

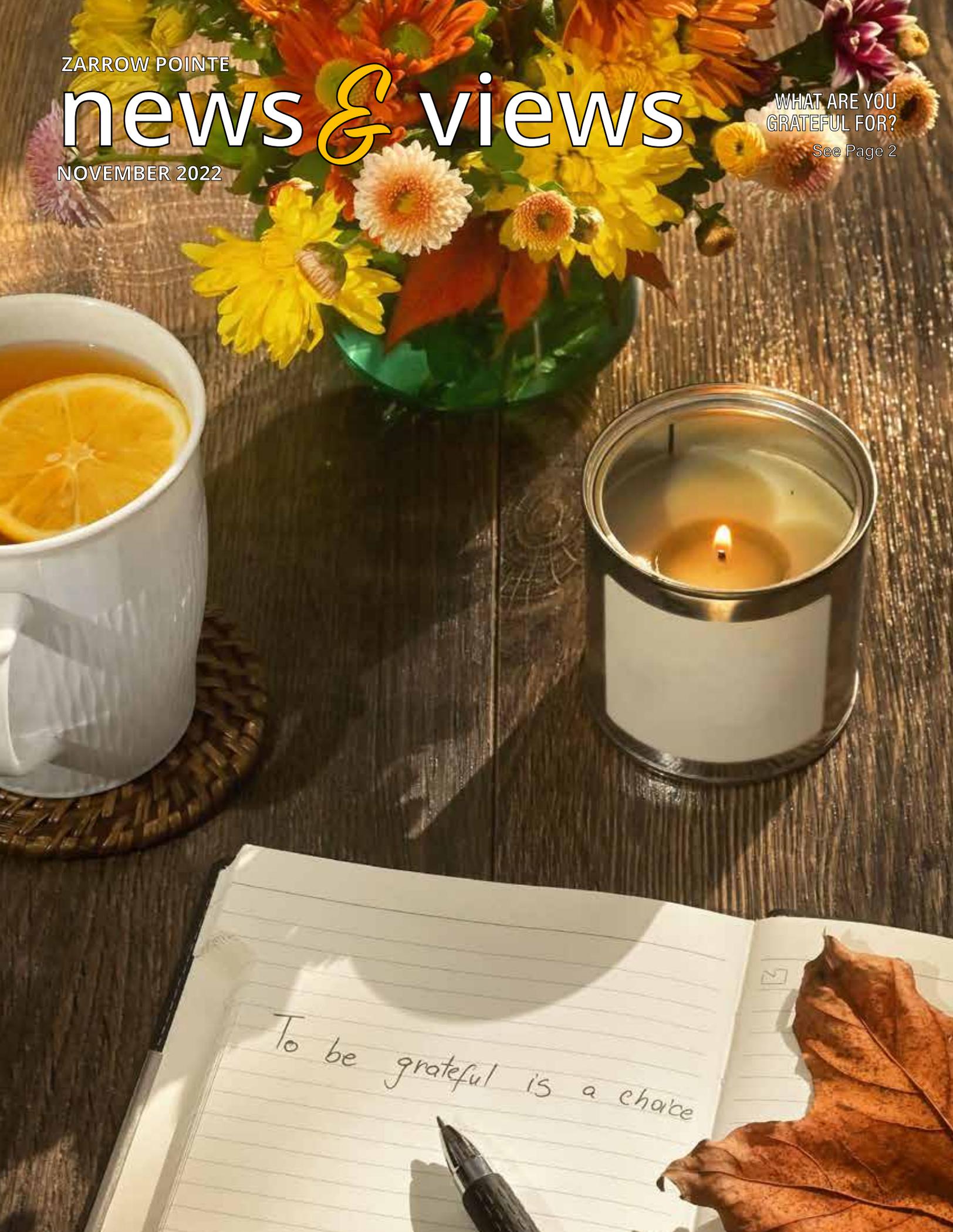
ZARROW POINTE

news & views

NOVEMBER 2022

WHAT ARE YOU
GRATEFUL FOR?

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WHAT ARE YOU GRATEFUL FOR?

