

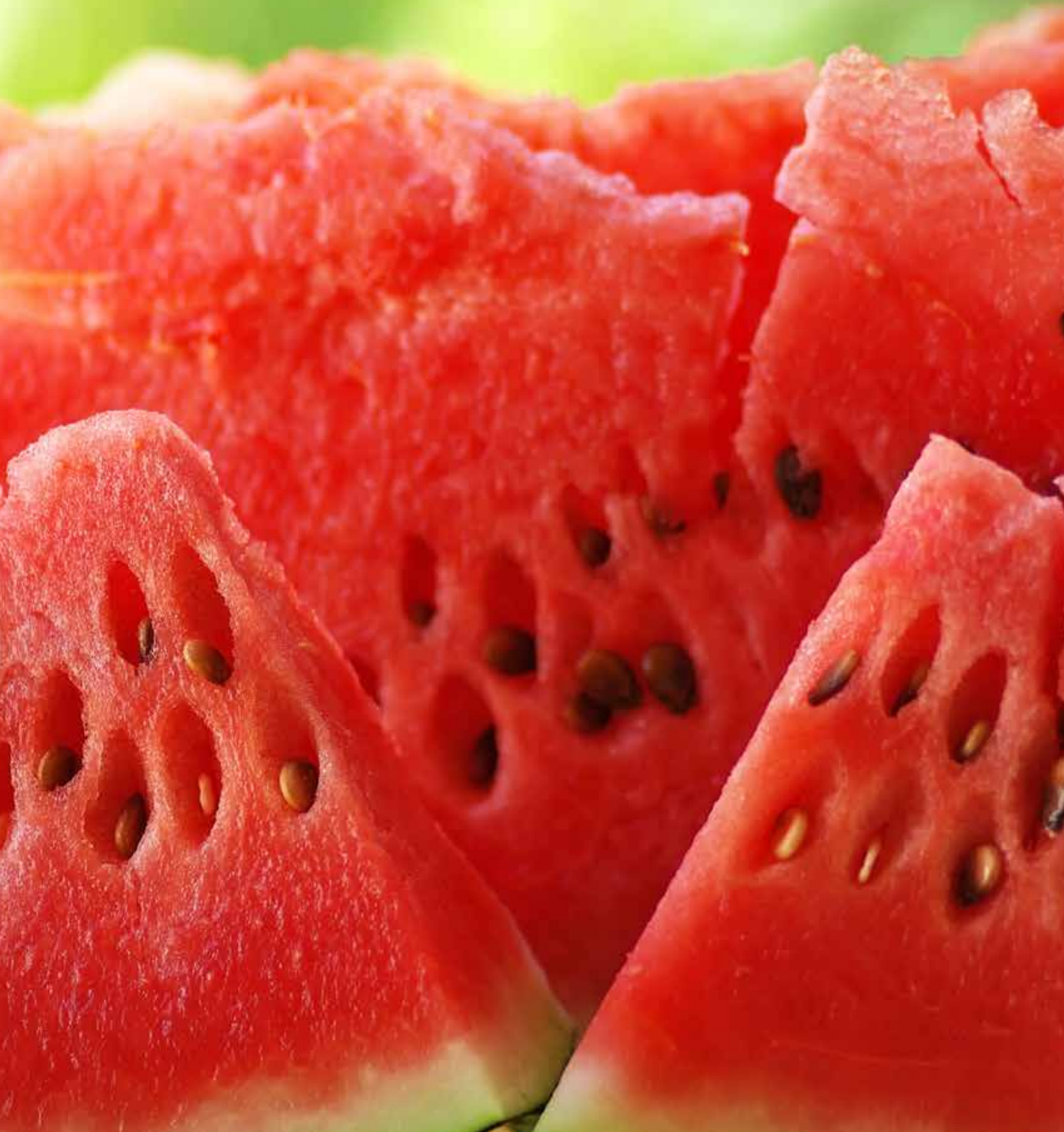
ZARROW POINTE

news & views

AUGUST 2022

WATERMELON
AND SUMMER

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WATERMELON AND SUMMER

I recently heard someone say they didn't care for the taste of watermelon, which I found surprising because I just assumed everyone did. I mean, when it's 100 degrees outside who wouldn't like to bite into a cold piece of this juicy, sweet, red delight? Some of my favorite childhood memories of summer included watermelon, which had been carefully selected by my mom for ripeness and quality. There was a very specific technique as I remember, and yes it involved thumping. I just remember how much I looked forward to her cutting into it, watching it split open, and getting a chance to sample a piece from the 'heart'; the part that was free of seeds. It was always better refrigerated, especially on a hot summer day! I never really gave much thought to the history behind watermelon and so I thought you might also appreciate reading a little more about this 5,000 year old work of nature, credits to the University of Missouri.

In addition to being thirst-quenching, watermelon contains vitamins, minerals, antioxidants, and other beneficial phytonutrients good for one's health.

