



Voice of Vitality

MARCH 2023

MONTEREAU®
Publication • Tulsa, Oklahoma

celebrating **THE LOVE!**

February was busy as Montereau celebrated love all month long. Whether it's a love of football, music or others, our residents enjoyed a variety of special events.

Sports fans had the opportunity to have some fun and cheer on their favorite team at the Super Bowl party as the Chiefs took the title home to Kansas City.

The culinary team designed a decadent Valentine's dinner for dozens of Montereau lovebirds.

Our resident TU Music students, Jordan Demetriades and Madyson Mitchell entertained along with the Tulsa Symphony Quartet, performing well-known love songs from the movies.

And, Montereau residents opened their hearts with generosity to support the Benevolent Fund, raising approximately \$50,000 during the "A Promise of the Heart" event.

If there's one thing February taught us, it's that the people of Montereau have big hearts and plenty of love to share with the world.





message FROM THE Chief Operations Officer

At Montereau, our Vision Statement is to promote longer, healthier and happier lives by revolutionizing the way people age. This is a powerful statement, written many years ago. We have begun the work to “revolutionize the way people age.” We are creating an environment that is resident-centric. Resident Centricity Action (RCA) is now the heartbeat of everything we do.

Our residents come here to live and live a vibrant life. Living a purposeful life is a result of focusing on our programming. This goes by the acronym of **SIPSE: Social, Intellectual, Physical, Spiritual and Emotional**. Research has shown that when people are able to live a life that touches upon on these five components, they are able to live longer and healthier. Even though we have 550 plus residents, knowing our people in a bespoke manner, cultivating programming that fits their needs through **SIPSE** adds vitality and purpose to what we do daily.

Our residents will feel and see this throughout our community.

In our higher levels of living, we are focused on personalized programming as well. This includes a specialized music therapy program in collaboration with ORU Students. We have a number of ongoing joint ventures, such as – TU Music, TU Social Media, and Tulsa

Tech Nursing Students. There will be upcoming partnerships with the Alzheimer’s Association for training and support groups, Tulsa Tech for Engineering Students. All these joint ventures will allow us to be outliers and pave new roads that lead to revolutionizing the way people age.

We are looking forward to fun and exciting times as we get closer to our 20th anniversary celebration!

– Dr. Amin Sanaia

SUCCESSFUL AGING KEY SUCCESS FACTORS

S	I	P	S	E
				
Social Social Engagement	Intellectual Intellectual Challenge	Physical Physical Well-being	Spiritual Spiritual Fulfillment	Emotional Emotional Health

VITALITY MATTERS



sharing OUR LOVE FOR FOOD

March On!

There are so many things to be excited for in March. For college basketball fans, there is March Madness. For those who love to celebrate, there is the feast of St. Patrick's. And for the majority of us who are tired of the cold weather, there is promise of Spring on the horizon.

Here at Montereau, we also have some very exciting things coming from our Culinary department. Right before March begins, we are unveiling our newest menu for Mondial. It will serve as a culinary adventure through many different regions of the world. There will be some tapas style items, some shareable dishes, and some fun entree offerings.

We will also be having a wonderful St. Patrick's Day party and even more opportunities to enjoy all that the culinary department is working on to create an exquisite culinary experience for you, our valued residents.

Like new buds poking through the soil to reveal their beautiful splendor, our culinary program is growing by leaps and bounds to create a Montereau like never before. Thank you for your patience, your love and your support during these exciting time.

—R. Tanner Thorp
Chief Culinary Officer

AMERICAN SONGBOOK
Thursday, Mar 23rd
 7:00p in the Coterie Theatre



TU Music Students Jordan Demetriades and Madyson Mitchell perform selections from "The Great American Songbook." Accompanied by a pianist, they'll entertain you with beloved standards from Frank Sinatra, Tony Bennett, Barbara Streisand and Billie Holiday.

RSVP for this event, by using the Resident App or Sign-up Sheet.

