

ZARROW POINTE

# news & views

APRIL 2022

"INVEST  
IN OUR  
PLANET"

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## “INVEST IN OUR PLANET”

Earlier this year EARTHDAY.ORG, the global organizer of Earth Day, announced that the theme for Earth Day 2022 will be “Invest In Our Planet.” Earth Day 2022 is focused on accelerating solutions to combat our greatest threat, climate change, and to activate everyone – governments, citizens, and businesses – to do their part. Everyone accounted for, and everyone accountable.

Earth Day was founded in 1970 as a day of education about environmental issues, and Earth Day 2022 will occur on Friday, April 22. The holiday is now a global celebration that’s sometimes extended into Earth Week, a full seven days of events focused on green living. The brainchild of Senator Gaylord Nelson and inspired by the protests of the 1960s, Earth Day began as a “national teach-in on the environment” and was held on April 22 to maximize the number of students that could be reached on university campuses. By raising public awareness of pollution, Nelson hoped to bring environmental causes into the national spotlight.

Nelson announced the Earth Day concept at a conference in Seattle in the fall of 1969 and invited the entire nation to get involved. He later recalled: “The wire services carried the story from coast to coast. The response was electric. It took off like gangbusters. Telegrams, letters and telephone inquiries poured in from all across the country. The American people finally had a forum to express its concern about what was happening to the land, rivers, lakes and air—and they did so with spectacular exuberance.”

Since 1970, Earth Day celebrations have grown. In 1990, Earth Day went global, with 200 million people in over 140 nations participating, according to the Earth Day Network (EDN), a non-profit organization that coordinates Earth Day activities. In 2000, Earth Day focused on clean energy and involved hundreds of millions of people in 184 countries and 5,000 environmental groups, according to EDN. Activities ranged from a traveling, talking drum chain in Gabon, Africa, to a gathering of hundreds of thousands of people at the National Mall in Washington, D.C.

Today, the Earth Day Network collaborates with more than 17,000 partners and organizations in 174 countries. According to EDN, more than 1 billion people are involved in Earth Day activities, making it “the largest secular civic event in the world.”

In addition to the recycling program that many of you actively support in our community, several years ago we began using solar panels to generate a portion of our electricity here at Zarrow Pointe. While these are good initiatives there is so much more that each of us can do individually and as a community to protect our planet for generations to come.

We can begin by raising awareness of the growing threat that exists against our environment and our planet by becoming better educated about it ourselves.

Additionally, a commitment to better “reduce, reuse, and recycle” our resources is needed by all of us. This rule is part of the waste hierarchy which is a process used to protect the environment and conserve resources through a priority approach. The aim is to get the most practical benefits from products and to generate the minimum amount of waste. This approach also triggers other positive results such as resource savings, pollution reduction, and avoidance of greenhouse gas emissions, development of sustainable technologies and creation of jobs.

Not just the immediate, but even more importantly the long-term return on the investment made in our planet today is what’s most important. Whether you are 9 or 90 your desire to make a difference should be the same. Invest now, before it’s too late!

For a better understanding of the cause and effect of climate change, and to learn what you can do personally to make a difference, join us on Wednesday, April 20 at 11 a.m. in the Burnstein Auditorium for a special discussion led by Ray Bachlor. You are also encouraged to participate in our Earth Day photo contest during the month of April (details are on the back page).

**Environment is no one’s property to destroy, it’s everyone’s responsibility to protect.**

*Mohith Agadi*

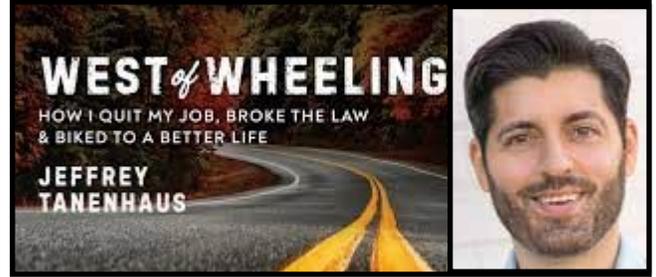


**Connie Cronley**  
***“A Life on Fire: Oklahoma’s Kate Barnard”***  
**Thursday, April 7th at 7pm**  
**Burnstein Auditorium**

“A Life on Fire: Oklahoma’s Kate Barnard” by Tulsa writer Connie Cronley is trending No. 1 on the state’s best-seller list. Who was this fiery politician and why have we never heard of her? Why is she important? How is she relevant today? Those questions and more are the subject of this biography of the first woman elected to state office in 1907—almost fifteen years before women could vote. Barnard was a fiery political reformer and a fearless activist on behalf of the weak and helpless.

