

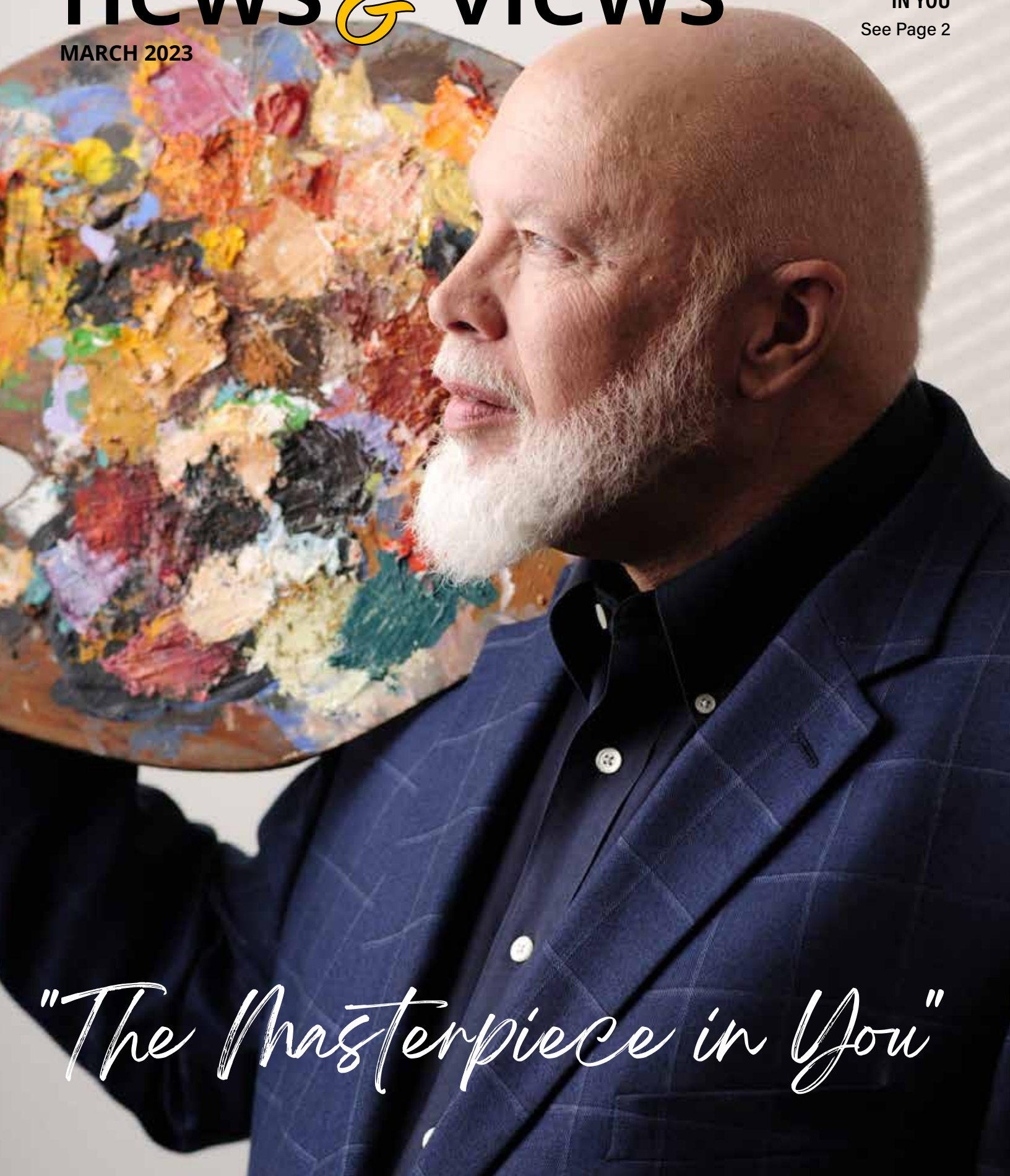
ZARROW POINTE

news & views

MARCH 2023

THE MASTERPIECE
IN YOU

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"The Masterpiece in You"

