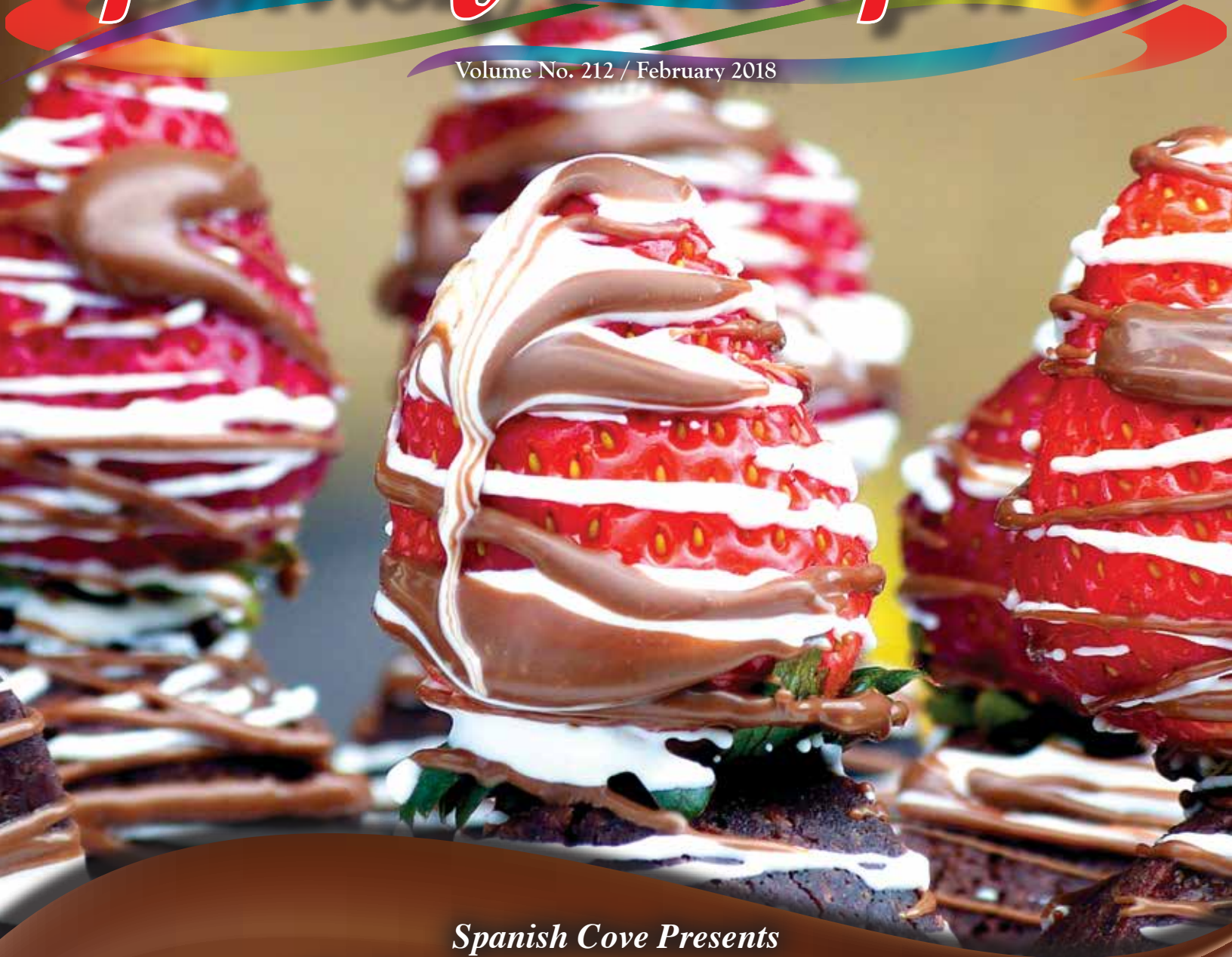


# *Spanish Cove Spirit*

Volume No. 212 / February 2018



*Spanish Cove Presents*

# *Chocolate Fest*

Thursday, February 15th, 2018

Plaza Hall

Sweets Start at 5:45 p.m.