Watermelon (*Citrullus lanatus*) is a member of the Cucurbitaceae plant family. The latter contains a number of familiar garden vegetables including cucumber, squash, pumpkin and musk melon. Members of this family are monocious, meaning they bear separate male and female flowers on the same plant. The edible part of a watermelon is known as a pepo, which is a ripened ovary (fruit) with watery flesh and a hard rind. From a usage standpoint, watermelon is consumed as a fruit, but it still is classified as a vegetable.

Aptly named, watermelon is 92 percent water and was first used by ancients as a source of water. Watermelon's history dates back 5000 years to southern Africa where the tough, drought-tolerant ancestor of watermelon thrived. Although we don't know the exact identity of this plant, we do know it was prized for its ability to store water and was used by indigenous people in the Kalahari Desert region. Unlike today's watermelon, it had very bitter flesh. Speculation exists, in addition to taking advantage of its water content, people endemic to the region roasted and ate its seeds as a source of nourishment.

European colonists as well as slave trade from Africa are thought to have introduced watermelon to the New World. It was found growing in Florida as early as 1576 and in Massachusetts by 1629. Thomas Jefferson grew watermelon at Monticello and, by the early part of our nation's history, it was being grown by Native American's from the Mississippi Valley south to Florida.

A noteworthy advance in watermelon improvement was made with the introduction of seedless watermelons in the 1950s. Seedless watermelons are the result of crossing a normal (diploid) watermelon with one that has had its chromosome number doubled to form a tetraploid strain with four sets of chromosomes. When a tetraploid (four sets) is crossed with a diploid (two sets), the result is a triploid with three sets of chromosomes. Triploids are highly sterile and very rarely form viable gametes. Thus, although produced from a seed, triploid watermelons bear no seeds. Since pollination is necessary for the enlargement of the melon, a pollinator variety must be interplanted with seedless varieties to insure melon set.

Watermelons are considered ready for harvest when their "belly patch" (portion of the rind that rests on the ground) turns from white to creamy yellow. Another indicator of ripeness is when the tendril located across from where the melon is attached to the vine turns from green to brown. Once harvested, watermelons can be stored at room temperature for about one week, or in refrigerated storage for two to three weeks.

As mentioned earlier, watermelons are more than just sweet and juicy, and scientists are still discovering its health benefits. Its bright red color comes from the pigment lycopene which is a powerful antioxidant. Recent studies revealed that, when combined with a healthy lifestyle, watermelon consumption can reduce the risk of both cancer and diabetes. Additionally, watermelon is a potent source of the amino acid citrulline which may help lower blood pressure. Other studies indicate watermelon consumption might be helpful in reducing the onset of rheumatoid arthritis. Finally, while most do not consider it a "diet food," a cup of watermelon contains only about 45 calories. Plus, unlike other desserts, it's fat-free, low in cholesterol, and contains no sodium.





**NATIONAL WATERMELON DAY
WATERMELON SEED SPITTING CONTEST
WEDNESDAY, AUG 3 - 10:30 AM**

Emily Post may have deplored any sort of public spitting as “disgusting” and “too nauseating to comment on”, but such notions of etiquette have never stuck with the time honored sport of watermelon seed spitting. Join other residents, ZP staff, and a few kids from Camp Shalom in front of the Manor as we abandon all decorum and attempt to break the world record! Not to mention, all the watermelon you can eat! You’re going to look silly, but just have fun and get over it.



**RESIDENT - STAFF SPELLING BEE
JAN FIRST, PRONOUNCER
MONDAY, AUG 15 - 10:30 AM**

Jan First has graciously accepted the invitation to return to Zarrow Pointe as official Pronouncer for this year’s Spelling Bee. Prizes awarded for first, second and third place winners, but everyone who participates walks away with a consolation prize. Register by calling Randy Cogburn, 918-496-8333



**S.A.I.L. - Free Exercise Class!
“STAY ACTIVE & INDEPENDENT FOR LIFE”
MONDAYS & WEDNESDAYS - 9 AM
BEGINNING AUG 22 - BURNSTEIN AUD.**

A fitness program for older adults, which can be done sitting or standing and is designed to improve strength, balance and fitness. Includes warm-up, stretching, cardio, balance and strengthening exercise, as well as a cool down. Register with Lindsay Hunt at Oklahoma Healthy Aging Initiative by calling 918-660-3171 or email lindsay-hunt@ouhsc.edu



**PHIL GOLDFARB
“JEWISH SUPERSTITIONS
THROUGHOUT THE YEARS”
WED. AUGUST 31 - 3 PM
BURNSTEIN AUDITORIUM**

Like all cultures, Jews have developed numerous superstitious practices applicable to a variety of occasions. We keep them alive and pass them down to future generations because there is nostalgia to them.