THE MASTERPIECE IN YOU

Keynotes on Empowerment “The Masterpiece In You”

Sponsored by the Joe Secan Speaker Fund, on Thursday, March 30 at 7:00 p.m. Zarrow Pointe is pleased to present internationally renowned speaker and artist Richard Hight. During his performance he brings art, music and the spoken word together to inspire individuals to use their skills, talents and superpowers to make a real difference in this world - regardless of age, mobility, or IQ.

Self-discovery is a journey, and each of us is always on a path of becoming. But sometimes that journey can seem dull and dreary, especially if you don't know where you're going and you can't remember where you're coming from.

Richard invites the audience closer and tells his own warm, humorous version of the story of self-discovery. His life is testament to the guiding power of gifts and talents, and his presentation combines visual art, music, and the spoken word to show the audience the need to look within for light. For every part of us left to chance, there is another left to choice—and every choice, like another brushstroke, is another step in making The Masterpiece in You.



Richard's work is housed in over fifty museums and universities around the country. He discovered his love of drawing while struggling with dyslexia in school, and has been producing art and engaging audiences ever since.

Richard hails from a military family with roots deep in the red dirt of Oklahoma. Overcoming challenges faced at a young age led to valuable lessons learned about focusing on strengths and recognizing possibilities, not limitations. His artistic gift allowed him to express his ideas, and his successes built his confidence. From this his mission emerged —Vision, Focus, Grit!

To call Richard a “typical artist” would be akin to calling Lincoln a “typical politician.” His visual style, depth of understanding, and ability to engage audiences are unparalleled; he brings the “Wow Factor” in full force to every one of his engagements. Through his words and demonstration, he shows audiences that their lives are works of art unto themselves, and therefore set apart in brilliance.



Richard has been named a Certified Speaking Professional (CSP) by the National Speakers' Association, and has appeared numerous times on CBS, NBC, ABC, and FOX networks to discuss his work and perform demonstrations. Richard has also launched numerous international tours and shared his work with millions of people abroad.

When Richard is not traveling, he resides in Tulsa, Oklahoma. In his spare time, he enjoys attending the theater, fishing, reading, and playing music. He is a dedicated husband to his wife, Marty, and a loving father to his two children, Averie and Coleman. As a family, they have actively supported Averie, who has Down Syndrome, in the Special Olympics.

Prior to his presentation on March 30, Richard has agreed to lead a painting workshop at Zarrow Pointe in our own Art Studio on March 23 at 7:00 p.m. This workshop is available to the first 16 residents who sign up. Please contact the Activities department early to make your reservation.

Some events you attend, this one you experience!



Art Project With Missy & Julie Thursday, March 9th - 2:00 p.m. Art Studio

Residents will learn how to do a “pour paint” project. Space is very limited so reservations will be given to those who missed out last time before allowing repeat artists. This project can be pretty messy so don’t wear your best clothes. Contact the Activities Department by March 8th to reserve your spot.



Trip to Stillwater, OK Monday, March 13th - 10:30 a.m.

On Monday, March 13th immediately after the Town Meeting, independent residents will take a trip to Stillwater to visit the OSU campus and eat at Eskimo Joes. Whether this is a walk down memory lane for you or a first time visit, it is sure to be a good time. Contact the Activities Department by March 10th for reservations.

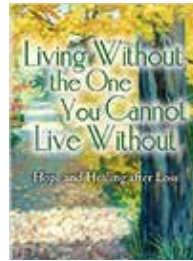


**Live Music with
Denise Hoey
Tues, March 14th -
2:00 p.m.
Burnstein Auditorium
Denise will be here to
sing a variety of your
favorite songs.**



Storytelling With Lois Rosenstein Thursday, March 16th - 2:00 p.m. Burnstein Auditorium

Resident, Lois Rosenstein, will tell her life story and share what has been the inspiration for her artwork. Lois inspires those around her to develop their artistic talents at any age.



