

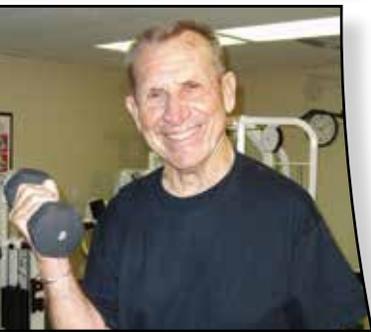
Spanish Cove Spirit

Volume No. 210 / July 2016



Cove
RENOVATION SQUAD

Executive Administrator's Corner



WAKING UP MEMORIES

Memories, good or bad, have a way of eluding you as you get older. They are in your brain somewhere but get harder to find. To many, it is like searching for a word in a word puzzle. You search up and down, forward and backward or even diagonally to access the right trigger to wake it up. Sometimes you just give up trying to access it. It can be depressing when you cannot recall something as quickly as you used to. Yet, it is probably because you are just a lot smarter and have more information to sort through.

Our memory is filled with more than just faces, places and thingamajigs, it is where all of our cumulative knowledge is stored. It is the most important asset we have and embodies the essence of who we are and how we will be. You use a considerable amount of it every day without even knowing you are using it. That use of memory would be your routines.

Memories are stored in neurons that make up our brain. Researchers estimate the average human brain has from 86 to 100 billion neurons. Now, that is a lot of memory storage! Yet, even more amazing is that each neuron can form a thousand connections to other neurons, thus expanding our memory capacity even further.

We are truly wonderfully made! If indeed we have the memory capacity scientists say we do, it would take several hundred years or more to reach full capacity. Maybe that is why some brain experts say a normal person uses only about 8 percent of our brains.

Where we get lost or worried is when we cannot think of the thing that we are suddenly trying to remember. It can disrupt our whole day! We start to think of the worst - dementia or Alzheimer's may come to mind. Best not to worry about that! Your mom and dad probably told you that you are what you think. Instead, look for ways that challenge your thinking in constructive ways.

Experts in memory research say there are lots of ways to improve recall. Word puzzles, Sudoku, crossword puzzles and other brain games help stimulate you to think more dimensionally. Those are great in your alone time. Exercise, activities and diet also help stimulate thought processes and can give you more energy to think.

One of the best ways I have found to trigger hidden memories is to be around other people. Recently, I emceed Spanish Cove's Koffee Klatch, a routine Friday morning gathering of residents. The topic I covered was memories of dad. I came in with only a couple of memories to share but left the gathering with many, many more than I came in with. Nearly everyone in the room shared something they treasured about their dads. As the stories were told, something special was happening to all of us. We found ourselves flooded with memories about our own dads by listening to the simple, yet similar experience of others. We just needed a trigger and the trigger was in someone else's story.

There are so many things that trigger our memories: a sight, sound, smell or touch. Our problem is that we forget to practice the things that reconnect us to our knowledge and experiences. Make concentrated efforts to challenge yourself. Practice using your senses and allow yourself to dwell on the goodness around you. As the old saying goes, take time to smell the roses and wake up those memories that make you the great person you are.

Sincerely, Don



Don Blöse

Life The Way You Want It

BEGINNING TAI CHI FOR BETTER BALANCE CLASS

By Debbie Miller, CPT, Director of Wellness

Research has shown that Tai Chi, a balance promoting exercise, is one of the single, most effective activities that can help older adults protect their independence and reduce their risk of a fall. Tai Chi or Tai Ji Quan – Moving for Better Balance is an evidence based fall prevention program. A Tai Chi for balance program consists of 8 single forms in the Yang Style. The forms are modified for and tailored to seniors who wish to improve balance, strength, mobility and confidence in performing activities of daily living. The 8 form routine adheres to the fundamental principles of traditional Tai Chi, which involves weight-shifting, body alignment and coordinated movements performed in a slow, continuous, circular, and flowing manner.

