

Zarrow Pointe News & Views

January 2019

The Best New Year's Resolution

Every January, health club memberships soar, tobacco and alcohol sales drop, and Jenny Craig will have a good month. Why? Because millions of people put their foot down and resolve to make changes in their life that will make them a better person. Either they want to exercise more to get in better shape, or stop smoking, drink less, and lose weight to improve their health. Those are the more common New Year's resolutions. I'm sure you can think of others that you have personally adopted. The common thread in each, though, is the same. Our goal? "I want to feel better about myself."

With such good intentions, why do so many people fail to meet their goal? Sometimes, we expect too much too fast. When the results don't come quickly enough, or we don't make as much progress as we hoped for, we get discouraged and just give up all together. Then, instead of feeling better about ourselves, we feel awful.

So, let's rethink this 'New Year's resolution' thing. What if, all along, we had been thinking outward instead of inward in terms of the things we resolve to do? One guaranteed way to feel good about yourself is to find ways to help someone else. Thinking of others instead of thinking in terms of what will better your own world. I'm talking about random acts of kindness.

"If you haven't any charity in your heart, you have the worst kind of heart trouble."

- Bob Hope

You may not realize it, but there are numerous scientific studies that show acts of kindness result in significant health benefits, both physical and mental. I don't want to bore you or lose you with all the medical and scientific terminology, so here is the basic translation. Often referred to as a 'helpers high', the body responds favorably, both physically and mentally, after a kind act is performed. One can actually become less aware of the intensity of their own pain, and having a positive attitude helps contribute to the maintenance of good physical health as well as recovery from illness. As one's self-worth is increased, feelings of helplessness and depression decrease. Simply put, your overall health and well-being can be improved by just taking the time to make someone else feel better.

There are all kinds of ways that random acts of kindness can be performed. Some require very little effort, and cost nothing. Some make donations or give gifts, others give their time, and still others just simply say the right words at the right time. There are even times when all someone needs is for you to listen. No act of kindness is any more or less valuable than the other; it's the fact that you took the time to make a difference in someone else's life at that moment in time.

Taking this approach when making a New Year's resolution will likely mean greater success in meeting your own goals for self-improvement. For example, if your goal is to start a walking program to get in better shape or lose weight, offer to walk someone's dog that is not physically able to do so. If you would like to get more active around the house instead of sitting in front of the TV all day, offer to run an errand or pick up the mail for a friend who is ill or having difficulty getting out of their home. If able, become a volunteer. It keeps you active, and you'll be rewarded for making a difference in someone else's day. Or, just simply make a call to a friend that could use a kind word or just needs you to listen.

So, make it a great year! Start by doing what you can to help another, and then watch yourself grow from the inside out!
-Randy Cogburn

Don't Miss

-News with Jacob Howland TUE 15

-Paint and Sip with Aubrey TUE 22

-Speaking of Gilcrease - Remington and Russell TUE 29

-Older Driver Safety with Officer Rodney Tisdale THUR 31

HAPPY BIRTHDAY!

Bill O. 1/2

Rita S. 1/2

Ray B. 1/9

Mary S. 1/13

Barbara R. 1/14

Adriana B. 1/15

Sally M. 1/16

Dale D. 1/17

Grace L. 1/20

Mari Lou P. 1/22

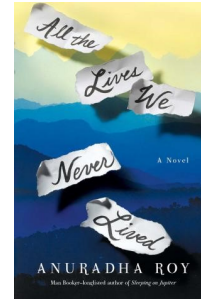
New Years Resolutions

- ~Listen more, talk less- Joann H.
- ~Continue to downsize, one room at a time - Jan/F.
- ~More reading and start drawing again - Randy C.
- ~Look for opportunities to promote world peace, starting at home- Marilyn S.
- ~Get into the gym more often - Mat S.

Must Read Books

All the Lives We Never Lived by Anuradha Roy

A new novel about World War II-era India and the relationship between a mother and son. The narrator is Myshkin Chand Rozario, and when the story begins in 1937, he is abandoned by his mother, Gayatri Rozario. Decades later, in his 60s, Myshkin looks back on his life with his mother and tries to understand why she left. Historical details make this work truly shine, and readers will become deeply invested in the Rozario family.



Riddle Me This

First four residents to tell Malyn Saunders the correct answer will win a free meal from the Nosh Café.

With this type of riddle the idea is to simply add two words together to make another word. But you have to work out what the two words are first.

For example:
Elevated + easy to carry = (High+light) Highlight
Above + Fatality = (over+kill) overkill.

1. Skin blemish + Large Pig =?
2. Arm appendage + Not sit =?
3. Public transport vehicle + Young male =?

December Newsletter Answer:
I like indigo but not blue, I like onions but not turnips, I like forms but not shapes. According to the same rule, do I like tomatoes or avocados?

Answer: Tomatoes, I like things that start with a preposition.

If you would like to receive the newsletter through email, or provide submissions for future issues please email Malyn Saunders at msaunders@zarrowpointe.org, by visiting her at our Aquatic Center or she may be reached at

918-496-8333, extension 311

Older Driver Safety: Laws, Medical Issues, and Safety Concerns

Oklahoma Healthy Aging Initiative
Guest Speaker: Officer Rodney Tisdale
Thursday, January 31, 2019 – 3:00pm
Burnstein Auditorium

Driving is a connection to our independence. For many older adults, the greatest fear is losing their ability to drive a vehicle. This one - hour presentation provides guidance on maintaining your independence to continue driving and also educates older drivers, family members, healthcare providers, and law enforcement officials on laws, medical issues, and safety concerns. Increasing age is not an indicator that you have to stop driving, but a time for assessing and making adjustments.



"Congrats to all of the staff at Zarrow Pointe for achieving a zero deficiency survey during their annual inspection! The annual inspection is a comprehensive inspection that all nursing facilities must go through to show compliance with state and federal regulations related to quality of care, quality of life, nursing services, activities/social services, environmental, dietary services and numerous other areas. It truly takes a team effort to accomplish a zero deficiency survey and we are very proud of the Zarrow Pointe team!"

-Health Care Administrator, Mathew Snyder

Never Stop Laughing

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

"Yes," says Sally, "a lock of my husband's hair."

"But Larry's still alive."

"I know, but his hair is gone."



Our Mission

Provide vibrant and inclusive living, learning, and care throughout the progression of life.

Our Vision

To re-imagine senior living and instill passion in a life where dreams never retire.