This is Cronley’s fifth book. She is the author of three collections of essays and co-author of the memoir of late Edward Perkins, a career Foreign Service officer who was the first black U.S. Ambassador assigned to South Africa with the assignment of dismantling apartheid without violence. She is a regular columnist for “Tulsa People” magazine and for Life Senior Services’ “Vintage newsmagazine,” a regular book reviewer on KOTV’s “Noon News” and a commentator on Tulsa Public Radio.

“I believe Kate Barnard is the most important woman in Oklahoma history,” Cronley says, “but if that is so, why haven’t more people heard of her?” Answering that question is the mission of this book. In “A Life on Fire” Cronley writes the biography of Catherine Ann “Kate” Barnard (1875–1930.) She was a national celebrity, known as The Good Angel of Oklahoma. As a progressive reformer she shaped the young state in policies for public education, child labor, penal reform and a juvenile court, and modern care for patients in mental health hospitals, jails and prisons. But then she took on the “Indian Question,” the theft of Indian estates. Her investigations were a precursor of the Osage murders documented in “Killers of the Flower Moon.” Barnard uncovered corrupt authorities and in retaliation, legislators and grafters closed ranks and defunded her state office. Broken in health and heart, she left public office and died a recluse, but vowing to regain her health and run for U. S. Senate.



**Jeffrey Tanenhaus**  
**Author: “West of Wheeling”**  
**Thursday, April 14th at 7pm**  
**Burnstein Auditorium**

While living and working in Manhattan, Jeffrey Tanenhaus realized that the only part of his life he really loved was his bike commute, so he turned his bike commute into his life. He spent five months riding all the way from New York to Santa Monica, California on a rideshare commuter bike.

Now he’s written a book about it, West of Wheeling: How I Quit My Job, Broke the Law & Biked to a Better Life.

After trekking the 3,020 miles to California, Jeffrey flew back to NYC and then left again. This time driving a moving truck. The former NYC tour guide now lives in Tulsa, Oklahoma giving tours of his adopted hometown.



***“Traveling Voices”***  
**Monday, April 18th at 7 pm**  
**Burnstein Auditorium**

A group of internationally-trained Resident Artists from the Tulsa Opera performing live in our very own Burnstein Auditorium!



***Tulsa Tour***  
**Tuesday, April 26th**

Led by Jeffrey Tanenhaus of Tulsa Tours we will explore some familiar and perhaps not so familiar parts of what was once known as the “oil capitol of the world”. One bus tour and one walking tour. Watch for details.

# HEALTHCARE CONNECTION

By: Ruben Bearer

Often, when people find out about my occupation, they like to ask questions about retirement. This happened last week. A person inquired about the right course of action for their mother. Their mother lives in her own home, and currently, they have both a family member and a caregiver living with her. They wanted to know if it was best for her to remain at home or move into a community. The answer I gave them is an answer I typically give, "I don't know". Every situation is different, it can be difficult to offer standard, cookie-cutter advice. What I often do, is share lessons I have learned over my career.

It's always better to be too early than too late. Moving can be a very involved and stressful time. I find it's better to be prepared for stressful activities. If you are going to do something like moving to a retirement community it is always better to do so before you have an emergency. I could not tell you how many conversations I have had with families who desperately needed care for a loved one because of an emergency. People can save their families and themselves from stress if they plan together.

Many people who are hesitant to move to a retirement community are ecstatic after they move. People have many preconceived notions that are not accurate. When they move, they find new friends, fun activities, and expanded social opportunities. Sometimes when we stay home we often find our social interaction is reduced.

When you move to a community your diet will improve! Sometimes, people who live alone might forget a meal. Frequently when cooking for one, you might just open a can or a box for your dinner. People who are part of a community get a balanced, tasteful meal. At Zarrow, one thing we can always count on is good food!