CLASSICS OF Rodgers & Hammerstein



LIVE BENEFIT CONCERT!
 Join us for a fun-filled event with orchestra, chorus, and soloists. Performing music from
**OKLAHOMA! – CAROUSEL – THE SOUND OF MUSIC
 SOUTH PACIFIC – THE KING AND I – STATE FAIR**

Sat., March 25, 7:30 p.m.
 and
Sun., March 26, 2:30 p.m.
 Historic Will Rogers Auditorium
 3909 East 5th Place, Tulsa, Oklahoma




Brad Henderson Kelly Ford Susannah Brooks Cathy Venable Elliott Wulff



WILL ROGERS STAGE FOUNDATION
 Nonprofit 501(c)(3) Public Charity

All seats reserved. All tickets sold online.
www.willrogersstage.com

THIS IS YOUR LIFE *with* Harold Zimmerman



Some of you know him as the “Flower Man.” But there is much more to Harold Zimmerman than the dozens of bright pink Supertunias that cascade from his fifth-floor balcony of the Towers each spring.

At 94, he has the distinction of being among the first, and now the longest-living resident

at Montereau. He was born on Christmas Eve in 1928 in the southwestern Pennsylvania mining town of Windber.



He met his late wife Marge, from the neighboring mining city of Johnstown, at a local juke joint during high school and they enjoyed 70 years of married life together. Harold went on to study at the country’s first petroleum engineering school at the University of Pittsburgh.

After graduation, he and his young bride packed up and headed to the Pierce Ranch in south Texas where Harold began his 41 years with Texaco. Over the next several decades, they moved 19 times. Harold’s last position with the company was Vice President of Texaco Europe’s Exploration and Production. He traveled northern Europe, Scandinavia, Russia and even above the Arctic Circle. “When I retired,” says Zimmerman, “I had over a million miles with Delta and British Air.” He says Russia was his favorite place to travel.

Harold moved Marge and their three boys, Ronald, Alan and Brad from the Texas Gulf Coast to Tulsa in the early

1970s. And, in ‘74, he experienced his first tornado. The family rode out the storm in a closet. Zimmerman says, “I’d rather go through a hurricane.”

He and Marge came to Montereau as charter residents in October, 2003 and were the first to live in the Towers. Since then, he has been an active part of building and shaping our vibrant community. Harold chaired the Resident Hard Hat Committee which was instrumental in developing the north wings of the Towers as well as the Warren Chapel and the Health Center during Phase 2. He also selected the beautiful fountain that graces the grounds and designed the Freedom Circle to honor Montereau’s veterans.

When searching for the right place to enjoy his later years and live each day to the fullest, Harold says “It didn’t take us long to make the decision that Montereau was the best.” Shortly after their arrival, he and Marge joined the only other two couples living here for their first meal in the dining room. He still remembers the dessert that night. Crème Brulee. “I had Crème Brulee every night for dessert for a good long time” says Zimmerman. “I thought that was the best darned dessert that I’d ever run into.”

These days, Harold still enjoys road trips with his family and visiting with the granddaughter he helped to raise. He’s also an avid Sooners Softball fan and is looking forward to watching all of this season’s games. As the weather warms up, keep an eye on that 5th floor balcony. His trademark pink flowers will soon be blooming again.



“Highlight Events” require an RSVP unless otherwise noted. This may be done through the resident app, reservation sheet or the Reservation Line: 918-491-5245. Please RSVP by 12:00p 2 business days before the event. Cancellations made after 12:00p 2 business days before the event will result in a charge for the cost of the event to the resident’s bill.