Additional movements have been added to provide additional challenges to balance, gait and mobility. The goal of TCMBB is to improve static and dynamic postural stability, mindful control of body position in space, functional walking activities, movement symmetry and coordination, range of motion around the ankle joints and lower-extremity strength. To achieve these functional objectives, the program incorporates movements that enhance ankle stability, weight transfer, active eye-head movement and spatial orientation, as well as skills that directly transfer to daily functional activities such as reaching, moving from sit-to-stand, stepping and turning and walking. This program has been proven to reduce risk of falls by 55% while enhancing mental well-being and overall quality of life.

*A beginner's Tai Chi for better balance class will start on Wednesday, August 3, at 1:00 p.m. in the Fiesta Room. The beginner Tai Chi class will be every Monday and Wednesday at 1:00 through the month of August. In September the beginner class will join our ongoing Tai Chi for Better Balance class that is every Monday and Wednesday at 1:00.

Snow-covered mountain tops, icicles hanging from the roof top, even bitterly cold winds howling from the north. I imagine these scenes as I trudge across the blistering hot pavement on my way from Plaza Hall to the Pavilion, trying to use visualization to cool my body temperature. It doesn't help. It is just plain hot. Too hot for humans to be outdoors.

This month, I am so thankful for Willis Carrier, the 1902 inventor of air conditioning. Because of this young man's contribution when he was fresh out of Cornell University over a hundred years ago, there is no need to stay cooped up in your apartment. We have ice cold air conditioning in Plaza Hall and on our Coach Bus, so don't let the heat get you down. Come enjoy fun times with us! We will be celebrating our July birthdays with a potluck dinner on July 12th, followed by YNB ICE CREAM Bingo on the 14th, and health talks and musicians will finish out the month. And don't forget that our cool Coach Bus will take us to the National Cowboy Hall of Fame for the Prix de West, to Penn Square, the Grand Casino, on a Mystery Trip, and much more.

The heat may not be a state of mind but we will overcome. Thank you, Willis Carrier.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

