

ZARROW POINTE

# news & views

JULY 2022

HAPPY 4<sup>TH</sup> OF JULY

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# 4<sup>TH</sup> OF JULY

## WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White





**UTICA SQUARE  
THURS, JULY 14 - 6:30 PM**

Summer's Fifth Night is a treasured Tulsa tradition that allows friends and families to sit back, relax and enjoy a concert each week during the summer months. Mary Cogan, known locally for her gutsy vocals and soulful lyrics is the featured performer on the 14th. The concert is free. Call Chelsea for reservations at 918-496-8333



**RICHARD HUNTER, J.D.**

**"POLISH AND  
JEWISH RELATIONS"**

**WED. JULY 20, 27  
3:00 PM**

This presentation, in two parts, will trace the relationship between Poles and Jews from the first mentions of Jewish life in Poland in the Middle ages, through the period when Poland literally disappeared from the map of Europe, through the period of World War I and the Interwar Period. Part Two will look at Polish-Jewish relations through World War II and the Holocaust, through the period when the remainder of Polish-Jews left Poland for good in the late 1960s. Finally, the presentation will consider contemporary Polish-Jewish relation in light of this more than 1,000 year history.

Richard J. Hunter, Jr. is Professor of Legal Studies at Seton Hall University and Adjunct Professor at the University of Tulsa. His research interests include international business and Polish economics and politics, including aspects Polish-Jewish Relations. His partner, Kevin Kelly, is a native of Tulsa and Kevin's parents, Jack and KK Kelly are residents of Zarrow Pointe.

**Philbrook**



**FRIDA KAHLO,  
DIEGO RIVERA,  
AND MEXICAN  
MODERNISM**

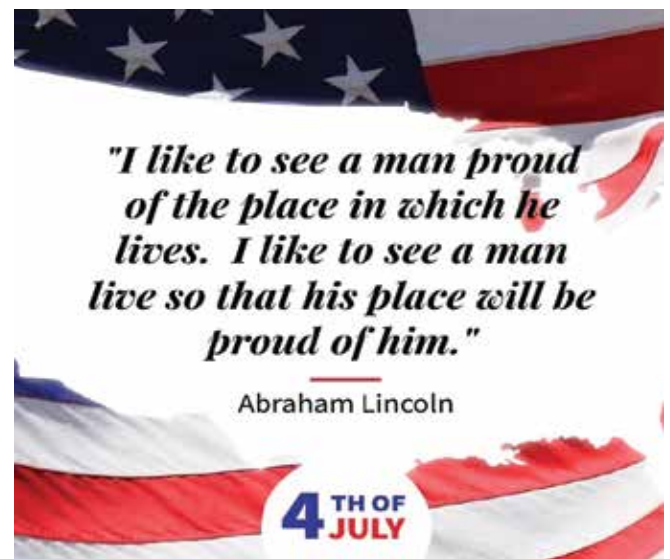
**FROM THE  
COLLECTION OF  
JACQUES AND  
NATASHA  
GELMAN**

**THURS, JULY 21  
10:30 AM**

This exhibition marks the first ever Tulsa presentation of paintings by Kahlo, Rivera, and many of their contemporaries. Of these works, seven are Kahlo's self-portraits, including her iconic 1943 painting Diego on my Mind.

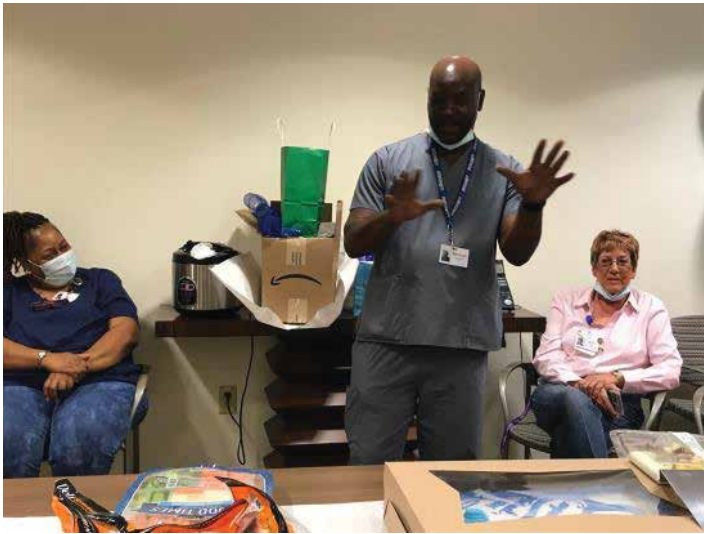
Spanning several galleries throughout the Museum, the exhibition also extends into the 25-acre Philbrook Gardens, giving visitors a taste of what it was like to be in the garden at Frida Kahlo's Mexico City home, La Casa Azul (The Blue House). Both Frida and Diego connected to the land through their love of gardens, an inspiration seen in many of their works that prominently feature calla lilies, cacti, sunflowers, and other plants native to the region.

The tour will be followed by lunch. Reservations are required. Call Chelsea - 918-496-8333



## Congratulations Michael!

Staff celebrated Nursing staff member Michael's graduation and new certification as RN/BSN. His friends in Healthcare provided a cake as well as gifts. He is a valued member of our community. Thank you for all that you do for us and our residents Michael!



**Independence Day Party with Mick Casper**  
July 3rd at 2:30 in the North Hall Dining Room



### *July Birthdays:*

Andy B. 1st  
Billy D. 15th  
Sharon E. 25th  
Ann M. 26th



**Exercise and other activities during the summer months does require special consideration.** The human body takes between 10 and 14 days to adapt to warmer, more humid temperatures.