LET’S EAT LOCAL

I Don’t Care Bar & Grill **Mar 1**, The Bistro **Mar 6 & Mar 29**
 Peacemaker Lobster & Crab **Mar 9 & Mar 21**, Little Venice **Mar 15**
 Mother Road Market **Mar 24**



LOCAL SHOPPING TRIPS & MEN’S OUTINGS

Saturdays: 10:00a – Trip
Shopping: Utica Square, OKGO Market
Men’s Outings: Bass Pro Shops, Golf Galaxy & Longhorn Steakhouse



FOOD BANK NOTE WRITING

Mar 8: & Mar 22: **2:00p – Grand Riviera Lounge**

FOOD BANK VOLUNTEER TRIP

Mar 28: **12:30p – Trip**



LE CINÉMA MOVIES

Wednesday: Young & Innocent, Rebecca, Shadow of a Doubt, Notorious
Saturday Matinees: Seabiscuit, The Sting, Fletch, The Pink Panther
Thursday: Documentary Series: When We Left Earth
Friday: TV Series: The Crown



TULSA TRAVELERS Mar 2: 2:30p – Coterie Theatre

Come learn more about Tulsa Travelers, an informal group of active seniors who love to travel and experience exciting destinations. They’ve organized Oklahoma day trips as well as exciting tours to some of America’s best destinations, including New York City, Chicago, Charleston and more. This is an informational meeting open to all residents interested in travel opportunities.



TULSA TOWN HALL: RICHARD DREYFUSS

Mar 3: 9:30a – Trip

You buy the ticket, we’ll provide the ride. This month’s Tulsa Town Hall features American actor Richard Dreyfuss. Season tickets can be purchased by visiting www.tulsatownhall.com or calling 918-749-5965.



TULSA SYMPHONY PRE-CONCERT LECTURE

Mar 3: 3:30p – Coterie Theatre

Learn more about the music before the concert! A musician with Tulsa Symphony Orchestra offers historical and musical presentation of their March 4th concert, “Alluring: An Evening of Opera.” A Tulsa Symphony Orchestra representative will also be on hand to assist those who wish to purchase tickets to the concert.



TULSA SYMPHONY: “ALLURING: AN EVENING OF OPERA”

Mar 4: 6:30p – Trip

Daniel Hege, guest conductor. Featuring Sarah Coburn and Stephen Powell performing works, arias and duets from Mozart’s “Don Giovanni,” Rossini’s “Barber of Seville,” Donzetti’s “Lucia di Lammermoor” and Verdi’s “Rigoletto.” Season tickets can be purchased by calling 918-584-3645.



WATER VOLLEYBALL GAME

Mar 6: 2:00p – Pool

Come join in a friendly game of water volleyball. No experience required! Questions? Call Kelsey: 918-728-8128. **No RSVP required.**



HIGH TEA Mar 6: 2:00p – Rue 6800

Join us for a traditional afternoon high tea featuring a selection of loose leaf teas, assorted finger sandwiches, deviled eggs, assorted mini pastries, macarons and truffles. \$15 will be charged to your meal allowance.



GREENWOOD RISING MUSEUM TRIP & LUNCH AT WANDA J’S

Mar: 10: 9:30a – Trip

Visit the nationally-recognized museum commemorating the 1921 Tulsa Race Massacre. Explore the history of Tulsa’s Greenwood District through an immersive journey, meet the people behind its early success and explore the spirit of renewal. Then enjoy lunch at the popular Wanda J’s restaurant. A \$10 entrance fee will be charged to the resident. Please bring money for lunch.



DRUM CIRCLE WITH JACQUIE

Mar 10: 2:30p – Coterie Theater

Board-Certified Music Therapist Jacquie Cox is back with her popular interactive music experience to stimulate the mind.



AUTHOR KAREN GRUNST

Mar 13: 2:00p – Le Cinéma

Meet Karen Grunst, local author of the novel “Sacred Fire.” It’s an epic coming-of-age tale intertwined with romance. Grunst will be here to discuss the book, answer questions and sign autographs.



SPA SPOTLIGHT: ACUPUNCTURE

Mar 14: 11:30a – Grand Riviera Lounge

Learn about the benefits of acupuncture. Montereau Spa Acupuncture Physician Andrew Buckner will answer all your questions.



