

ZARROW POINTE

news & views

DECEMBER 2022

SIMPLY
UNIQUE
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SIMPLY UNIQUE

When you are staring at a foot of snow it may be difficult to picture the snowflakes; you just see snow. Much the same way we feel when walking into a room filled with a large group of people that we do not know. With so many of us around here, no one is going to notice our differences unless they care enough to look closely. We tend to see the mass and not the individuals. Like a single snowflake you occupy a unique place in time and space. We are all similarly unique in this space-time way.

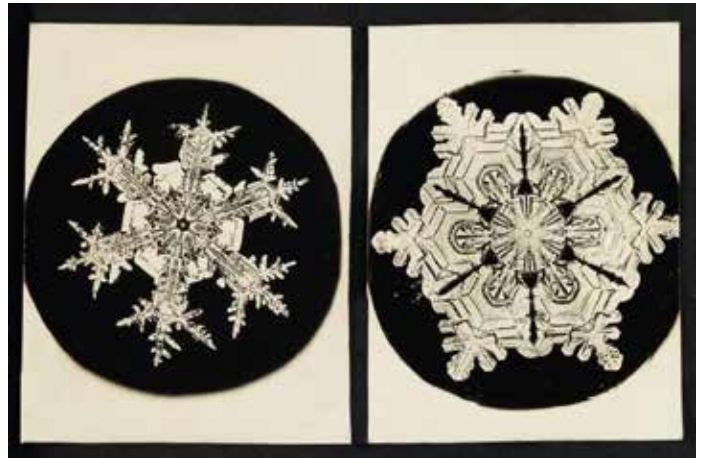
Learning how snowflakes are formed, along with their similarities and differences, is fascinating. Every snowflake is made up of hydrogen and oxygen molecules that freeze onto a speck of dust or pollen forming a six-sided crystal. Interestingly, 75% of a human being is composed of hydrogen and oxygen, the same elements as in a snowflake. But here's where the magic happens. The things that shape each snowflake, it's unique size, branching, complexity and beauty are the conditions it travels through on the way from heaven to earth.

The fate of a snowflake is decided by the temperature, humidity, wind speed, and the things it crashes into along the way. Some flakes will float to the ground beautiful and intact. Others arrive broken or misshapen. Isn't that true of all of us? But thank goodness we're not like snowflakes that simply fall from the sky. As human beings, we have the power to make choices along the way! Each of us is influenced by the conditions through which we age including genetics, geography, society, and culture, as well as the choices we personally make. The unique circumstances and conditions of our life are what mold us into the unique person we become.

"We are not powerless specks of dust drifting around in the wind, blown by random destiny. We are, each of us, like beautiful snowflakes — unique, and born for a specific reason and purpose." - Elisabeth Kubler-Ross

As far as anyone can tell, no two snowflakes have exactly the same shape. To prove this assertion would require gathering vast numbers of snowflakes and then comparing their shapes. No one has reported having done that. However, many photographs have been taken.

In 1885, equipped with both his microscope and a camera, Wilson "Snowflake" Bentley made the first successful photograph of a snowflake. Bentley was a pioneer in "photomicrography," the photographing of very small objects, especially of snowflakes. From that first photograph in 1885, Bentley photographed more than 5000 snow crystals until his death in 1931. From gathering this large collection of snowflakes, Bentley learned that every single snowflake was unique. A couple of his photos are shown below.



Each of our minds is predisposed to see either similarities or differences. When considering uniqueness, it may be easier for you to think that snowflakes and humans are equally unique. Others may more easily focus on the differences.

Just as snowflakes can be so quickly changed by conditions around them, so can we. The temperament of a society can so easily cause us to focus on our differences which can divide us, rather than appreciating the greater similarities that can serve to make us stronger and bring us together.

Just like a snowflake, each of us is unique. There isn't another one like you in the world. Others are no better, just simply unique. No one can see or experience things from your viewpoint; it is your own unique history and personal journey. You are simply unique!