Live Music By: Better Together Strings

# Spirit Spotlight



## DAVE & LESLIE SOULEN

David and Leslie Soulen moved to Spanish Cove from West Caldwell, New Jersey in 2014. They have two children, Tom and Dana. Tom married in 2017 and is currently working as an Animator on a Showtime program of which Stephen Colbert is the Executive Producer. Dana has recently graduated with her Master's in social work and is working in Oklahoma City at Crossroads Hospice.

Dave graduated from Drew University and received his Master's in plant pathology from Penn State University. Prior to moving to Spanish Cove he worked 30+ years in the cemetery business. Leslie is a graduate of the University of Wisconsin and Simmons College in Boston. She has worked the past 35 years as a physical therapist and continues her work to this day since moving into the Cove. She is also an ordained elder in the Presbyterian Church, USA.

Dave is very interested in illustrative art. His grandfather was a published illustrator from 1911 to 1960. Dave is the family historian of his grandfather's work and has spent the last two years cleaning and restoring his artwork. Since moving to the Cove, Dave has worked on painting a cast of one of his grandfather's pieces and has generously let Spanish Cove display the art at Christmas time. Dave has done a beautiful job with the piece and we are honored to be a part of it.

The Soulen's are both quite talented and have become very involved at Spanish Cove, however since coming here they have been able to unwind a bit and take some wonderful trips. Those travels include a Baltic Sea Cruise in 2015 and an Alaskan Cruise and four day land tour last year. In Alaska they were able to see many animals in their natural habitat and also see the top of Denali.

Dave and Leslie are involved with the Parkinson's Foundation and have found it to be a wonderful resource. Leslie has recently been voted a Spanish Cove Board of Trustees member and we are so appreciative of her service to Spanish Cove. We would like to wish these wonderful sweethearts a very Happy Valentine's Day and we are truly grateful they chose Spanish Cove as their community.



# Executive Administrator's Corner

## RANDOM THOUGHTS ON AGING



Don Blose

No one has ever found the fountain of youth but a consistent stream of people have found the fountain of aging. To earn golden years is a highly desired prize. To waste what you earn is an anticlimactic ending.

If you are one of the lucky ones who has found long life then remember the words your momma might have said: "Don't ever tell yourself or let others tell you what you are not!" In other words, don't let your age stop you from being that person you were born to be.

The great temptations of youth typically involves greed or lust. Those will dwindle with time. The great temptation among the aged is to believe you are incapable. Don't be led down that road!

No one will ever cheat death but you will clearly cheat yourself if your worry more about dying than living.

Your best years should always be ahead of you so stop looking behind. Life's most basic purpose is to be better today than yesterday. Think of how much better you will be tomorrow.

Autobiographies are rarely written by people who make the most difference with their life. They are too busy being different. Someone else will write their story.

### Others' quotes on aging:

*"The wiser mind mourns less for what age takes away than what it leaves behind."*  
William Wordsworth (1770-1850)

*"Grow old along with me! The best is yet to be."* Robert Browning (1812-1889)

*"Aging is not lost youth but a new stage of opportunity and strength."* Betty Friedan (1921-2006)

*"How old would you be if you didn't know how old you were?"* Satchel Paige (1906-1982) Satchel Paige continued to be a great pitcher into his 60s.

*"Because I could not stop for death - He kindly stopped for me."* Emily Dickinson (1830-1886)

*"Live long and prosper."* Leonard Nimoy as Mr. Spock

You have a lot of potential left to live up to. I hope you make the most of this day!