NEW RESIDENT MIX & MINGLE

Mar 14: 4:00p – City View Lounge

This is a chance for new residents to meet Montereau’s Leadership Team and find out what makes this vibrant community tick. Enjoy light appetizers and beverages with our compliments.



HISTORIC DRIVE WITH JENK JONES: FORT GIBSON & HONEY SPRINGS BATTLEFIELD

Mar 16: 9:00a – Trip

Enjoy a drive across the Lake Fort Gibson Dam and along the Grand River. Stop at historic Fort Gibson and then a break for lunch. Then on to the battlefield at Honey Springs and a 3-D theatrical video performance of the most important Civil War battle in Oklahoma. Admission fees totaling \$10 will be charged to the resident. Please bring money for lunch



FIT & FABULOUS LUNCH: EAT YOUR GREENS!

Mar 17: 11:30a – Grand Riviera Lounge

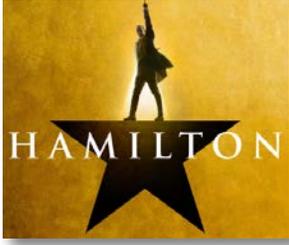
Today’s menu: Green Goddess Soup, Spinach Salad with Pistachios & Pears, Kale-Stuffed Chicken with Green Beans and Herbed Orzo, Avocado Key Lime Cheesecake. \$18 charged to your meal allowance.



PHILBROOK MUSEUM OF ART TOUR

Mar 17: 1:00p – Trip

Visit Tulsa’s premier art museum and its expansive formal gardens. Tickets are \$14 and will be charged to your account.



TULSA PAC BROADWAY: HAMILTON

Mar 19: 12:00p – Trip

See Lin Manuel’s hit musical, “Hamilton,” at the Tulsa Performing Arts Center. You provide the ticket, we’ll provide the transportation.



MONTEREAU MEN’S BREAKFAST

Mar 21: 8:30a – Grand Riviera Lounge

Enjoy a hearty breakfast buffet and lively conversation with fellow residents and members of the Leadership Team. Cost of \$8 will be added to your meal allowance.



AMERICAN SONGBOOK: TU STUDENTS

Mar 23: 7:00p – Coterie Theatre

TU Music Students Jordan Demetriades and Madyson Mitchell perform selections from “The Great American Songbook.” Accompanied by a pianist, they’ll entertain you with beloved standards from Frank Sinatra, Tony Bennett, Barbara Streisand and Billie Holiday.



DINNER & CONCERT: WHITE RIVER FISH MARKET, RODGERS & HAMMERSTEIN CONCERT Mar 25: **4:00p – Trip**

We begin with dinner at White River Fish Market and then on to Will Rogers High School for a concert featuring favorites from beloved Rodgers & Hammerstein musicals. Tickets available at www.willrogersstage.com. Use promo code **Mont323** for a 10% discount. Dinner not included.



MATINEE: RODGERS & HAMMERSTEIN CONCERT

Mar 26: 1:30p – Trip

Enjoy an early live concert with the show tunes you know and love from Rodgers and Hammerstein. Tickets available at www.willrogersstage.com. Use promo code **Mont323** for a 10% discount. Proceeds benefit the Will Rogers Stage Foundation.



TURKEY MOUNTAIN HIKE Mar 27: **2:00p – Trip**

Welcome spring with a hike at Tulsa’s beautiful Turkey Mountain. We’ll split into two groups, one for the adventurers looking for a bit of a challenge and one for those who prefer an easier walk through the scenery.



DR. GIST, SUPERINTENDENT OF TULSA PUBLIC SCHOOLS

Mar 28: 2:30p – Coterie Theater

Montereaу welcomes Tulsa’s Superintendent of Schools, Dr. Deborah Gist. She’ll be discussing school priorities, pathways to success for students and educators alike as well as the state of schools today.



