

# Spanish Cove Spirit

Volume No. 212 / December 2018

## Christmas Cruisin'



**Gift of Christmas  
Plano, Texas**



**Sounds of the Season  
Yukon, Oklahoma**



**Christmas Mystery Tour  
Locations Unknown**



# Executive Administrator's Corner



## INNOVATION AND AGING

Spanish Cove, you are astounding! Your genuine style and knack for innovative thinking has elevated you over the years as a standard by which other communities are measured. What you do and how you do it is closely watched and often replicated elsewhere. Maybe the coolest thing about you is that setting standards is no big deal for you. You are just making new memories and having fun. Spanish Cove always has and always will be a community of destiny and your destiny is redefining aging.



*Don Blose*

If you think about it, our ability for innovative thinking is one of the most astounding gifts we possess. You are born with it and will be buried with it. It is a lifetime gift. To tap into it only requires a need or purpose. Anyone can identify need. It just takes an innovator to do something about it.

Innovation is fed by imagination and creativity. What you can conjure has few limitations except for those you put on yourself. What you build or develop is built with science, mathematics, ingenuity or common sense. Where there's a will, there's a way.

Aging is not a limitation for being innovative. The older you become, the smarter and more experienced you are. Our current seniors are perhaps the smartest generation to have ever lived. It is they who made such incredible discoveries and established the foundation for the explosion of science and technology we see today. They are the generation that flew to the moon. Ironically, it has been 46 years since man last walked on the moon.

It is a wonder why there are not more patents and inventions filed by people who are aged 65 years and older. Perhaps we have tricked ourselves into thinking the purpose of retirement is to rest, relax and be less useful. On the contrary, retirement could be the most productive time of our lives. It seems to me that a brilliant and aged mind would be a terrible thing to waste.

Historically, there has never been a better time than now for older innovators to step up and be heard. The silver tsunami is rapidly approaching. By 2030, one-in-five persons will be aged 65 or older. By 2035, retirement aged persons will outnumber children. There is much concern that our infrastructure is inadequate to handle this wave.

The time is ripe for the development of products, services and devices for the senior market. Think about it, no one understands aging needs better than you. It is a time of opportunity for older brains to be in the forefront of change. It is the best time to be an older innovator!

To help facilitate great ideas, Spanish Cove will launch N2O Inventors (Never Too Old) in early 2019. N2O will help facilitate the development of ideas into marketable products or services. We will partner with universities and other professionals to make this happen. Start jotting down your ideas and plan to participate! I know you will have some good ones. It will be an exciting time to live at Spanish Cove as we continue to redefine aging. Stay tuned for more to come on N2O.

Sincerely, Don

# Welcome New Residents

## ANNA BELLE WIEDEMANN

Agriculture and farming were a part of Anna Belle Wiedemann's life from the time she took her first breath on a farm in Piedmont, Oklahoma. She was raised there and in Okarche, helping with chores and walking to a one-room schoolhouse. This prepared her for the life she would later share with her husband, Carl, now deceased, who was also from a farming family.

Together, they began a lifelong journey in ranching and farming, purchasing their Slash\C Ranch, a parcel at a time in Canadian and Kingfisher counties. They began with one calf, adding chickens and selling eggs. They sold eggs to Kamps Grocery in Oklahoma City for twenty-two years. As their ranch grew they added hogs, more cattle and crops which included oats, corn, barley, alfalfa and wheat.

In addition to driving the trucks and tractors and raising their daughter, Brenda, Anna Belle has been a licensed insurance agent, was County Commissioner in Canadian County and served in the Oklahoma State House of Representatives. She was a domestic and international marketer with the Oklahoma Department of Agriculture, Food and Forestry, promoting the state's agricultural products worldwide. She also promoted the growth of farmers' markets in the state as well as the use of locally grown products by restaurants.

Anna Belle has served on agriculture related boards and committees, earning many awards. Her most cherished award is Oklahoma's Mothers of the Year in 1991. More recently, she was most surprised to receive the Governor's Outstanding Public Service in Agriculture Award and being inducted into the Agriculture Hall of Fame.