Sincerely, Don



# Spanish Cove

Retirement Village

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

### HAPPY BIRTHDAY

1 Joe Green	11 Vivian Bassler	22 Mike McKee
1 Sara Myers	12 Jack Aitken	23 Bill Jackson
3 Juanita Hancock	12 Ron Beckett	23 Johnnie McCrate
6 Helga Kastl	14 Dorothy Callaway	23 Ann McKee
7 Hilda Kayser	14 Bill Renfrow	24 Jim Amspaugh
7 John McCornack	16 Roy Privott	27 Edwina Moon
7 Doril Moon	16 Eunice Robinson	28 Bettye Heitman
7 Dell South	17 Joy Shepherd	28 Norma Stinchcomb
9 Wanda Beaman	22 Esta Kirk	

**GREEN.** Means Go! These activities are off campus, normally on our 50 passenger motorcoach.

**Purple.** Means Royalty. These special events are brought to you at Spanish Cove.

**BLUE.** Means Thunder Up! Watch our OKC Thunder Basketball Games.

**ORANGE.** Go Pokes! Support the Sports and Education classes from OSU.

**RED.** Boomer Sooner! Encourage OU as they take on their opponents.

### LOCATION AB

Card Room .....
Exercise Room .....
Fiesta Room .....
Multi-Purpose Room .....
Pavilion Atrium .....
Plaza Concourse .....
Plaza Hall .....
Private Dining Room .....

9:30 Sunday Service-PVA  
6:00 "Love's Enduring Promise"-PH

4

9:00 Stretch & Strengthen-EXR  
10:00 S.C. Singers Rehearse-PH  
10:45 Walking Buddies-PV  
1:00 Tai Chi For Balance-EXR  
1:00 Canasta-CR  
2:00 Stretch & Strengthen-EXR  
3:00 YNB Bingo-PH  
6:30 Toning & Movement Class-EXR  
6:30 Bridge-CR  
6:30 Men's Pool Hall

5

9:00 Crafters: Heart Shirts  
9:00 Chair Yoga-EXR  
9:00 Beginner/Refresher Bridge-CR  
10:00 Devotional w/Don-PH  
10:30 Yoga-EXR  
11:30 Caregiver Luncheon-FR  
1:00 Line Dancing-EXR  
2:00 Town Hall-PH  
3:00 Ladies' Pool Hall  
4:00 Water Fun-Pool  
6:30 Rummy/Scrabble-CR

6

9:00 Stretch & Strengthen-EXR  
10:00 Methodist Worship  
10:45 Walking Buddies  
1:00 Tai Chi For Balance-EXR  
1:00 Auxiliary Meeting  
1:00 Bible Study w/Don  
2:00 Stretch & Strengthen-EXR  
2:30 Shopping at Spanish Cove  
3:00 Creative Studio  
6:30 Men's Pool Hall

9:30 Sunday Service-PVA  
2:00 Women's Interests Group-CR  
6:00 "Love's Long Journey"-PH

11

9:00 Stretch & Strengthen-EXR  
10:00 S.C. Singers Rehearse-PH  
10:45 Walking Buddies-PV  
11:00 "Out To Eat"-Sherri's Diner  
1:00 Tai Chi For Balance-EXR  
1:00 Canasta-CR  
2:00 Stretch & Strengthen-EXR  
6:30 Toning & Movement Class-EXR  
6:30 Bridge-CR  
6:30 Men's Pool Hall

12

9:00 Chair Yoga-EXR  
9:00 Beginner/Refresher Bridge-CR  
10:00 Bob Willis-Heart Sculpture-PH  
10:00 Devotional w/Don-FR  
10:30 Yoga-EXR  
1:00 Line Dancing-EXR  
2:00 Hard Hat Committee - FR  
3:00 Ladies' Pool Hall  
4:00 Water Fun-Pool  
6:30 Rummy/Scrabble-CR

13

9:00 Stretch & Strengthen-EXR  
10:00 Poetry & Tea  
10:45 Walking Buddies  
1:00 Tai Chi For Balance-EXR  
1:30 Sherman Antiques  
2:00 Depart Parking Group  
2:00 Stretch & Strengthen-EXR  
2:30 Shopping at Spanish Cove  
6:30 Men's Pool Hall

