

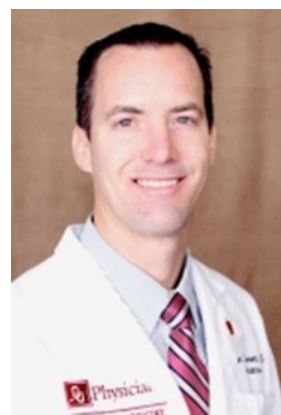


Zarrow Pointe News & Views

November 2018

Faces That Inspire

We are so fortunate to have a physicians' clinic right here on our campus! What makes it even better is that we have two amazing geriatricians who are available to serve our residents should you desire. You may already be familiar with Dr. Carment or Dr. Sharma, and if so you are aware of the personalized care and concern that they incorporate into their practice. We give thanks for both of them and would like to take this opportunity to tell you more about their life and their love for what they do.



John Carment was born in Oklahoma City and raised in Muskogee near his mother's family farm on the Arkansas River. He is the middle child, having an older brother and younger sister.

During his childhood, both parents completed their doctorate degrees and began teaching at Northeastern State University in Tahlequah.

After graduation from high school in Muskogee, he attend Oklahoma State University where he completed his degree in chemical engineering. He began a job with Intel, but after a year decided his true calling was to become a physician. He recalls his role models' emphasis on geriatrics played a major role in his decision to become a geriatrician.

Dr. Carment came to Zarrow Pointe in 2008 when he accepted the position of Medical Director. In 2011 The OU Physicians Clinic on Zarrow Campus partnered with the OU School of Community Medicine and the Tulsa Jewish Retirement and Health Care Center. The whole idea was to make board-certified geriatricians more accessible to a diverse population and the Tulsa Community at large.

In addition to his role here at Zarrow Pointe, Dr. Carment practices at the OU Physician's Clinic on the Schusterman Campus. He also serves as the Associate Professor of Geriatrics and the Geriatric Clerkship Director. OU Medical students are required to complete a one month rotation with Dr. Carment. He likes the exposure that the students receive when they visit our residents and feels that it is instrumental in helping some to choose geriatrics as their practice. He says that he personally finds the connection that he has made with both the residents and staff at Zarrow Pointe to be enriching and rewarding.

Dr. Carment and his wife Carrie have 3 children; James, Heidi and Wes. His hobbies include running, biking, gardening and hiking, and he is currently training for two 26 mile marathons.



Originally from India, Chandini Sharma attended Lady Hardinge Medical College in New Delhi. She moved to the United States to earn her medical degree and do her residency at the University of Connecticut. Her specialty was Internal Medicine. Upon completion, she was awarded a fellowship to study there for two additional years in her sub-specialty, Geriatrics. In order to transfer her visa from a visiting professional to permanent status, she took a position in a small community in Kansas where she was the only doctor in the county. While there she served in every role, from primary care doctor, to ER director, to medical examiner, and emergency management director.

The University of Oklahoma brought her to Tulsa in 2006 to join the OU-Tulsa College of Medicine faculty. Her reputation soon became known and Oklahoma State University recruited her to lead the growth of their geriatrics department in Tulsa. Two years later, OSU re-structured their medical program and revised their plans.

The timing was right for Dr. Sharma to start her own private practice in Tulsa. She brought her practice to Zarrow Pointe in 2013 and now sees patients in our physicians' clinic.

She feels that the most rewarding part of her work as a physician is seeing the smiles on the faces of seniors.

She has 3 dogs, all from rescue, and enjoys hiking. She says that one of her favorite spots to hike is in Colorado.

Don't Miss This

Fall Foliage Trip-Pioneer Woman Mercantile MON 5

Entertainment with Tim Turner and Dr. Alice Brook TUE 6

Hot Topics with Dr. Sharma THUR 8

HOLIDAY BAZAAR FRI 30 & SAT 1

HAPPY BIRTHDAY!

Hi C.	11/06
Irving F.	11/14
Betty A.	11/16
Isabel S.	11/19
Grace R.	11/20
Gayle T.	11/26
Gary G.	11/28
James B.	11/29
Mort S.	11/30

HOLIDAY Bazaar

CRAFTS ~ GIFTS ~ HOME DÉCOR

Friday and Saturday
November 30 - December 1, 2018
10:00 am - 4:00 pm
TOWNCENTER

Up to 50 area vendors and crafters with one-of-a-kind handmade crafts, jewelry, gifts and décor - along with breakfast, lunch or snacks available for purchase from the Nosh Café.

FREE ADMISSION- Open to the Public

For more information please contact Donna Frazier dfrazier@zarrowpointe.org or call 918-496-8333 x254.

Spelling Bee Winners

Each fall our residence and staff participate in a Spelling Bee just like the good old days. We are thankful for everyone who participated and all of the fans who cheered them on.

Prizes were sponsored by Miller Hospice.

Residents: 1st Place Sally M.

2nd Place Isrella T.

Employees: 1st Place Randy C.

2nd Place Susan D.



Riddle Me This

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

Who can shave three times a day and still grow a beard?

October Riddle Answer:

The more you take away from me, the bigger I shall get.

What am I?

A Hole

Winners: Frieda G. and Isrella T.

If you would like to receive the newsletter through email, or provide submissions for future issues please email Malyn at msaunders@zarrowpointe.org, by visiting her at our Aquatic Center or she may be reached at 918-496-8333, extension 311.

HOT TOPICS

DID YOU KNOW THIS ABOUT MEDICAL MARIJUANA ?

Benefits and risks - Treatment options - Limits for use in Oklahoma

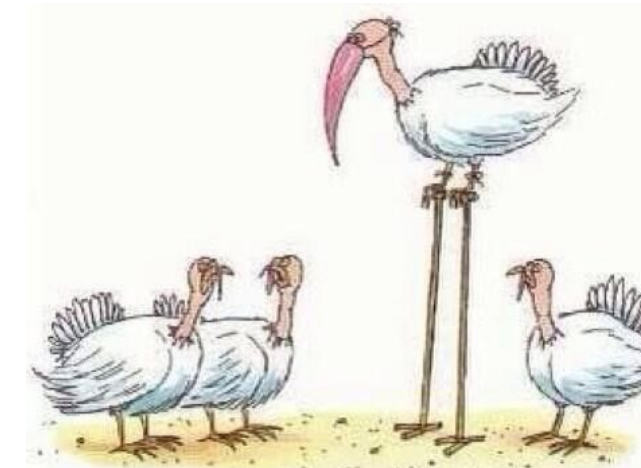
Guest Speaker
Chandini Sharma, M.D.
Internal Medicine - Geriatrics
Geriatric Center of Tulsa



Thursday, November 8 - 1:30pm
Zarrow Pointe - Burnstein Auditorium
2025 East 71st - Tulsa, OK

For more information,
call Randy Cogburn
918.496.8333

Never Stop Laughing



"He's got a point. Nobody eats a flamingo on Thanksgiving."

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.