What are the first three things that come to your mind when you list the things you are grateful for? Could you find three new things each day? The importance of daily acknowledging the things we are grateful for should be obvious, however we sometimes fail to do so for various reasons. At times we seem too overwhelmed with negative emotions to find the energy, and yet practicing gratefulness can produce a positive energy that helps us connect to something larger than ourselves. Gratitude helps us to deal with adversity, relish good experiences, and build strong relationships others who practice gratefulness.

Sometimes having the ability to tie ones own shoes is something to be grateful for; especially when it becomes harder to do so. Or, we are required to do it for someone who no longer can. This became the experience of one young man whose mother was diagnosed with Multiple Sclerosis a few months after celebrating his first birthday.

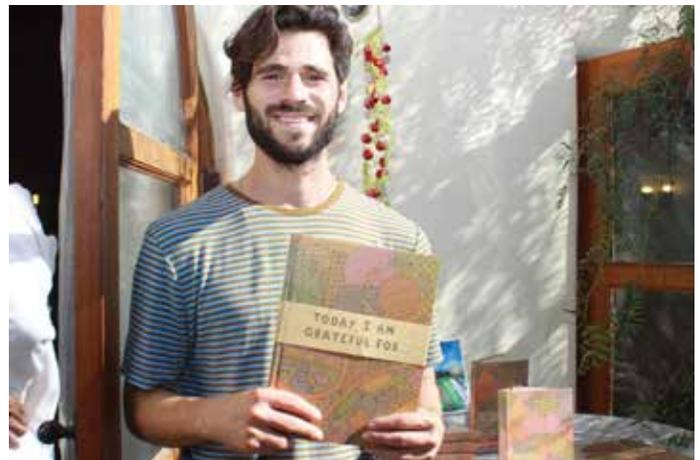
Teddy Droseros felt that his mother's health issues robbed him of a normal childhood and left him bitter, especially after he lost her to cancer in 2019. Teddy relates: "It was all I knew growing up, so it was my normal. As time went by, the illness gradually took over her body and she lost a lot of the things that brought her happiness, like riding her bicycle. She eventually lost the ability to stand on her own two feet, which was the most difficult to watch. This experience, however, also gave me my greatest gift – awareness for what I have. As much as I hoped, I couldn't change what was happening to her mind and body, but I did have the power to control how it impacted mine. There are some days where I'm present enough to get an overwhelming feeling of joy simply because I can tie my own shoes. This feeling extends into everything else I'm capable of doing, and I wouldn't have this kind of joy if I didn't have to help Mom with her shoes for so many years. Sometimes looking at the bright side hurts, but it's all we can do."

Early in his twenties Teddy began making a practice of writing down three thoughts of gratitude each night before bed. He also began to wonder what would happen if others around him were practicing gratitude. He was inspired to

design a Gratitude Journal and launch a non-profit called Grateful Peoples.

With the very first Gratitude Journal left in a neighborhood coffee shop others have been inspired to write down things they are grateful for. The idea grew to people sharing their gratitude all over the country! Over the course of five years Teddy has collected over 75,000 grateful messages from strangers all across the United States! After reading every single one he has reassembled many of them into a book which we have a copy of in the Zarrow Manor lobby.

Along with Teddy's book we have also left several Gratitude Journals throughout the building. If you see one please take the time to pick it up and write down one or more things you are grateful for. It can also be inspiring to read what others have written.



With gratitude we acknowledge the goodness in our lives. Teddy's story teaches us that in the process, people usually recognize that the source of that goodness lies at least partially outside themselves. Sometimes it takes the loss of others to make us realize how much we have to be grateful for.

Like Teddy, taking the time each day to journal at least three things we are grateful for can be one of the most positive things we can do for ourselves.

What are you grateful for?

"A grateful mind is a great mind which eventually attracts to itself great things" Plato



FALL FOLIAGE TRIP

November 3, 2022
1:30 P.M.

If Mother Nature cooperates we will enjoy a scenic drive around the local area.

Sign up at the mailboxes



“T-Town Ukes”

Tuesday, Nov. 15th 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.