UNWINED DINNER

Mar 28: 6:00p – Rue 6800

Enjoy a sophisticated five-course meal with carefully paired wines. Watch the resident app and Lobby monitor for menu details and cost yet to be determined. A charge of \$40 for dinner only or \$80 for dinner and wine will be added to your meal allowance.



FIT BITES: BERRIES & CHERRIES

Mar 29: 3:00p – Grand Riviera Lounge

March is National Berries & Cherries month! Come try out a berry salsa, mixed berry smoothie and a cherry crisp.



DINNER & A MOVIE: TO CATCH A THIEF

Mar 29: 6:00p – Coterie Theater

Join us for the 1955 Alfred Hitchcock classic, “To Catch a Thief” and dinner. On the menu: Bibb Salad with a wedge of Brie and Raspberry Vinaigrette, Spatchcock Thyme Chicken, Mashed Potatoes & Broccoli with Lemon Sauce and Crème Brulee for dessert. The cost of \$18 will be billed to your meal allowance.



FOOD TRUCK FRIDAY: CURBSIDE COMFORT

Mar 31: 11:00a – Main Entrance

Try something different for lunch! One of Tulsa’s best food trucks, “Curbside Comfort” will be outside the Monterey main entrance with tasty lunchtime favorites. From one-of-a-kind burgers and hot dogs with all the fixins to loaded fries and poutine, there’s something for everyone. **No RSVP required.**



SCENIC DRIVE WITH JENK JONES: LAKE KEYSTONE

Mar: 31: 1:30p – Trip

See Lake Keystone from several vantage points and then take in the view of the Arkansas River from below the Keystone Dam.

THIS IS YOUR LIFE *with* Bob Heatley

If you've been around Montereau for any amount of time, you've likely met or heard of Bob Heatley. He's a man of many talents and even more stories from a life lived to its fullest. At 98 years old, Bob is an experienced pilot, successful engineer and an artist whose gifts cover everything from painting to writing and music. But, when prodded to choose a favorite hobby, he responds "Flying has always been my thing."



Born in early December of 1924, Bob grew up in the southwestern Oklahoma town of Hobart. He was a curious and adventurous boy. He took his first plane ride at just five years old, and that was all it took. He suddenly had the itch to soar the skies and began flying lessons as soon as he turned 14.



By the time he was 19, he'd been flying for years and attended the Oklahoma Military Academy. He enrolled at OU, but with World War II going on, he dropped out and requested an active duty assignment. With imperfect vision, the U.S. military would not allow Bob to pilot its planes. So, he joined

the Army, rising to the rank of Master Sergeant. He served in tank divisions during World War II and the Korean War. While in Italy during World War II, Bob badly injured his back carrying artillery. He continued carrying that artillery despite the pain. "It hurt, but we did it," Heatley says. "It had to be done."

Bob is the epitome of a self-made man. Despite not having completed a college degree, he went on to become a glider pilot, to design and build aircraft, operate his own aviation manufacturing company, and even help

design the current Air Force One. He also worked on the design for NASA's Apollo mission and eventually moved into the oil business where he designed drilling equipment. Some of his designs are still in use today.

By the time he was 65, Bob was looking for more adventure, so he took up sailing. He's sailed America's Cup winners several times off Saint Maarten in the Caribbean.



For many years, he had a large bluewater sailboat called "Ebb Tide" on Lake Hefner in

Oklahoma City. His reputation in the sailing community is such that only five years ago, he was invited to sail in a competition on Lake Michigan. He declined, having sold the "Ebb Tide" before moving to Montereau.

Bob met his late wife, Irene, during World War II while they were both serving in Italy. She was in the British Army and the two married in England when he managed to secure two weeks of leave. They shared two daughters, Margaret and B.J., three grandchildren and seven great-grandchildren. Margaret, who lives in the Tulsa area, first introduced Bob to Montereau 11 years ago. "I walked in and I knew this was where I wanted to live the rest of my life" says Heatley.