HAPPY BIRTHDAY				<p>LOCATION ABBREVIATIONS</p> <p>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>WATER EXERCISE Water Exercise w/ audio</p> <p>COURTESY Mon, Tues, Thurs..... Wed, Fri.....</p>	
<p>1 Margie Young 12 Sam McMahan 22 Edna Crow</p> <p>6 Jean Barnes 15 Pat Snyder 22 Rilda Renick</p> <p>8 Bill "Mac" MacKelvie 16 Lois Cain 26 Leslie Soulen</p> <p>9 Linda Taylor 19 Cody Brinckmeyer 27 Esther Winterfelt</p> <p>11 Barbara Kersey 19 Tim Griffith 30 Roger Erickson</p> <p>12 Martha Krivanek 19 Bob Loyd</p>							
<p>9:30 Sunday Service-PVA 6:30 "The Gabby Douglas Story"-PH</p> <p style="text-align: right; font-size: 2em;">3</p>	<p style="text-align: center;">HAPPY 4TH OF JULY!! All offices are closed All classes are cancelled</p> <p>9:00 NO Stretch & Strengthen-EXR 10:00 Walking Buddies-PV 10:00 NO S.C. Singers Rehearse-PH 1:00 NO Tai Chi For Balance-FR 1:00 Canasta-CR 2:00 NO Stretch & Strengthen-EXR 6:30 NO Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p> <p style="text-align: right; font-size: 2em;">4</p>	<p>9:00 Beginner/Refresher Bridge-CR 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing-EXR 2:00 Town Hall-PH 2:30 Water Excercies-Pool 3:00 Dragon Boat Paddling Meeting-EXR 3:00 Mixed Dominoes-CR 6:30 Rummy-CR</p> <p style="text-align: right; font-size: 2em;">5</p>	<p>9:00 Stretch & Strengthen-EXR 10:45 Walking Buddies-PV 1:00 Bible Study-FR 1:00 Tai Chi for Balance-FR 1:00 Auxiliary Meeting-EXR 2:00 Stretch & Strengthen-EXR 2:30 Shopping at Grand Casino 6:30 Scrabble-CR 6:30 Toning & Movement Class-EXR</p>				
<p>9:30 Sunday Service-PVA 6:30 "Lady in the Van"-PH</p> <p style="text-align: right; font-size: 2em;">10</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Walking Buddies-PV 10:00 S.C. Singers Rehearse-PH 1:00 Tai Chi for Balance-FR 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</p> <p style="text-align: right; font-size: 2em;">11</p>	<p>9:00 Beginner/Refresher Bridge-CR 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing 2:30 Water Excercies-Pool 3:00 Mixed Dominoes-CR 5:00 Birthday Potluck-PH 6:30 Rummy-CR</p> <p style="text-align: right; font-size: 2em;">12</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Methodist Worship Service 10:45 Walking Buddies-PV 1:00 Bible Study-FR 1:00 Tai Chi for Balance-FR 2:00 Depart Parking 2:00 Stretch & Strengthen-EXR 2:30 Shopping at Grand Casino 6:30 Scrabble-CR 6:30 Toning & Movement Class-EXR</p>				
<p>9:30 Sunday Service-PVA 2:15 Depart Poteet Theatre 6:30 "Zootopia"-PH</p> <p style="text-align: right; font-size: 2em;">17</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Walking Buddies-PV 10:00 S.C. Singers Rehearse-PH 1:00 Tai Chi for Balance-FR 1:00 Canasta-CR 1:00 Depart Penn Square 2:00 Stretch & Strengthen-EXR 6:30 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall</p> <p style="text-align: right; font-size: 2em;">18</p>	<p>9:00 Beginner/Refresher Bridge-CR 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing-EXR 2:00 Health Talk with Esther-PH 2:30 Water Excercies-Pool 3:00 Mixed Dominoes-CR 6:30 Rummy-CR</p> <p style="text-align: right; font-size: 2em;">19</p>	<p>9:00 Stretch & Strengthen-EXR 10:45 Walking Buddies-PV 1:00 Bible Study-FR 1:00 Tai Chi for Balance-FR 2:00 Stretch & Strengthen-EXR 2:30 Shopping at Grand Casino 3:00 Chad Slagle 6:30 Scrabble-CR 6:30 Toning & Movement Class-EXR</p>				
<p>9:30 Sunday Service-PVA 6:30 "Risen"-PH</p> <p style="text-align: right; font-size: 2em;">24</p>	<p>8:00 Depart Grand Casino 9:00 Stretch & Strengthen-EXR 10:00 Walking Buddies-PV 10:00 S.C. Singers Rehearse-PH 1:00 Tai Chi for Balance-FR 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</p> <p style="text-align: right; font-size: 2em;">25</p>	<p>9:00 Beginner/Refresher Bridge-CR 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing-EXR 2:00 Residents' Meeting-PH 2:30 Water Excercies-Pool 3:00 Town Council-CR 6:00 Spanish Cove Board Meeting-PH 6:30 Rummy-CR</p> <p style="text-align: right; font-size: 2em;">26</p>	<p>9:00 Stretch & Strengthen-EXR 10:45 Walking Buddies-PV 1:00 Bible Study-FR 1:00 Tai Chi for Balance-FR 2:00 Stretch & Strengthen-EXR 2:30 Shopping at Grand Casino 6:30 Scrabble-CR 6:30 Toning & Movement Class-EXR</p>				
<p>9:30 Sunday Service-PVA 6:30 "Miracles From Heaven"-PH</p> <p style="text-align: right; font-size: 2em;">31</p>							