9:30 Sunday Service-PVA  
6:00 "Forrest Gump"-PH

18

9:00 Stretch & Strengthen-EXR  
10:00 S.C. Singers Rehearse-PH  
10:45 Walking Buddies-PV  
1:00 Depart Penn Square  
1:00 Tai Chi For Balance-EXR  
1:00 Canasta-CR  
2:00 Stretch & Strengthen-EXR  
3:00 S.C. Drama Club-PH-NEW  
6:30 Toning & Movement Class-EXR  
6:30 Bridge-CR  
6:30 Men's Pool Hall

19

**DAY TRIP**  
8:15 Tour-Bedre Fine Chocolate  
Artesian Hotel-Lunch/Casino/Shopping  
9:00 Chair Yoga-EXR  
9:00 Beginner/Refresher Bridge-CR  
10:00 Devotional w/Don-PH  
10:30 Yoga-EXR  
1:00 Line Dancing-EXR  
3:00 Ladies Pool Hall  
4:00 Water Fun-Pool  
6:30 Rummy/Scrabble-CR

20

9:00 Stretch & Strengthen-EXR  
10:00 Cove Scramble  
10:45 Walking Buddies  
1:00 Tai Chi For Balance-EXR  
2:00 Stretch & Strengthen-EXR  
2:30 Shopping at Spanish Cove  
2:45 Craft Ministry  
3:30 Cove Book Club  
6:30 Men's Pool Hall

9:30 Sunday Service-PVA  
6:00 "Love's Abiding Joy"-PH

25

8:00 Depart Grand Casino  
9:00 Stretch & Strengthen-EXR  
10:00 S.C. Singers Rehearse-PH  
10:45 Walking Buddies-PV  
1:00 Tai Chi For Balance-EXR  
1:00 Canasta-CR  
2:00 Stretch & Strengthen-EXR  
3:00 Bunco with Kathleen-CR  
6:30 Toning & Movement Class-EXR  
6:30 Bridge-CR  
6:30 Men's Pool Hall

26

9:00 Chair Yoga-EXR  
9:00 Beginner/Refresher Bridge-CR  
10:00 Devotional w/Don-CR  
10:30 Yoga-EXR  
1:00 Line Dancing-EXR  
2:00 Residents' Meeting-PH  
3:00 Town Council-CR  
3:00 Ladies Pool Hall  
4:00 Water Fun-Pool  
6:00 Spanish Cove Board Meeting-PH  
6:30 Rummy/Scrabble-CR

27

9:00 Stretch & Strengthen-EXR  
10:00 Life in Black  
10:45 Walking Buddies  
1:00 Tai Chi For Balance-EXR  
2:00 Stretch & Strengthen-EXR  
2:30 Shopping at Spanish Cove  
3:30 Cove Angler  
6:30 Men's Pool Hall

