

news & views

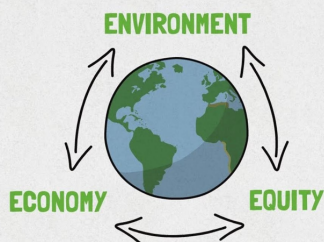
APRIL 2023

Earth Day 2023 "Invest In Our Planet"

This year, Earth Day is on Saturday, April 22. Participating in this global event raises awareness of the importance of protecting our planet and its natural resources. In addition, it encourages people to engage in conserving the environment.

This year, we rally behind the theme "Invest In Our Planet", which highlights the importance of dedicating our time, resources and energy to solving climate change and other environmental issues. Investing in our planet is necessary to protect it and the best way to pave a path towards a prosperous future. When we **Invest In Our Planet** together, we are supporting healthy, happy, and wealthy communities worldwide.

Environmental sustainability practices incorporate wise resource use as a core principle of daily activities to reduce emissions, prevent pollution and waste, and reduce energy use.



On Wednesday, April 19 at 3:30 p.m. we welcome guest speaker **Rabbi Marc Boone Fitzerman**, Rabbi of Counsel, The Synagogue Congregation B'nai Emunah to speak to us on the importance of sustainability.

Educated in the brick-in-the-toilet-tank 1970s, Marc Fitzerman is now in his second round of sustainability activism. He believes that the most important step in combating environmental and social degradation is systemic reform by government and business. But he also thinks that meaningful work can be accomplished by individuals and small groups.



Transportation Gets an Upgrade

Many of our residents no longer drive, so relying on our transportation service is a big deal. We have worked very hard to maintain a quality fleet for your safety and comfort.

Resident, Judy Gayle Waters recently donated funds which allowed us to purchase a brand new 2023 Acura MDX which will become our primary vehicle for transport.

Thank you Judy Gayle for your generous donation!

Pictured above is Judy Gayle and our amazing driver, Michael Nero.



Passover 2023: Eve of April 5 - Eve of April 13

Passover, also called Pesach, is a major Jewish holiday that celebrates the Biblical story of the Israelites escape from slavery in Egypt.

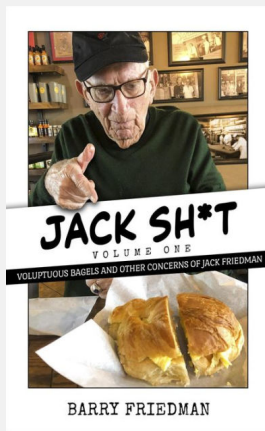
At Zarrow Pointe, First Seder dinner will be April 5th at 5 p.m. Please make your reservations early by calling Dining Services at 918-496-8333, extension 313.



Dr. Deborah A. Gist
Superintendent, Tulsa Public Schools
Tuesday, April 11 - 3:00 p.m.
Burnstein Auditorium

Join us for an informative presentation along with a question and answer session as Dr. Gist addresses the leading issues affecting education and in particular, the Tulsa Public School District.

She is a proud graduate of Memorial High School and Nimitz Junior High School, and started her education at both Grimes and Carnegie elementary schools. She completed her doctorate degree at the University of Pennsylvania. Being the Superintendent of Tulsa Public Schools fulfills a lifelong dream.



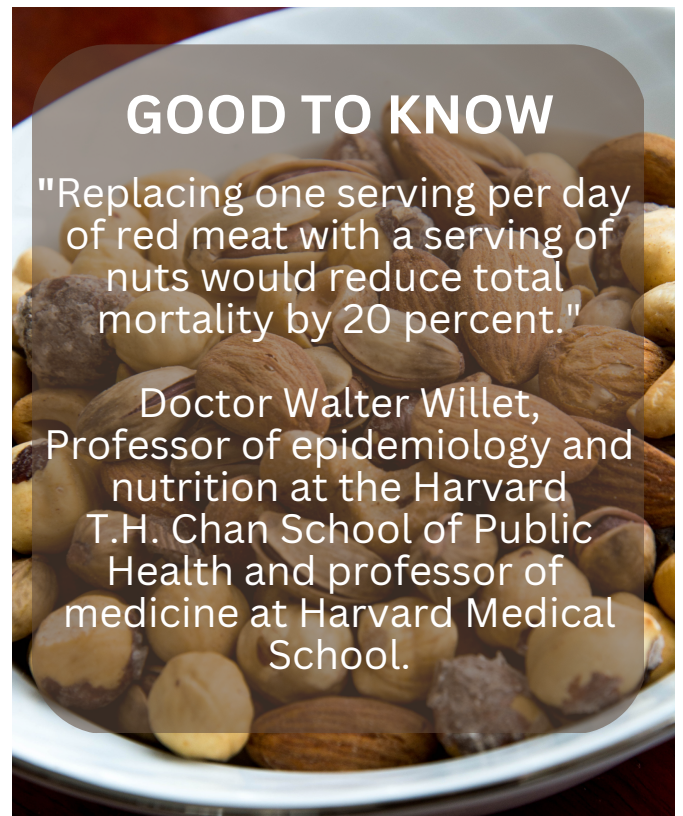
Barry Friedman
Author
Tuesday, April 27 - 3:30 p.m.
Burnstein Auditorium

Zarrow Pointe is thrilled to welcome back our friend Barry Friedman for an in person discussion and book signing celebrating his new book, *Jack Sh*t: Voluptuous Bagels and Other Concerns of Jack Friedman*. His new book is a collection of humorous and poignant stories about his father, Jack who was also a resident at Zarrow Pointe for many years.

5 Secret Health Benefits of Gardening according to AARP

1. Exposure to vitamin D
2. Decreased dementia risk
3. Mood-boosting benefits
4. Enjoyable aerobic exercise
5. Helps combat loneliness

You don't need a lot of space to grow a garden. A small patio can be used to grow vegetables and flowers. Water, sunlight, air, and soil are all you need for a container garden. You can grow a salsa garden or a salad garden and put all the plants in one container—a tomato plant, cilantro, chives, and a few peppers, or lettuces with herbs, cherry tomatoes, and mini cucumbers. Add a couple marigolds to repel tomato eating bugs. With container gardening, the biggest struggle is remembering to water enough, but not over water. This can be solved by purchasing self-watering containers. Every few weeks, fertilize with plant food. Before long you'll be eating fresh veggies from your own garden.



Riddle

What common English verb becomes its own past tense by rearranging the letters?

First two to call Randy C with the correct answer win a free lunch at Doug's Cafe