Documentary “Living Without the One You Cannot Live Without” Tuesday, March 28th - 2:00 p.m. Burnstein Auditorium

Learn more about the various states of the grieving process and how men and women grieve and heal differently. Natasha Josefowitz, PhD, bestselling author and professor of management will use poems from her award-winning book, *Living Without the One You Cannot Live Without*, to illustrate the emotional aftermath of loss and the changes that must take place in order for people to heal .



A number of residents have expressed an interest in receiving a text message versus an email whenever there is a change or cancellation notice for events/classes. This would NOT be used for normal day to day information, but ONLY for exceptions to a normal schedule that would need to be delivered to you in a timely manner.

If you are interested in receiving text messages for such purposes, please let Randy know.

HEALTHCARE CONNECTION



Residents enjoy a new “Songs by Heart” music program created and lead by Tulsa Opera.

Fun with Flannel day in January!



March HC Birthdays:

Hank L. 2nd

Lynn C. 9th

**March 16th
will be Wear
Green Day!**

Pauli Murray

Pauli Murray lived one of the most remarkable lives of the twentieth century. S/he was the first Black person to earn a JSD (Doctor of the Science of Law) degree from Yale Law School, a founder of the National Organization for Women and the first Black person perceived as a woman to be ordained an Episcopal priest.

Pauli Murray's legal arguments and interpretation of the U.S. Constitution were winning strategies for public school desegregation, women's rights in the workplace, and an extension of rights to LGBTQ+ people based on Title VII of the 1964 Civil Rights Act.

Pauli Murray crafted a broad vision of justice, equity, and human rights using words as her primary tool in the fight for liberation. Their vision for a just and equitable world is a beacon of hope during troubled times. Their social justice tactics, legal strategies, speeches, letters, books, sermons, and poetry are models for our ongoing activism aimed at dismantling the oppression s/he faced and we continue to face because of white supremacy.

As part of Women's History Month we will be showing a special presentation about the life of Pauli Murray on March 21 at 2:00 p.m.

Friends of the Library

There has been a growing interest to expand the offerings in our Zarrow Pointe Library. We will be devoting a section to large print books as well as books that have been written by our own residents or their families. Thank you to Carmen Kinsey for books written by her daughter and son-in-law, and to Arlene Chemers for her book discussing women on the verge of retirement. We are also happy to receive your donations of large-print books which can be taken to the Activities office.

Thank you Judy Gayle Waters, Iris Chandler, Marilyn Smith, and DeAnn Harris for your monetary donations in support of our Library Fund. Donations to this fund are always appreciated and can be made in the Business Office.

For readers who enjoy book reviews, our Book Club meets the second Monday of every month in the Library at 3:00 p.m. Anyone interested is welcome to attend. The chosen read for March is *West with the Giraffes* by Lynda Rutledge, and the discussion will be led by Barbara Rotenberg. Upcoming reads include: *Remarkably Bright Creatures* by Shelby Van Pelt, and *The Three Mothers* by Anna Malaika Tubbs.



Celebrating

WOMEN'S HISTORY MONTH

**MARCH
2023**

**MARCH 2
3:30 PM
BURNSTEIN
AUDITORIUM**

"Leading Ladies: Women Who Shaped Early Tulsa"

Women who, even in its earliest years as a town, made a difference in making Tulsa the city that it is today.

Speaker :

**MARY VOGT
TULSA HISTORICAL SOCIETY**



women making a difference

"An Artistic Exploration of Women in Prayer"

**MARCH 27
3:30 PM
BURNSTEIN
AUDITORIUM**



Speaker :

**RABBI TZVIA JASPER
ENGAGEMENT RABBI
TEMPLE ISRAEL**

An interactive program using artistic expression to visualize the power of prayer.