Cove EVENTS for July 2016

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

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>EXERCISES CD:.....Mon-Fri 7 a.m.</p> <p>ESY CAR 8:30-4:30 8:30-12:00</p>	<p>GREEN. Means Go! These activities are off campus, normally on our 50 passenger motorcoach.</p> <p>Purple. Means Royalty. These special events are brought to you at Spanish Cove.</p> <p>BLUE. Means Thunder Up! Watch our OKC Thunder Basketball Games.</p> <p>ORANGE. Go Pokes! Support the Sports and Education classes from OSU.</p> <p>RED. Boomer Sooner! Encourage OU as they take on their opponents.</p>	<p>9:00 No Koffee Klatch-FR</p> <p>10:15 Stretch & Strengthen-EXR</p> <p>10:45 Walking Buddies-PV</p> <p>2:00 Stretch & Strengthen-EXR</p> <p>2:00 Yukon Shopping</p> <p>3:00 Ladies Pool Hall</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>1:30 42 Dominoes-CR</p>
<p>Strengthen-EXR dies-PV PV II E Balance-FR ating-CR engthen-EXR Wal-Mart/Target Men's Pool Hall ovement Class-EXR</p>	<p>8:00 Men's Coffee w/Don</p> <p>9:30 Depart Cowboy Hall of Fame</p> <p>10:00 Writing & Sharing-CR</p> <p>10:30 Yoga-EXR</p> <p>1:00 Bridge-CR</p> <p>1:00 Line Dancing-EXR</p> <p>2:30 Water Excercies-Pool</p> <p>5:30 Mexican Train Dominoes-FR</p> <p>6:30 Mexican Train Dominoes-CR</p>	<p>9:00 Koffee Klatch-FR</p> <p>10:15 Stretch & Strengthen-EXR</p> <p>10:45 Walking Buddies-PV</p> <p>2:00 Stretch & Strengthen-EXR</p> <p>2:00 Yukon Shopping</p> <p>3:00 Ladies' Pool Hall</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>1:30 42 Dominoes-CR</p>
<p>engthen-EXR men of the</p> <p>dies-PV PV II E Balance-FR sons' Support Group engthen-EXR Wal-Mart/Target Men's Pool Hall ovement Class-EXR</p>	<p>8:00 Men's Coffee w/Don</p> <p>10:00 Writing & Sharing-CR</p> <p>10:30 Yoga-EXR</p> <p>1:00 Bridge-CR</p> <p>1:00 Line Dancing-EXR</p> <p>2:00 YNB Bingo & Ice Cream-PH</p> <p>2:30 Water Excercies-Pool</p> <p>5:30 Mexican Train Dominoes-FR</p> <p>6:30 Mexican Train Dominoes-CR</p>	<p>9:00 Koffee Klatch-FR</p> <p>10:15 Stretch & Strengthen-EXR</p> <p>10:45 Walking Buddies-PV</p> <p>2:00 Stretch & Strengthen-EXR</p> <p>2:00 Yukon Shopping</p> <p>3:00 Ladies' Pool Hall</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>1:30 42 Dominoes-CR</p>
<p>engthen-EXR dies-PV PV II E Balance-FR engthen-EXR Wal-Mart/Target musician-PH Men's Pool Hall ovement Class-EXR</p>	<p>8:00 Men's Coffee w/Don</p> <p>8:45 Depart Mystery Trip</p> <p>10:00 Writing & Sharing-CR</p> <p>10:30 Yoga-EXR</p> <p>1:00 Bridge-CR</p> <p>1:00 Line Dancing</p> <p>2:30 Water Excercies-Pool</p> <p>5:30 Mexican Train Dominoes-FR</p> <p>6:30 Mexican Train Dominoes-CR</p>	<p>9:00 Koffee Klatch-FR</p> <p>10:15 Stretch & Strengthen-EXR</p> <p>10:45 Walking Buddies-PV</p> <p>2:00 Stretch & Strengthen-EXR</p> <p>2:00 Yukon Shopping</p> <p>3:00 Ladies' Pool Hall</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>1:30 42 Dominoes-CR</p>
<p>engthen-EXR dies-PV PV II E Balance-FR engthen-EXR Wal-Mart/Target ovement Class-EXR</p>	<p>8:00 Men's Coffee w/Don</p> <p>10:00 Writing & Sharing-CR</p> <p>10:30 Yoga-EXR</p> <p>1:00 Bridge-CR</p> <p>1:00 Line Dancing</p> <p>2:30 Water Excercies-Pool</p> <p>5:30 Mexican Train Dominoes-FR</p> <p>6:30 "J. Edgar"-PH</p> <p>6:30 Mexican Train Dominoes-CR</p>	<p>9:00 Koffee Klatch-FR</p> <p>10:15 Stretch & Strengthen-EXR</p> <p>10:45 Walking Buddies-PV</p> <p>2:00 Stretch & Strengthen-EXR</p> <p>2:00 Yukon Shopping</p> <p>3:00 Ladies' Pool Hall</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>1:30 42 Dominoes-CR</p>