Moving to Spanish Cove may provide more time for her daughter, two grandchildren and three great-grandchildren, but will not stop her operation of the ranch and other related duties. **Welcome to Spanish Cove, Anna Belle!**







**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**HAPPY BIRTHDAY**

4 Jerry Tucker	10 Bill Gillespie	19 Macy Fisher	26 Mig Whipps
5 Virginia Merritt	12 Catherine Altendorf	20 Marvin Peterson	27 Leland Hamman
6 Elnora Cullinan	14 Ed Butorac	21 Virginia Anderson	28 Ronda Moore
6 Bevelle Marquart	14 Pat Hamman	21 John Strauss	28 Janna Young
6 Rachel Smith	15 Eula Mae Stewart	23 Mildred Brown	
8 Ray Keesee	16 Pat Hill	23 JonEvah Murray	
9 Maria Shrader	17 Marvin Compton	24 Jere Thorpe	

**WATER EXERCISE**  
Water Exercise w/ audio  
**COURTESY**  
Mon, Tues, Thurs.....  
Wed, Fri.....

<p>9:30 Sunday Service-PVA 6:00 "Christmas in Connecticut"-PH <b>2</b></p>	<p>9:00 Stretch &amp; Strengthen-EXR 10:00 S.C. Singers Rehearse-PH 10:30 Music &amp; Movement Class-EXR <b>3</b> 10:45 Walking Buddies-PV 1:00 Tai Chi For Balance-EXR 1:00 Ladies' Pool Hall 1:00 Canasta-CR 2:00 Stretch &amp; Strengthen-EXR 3:00 Kindness Squad-MPR 3:00 Beginner Pool Lessons 6:00 Toning &amp; Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p>	<p>9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR <b>4</b> 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 11:15 Caregiver Luncheon-FR 1:00 Line Dancing-EXR 2:00 Town Hall-PH 3:30 Ted Talk Tuesday-PH 4:00 Water Fun-Pool 6:30 Rummy/Scrabble-CR</p>
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<p>9:00 Stretch &amp; Strengthen-EXR 9:30-3:30 Christmas 10:00 Watercolor-M 10:30 Music &amp; Movement 10:45 Walking Buddies 1:00 Beginner Tai Chi 1:00 Auxiliary Meeting 1:00 Bible Study 2:00 Stretch &amp; Strengthen-EXR 2:30 Shopping at 6:30 Men's Pool Hall</p>
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<p>9:30 Sunday Service-PVA 6:00 "White Christmas"-PH 9:00p Est. Arrival from Gift of Christmas <b>9</b></p>	<p>9:00 Stretch &amp; Strengthen-EXR 10:00 S.C. Singers Rehearse-PH <b>10</b> 10:30 Music &amp; Movement Class-EXR 10:45 Walking Buddies-PV 1:00 Tai Chi For Balance-EXR 1:00 Ladies' Pool Hall 1:00 Canasta-CR 2:00 Stretch &amp; Strengthen-EXR 3:00 Beginner Pool Lessons 6:00 Toning &amp; Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall 5:30 Depart Yukon Christmas Lights</p>	<p>9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR <b>11</b> 10:00 Devotional w/Don-FR 10:30 Yoga-EXR 1:00 Line Dancing-EXR 3:00 Christmas Line Dancing-PH 4:00 Water Fun-Pool 6:30 Rummy/Scrabble-CR 6:30 Highland Mist-PH</p>
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<p>9:00 Stretch &amp; Strengthen-EXR 10:00 Watercolor-M 10:30 Music &amp; Movement 10:45 Walking Buddies 1:00 Beginner Tai Chi 2:00 Stretch &amp; Strengthen-EXR 2:00 Depart Parking 2:30 Shopping at 2:30 Choir Christmas 3:00 Poetry &amp; Tea 6:30 Men's Pool Hall</p>
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<p>9:30 Sunday Service-PVA 6:00 "It's a Wonder Life"-PH <b>16</b></p>	<p>9:00 Stretch &amp; Strengthen-EXR 9:30 Cookie Baking-PH <b>17</b> 10:00 S.C. Singers- Canceled 10:30 Music &amp; Movement Class-EXR 10:45 Walking Buddies-PV 1:00 Tai Chi For Balance-EXR 1:00 Canasta-CR 1:00 Ladies' Pool Hall 2:00 Stretch &amp; Strengthen-EXR 3:00 Cookie Decorating Party-PH 3:00 Beginner Pool Lessons 6:00 Toning &amp; Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p>	<p>9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR <b>18</b> 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing-EXR 2:00 Hard Hat Committee - FR 2:00 Vintage Christmas Party-PH 4:00 Water Fun-Pool 6:30 Rummy/Scrabble-CR</p>
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<p>9:00 Stretch &amp; Strengthen-EXR 10:00 Watercolor-M 10:30 Music &amp; Movement 10:45 Walking Buddies 1:00 Beginner Tai Chi EXR 2:00 Stretch &amp; Strengthen-EXR 2:30 Shopping at 3:00 Living Long 6:30 Men's Pool Hall</p>
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<p>9:30 Sunday Service Canceled 6:00 "The Nativity Story"-PH <b>23</b></p>	<p>9:00 Stretch &amp; Strengthen-EXR 10:00 S.C. Singers- Canceled 10:30 Music &amp; Movement Class-EXR 10:45 Walking Buddies-PV 1:00 Tai Chi For Balance-EXR 1:00 Canasta-CR 1:00 Ladies' Pool Hall 2:00 Stretch &amp; Strengthen-EXR 3:00 Beginner Pool Lessons 6:00 Toning &amp; Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p>	<p><b>Merry Christmas!</b> <b>25</b> Offices are closed and exercise classes are cancelled. All Board Meetings Canceled</p>
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<p><b>Exercise Classes</b> 10:45 Walking Buddies 2:00 Afternoon Meeting Jim Carry's "How the Grinch" 2:30 Shopping at 6:30 Men's Pool Hall</p>
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<p>9:30 Sunday Service-PVA 6:00 "Elf"-PH <b>30</b></p>	<p><b>NEW YEARS EVE</b> 9:00 Stretch &amp; Strengthen-EXR 10:00 S.C. Singers- Canceled 10:30 Music &amp; Movement Class-EXR 10:45 Walking Buddies-PV 1:00 Tai Chi For Balance-EXR 1:00 Canasta-CR 1:00 Ladies' Pool Hall 2:00 Stretch &amp; Strengthen-EXR 3:00 Beginner Pool Lessons 6:00 Toning &amp; Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p>	<p><b>31</b></p>
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# Cove EVENTS for December 2018