Often, they defy logic, some are mystical practices, and some long-held superstitions are truly bubbe meises (old wives' tales). From the Talmud to the Medieval Era to the Modern Era, we will discuss 60 different Jewish Superstitions.

Phil Goldfarb is a 4th generation pharmacist by profession. His hobby for over 35 years has been history and genealogy. He is founding and current President of the Jewish Genealogical Society of Tulsa which was started in 2005. A genealogy contributor for several web sites, he has lectured extensively on various topics, including his well attended lecture series here at Zarrow Pointe last year on Jewish Genealogy & History.

Phil also sits on the Board of Directors for several non-profit organizations in the Tulsa area, and is on the Leadership Team for JewishGen.org, the number one website for Jewish Genealogy in the world. In July 2020 he won an Emmy Award as Producer for the Tulsa Historical Society’s documentary titled: L’dor V’dor Generation to Generation: A History of Tulsa’s Jewish Community.

Join us for yet another fun, interesting and educational program presented by Phil here at Zarrow Pointe.

HEALTHCARE CONNECTION

Aubrey Kistler Awarded Leading Age Extraordinary Life Enrichment Award

Aubrey Kistler lives a life dedicated to resident engagement. Aubrey is the Activity Director for Zarrow Pointe. She has made it her mission to ensure the Pandemic did nothing to impact our activities program. Aubrey has created out of the box programs like Hallway Bingo, developed a music and memory program, uses one-on-one activities, and spear-headed family messages on the



windows for our residents. She has partnered with the Mizel Jewish Community Day School to create safe intergenerational concerts for our residents, while maintaining social distancing. Aubrey always ensures her programs are flexible and able to change no matter what new challenge the day brings. Aubrey often can be found creating a special anniversary dinner or activity with little to no notice. Aubrey owned our communities visitation program,



spear heading communication with families to ensure they always understand what is happening with their loved one. Aubrey ensures visitation is always available for all residents. She has helped with face time calls, booth and window visits. Aubrey ensured that all visits were scheduled so everyone had opportunities to enjoy their family and were able to keep in touch. Aubrey ensures every resident gets a personalized birthday card and special attention on their birthday. This often includes a special meal, which she guarantees meets all their dietary requirements. Recently, Aubrey completed her “passion project,”-- a sensory room for our residents. This room is a calm place for residents facing anxiety to wind down and relax, thanks to Aubrey’s calming interactive decorations. Every day Aubrey brings passion and dedication to her career. She loves spending time with residents and ensures they are actively engaged with our community. The trust and goodwill Aubrey has created will ensure Zarrow Pointe maintains its momentum into the future!



Summer “Sale”

Healthcare Activities will host a “Yard Sale/Swap” on August 10th. Small collections of clean and gently used items can be brought to the Activities room to be traded. Residents will be able to “shop”- free of charge- for their favorite items.

Father’s Day Celebration



Fourth Fun!



Luau Day!
Calling all Beach Bums!
August 18th is Luau Day!



August HC Birthdays:

Mary P. 1st	Judith M. 17th
Rick F. 6th	Richard D. 24th
Joan M. 7th	Teddy L. 25th
Virginia T. 8th	Russell L. 31st
Jo Anne S. 11th	



Recumbent cycling has become all the rage at The Villas. Resident Phil Allen started it when he wanted to find a way to continue his cycling passion on something more stable than just two wheels. He showed off his new 3-wheel recumbent cycle back in February 2022 and Villa resident Ray Bachlor thought it was a great idea. He bought one. It is a perfect way to exercise with his dog Josie and they go every day. Phil convinced his wife Rita to try it out and now she has one of her own. Tony and Judi Krehbiel took a test drive on Phil and Rita's bikes. They were hooked immediately and their new rides arrived in mid-July.

Our neighbor Jim Ronda noticed that this adds up to 5 recumbent bikers in The Villas. You know what that means? It means we now have "a biker gang." Every gang needs a logo. RC stands for Recumbent Club. We are proud of our active residents who are always looking for new and fun ways to exercise. Ride forever! - *Janna Tipton*



RESIDENT - STAFF

SPELLING BEE

JAN FIRST - PRONOUNCER

AUGUST 15, 2022 - 10:30AM | THEATER

TO REGISTER:
CALL RANDY COGBURN AT 918.496.9500

THE BOOK CLUB REVIEW

Suggested read for August:
"American Dirt" by Jeanine Cummins

Suggested read for September:
"The Lincoln Highway" by Amor Towles

Interested in reading and discussing popular books?
Monday, August 8 @ 3:30pm
Zarrow Manor Library



THURSDAY, AUGUST 25TH

IT'S
5 0' CLOCK
Somewhere

FOOD, DRINKS, MUSIC, VIBES

GUEST ARTIST

TIM SWANSON

4:30 - 6:30 PM
Burnstein Auditorium

RSVP to Chelsea by August 18 - 918.496.8333

Tropical shirts, shorts and sandals? Please!!