Tips for safe summertime activities:

**WEAR LOOSE FITTING CLOTHING** to allow circulation of air between your skin and the environment. Light colored clothing is best as it reflects the sunlight.

**AVOID THE “PEAK” HOURS.** If you are planning outdoor exercise or activities, do so in the early morning or evening to avoid the intense heat. Very humid weather hampers perspiration’s ability to cool your body. Consider exercising indoors, at a health club, or shopping mall.

**RE-HYDRATE.** Drink water before, during and after exercising. Your body can easily lose up to a quart of water an hour while exercising in hot weather. Since your body can only absorb 8 ounces of cold water every 20 minutes, you may need to continue to drink fluids even after you no longer feel thirsty.

**EAT COOL, HEALTHY FOODS** such as sandwiches, salads, and fresh fruits and vegetables. They are ideal because they energize and aid in hydration.

**TAKE IT SLOW** at first. As your body adapts to the heat, you can gradually increase the length of your activities or exercise program.

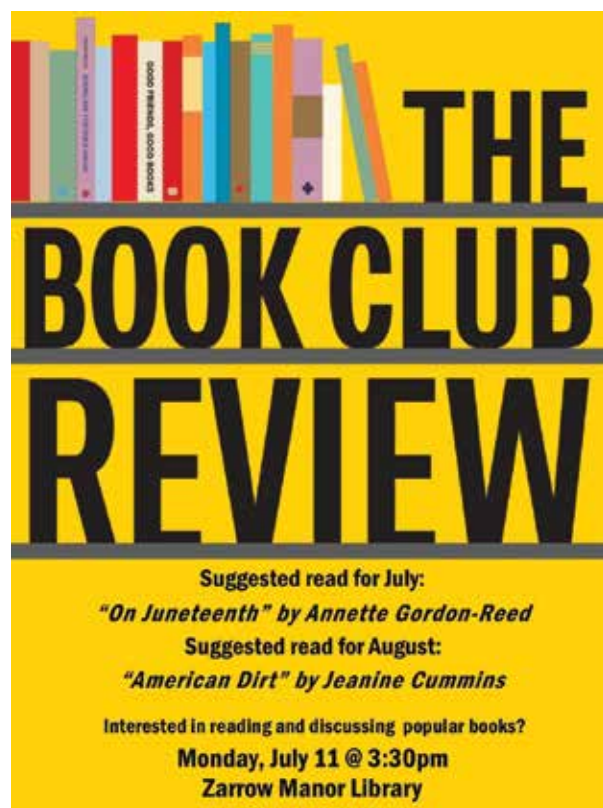
**CHRONIC MEDICAL CONDITIONS/MEDICATIONS** sometimes require special precautions when you are exposed to the sun or heat. Check with your doctor.

**WALKING** is a good summertime exercise, as it can be done outdoors when the temperatures are cooler, or indoors during warmer times. The only equipment you need is a good pair of walking shoes with flexible soles and good heel and arch support. You might want to get a pedometer/ step counter to monitor your progress. There are roughly 2000 steps in a mile, depending on your height and stride.

**WATER EXERCISE** is an excellent choice when the weather is hot. The buoyancy of the water helps support your body weight (making it easier on your joints), and it adds natural resistance that helps strengthen your muscles. If outdoors, wear sunscreen! At Zarrow Pointe we always have the advantage of an indoor pool for year-round use.

**WATCH OUT FOR HEAT STROKE!** This happens when the body can’t rid itself of excess heat. Symptoms may appear rapidly. Look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Seek medical attention immediately! Heat stroke can be fatal!

**HAVE A BACKUP PLAN.** If you are concerned about the heat or humidity, stay inside and choose indoor activities.





# OUT & ABOUT



**An afternoon at the Tulsa Botanic Garden**



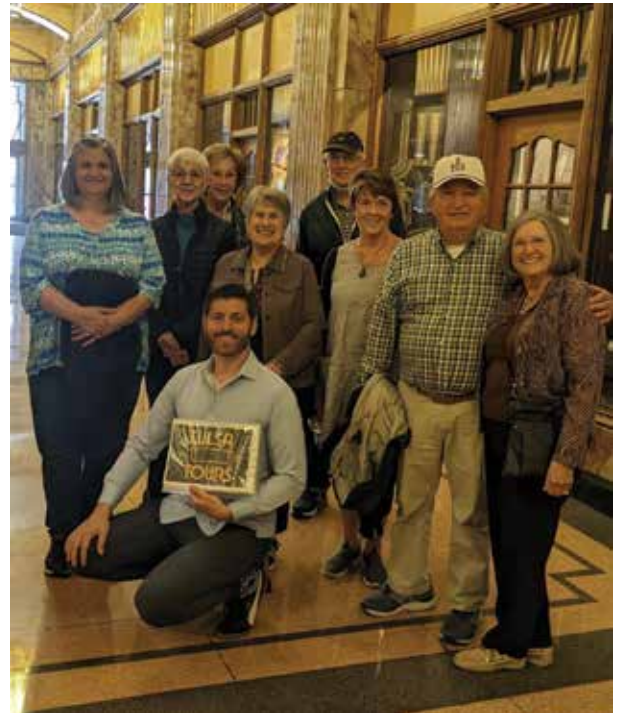
**Mary Harkins hosted an ice cream outing for a few of her friends on her birthday.**



**Director Phil Armstrong speaks to our tour group at Greenwood Rising Black Wall Street History Center**



**Lunch at Hatch "Good Mood Food" after shopping at River City Trading Post**



**Downtown Tulsa Tunnel Tour**



**Summer's 5th Night - Utica Square Concert**