Please refer to the weekly publication of Bits and Pieces for possible revisions

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>EXERCISES</b> Audio CD: ..... M-Sa 7 a.m.</p> <p><b>BUSINESS CAR</b> .....8:30-4:30 .....8:30-12:00</p>	<p><b>LOCATION ABBREVIATIONS</b> Card Room ..... CR Exercise Room ..... EXR Fiesta Room ..... FR Multi-Purpose Room ..... MPR Pavilion Atrium ..... PVA Plaza Concourse ..... PC Plaza Hall ..... PH Private Dining Room ..... PDR</p>	<p><b>GREEN.</b> Means Go! These activities are off campus, normally on our 50 passenger motorcoach. <b>Purple.</b> Means Royalty. These special events are brought to you at Spanish Cove. <b>BLUE.</b> Means Thunder Up! Watch our OKC Thunder Basketball Games. <b>ORANGE.</b> Go Pokes! Support the Sports and Education classes from OSU. <b>RED.</b> Boomer Sooner! Encourage OU as they take on their opponents.</p>	<p>10:00 Toning &amp; Movement Class-EXR <b>1</b></p>
<p>Strengthen-EXR <b>5</b> Card Bags-PH MPR Movement Class-EXR Ladies-PV Chi For Balance-EXR Meeting-CR w/Melota-FR Strengthen-EXR Wal-Mart/Target Hall</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:00 Cove Touring Club- PH 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Ladies' Pool Hall 1:00 Canasata-MPR 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning &amp; Movement Class-EXR 7:00 Depart Jewel Box "The Games Afoot"</p>	<p>9:00 Stretch &amp; Strengthen-EXR <b>7</b> 10:00 Employee Luncheon Starts-FR 10:45 Walking Buddies-PV 2:00 Stretch &amp; Strengthen-EXR 2:00 Yukon Shopping 3:00 S.C. Singers Rehearse-PH 4:00 Happy Hour-PVA 6:30 Men's Pool Hall</p>	<p>10:00 Toning &amp; Movement Class-EXR <b>8</b> 9:30a Depart Gift of Christmas-Swing</p>
<p>Strengthen-EXR <b>12</b> MPR Movement Class-EXR Ladies-PV Chi For Balance-EXR Strengthen-EXR Person's Support Group Wal-Mart/Target Christmas Program-PVA -PH Hall</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 9:40 Depart OKC Town Hall 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Ladies' Pool Hall 1:00 Canasata-MPR 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Pianist Matt Schinske -PH "One Starry Night" 6:30 Mexican Train Dominoes-CR</p>	<p>9:00 Stretch &amp; Strengthen-EXR <b>14</b> 10:00 Koffee Klatch-FR 10:45 Walking Buddies-PV 1:00 Donor Development Meeting-PVCR 1:00 Stretch &amp; Strengthen-EXR 2:00 Choir Christmas Program-PH 2:00 Yukon Shopping 4:00 Happy Hour-PVA 6:30 Men's Pool Hall</p>	<p>10:00 Toning &amp; Movement Class-EXR <b>15</b></p>
<p>Strengthen-EXR <b>19</b> MPR Movement Class-EXR Ladies-PV Chi For Balance- Strengthen-EXR Wal-Mart/Target er Better-PH Hall</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Ladies' Pool Hall 1:00 Canasata-MPR 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning &amp; Movement Class-EXR 6:15 Depart Sounds of the Season</p>	<p><b>First Day of Winter</b> 9:00 Stretch &amp; Strengthen-EXR <b>21</b> 10:00 Koffee Klatch-BOLDT-PH 10:45 Walking Buddies-PV 2:00 Stretch &amp; Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour-PVA 6:00 Mystery Trip - PAV 6:30 Men's Pool Hall</p>	<p>10:00 Toning &amp; Movement Class-EXR <b>22</b></p>
<p><b>Canceled</b> Ladies-PV atinee <b>26</b> "Stole Christmas" Wal-Mart/Target Hall</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Ladies' Pool Hall 1:00 Canasata-MPR 2:30 Drama Club-FR 3:00 Mable Fry Book Talk-Library 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning &amp; Movement Class-EXR</p>	<p>9:00 Stretch &amp; Strengthen-EXR <b>28</b> 10:00 Koffee Klatch-FR 10:45 Walking Buddies-PV 1:00 Cove Academy: Cell Phones 2:00 Stretch &amp; Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour-Canceled 6:30 Men's Pool Hall 6:30 New Years Eve Party-PH</p>	<p>10:00 Toning &amp; Movement Class-EXR <b>29</b></p>