# Cove EVENTS for February 2018

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

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREVIATIONS</b> ..... CR ..... EXR ..... FR ..... MPR ..... PVA ..... PC ..... PH ..... PDR	<b>1</b> 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 2:00 Activity Meeting-PH 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement Class-EXR	<b>2</b> 9:00 Stretch & Strengthen-EXR 10:00 Cove Academy-PH 10:00 Koffee Klatch is cancelled 10:45 Walking Buddies-PV 1:00 Factory Obscura Museum 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 3:00 Ladies Pool Hall 3:30 Happy Hour-PVA 6:30 Men's Pool Hall	<b>3</b> 10:00 Toning & Movement Class-EXR 1:00 Depart Yukon Chocolate Festival
<b>7</b> Strengthen-EXR Women of the Cove-FR Buddies-PV Balance-EXR Meeting-CR w/Melota-FR Strengthen-EXR Wal-Mart/Target am - PAV Radio-MPR all	<b>8</b> 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 2:00 Living Longer Better-PH 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement Class-EXR 7:00 Depart Jewel Box "Nonsense II"	<b>9</b> 9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch-FR 10:45 Walking Buddies-PV 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 3:00 Kindness Squad-PH-NEW 3:00 Ladies Pool Hall 3:30 Happy Hour - PVA 6:30 Men's Pool Hall	<b>10</b> 10:00 Toning & Movement Class-EXR
<b>14</b> Strengthen-EXR PH Buddies-PV Balance-EXR drus-PH nson's Support Strengthen-EXR Wal-Mart/Target all	<b>15</b> 8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 9:40 Depart Town Hall-St. Luke's 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 2:00 Mable C. Fry Book Talk-PH 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 5:45 Chocolate Festival-PH 6:30 Better Together Strings 6:30 Mexican Train Dominoes-CR	<b>16</b> 9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch-Boldt-PH 10:45 Walking Buddies-PV 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 3:00 Ladies' Pool Hall 3:30 Happy Hour - PVA 6:30 Men's Pool Hall	<b>17</b> 10:00 Toning & Movement Class-EXR
<b>21</b> Strengthen-EXR bers-MPR-NEW Buddies-PV Balance-EXR Strengthen-EXR Wal-Mart/Target y-MPR Club-CR all	<b>22</b> 8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:00 MYSTERY TRIP & Lunch Out 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 3:30 Card Making-MPR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement Class-EXR	<b>23</b> 9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch-FR 10:45 Walking Buddies-PV 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 3:00 Ladies' Pool Hall 3:30 Happy Hour - PVA 7:15 OKC Pops - "Songs of Elton John" 6:30 Men's Pool Hall	<b>24</b> 10:00 Toning & Movement Class-EXR
<b>28</b> Strengthen-EXR & White-PH Buddies-PV Balance-EXR Strengthen-EXR Wal-Mart/Target 's-PH-NEW all	<b>WATER EXERCISES</b> Water Exercise w/ audio CD: ....M-W-F 7 a.m.  <b>COURTESY CAR</b> Mon, Tues, Thurs.....8:30-4:30 Wed, Fri .....8:30-12:00		

# Welcome New Residents



## MARVIN COMPTON

In 1988, Marvin retired from the U.S. Post Office in Yukon, OK. Marvin's special interest includes golf, sports, and the church. His wife Maxine ("Toots") was born in Yukon and lived at the same location, in the same house, 511 Elm, (now a parking lot) for 21 years and remained a resident of Yukon until her passing in September 2016. They were married 68 years.

Marvin moved to Yukon with his parents in 1940 from Elgin, Oklahoma. Marvin attended Yukon High School and graduated in 1943. Shortly after graduation he began service to his country as a merchant marine delivering war supplies during World War II. After joining the US Army, Marvin was deployed to the Pacific theatre participating in the invasion of Mindanao in the Philippine Islands. After the successful liberation of the Philippines he was reassigned to Army Headquarters in Seoul, Korea, where he was honorably discharged as US Army First Sergeant.

Marvin has always been sports minded. He played on Yukon's independent ball teams, basketball in the winter and softball (shortstop) in the summer. After working all day, he and Toots would travel with the team to some location or city, so he could compete at least two or three nights a week. After Yukon's softball team disbanded Marvin played for El Reno, under the sponsorship of Harry Deardorff of Deardorf Oil Company.

Marvin worked several places including Tinker Field, Oklahoma Publishing Company, owned and operated a Texaco service station, Tri State Milk Company, and lastly the US Postal Service retiring in 1988. He has three children, three grandchildren, and six great grandchildren.

Marvin remains an active member of Yukon's First Christian Church. We are pleased to welcome Marvin to our Cove community. **Welcome to Spanish Cove, Marvin!**



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## SARA SPRADLING MYERS

Sara Spradling Myers was born and raised in Oklahoma City. She graduated from OSU with a BS in Early Childhood Education in the college of Home Economics. Sara married David Myers, a chemical engineer from OSU. After graduation her life moved quickly. She had two children and moved more than thirty times in five states over the years. She most enjoyed living in England. They lived four blocks south of Hyde Park and Harrods Department Store. David retired in 1992 and they wanted to move back to Oklahoma where they have two farms outside Ponca City.

