

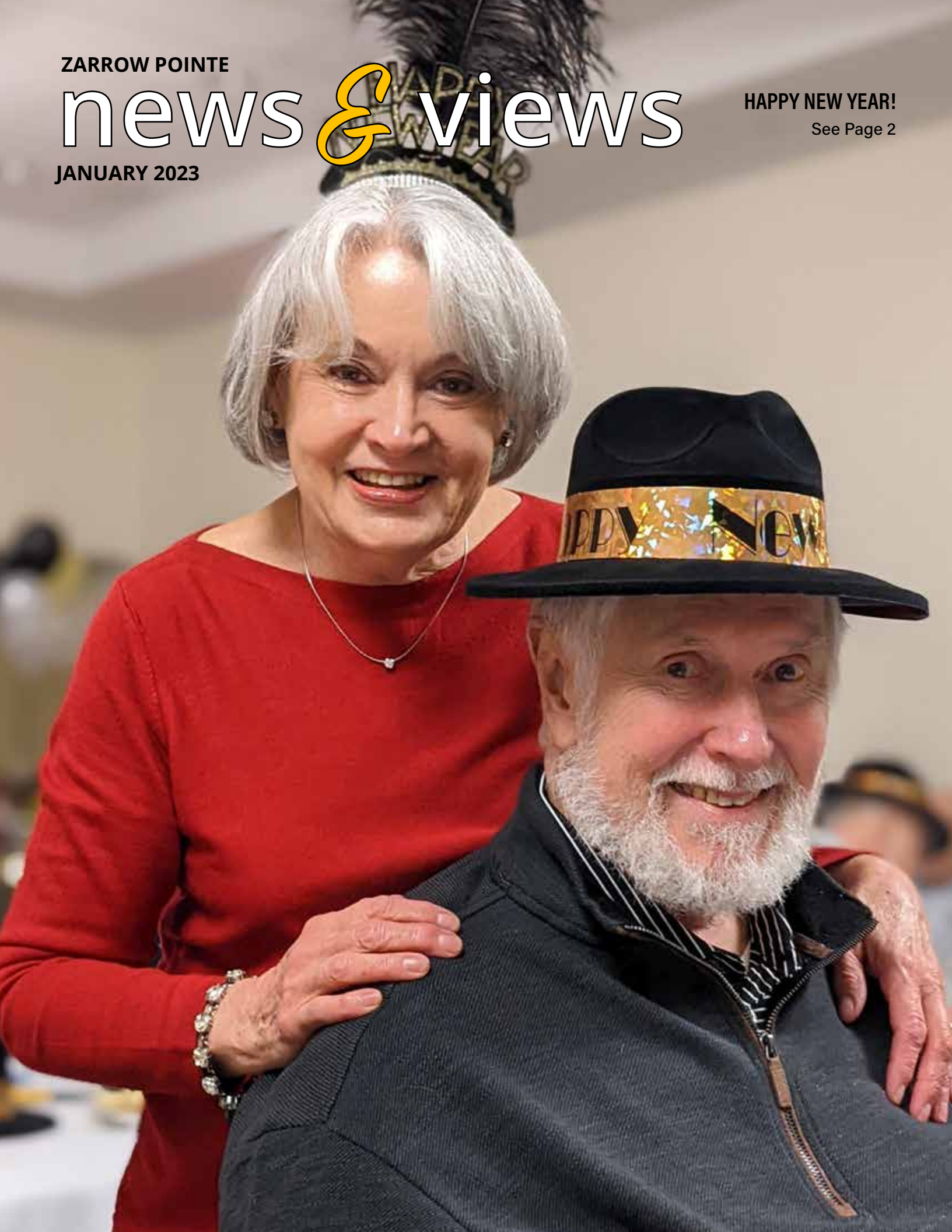
ZARROW POINTE

news & views

JANUARY 2023

HAPPY NEW YEAR!

See Page 2



HAPPY NEW YEAR!

There are many things that make Zarrow Pointe an amazing place. Among them is our mission to provide a vibrant and inclusive atmosphere for those who live and work here.

