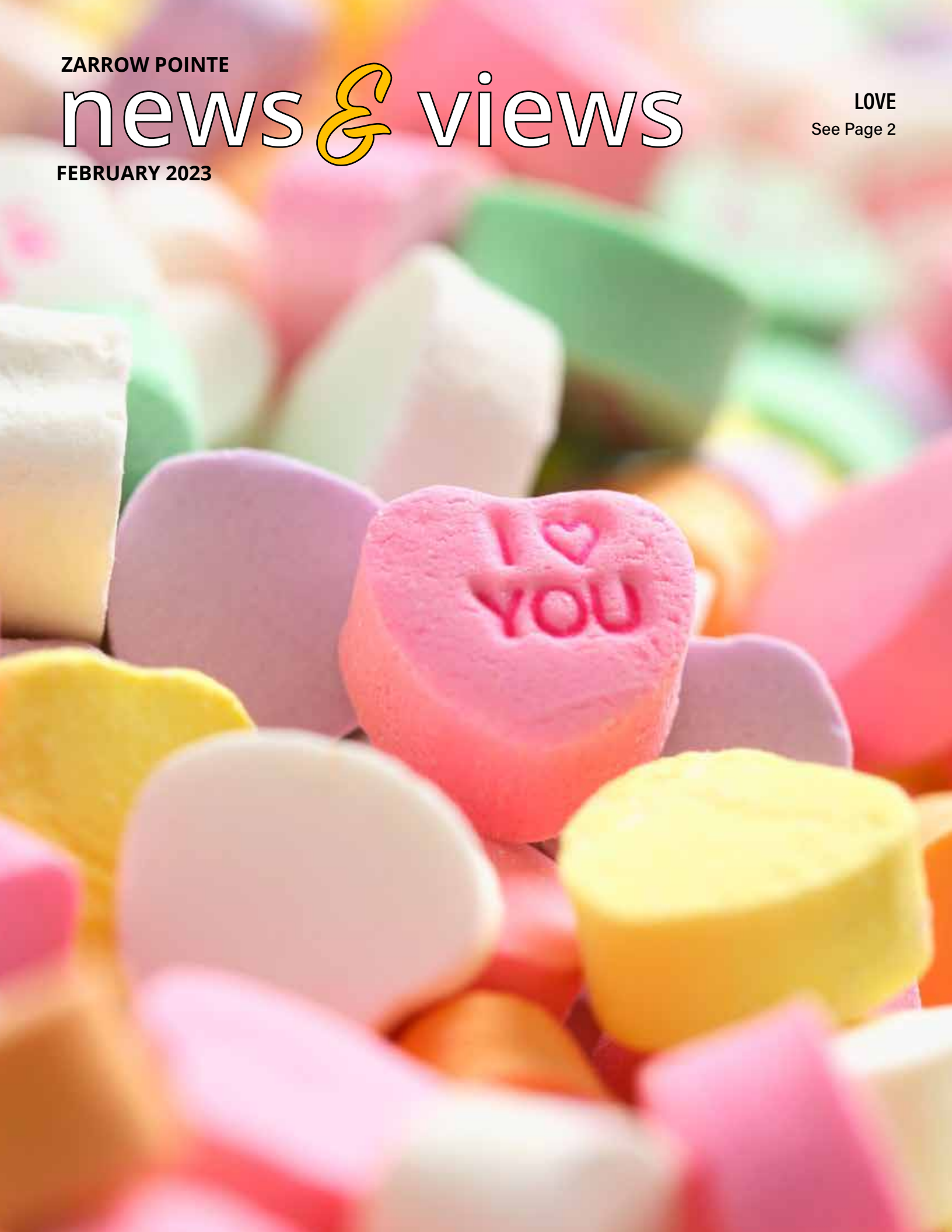


ZARROW POINTE

news & views

FEBRUARY 2023

LOVE
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LOVE

LOVE - by Randy Cogburn

In my opinion, being able to love and be loved by others is one of the most priceless things in life. Without it, regardless of one's material wealth, you are never truly rich. Whether it comes from one's own family or a dear friend, love is the most valuable gift we can give one another.

