alone can even impact our mood. Lights can also trigger dopamine, the ‘feel good’ chemical in the brain. It is no coincidence that the saying “brighten someone’s day” is associated with the effects of light on happiness.

Did you ever stop to think about how much of a light you can personally be to others? Regardless if they’re having a good or bad day, you never know how much one simple act of kindness can impact someone. You never realize how much of a light you actually are for others.

According to Alyssa Lee at Appalachian State University, “happiness can be found even in the darkest of times, if one simply remembers to turn on the light”. In her article *Be the Light for Others AND Yourself*, Alyssa goes on to describe eight different ways that you can be a light for others:

- Be a light by telling the ones you love, that you love them. Sometimes we forget to tell people “I love you” because we just assume they know.
- Be a light by spreading happiness and radiance. Surround yourself with people who embody happiness and laughter.
- Be a light by serving others. When we serve others, we also serve ourselves and we grow from it.
- Be a light through empathy. You don’t always have to know what to say, but presence and comfort are two important aspects of showing empathy.
- Be a light by strengthening your self-love. If you can’t accept yourself for who you are and how you were made, you won’t be able to extend your confidence and love to others.
- Be a light by loving on others immensely. There is no greater feeling than knowing you are loved.
- Be a light by reflecting on those who bring you happiness. When you see how much they give to you, it makes you want to give back to them.
- Be a light by reflecting on yourself. Reflecting on yourself and your actions brings you to the main focus of your purpose. It’s one thing to live, it is yet another to live with a purpose.

Enjoy the lights and all they represent this holiday season, but more importantly look for ways to shine your own light. Be the light that brightens the day of others around you!

Happy holidays!



Shine





**“Holiday Lights Tour”**

**Thursday, Dec. 2nd at 7pm - Independent Living**  
**Wednesday, Dec. 8th at 6:30pm - Assisted Living**

You don’t have to be a kid to enjoy holiday lights in December. Hop on the bus with us and take a tour of the best in Tulsa. Afterwards, join us for hot chocolate and cookies in the Manor.



**“Cookies, Cakes & Jews”**

**Thursday, Dec. 16th at 9:30am**

Join us on an outing to a local Jewish bakery specializing in cakes, cookies, Jewish pastries and desserts. The owners, originally from Kentucky, will be on hand to tell us their story and their journey to Tulsa. Sign up sheets will be available at the Manor mailboxes.



**“T-Town Ukes”**

**Tuesday, Dec. 21st at 2pm**  
**Burnstein Auditorium**

A local band performing many of your favorites, like: *Sentimental Journey*, *It Had to Be You*, *Sixteen Tons*, *Blue Moon of Kentucky*, *Sway*, and many more.



**“TCC Signature Symphony”**

**Friday, Dec. 17th at 10:30am**  
**Burnstein Auditorium**

Cider, cocoa, and classics. Warm up your day with a special morning performance by musicians from the TCC Signature Symphony.

Holiday music and more, brought to you live, right here at Zarrow Pointe!



**“Celebrate 2022 New Year’s Party”**

**Thursday, Dec. 30th, 7-9pm**  
**Burnstein Auditorium**

We’ll be kicking off our New Year’s celebration one night early this year, so if you’re torn between attending that other New Year’s Eve party, worry no more and celebrate the day before. Dance the night away with big band, classic jazz and more from the band of “David Horne & Friends”.