TULSA PERA

“Traveling Voices”

Wednesday, Nov. 16th at 7 pm
Burnstein Auditorium

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

An evening you won't want to miss!



Discussion with
Sarah Gray
Tuesday, Nov 29th
7:00 p.m.

Burnstein Auditorium

Sarah Gray, an indigenous rights activist, political communications strategist and

co-owner of ST Comms Shop, will be here to discuss the current threats to the Indian Child Welfare Act.

On Wednesday, November 9th, The Supreme Court will hear four cases challenging the *ICWA*, a 1978 law enacted to prevent states from breaking up Native American families and removing Native American children from their Native culture.

Come join the discussion and find out the latest news.



Giving Back to the Community

A huge thank you to our residents for hand-making and donating fifteen sleep mats to be distributed to the homeless community. If you would like to volunteer for this ongoing project, contact the Activities Department.

Food donations were collected at the Zarrow Pointe Annual Trivia Night and taken to the local food bank.

HEALTHCARE CONNECTION

Staff and residents had a great time together on Hat Day in September!



HAPPY BIRTHDAY

November HC Birthdays:

Lois G. 2nd
Ruth Ann F. 21st

Crazy Hair Day: November 17th



Healthcare has received several bouquets that were designed and delivered by our wonderful Resident Volunteer!



Why Should I Read an Article About Hospice?

Hospice is one of those things in life where you don't know, what you don't know, until you need the service. This is reasonable because it is not something that is needed or thought of on a daily basis. We find ourselves busy planning everything in our life including family, career, financial and retirement planning, so why not plan how you would like your last weeks and months to go? So what is hospice? Hospice is a set of services that we all will need someday, if not for ourselves, for a loved one or a friend. While death is not an option for any of us, we do have choices on how it all might play out. Hospice provides not only a special kind of care that focuses on the quality of life for the person with a life limiting illness, but for their family as well. Hospice supports both the patient and their family to be able to live life as fully and comfortably as possible, by using a team approach of doctors, nurses, social workers, chaplains and home health aides. It is this team approach that will see to the needs of the patient as well as the family.

At Zarrow Pointe, we are lucky to have one of the best hospice agencies in all of north-eastern Oklahoma, right at our fingertips, The Meyer C. and Ida Miller Hospice. Miller Hospice is a locally owned, not-for-profit hospice that is fully committed to providing the highest quality of care to patients and their families. The care can be provided in a home, assisted living center, nursing home or a hospice house. Miller hospice welcomes all denominations, nationalities and races. They are also the only Oklahoma hospice that specializes in the Jewish cultural concerns and needs as related to end-of-life care.

Miller Hospice recognizes that as one begins the process of dying, they may have a variety of physical, spiritual, emotional and social needs. The nature of dying is so

unique that the goal of the Miller Hospice team is to be sensitive and responsive to the special needs of each individual family. Miller's services are available 24 hours a day, 7 days a week. What most people may think about hospice is that it's just for the last few days of someone's life, but quite frankly, that is not the case. Other common misconceptions are that hospice causes death prematurely; hospice is a place; hospice is only for patients with cancer; hospice is only for old people; or hospice is expensive. None of those things are true, and the staff at Miller Hospice would be happy to answer any questions or concerns that you might have regarding hospice care and their services.

Most families surveyed will say they wish they would have started hospice sooner. It is never too soon to at least start asking questions and having conversations. You don't have to wait for a doctor to tell you it is time for hospice to start a conversation. There is no charge for consultations and they are available 7 days a week. In this month of November as we celebrate all that we have to be thankful for, the Miller Hospice team continues to be thankful for the honor and privilege it is to care for the Zarrow Pointe and northeast Oklahoma communities. If you or someone you know might want to volunteer and be an integral part of the team, there are a variety of volunteering opportunities available. Please call 918-742-6415 with any questions.





LET US COME TOGETHER TO CELEBRATE



VETERANS DAY 2022

HONORING THE LIVES AND THE SERVICE
OF OUR VETERANS

NOVEMBER 11 - 2 PM - BURNSTEIN AUDITORIUM