Although almost no one can agree on a single definition of love, most people do agree that love plays a significant role in both physical and psychological well-being. Numerous studies have demonstrated the benefits of love. Love's role in mental health is far-reaching. For example, feeling unloved is strongly correlated with feelings of low self esteem and depression; while people who feel loved by others and report loving others tend to be happier.

Loving oneself and being a happy person makes it easier to be loved by others. It can be seen as a state of mind and one that can be changed by our thoughts and emotions. If we tend to be a positive thinker and find good in things and others we will be more inclined to attract the same.

As we celebrate Valentine's Day, it's only appropriate that we tell our loved ones that we love them. But not all of us are used to saying those three little words. Some will say that love is implied, but there is good reason to say it too. It reinforces your feelings and helps remind your loved ones - whether your spouse, sweetheart, child, parent or best friend that you are there for them and they matter to you.

The Bizarre History of

Conversation Hearts - by Bailey Fink

It all started in the 1840s when a Boston pharmacist named Oliver Chase invented a machine that made it easier to create apothecary lozenges. Chase's lozenge cutter is credited as the first American candy machine. He started off making medicinal lozenges for sore throats and bad breath, but later turned to creating candy. These candy lozenges would go on to become the Necco Wafers that are still around today. Soon after inventing the wafers, Chase teamed up with his brother, Silas Edwin, to create Chase and Company, which then became the New England Confectionary Company.

Necco Wafers' popularity took off during the Civil War and continued to be a popular candy for decades. Because they were portable and wouldn't melt, they were often shipped overseas.

So what do Necco Wafers have to do with conversation hearts?

Legend has it the idea for conversation hearts came from people sending love letters to the troops during the Civil War. Since they were already carrying Necco Wafers, why not press the love messages directly into the candy?

The more plausible explanation, however, is that the idea for conversation hearts came from the candy's predecessor, a scalloped candy that had a message written on colored paper tucked inside like a fortune cookie.

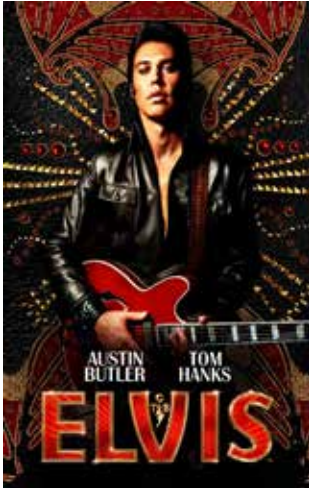
In the 1860s, another Chase brother, Daniel, developed a machine that stamped words directly on the candies with red vegetable dye. Back then, the candies came in all different shapes, like baseballs, horseshoes, and watches, and they featured much longer sayings. (Hearts weren't added to the lineup until 1901.)

By the early 1900s, the candies had scaled down in size and began to feature one-liners, like the ones seen today. The original mottos of "Be Mine" and "Kiss Me" still remain popular, but some of the other phrases on conversation hearts have not withstood the test of time, like "Fax Me" or "Dig Me." NECCO even produced special *Twilight* hearts, with phrases like "Bite Me," and Spanish-language Sweethearts, with phrases like "Te Amo."

NECCO's Sweethearts became the most popular non-chocolate candy sold for Valentine's Day with over eight billion hearts sold in the six weeks leading up to the holiday, according to Smithsonian Magazine. To make that many candy hearts, production took NECCO 11 months to complete. Unfortunately, NECCO declared bankruptcy and shut its doors in 2018. Spangler Candy acquired the rights to the candy in 2019.

Because of this, NECCO Wafers and Sweethearts were not produced for two years, but both were brought back in 2020 due to popular demand. Today, Sweethearts are officially back on the shelves and have re-staked their claim as the most popular non-chocolate candy for Valentine's Day.