"No human being is the same; we are like snowflakes, none of us are the same but we are all COOL" - Pharrell Williams

FIVE WISHES

Conversation Guide for Individuals and Families

Thursday, Dec. 1st - 9:00 A.M.
Burnstein Auditorium



What are the two things that are guaranteed in life? Death and taxes! Neither are fun subjects to talk about, but in both cases, it is best to be prepared!

Do you have questions

concerning Advance Directives, Hospice, Hospice Houses or other End-of-Life issues? Julie Anderson, the Community Liaison from Miller Hospice, will be here to answer questions as well as to help you fill out your very own Advance Directive using the Five Wishes booklet. There is no charge to attend, booklets will be provided. Please feel free to bring friends with you. Sign up by the mailboxes.

Holiday Light Tours



This year, there will be three different Holiday Light Tours. The first tour, on December 6th, will be a walking tour for Independent residents at the "Christmas Chute" in downtown Sapulpa. This tour will involve walking along a beautifully decorated three block area. (There will not be a lot of seating areas available.)

The second tour, on December 14th, (Assisted Living) and the third tour, on December 22nd, (Independent Living) will be driving tours. Cookies and hot cocoa will be provided upon the return of each tour.



Thursday, Dec. 8th
1:30 p.m.

Current exhibits include Biblical Micro Calligraphy Art; Earth, Hand & Fire; and Next Year in Jerusalem. Please sign up by the mailboxes.



Centennial Birthday Celebration

Thursday, Dec. 15th at 1:30 pm
Burnstein Auditorium

Join us in celebrating Mr. George Krumme's 100th birthday! Cake and punch will be served.



TCC Signature Quartet

Friday, Dec. 9th—10:30 A.M.

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



Celebrate 2023 New Year's Party

Thursday, Dec. 29th , 7:00—9:00 pm
Burnstein Auditorium

We will be kicking off 2023 early. Dance the night away with big band, classic jazz and more with Stephanie Oliver & Friends. We will end the evening with a champagne toast to an exciting new year of possibilities!

HEALTHCARE CONNECTION

Memories with Mizel!

Mizel students joined residents this month for a special Kabbalat Shabbat Service under the Sukkah as well as 1:1 reading in the Dining Room.



December HC Birthdays:

Ann C. 3rd	David K. 16th
Paul R. 10th	Sue W. 17th
Claudia G. 15th	Sandra B. 25th

Holiday Sweater Day!

Dec. 22nd



Zarrow Pointe Library Fund

We recently received a generous donation to establish a Library Fund which can be used to make improvements to our library. Newer and more relevant books can now be purchased along with the addition of a Large Print section. We will also be obtaining subscriptions to a few periodicals such as the large print Reader's Digest.