Commitment

Tommy Williams - Director of Maintenance



Spanish Cove has history and I am part of it. I have worked at Spanish Cove for 24 years and experienced a few changes. When I first started, the maintenance office was in the building where our clinic is now located. It was a double car garage that was converted into an office and workshop. The health center and administrative offices were located in Plaza Hall with the kitchen and dining room between them. The land the Pavilion sits on was a vacant lot we used for softball practice when Spanish Cove had a team. Pam Williams was the coach. The swimming pool had no cover, so it was closed in the winter. We would have to drain and clean it every spring to get the Oklahoma mud out of it. Central Park was called 'The Frog Pond' because it was a depression that caught drain water when it rained. It is turning out to be a really nice area the residents can enjoy and was an improvement financed with donations from the residents. Thank you Spanish Cove Residents!

The residents are the real reason most employees continue working here. They make you feel appreciated and it is like having a lot of friends; not bosses. The choices in apartments were limited at first. A new resident could have 3 colors of countertops to choose from, harvest gold, avocado green, or red. The 3 bedroom apartments had a bathtub and a walk in shower. All the other apartments had a bathtub only. The choices have certainly improved over the years. We have tried to remodel and update the apartments in an effort to give new residents a home they can enjoy and be comfortable in. The choices are only limited by the imagination. We now have available, granite counter tops, custom cabinets, tile walk in showers, updated air conditioning, and multi-channel HD TV. The list keeps growing, as does Spanish Cove's health services. Also, the gym and exercise classes are here to help keep everyone healthy and fit. We all love Spanish Cove.



Tommy Williams

Dreams Do Come True



Stephanie Boyer

Marketing Team/Construction Coordinator

Meeting with a soon-to-be resident of Spanish Cove is very exciting for them and myself. It's almost like they are building a new house and get to pick out all the new features that will make their space unique to them. I love being a part of that process. So many good ideas in decorating and design are created by residents themselves or sometimes their family. Interior designers, architects and people who just have good ideas have helped make many of the living spaces at Spanish Cove a very exceptional place. If you want to see flooring, paint, countertop, cabinet hardware samples and much much more come see me, I have it all! We can get your apartment or cottage at Spanish Cove distinctive to you, before you know it.

Jill Huff

Director of Marketing

Spanish Cove renovates every apartment and cottage as it becomes vacant and will upgrade them to suit the requests and desires of the next resident. That means adding cathedral ceilings, granite countertops, wood floors, bull nose corners, can lighting, walk-in tubs and other features found in new single-family homes. We are not a "cookie cutter" community. We meet with new residents and complete an extensive work order often "tricking" out their new home to meet their wants, needs and wishes. In addition, Spanish Cove has even combined spaces to enlarge apartments. Two one-bedroom apartments recently were combined into one 1,400 square-foot apartment home with cathedral ceilings. Spanish Cove has 188 apartments and 21 cottages, for now, since future residents could want more consolidations, as well as more cottages may be added.

Many residents in the cottages have chosen to enlarge their homes by adding square footage and even sunrooms. Residents may also select to have storm shelters, safe rooms and generators added too. We understand that making a change is difficult and we do not want residents to give up anything! We only want to enhance their life style and designing their new home is very important. Each apartment and cottage that you tour is totally different. I love helping people when they are beginning their journey in researching the various forms of retirement communities.

When selecting a retirement community, you need to be clear on the type of community you are evaluating. Basically, there are three types of retirement communities: month-to-month rentals, continuing care retirement communities (CCRCs), and Life-Care CCRCs. Spanish Cove offers all three options. We are not a country club; we are a community that is friendly and "down to earth" with people of all types and personalities. It's hard to meet a stranger at Spanish Cove. The staff and residents are one big family. I would love to invite you out to experience this for yourself. On Saturday, July 16th, we will have an Open House with a FREE Breakfast Buffet and Hurts Donut Truck. If you would like more information or to RSVP, please call 405.354-5906.