NEWS AND SPECIAL EVENTS



ELVIS
Tuesday, Feb. 7th
1:30 p.m.
Burnstein Auditorium

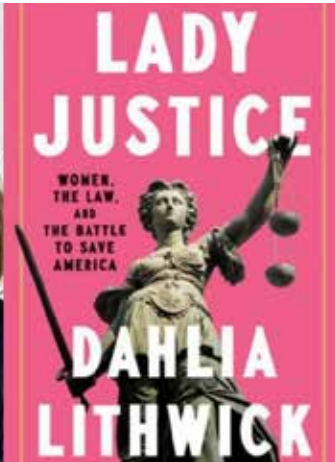
ELVIS, starring Tom Hanks, Austin Butler and Olivia DeJonge, will be shown in the auditorium on Tuesday afternoon, February 7th.

This movie covers the life of Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.



Picture Day
Monday, Feb. 13th
2:00-4:00 p.m.

When was the last time you had your picture take? A sit down, pose and say cheese picture? On February 13th, we will have a backdrop set up and a volunteer ready to take photos that you can share with your family as a keepsake. Mark will open Maxine's Beauty Shop for appointments that day to touch up your hair. Call the Activities Department to schedule your photo session, singles or couples. Call Maxine's to make an appointment with Mark.



Guest Speaker—Dahlia Lithwick
Friday, Feb. 10th - 10:00 a.m.
Burnstein Auditorium

Guest speaker, Dahlia Lithwick is a Canadian-American lawyer, author, and journalist. In her new book, **Lady Justice**, Lithwick tells the gripping and heroic story of the women lawyers who fought the racism, sexism, and xenophobia of Donald Trump's presidency—and won.



Puppy Love
Dog Show
Thurs, Feb. 23rd
2:00 pm
Burnstein Auditorium

Who doesn't love puppies?! Nobody, right? Join us in the auditorium for a cuteness overload as residents and employees show off their furry friends. Light refreshments will be served.

Contact the Activities Department by Feb. 17th to enter your dog in the cutest puppy show ever.



David Horne & Ken Ackley
Tuesday, Feb. 28th - 2:00 p.m.
Burnstein Auditorium

David and Ken are long time Tulsa residents who play upbeat jazz and folk songs. Their music will put a smile on your face!

"This is one of the goals of the Jewish way of living: to experience commonplace deeds as spiritual adventures, to feel the hidden love and wisdom in all things."
Rabbi Abraham Joshua Heschel

HEALTHCARE CONNECTION



Residents and Staff in Healthcare ring in the New Year together!



February HC Birthdays:

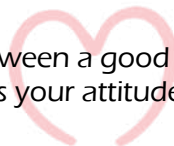
- | | |
|-----------------------------|---------------------------|
| Sandy G. 8 th | Jean N. 13 th |
| Liliana S. 8 th | Jane K. 16 th |
| Cecil S. 8 th | Diana C. 17 th |
| Marilyn M. 10 th | Gay W. 21 st |
| Billie M. 13 th | Carol S. 25 th |

Have a Heart Day!
Wear a Heart on
Feb. 14th
- as a shirt, as a
pin, or any way
you like!

Lessons From a 92 Year Old Blind Woman -

There was a 92 year old legally blind woman who got up every morning and took special care to get dressed in nice clothes and make sure her makeup and hair were just perfect. On this particular day she was making a move from her home to a nursing home. This was required due to the recent loss of her husband of 70 years. She patiently waited a few hours in the lobby of our nursing home until I had a chance to meet with her. I met her introduced myself and stated that we had her new room all ready for her! As I helped walk her to her room with the aid of her walker, I gave her a detailed visual description of the room not knowing she was legally blind. The woman replied, "I love it!" with great enthusiasm much like when a child gets a puppy. I then asked her, How can you know that you love it you have not even seen it yet?" Her reply was simply amazing as she said, "Happiness is something you decide on ahead of time, seeing the room and how it is arranged has nothing to do with it. I decided ahead of time I was going to love the room! It is all in how you visualize it in your mind that matters. It was a decision I made long before today. It is all a choice, I can wake up every morning worried about all my problems, ailments or surrounds or be thankful for what blessing I have in my life now! Each day is a gift and as long as there is air in my lungs and my heart is beating I will cherish my memories and be grateful for today!" She went on to say, "Old age is like a bank account, you withdraw from what you've put in. So my advice to you is to deposit a lot of happiness into that bank account of memories, Thank you for your part in filling that account as I am still depositing!" And with a smile she said, "Remember these 5 simple rules to be happy; free your heart from hatred, free your mind from worries, live simply, give more and expect less."