People who move sooner than they need have more independence. I know this sounds contradictory but it is true. When people get ahead and pre-plan their health care, they are healthier. If you ensure your medication is correct, you obtain outpatient therapy, and you have access to nutritious and delicious food, you will be healthier! The healthier you are, the more independent you will be, and thus more able to enjoy your life. People who are stubborn, often have an emergency that negatively impacts their health which may cause their independence to diminish.

Everyone's life is slightly different. What is right for one, will not be right for another. There are many advantages to moving to a community like Zarrow Pointe. When moving to a community, ensure your plan with your family for ongoing support during this transition. I hope people will look at this as something to be anticipated. It can be scary to make changes, but if you have no changes you will never have adventures!

April Birthdays

Gloria R. April 30<sup>th</sup>

Residents went on their first outing in two years.



WELLNESS WORD SEARCH

H E R E D I T A R Y D J W Q T B Q X X Q  
 H T Y V N N D L I Z G A T U H R O T U R  
 P K C Q B H O C R R J V M A E E O E P S  
 S K S E O T O D U I E L P L O A P A A T  
 H E A L T H F Z I L S S J I R K T R G R  
 M E D I C I N E R A T K T T Y F I E B E  
 W E I G H T R T I S G U F Y F A M Y D S  
 P H Y S I C A L S P D N R A P S U T W S  
 I T P I G Y E I K I O K O E C T M E E W  
 H A C E F U R F W H O I K S L T K I L T  
 O E O S D P U E S S F R O M I A O D L E  
 L C T I O N S S S N C T S E F S N R N C  
 I L L C S U S P E O I H H D E D O C E H  
 S A C R O T E A N I N E E I S I I H S N  
 T I W E C R R N T T H O R A T S T O S O  
 I C A X I I P T I A T R F R Y E I I Q L  
 C O T E A E R O F L E Y O L L A R C K O  
 A S E K L N E Z A E A V O M E S T E A G  
 W O R Z I T E N E R G Y D P S E U S M Y  
 V A L U E S P R E V E N T I O N N K F S

- wellness
- exercise
- risk
- rest
- food
- water
- lifespan
- riskfactor
- energy
- relationships
- culture
- kosherfood
- value
- health
- stress
- nutrition
- nutrients
- diet
- diagnosis
- physical
- social
- holistic
- theory
- social
- ethnicfood
- peerpressure
- technology
- fitness
- breakfast
- medicine
- weight
- optimum
- lifestyle
- disease
- hereditary
- choices
- prevention



**“Climate Change - What We Do Now Matters”**  
 with Ray Bachlor  
 Special Discussion Group - Wed. April 20 - 11am  
 Burnstein Auditorium

- What is the difference between weather and climate?
- What are “Greenhouse Gasses” and how do they affect climate?
- What is the difference between normal climate change and man-made climate change?
- How does climate change affect weather?
- What is the government doing to slow man-made climate change?
- What can we do to help?

**THE BOOK CLUB REVIEW**

Suggested read for April:  
*“Harry Potter and the Sorcerer’s Stone”* by J.K. Rowling

Interested in reading and discussing popular books?  
**Monday, April 11 @ 3:30pm**  
**Zarrow Manor Library**

# EARTH DAY PHOTO CONTEST !



Submit your most interesting, fun or moving shots! Enter the contest by taking a photograph of a place, object, event or person that captures the spirit of being green on campus or whatever represents the importance of protecting the Earth and the environment for the future anywhere you see it. We invite everyone, residents and staff, to participate and capture images of the environment as they see it “through their eyes!”

## PRIZES

GRAND PRIZE

**\$100**

VISA GIFT CARD

2nd + 3rd PLACE

**\$50**

VISA GIFT CARD

Prizes will be awarded to the top staff picture and the top resident picture.

- Contest begins April 1
- Submit your photo to Randy C. by 5pm on April 20
- Winners will be announced on Earth Day - April 22, 2022
- You may submit your digital photo to [rcogburn@zarrowpointe.org](mailto:rcogburn@zarrowpointe.org)



# EARTH DAY PHOTO CONTEST !