# HEALTHCARE CONNECTION

By Ruben Bearer

**What do you enjoy?** What makes you relax and find joy in your heart? One of the most important parts of our wellbeing is activity! Often little things make us feel our best. If you've had a bad day you might stop by a bookstore and grab a literary treasure. Sometimes, you want to kick back in your favorite chair to enjoy a show. Everyone has a favored activity. Our residents at the Kaiser Health Care Center never have to worry about activities. Our community is blessed by an energetic activity team and a dedicated care team. Aubrey, Evy and Dewania are on hand to lead engaging events to help our resident relax and enjoy their day. The team takes the time to learn each person's likes and hobbies in order to create a calendar full of fun events, to help everyone feel at home. If there is a holiday coming up you can be sure the team will plan a party around it! Do you like music? We have a concert every week! Do you enjoy movies? Every week we get to enjoy a favorite movie with freshly made popcorn. One of our most popular events is bingo. People can compete for bragging rights and a little money! Everyone knows food is medicine for the soul, so our team is always available with a cooking class, cookies, ice cream or a hot mug of cocoa. For the folks on the go, we have exercise classes, ball toss or drummercise. For our studious residents we have Bible study, cross-words and an art class. From time to time our pet lovers get to enjoy visiting with "Paw Pals" therapy animals. We have recently found a way to have horse races! On Fridays our residents can attend Shabbat Service. The Activity team doesn't get all the glory. The care staff also likes to have fun. We often have impromptu dance parties or get to go swimming with Restorative aides. A stop by Braums after an appointment is always a pleasant surprise. Life is meant to be enjoyed and at the Kaiser Health Care Center we are enjoying life.

By Aubrey VanTassel

## Fun Under the Sukkah

Residents and staff enjoys spending time together as they decorate the Holiday Sukkah. Gourds growing in the courtyard this year were used in the decoration. The seeds that sprouted the surprise squash could have been left there from decorations used last year!



**Celebration Sweaters-** Wear your favorite Holiday clothes on December 16th

## December Birthdays:

Claudia G.- 15th

David K.- 16<sup>th</sup>

Dot C. -29<sup>th</sup>





## Legendary Swimmers

by Merri Beth Purdin

Swimming can be great form of exercise for the human body, but what about people who take that obsession to the next level? In this month's article we are going to explore some of those amazing humans who have done things most of us could only dream about.

Gertrude Ederle was only 20 when she became the first female to cross the English Channel. Most people doubted her ability to make it across, stating that women weren't up to the hardships of swimming the channel. Ederle proved them wrong and swam across nearly two hours faster than the fastest male swimmer. She completed her swim in 14 hours and 39 minutes. You go girl!

Abdul Latif Abu Heif was one of the most incredible swimmers of all time. He was an Egyptian marathon swimmer but didn't quite look like it based on his physical appearance. He was only 5 feet 10 inches and weighed around 200-240 pounds. Not the typical tall, slender swimmer body we traditionally think of. In 1963, he swam the 60 miles across Lake Michigan and finished in 35 hours. That's way longer than I could stand the chilly, choppy water.

In 1987, the amazing Lynne Cox preformed a peace gesture and swam from the United States to the Big Diomedede Island that belonged to the Soviet Union. At only 2.7 miles, this swim seems like a small accomplishment but considering the implications of someone swimming from the U.S. to Russian territories it is an incredible feat. Also the waters that time of year was near freezing temperatures and Cox refused to use a wet-suit. Luckily it went well and Cox was greeted by a welcoming party armed with blankets, tea, and snacks.

Luckily at Zarrow Pointe, our water is kept at a warm 94 degrees year round so no need for blankets or wet-suits here. 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).



**THE BOOK CLUB REVIEW**

**Suggested read for December:**  
*"The Hill We Climb"* by Amanda Gorman  
*"The Boy, the Mole, the Fox and the Horse"* by Charley Mackey

Interested in reading and discussing popular books?  
**Monday, December 13 @ 3:30pm**  
**Zarrow Manor Library**



A photograph of a tree decorated with warm white lights and colorful ornaments (red, gold, silver). In the background, a white light display spells out 'A'.

# HOLIDAY LIGHT TOUR

THURSDAY, DECEMBER 2 at 7pm - Independent Living Residents

WEDNESDAY, DECEMBER 8 at 6:30pm - Assisted Living Residents

Tours are followed by hot chocolate and cookies at the Manor

## CELEBRATE

# 2022

## HAPPY NEW YEAR

THURSDAY, DECEMBER 30 • 7 - 9 pm BURNSTEIN AUDITORIUM