The difference between a good day and a bad day is your attitude.



You're Never Too Old to Make New Friends -

Research is increasingly showing that being lonely has huge health implications, such as posing a bigger risk of dying early than smoking; leading to depression, poorer cardiovascular health and, in old age, a faster rate of cognitive decline and dementia.

Make a friend, be a friend. Life is better with friends.

You can meet somebody tomorrow who has better intentions for you than someone you've known forever. Time means nothing, character does.





THE (NOT SO?)
Newlywed
GAME

Featuring couples
from Zarrow Pointe...

An old favorite with a twist!

Thursday, Feb. 9th

3:30pm

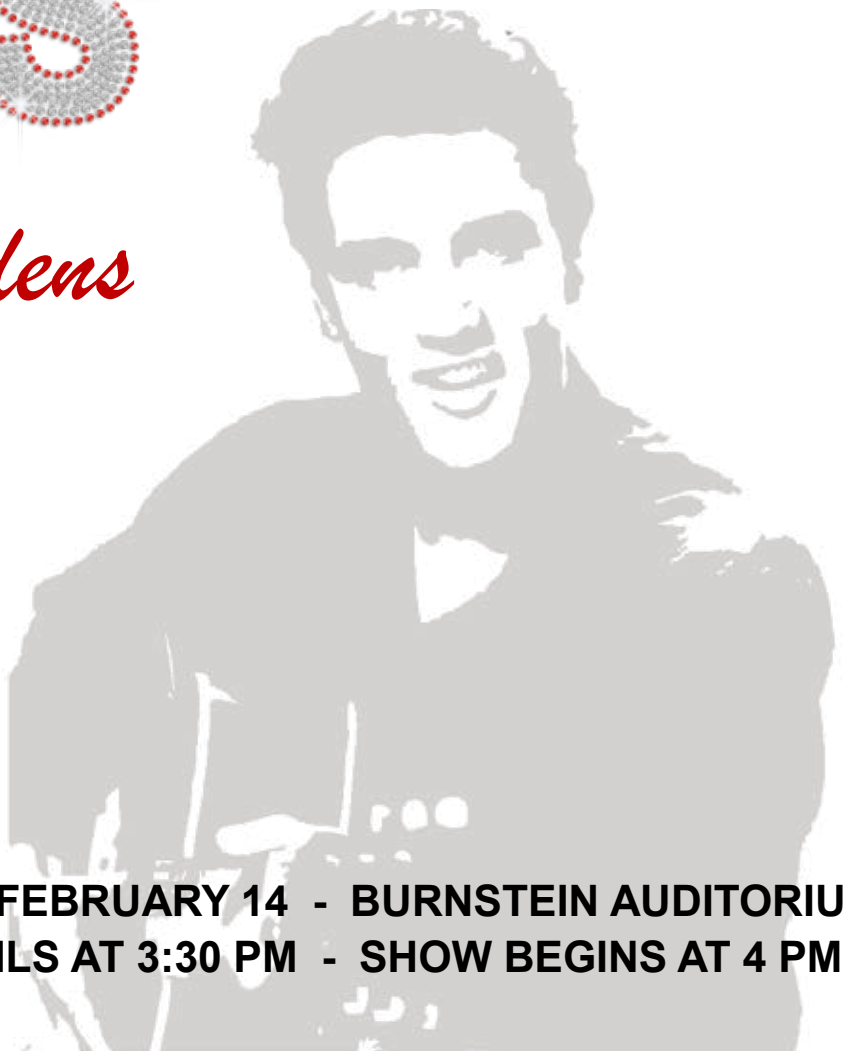
Burnstein Auditorium

Champagne ~ Wine ~ Beer

ELVIS

AN ECHO OF THE KING

WITH *Brent Giddens*



TUESDAY, FEBRUARY 14 - BURNSTEIN AUDITORIUM
COCKTAILS AT 3:30 PM - SHOW BEGINS AT 4 PM