Our community is made up of people who have a passion for life and a desire to keep on living, regardless of age. In fact, 5% of our population are 100 years of age or more! That is staggering when you consider the fact that only 0.004% of the world's population are centenarians. Age is really only relative, and we hate to use the word 'old' at Zarrow Pointe!

It is my sincere wish that each of you enjoy a new year of good health, abundant joy and peace in 2023!

Randy C.

100 Years Ago...In 1923

- First home game played at the original Yankees Stadium. The Stadiums nick names included "The House that Ruth Built" and "The Cathedral of Baseball".
- First issue of Time Magazine. The first issue featured former US Speaker of the House John G. Cannon on the cover.
- Insulin is introduced for the treatment of Diabetes.
- Women's one piece swimsuits begin to be worn.
- Warner Brothers is established.
- "The Ten Commandments" directed by Cecil B. DeMille
- The explosion of recordings of African American artists including the great Louis Armstrong.
- "The Hunchback of Notre Dame" starring Lou Chaney is released.
- The King Tut burial chamber is opened in Egypt.

Famous People Born in 1923

Alan Shepard
Charlton Heston
Norman Mailer
James Arness
Henry Kissinger
Estelle Getty

Resident Ambassador Program

The new Resident Ambassador Program at Zarrow Pointe is designed to play a valuable role in making an often challenging and uncomfortable transition to life in a new community much easier.

Having lived at Zarrow Pointe for several months or years, our ambassadors are uniquely equipped to provide honest, accurate information and additional tips they've picked up during their tenure in the community. Resident Ambassadors will welcome and help acclimate new residents after they move in, lessening the learning curve for them to become familiar with and comfortable in their new environment. Their goal is to make sure our new residents feel comfortable and know how the community operates. They will continue to offer their support and assistance to our new residents during the initial few weeks or longer, as needed.

Our Resident Ambassadors will rotate periodically. If you are interested in participating in the program, please reach out to Randy Cogburn at 918-496-9500, extension 225.



Newly Released - Resident Guide

A new Resident Guide is being released in January 2023 as a resource for newcomers or existing residents alike. It is designed to explain the various services offered at Zarrow Pointe and how to access each of them. The book will contain a Campus Map for wayfinding and a directory of department services contacts, including their names and numbers.

NEWS AND SPECIAL EVENTS



Tuesday, Jan. 3rd - 2:00 p.m.
Burnstein Auditorium

Tim had so much fun playing guitar and singing for Zarrow Pointe residents at the 5 o'clock Somewhere party that he couldn't wait to come back! He will be sharing his "cowboy program" with you on Tuesday, January 3rd. He said it will take him an hour and half to set up, so there's no telling what he has in store for you! Grab a friend and come hear some good ol' cowboy music.



Tuesday, Jan. 17th - 2:00 p.m.
Burnstein Auditorium

Tom Basler has been playing piano professionally for over 35 years. He has performed in all types of venues and for all kinds of crowds.

Tom's primary goal at every show is to include everyone in the performance: the audience, staff, etc. With his vast repertoire and engaging persona, crowds of all types find themselves clapping and singing along.



Who's That Baby?!

In honor of the New Year, we are going to have a fun contest.

Bring a picture from your childhood to the Activities

Department and they will make a copy to add to the contest. Prizes will be awarded.



**Mars Exploration
Program Manager
Donna Shirley to speak at
Zarrow Pointe
Wed., Jan. 18th - 10:30 a.m.
Burnstein Auditorium**

In lieu of the regular Wednesday Discussion Group, we will have a very special guest speaker on January 18th.

Donna Shirley was the manager of NASA's Mars Exploration Program at the Jet Propulsion Laboratory and the original leader of the team that built the Mars Pathfinder Rover. Donna will share a one hour presentation of her work on the Mars rover.



"Drive-In" Movie Night
Thursday, Jan. 25th - 5:00 p.m.
Burnstein Auditorium

The movie will start at 5:00 p.m. Breakfast for dinner will be served buffet style at 6:00 p.m. during intermission. And best of all, you may wear your pajamas to this event!