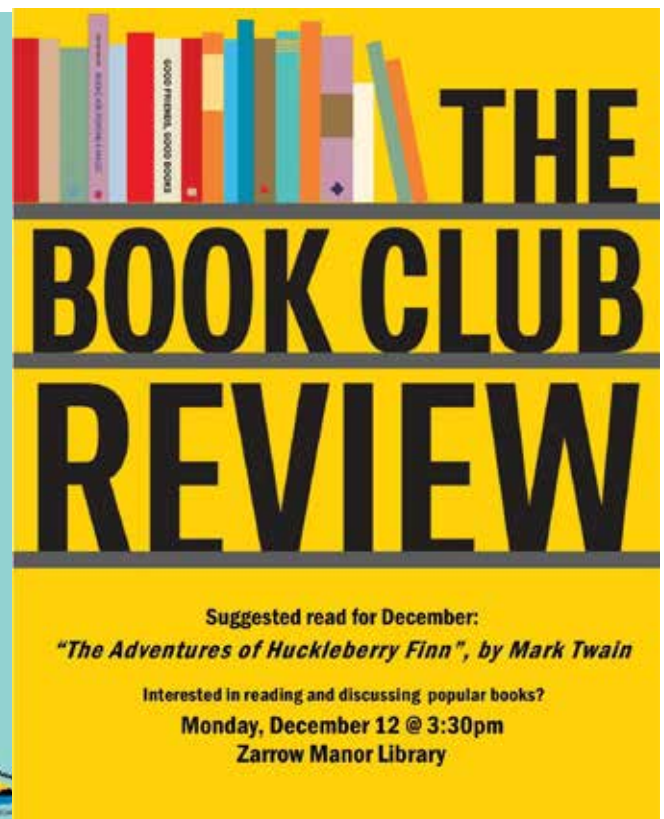
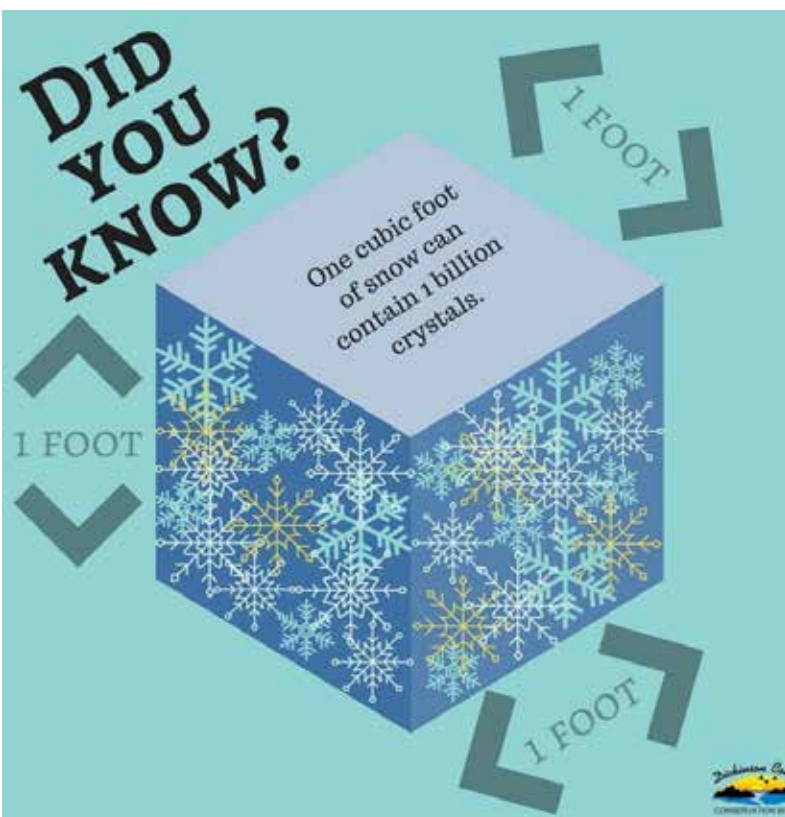
Our library, located off the lobby of Zarrow Manor is accessible 24 hours a day, and includes a media center where you can browse the web or check your email. There is also a digital video magnifier available.

If you would like to make a donation to our Library Fund you may do so in our business office.

We would also be interested in donations of any large print books that you may have. Check with our activities office if you have questions.

Brightening the Days of Others

Thank you DeAnn Harris for making a difference for our health care residents by making fresh flower arrangements for them. It is a glimmer of light in their day!



A photograph of a building facade at night, heavily decorated with warm white string lights. The lights are draped over the architectural details, creating a bright, festive glow. Some colorful ornaments are visible among the lights.

HOLIDAY LIGHT TOURS

TUESDAY, DECEMBER 6 at 6:30pm - Walking Tour - Downtown Sapulpa,
Independent Living Residents

WEDNESDAY, DECEMBER 14 at 6:00pm - Assisted Living, Driving Tour

THURSDAY, DECEMBER 22 at 6:30pm - Independent Living, Driving Tour

A vibrant red background with a subtle circular pattern. The year '2023' is written in large, gold, 3D-style numbers. The '0' is replaced by a gold clock face with Roman numerals and hands. The scene is decorated with gold snowflakes and red and gold Christmas ornaments.

CELEBRATE

2023

HAPPY NEW YEAR

THURSDAY, DECEMBER 29 • 7 - 9 pm BURNSTEIN AUDITORIUM