Thank You



for the Votes

ADMINISTRATIVE STAFF

Don Blose..... Executive Administrator
Cheryl O'Neill..... Assistant 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
Tommy Williams Director of Maintenance
Elizabeth Ritter Director of Accounting
David Meador Director of Human Resources

BOARD OF TRUSTEES

Clarence Drumeller, *Chairman* • Larry Taylor, *Vice-Chairman* • Marion Guy, *Secretary*
Leon Nelson • Donna Yanda • Dr. Athena Friese

Before & After

Spanish Cove Cottage Residents, Ted and Sherry Zachary



“
It's really nice and comfortable. We assimilated into life at Spanish Cove a little easier than we thought we would. Rustin, James and Tommy really did a nice job. We brought our own furniture. We used what we had and it all worked really well in our new home.”
Ted and Sherry Zachary
”

Commitment

Rustin Unruh

Construction Manager

It's a dirty job but somebody wants to do it. Ok, I know it's a misquote, but that's how it is in the Spanish Cove construction and maintenance departments. In real estate there is a term called "highest and best use," it describes a tract of land that has reached its highest potential for productivity. In 1974 when this (Spanish Cove) apartment complex was completed, the developers probably wiped the sweat off their brows and said this is what highest and best use looks like. Boy were they wrong! Starting with the vision of some retired teachers, Spanish Cove has been redefining highest and best use for over 40 years.

Keeping a facility like Spanish Cove up to date is a challenge, but changing times have helped us. The popularity of TV shows featuring remodeling and repurposing has made what we do here pop culture. Combine that with the creativity of the residents of Spanish Cove and the results are amazing. There always seems to be a fresh idea or a new twist. We have done units in Southwest, Modern, Traditional and Rustic, each one of them reflecting the unique personality of their owner. We have a few good ideas but the best ones come from the residents.

A great crew with a want to attitude shows up here every morning to keep this campus running smooth and looking good. I always think of the answer one of our crew gave when he was asked if he was having fun. He simply stated "If I didn't enjoy what I do I wouldn't be here." That simple statement sums up the best attitude you could have toward your work. We are all proud to play our part in this ever evolving campus.



JAMES McNALLY

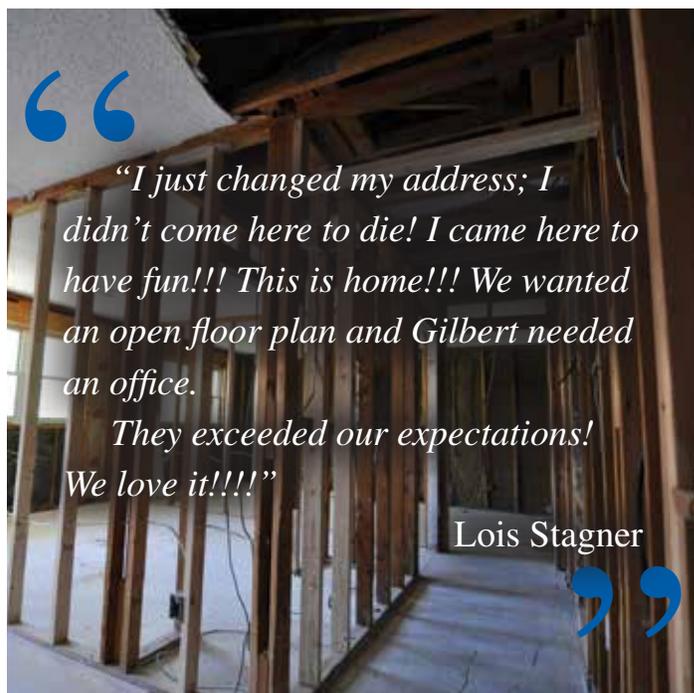
Trim Carpenter

When you've been a trim carpenter for over 17 years you know a little bit about wood. James will be the first to tell you he likes to be creative with wood. Since he's been at Spanish Cove for about 5 years he's done everything from building bookshelves, trimming cabinets, creating office space, making the annual Spanish Cove float for the Czech Fest parade and designing cornhole games for an event at the Cove. His favorite project was the special request book cases he made for

residents who live here. James is a very skilled craftsman and enjoys working with our residents. We are very thankful James is a part of the Spanish Cove family.

Before & After

Spanish Cove Residents, Lois and Gilbert Stagner
2 Bedroom Deluxe Apartment



Before & After

Spanish Cove Cottage Resident, Martha Krivanek