Ben Neikirk
Tuesday, Jan. 31st , 2:00 pm
Burnstein Auditorium

Ben is a Tulsa-based singer/songwriter/multi-instrumentalist who encompasses many musical styles including blues, rock, soul, jazz and country.

HEALTHCARE CONNECTION



Paul R. Celebrated his 100th birthday on Dec. 10th. He celebrated with staff and neighbors as well as friends and family.



Residents enjoy more visits from the Paw Pals and help bake pumpkin pies.



Nursing Staff on West Hall gave out Holiday presents while dressed up in antlers and Christmas clothes.



Rita from South hall wore her favorite mask on Halloween. She even left candy for staff and visitors outside her room.



January HC Birthdays:

- | | |
|--------------------------|------------------------------|
| Rita S. 2 nd | Grace L. 20 th |
| Pat H. 11 th | Marilou P. 22 nd |
| Lois F. 18 th | Christie K. 30 th |



Improve Your Balance - One Step At a Time

Randy Cogburn, Wellness Director

Regardless of age, most people want to remain as independent as they can for as long as possible. A big part of that means being able to move about without losing our balance and being afraid of falling. If, with every step we take, we are unsteady and we move as though we are walking on egg shells, we begin to lose our confidence and ultimately become less active.

Unfortunately, this is a problem that affects a lot of people. In fact, over a third of the population over the age of 65 reports some difficulty with their balance and have experienced falls. This percentage also increases in frequency and severity after age 75.

The most common causes of falls include environmental hazards (such as slippery floors and loose rugs). Weak muscles and even poor posture, dizziness, vision problems, and medication side effects can also be a big factor. The good news is that many of the things that cause loss of balance and falls can be treated successfully.

One of the first steps in getting help is to talk with your doctor. It's very important to rule out any health conditions or medication issues that could be a source of the problem. Especially if you are becoming more unsteady, dizzy, light headed, or have fallen. Your doctor may refer you to a physical therapist for balance training, or they may suggest a regular exercise program.

When it comes to exercise it is important to know that not all exercise is created equal. Many folks think that if they are walking regularly and are on a consistent strength training program, that's enough. That may be true to a point, but that in itself is not necessarily enough when it comes to improving balance. You see, it's not just about making our muscles stronger. More importantly, it's about building control, so that we are steadier as we take our body through a particular motion. You see, our body responds to how we train it. For example, I may be able to pick up a 50 pound package and set it back down. But, can I pick it up and carry it around without being off balance? Or, can I pick it up and steady it without spilling what's inside while putting it up on a shelf in the closet? Simply put, that's the difference between strength and control.

I am finding more and more that folks who participate in programs that are more specific to improving functional stability have better balance. Tai Chi, for example focuses on very slow, gentle movements that increase strength and control in the muscles of the lower legs, while improving coordination of the upper and lower body. Other exercises that involve gentle stretches that improve muscle strength and stability, and isolate the deep core muscles that stabilize the spine are helpful. All forms of exercise should emphasize good posture during the movements, which is another added benefit.

Other forms of exercise can also be appropriate, as long as they are specific in training the body in the way I have mentioned. For this reason, it's always good to start with a good assessment and the advice of a Physical Therapist or Personal Trainer to get you headed in the right direction.

No one wants to give up their independence. There is a good chance that there are a number of things that can be done to improve balance before it becomes a serious enough problem to result in falls that can result in injury and even hospitalization. It is most important to keep in mind that becoming unsteady is NOT simply a part of getting older. Loss of balance and falls can affect people of any age.

So, be proactive and not reactive! Be patient, and take it one step at a time.



Balance & Fall Prevention Clinic

Monday, January 16

9 AM - Noon

Burnstein Auditorium

DON'T BE TRIPPIN'



DON'T BE TRIPPIN'

Balance & Fall Prevention Clinic

MONDAY, JANUARY 16

9:00 AM - Noon

BURNSTEIN AUDITORIUM

"Take A Stand To Prevent Falls"

- . FREE EVENT**
- . BALANCE ASSESSMENT**
- . FALL SCREENING**
- . DOOR PRIZES**
- . CONTINENTAL BREAKFAST**
- . RESOURCES**
- . GAMES**
- . FUN FOR ALL !**