Their family managed the Marland Estate Hotel and Conference Center. When Ponca City demolished the hotel this was the beginning of a political career for David. He served North Central Oklahoma for ten years. Shortly after his ten year mark he became ill and passed away quickly. It didn't take long for Sara to decide to move to Yukon to be near her daughter. She bought a house, sold it and helped her daughter and son-in-law buy a wonderful house in Yukon. Sara has many great friends that live at Spanish Cove and is very excited to move here and join them. **Welcome to Spanish Cove, Sara!**



# Life The Way You Want It

## LIVING WELL – TOP 10 FITNESS TRENDS

By Angelina Kiser

The American College of Sports Medicine (ACSM) surveyed over 4,000 health and fitness professionals to bring us the Top Fitness Trends of 2018:

1. High-Intensity Interval Training (H.I.I.T.)
2. Group Training
3. Wearable Technology (ex. Fitbit®)
4. Body Weight Training
5. Strength Training
6. Educated & Experienced Fitness Professionals
7. Yoga
8. Personal Training
9. Fitness Programs for Older Adults
10. Functional Fitness

More than half of these trends are already on the Cove campus! Group training involves any group exercise class. This means any time you participate in a class at Spanish Cove, you are doing 2 trends in one; Group Training and Fitness Programs for Older Adults. In fact, all of these trends are offered at Spanish Cove, except for H.I.I.T. which is a type of exercise. It involves short bursts of activity followed by a short rest period and typically only takes 20-30 minutes to complete the entire workout. This exercise allows you to vary your exercise routine because it can be done in so many different ways; by yourself or in a group, with or without weights, and whatever exercise you prefer whether it's cardio or strength training.

Functional fitness is exercise that is focused on our activities of daily living and keeping us independent. A large part of this is strength training and balance. Stretch & Strengthen is a great example of what a functional fitness group exercise class should look like. I implore you to try something new at the Cove whether it's trying yoga or tai chi, even try out the NuStep® in our fitness center. "Life begins at the end of your comfort zone" – Neale Donald Walsch.

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**QUOTE:** "Intense love does not measure. It just gives" - Mother Teresa

**VISION:** When reading this quote you can't help to think, "What have I given?" It makes me question the meaning of love, is it about what is given to me or what have I given to others? February is a time of love. We are given beautiful long stem red roses. We savor boxes of delicious chocolates nestled in red velvet hearts. We are given valentines with beautiful poetic words of affection. It is a month of intense gifts from the heart.

**INSPIRATION:** As you smell the beautiful red roses, savor the dark chocolates placed neatly in the red velvet heart, and dry your tears from reading the poetic words of love, stop and remember the feeling it brings to your heart. Capture it and take it with you throughout the year and give it back to others. Love should be shown throughout the year, not just for one month. It can be given by complimenting someone on their beautiful smile. It can be given by holding a door open for a stranger. It can be given by baking a batch of cookies for your neighbor. What we feel from receiving gifts intensifies when we give to others.

**CALENDAR:** Be intense in your love by joining a new group called "The Kindness Squad", where we will gather to create random acts of kindness to do for others. Being kind is not only good for the receiver but even more so for the giver.

**CHALLENGE:** I challenge you to do something for your neighbor, hold a door open for a stranger, and to say one compliment every day.

It is not what we are given, but what we give others that fills our souls with Intense LOVE!  
Many blessings, Kathleen





# What We Love About *Spanish Cove*

by Resident Rex Lawrence

“When people ask me about Spanish Cove,  
my only regret is I didn’t come sooner.”

“The comradery is phenomenal!”



## *ADMINISTRATIVE STAFF*

Don Blose ..... CEO & Executive Administrator  
Cheryl O’Neill..... Chief Operating Officer & Nursing Home Administrator  
Jill Huff ..... Director of Marketing  
M. Kay Hunter..... Chief Financial Officer  
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 ..... Director of Accounting  
David Meador ..... Director of Human Resources  
Brent Woodworth ..... IT Director

## *BOARD OF TRUSTEES*

Clarence Drumeller, *Chairman* • Larry Taylor, *Vice-Chairman* • Velta Johnston, *Secretary*  
Leslie Soulen • Donna Yanda • Dr. Athena Friese • David Goodwin