# Welcome New Residents



## ERNESTINE LIMESTALL

**E**rnestine Limestall was born in McAlester, Oklahoma. At age of three her family moved to El Reno, Oklahoma. After graduating from El Reno High School, Ernestine graduated from Oklahoma University with a degree in interior design, and minors in marketing and art history.

Her senior year at OU, she was employed as a counselor for Hume House which was a dorm for fifty one girls.

After graduation, she got married and moved to Kansas City, Kansas where she was employed by the Hallmark Greeting Card Company and later Haskins Riddle and Sharp Engineers.

After her husband graduated from dental school they moved to Yukon, Oklahoma and Ernestine has loved this city and her wonderful friends ever since. She is looking forward to joining some of her Yukon friends and also some of her El Reno friends who are now living at Spanish Cove. She considers moving to the Cove a real blessing.

During her life in Yukon, she went back to school at the University of Central Oklahoma and received a master degree in art education. She was employed by the Yukon School System and enjoyed being introduced to interesting young people whose friendships she still cherishes today. She looks forward to “feasting” on one of those friendships with Eric Peters right here at Spanish Cove. Ernestine thinks she has other former students that work at Spanish Cove as well.

After retiring from teaching she was privileged to work for The Hough Ear Institute and through that experience she was blessed with the invitation to go serve on missionary trips to Africa through Samaritan’s Purse, and also to Russia through Campus Crusades for Christ.

God has blessed her with two sons, grandchildren and great-grand-children.

In Yukon her memberships include Covenant Community Church and The Legacy Class, PEO, Canadian Valley Art Guild, a close group since the fifties, called “The Knitters”. There is a coffee group on Tuesday mornings at May’s with whom she belongs and it is there that they solve many of today’s problems. Another one of her memberships that she cherishes is the Chi Omega Sorority where she served as president while at OU and she still stays in touch with the organization.

Presently, she is serving as a volunteer committee member of the Patient Family Advisory Council at the Canadian Valley Integris Hospital.

At the Cove, Ernestine enjoyed being with the group studying with Melota Orr at her Bible study. It is with anticipation that she plans to meet new friends and to join some of the interesting activities while she is living at Spanish Cove Retirement Community. **Welcome to Spanish Cove, Ernestine!**





# Life The Way You Want It

## LIVING WELL – POOR POSTURE

By Debbie Miller, CPT, Director of Wellness

The Harvard Medical School newsletter, Healthbeat, recently published an article titled “3 surprising risks of poor posture”. The article stated that America has a posture problem and it’s affecting people of ALL ages. Poor posture can lead to neck pain, back problems, and other aggravating conditions. Posture also affects our mood, sleep and can increase fatigue. The three risks are especially serious for seniors. They are:

**Incontinence** – Poor posture promotes stress incontinence. Slouching increases abdominal pressure, which places pressure on the bladder.

**Constipation** – Poor posture while seated on a toilet can cause constipation. This may seem like too much information to share and sadly none of it is good, so sit up straight when toileting. Keep your back straight and lean forward at the hips.