He hasn't slowed down a bit since then. Bob is still active in the community. He's written three plays, sung in the choir and even plays the coronet. Currently, Bob is working on a painting of a Scottish Highlander called "The Jacobite." You might catch a glimpse of it in progress at the Studio de Monet. And be sure to let him bend your ear with a captivating story or two.



- **TULSA LIBRARY** Mar 1: 2:00p – Villa Outing
- **IRISH SHORTBREAD & HIGH TEA** Mar 3: 2:00p – Villa
- **LUNCH OUTING: MARGARITAVILLE** Mar 6: 10:30p



- **SCENIC DRIVE & SWEET TREAT** Mar 6: 2:00p – Chateau Outing
- **DINNER OUTING: OKLAHOMA JOE'S BBQ** Mar 7: 4:30p
- **GRAND RIVIERA LOUNGE LUNCHEON** Mar 9: 11:30a



- **LUNCH OUTING: OSAKA** Mar 10: 10:30p – Villa Outing
- **TULSA OPERA: SONGS BY HEART** Mar 10: 2:00p – Chateau
- **LUNCH OUTING: MCNELLIE'S** Mar 13: 10:30a



- **MUSIC AT MIDDAY & LUNCH** Mar 14: 11:15p – Villa Outing
- **ST. PATRICK'S DAY PARTY** Mar 17: 2:00p – French Quarter
- **DINNER & A MOVIE: AS LUCK WOULD HAVE IT** Mar 21: 5:00p



- **NOUVEAU CHOCOLATE FACTORY** Mar 22: 0:00p – Outing
- **LUNCH OUTING: CHEESECAKE FACTORY** Mar 27: 10:30p – Outing



MARCH SPA SPOTLIGHT



Pain Management with Acupuncture. Join Monterey's massage therapist Andrew on **Tuesday, March 14th at 11:30** in the Grand Riviera Lounge.

RSVP for this event, by using the Resident App or Sign-up Sheet no later than 2 business days before.

volunteer OPPORTUNITY in the Health Center

Getting pampered at the Spa is truly one of life's little pleasures. It's about taking important time out for self-care. A simple, yet lovely way to connect with fellow residents and provide an important hospitality service would be to help a neighbor in the Health Center get to and from their appointments at the Spa and along the way make a friend!

If you're interested in this hospitality volunteer service opportunity, please contact Kim Calabrese by emailing her at kcalabrese@montereanu.net

happy MAR BIRTHDAYS

Join us for the March Birthday Brunch on **Friday, March 10 at 11:00a** in the Grand Riviera Lounge. Please mark your reservation sheet to attend. In order to accommodate all residents with birthdays, we ask that you bring only one guest.

Pat Gibson	Mar 1	Sue Litzinger	Mar 17
Bob Stauder	Mar 2	Bonnie Rinehart	Mar 17
Marilyn Slayton	Mar 2	Paula Carter	Mar 18
Mary Brett	Mar 4	Juanita McClanahan	Mar 18
Bonnie McKeever	Mar 6	Nick Vance	Mar 19
Robert Persons	Mar 7	Patty Moser	Mar 19
Jim Choike	Mar 10	Linda Elliott	Mar 19
JoAnn Spitsen	Mar 12	Nancy Ogle	Mar 21
Nancy McKee	Mar 12	Howard Frank	Mar 21
Clara Owen	Mar 12	Sara McGee	Mar 21
Andy Hood	Mar 13	Gay Rhodes	Mar 22
Bill Burnett	Mar 13	Henry Herrmann	Mar 23
Iris Studenny	Mar 14	Ginny Scott	Mar 25
Jerry Neal	Mar 16	Susan Mickey	Mar 25
Linda Kulp	Mar 16	John Staedke	Mar 25



James McClanahan	Mar 26
Peggy Close	Mar 27
Mary Ellen Morelan	Mar 28
Roy Cottrill	Mar 28
Carolyn Savage	Mar 28
Chris Rhodes	Mar 31
Pat Grosso	Mar 31
Judy Neal	Mar 31