**Heartburn and slowed digestion** – Poor posture or slouching after a meal can lead to heartburn caused by acid reflux. Slouching places pressure on the belly, which can push stomach acid in the wrong direction. Some research shows that this also slows down the intestines.

See a physical therapist if you notice any of these or suspect that your posture is causing problems for you. Exercises that focus on improving your core muscle strength (abs, pelvic floor and back) will help support the spine and flexibility exercises can make a big difference. Meghan Markowski, a physical therapist at Harvard-affiliated Brigham and Women’s Hospital, advises, “To improve posture put your shoulders down and back, pull your head back and engage your core muscles. Bring your belly button in toward your spine, as if you’re zipping up a snug pair of jeans. This will help to engage the transverse abdominis muscle, which acts like a corset around the spine”.

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**QUOTE:** “It’s not what’s under the Christmas tree that matters but who’s around it.” –Charlie Brown

**VISION:** A Christmas tree makes the heart warm during the frosty cold of winter. Every year my family and I pick out a real tree. Bundled in warm coats, we head out to find the perfect tree. As we walk down rows filled with trees of all shapes and sizes, the smell of pine, spruce and fir entice our senses. The first one is chosen and stood up straight, a shake and a turn is made, careful to avoid sap on the fingers, to look for any holes or gaps. The branches and needles must be just right for holding the ornaments and lights, waiting at home for its arrival. After careful selection, with cold noses, the tree is trimmed, shaken to shed needles and wrapped tight to take home. Once home, the lights are circled all around the tree and the burlap skirt is wrapped around the bottom to nestle the manger. The ornaments, filled with memories, are gently unwrapped and placed on the branches. Then once the traditional Santa and rabbit are tucked close to the trunk of the tree, like every year before, the lights come on and with not a single present under the tree, I’m filled with JOY!

**INSPIRATION:** You see, it is not the presents under the tree but the memory of picking the tree that fills my soul with good tidings of comfort and joy, year after year. Take a different look at Christmas this year. Be inspired to embrace the season by the smell of pine, the beauty of the twinkling lights or the bells of the ringers outside of the stores. Let the magic of the season be what matters the most.

**CALENDAR:** There will be many chances for you to be jolly with others all season long. The calendar is full of Christmas lights, music and parties. Take a moment to highlight all the ways you can gather and make memories with your Cove family.

**CHALLENGE:** Your last challenge of this year is to find someone whom you can share your traditions with or create new ones. You could invite them to have hot cocoa with you or listen to music. Make finding that someone who is around the tree - matter.

May this entire month be filled with the joy of season and may it warm your heart like a crackling fire. Know that, gathered every day with each of you is a gift given to me that - MATTERS!

Many blessings, Kathleen



# Christmas Buffet

**11:00 a.m. - 2:00 p.m.**

## **ENTREES**

**Pan Seared Ribeye with Herb Butter  
Brown Sugar Cola Glazed Ham  
Maple Mustard Roasted Turkey**

## **SIDES**

**Rosemary Monkey Bread Stuffing • Garlic Mashed Potatoes  
Roasted Beef Gravy • Green Beans with Toasted Pecans  
Brandy Glazed Carrots • Honey Butter Rolls**

## **DESSERTS**

**Berry Brioche Bread Pudding • Pecan Pie Cheesecake  
Sugar Free Cranberry Smothered Pound Cake**

## **COCKTAIL**

**Jingle Juice Punch**

## **AND MUCH MORE...**

**Guest reservations required by December 20th.  
Please see hostess or call 405-350-5150 for details.  
Marketing Guests please call  
405-354-5906 to make a reservation.**

## ***ADMINISTRATIVE STAFF***

Don Blose ..... CEO & Executive Administrator  
Cheryl O'Neill ..... Chief Operating Officer & Nursing Home Administrator  
Jill Huff ..... Director of Marketing  
M. Kay Hunter ..... Director of Donor Development  
Julia Jenkins ..... Director of Nursing Pavilion I  
Debbie Miller ..... Director of Wellness & Resident Relations  
Eric Peters ..... Director of Culinary & Housekeeping Services  
Debbie Wesley ..... Director of Assisted Living & Home Health  
David Goodnight ..... Director of Maintenance  
Elizabeth Ritter ..... Chief Financial Officer  
David Meador ..... Director of Human Resources  
Brent Woodworth ..... IT Director  
Jimmie Wall ..... Director of Accounting

## ***BOARD OF TRUSTEES***

Clarence Drumeller, *Chairman* • Larry Taylor, *Vice-Chairman* • Velta Johnston, *Secretary*  
Leslie Soulen • Donna Yanda • David Goodwin • Scott Meacham