Spanish Cove Spirit

Volume No. 213 / April 2019

FINISHING TOUCHES

FINISHING

By Conrad Dudderar • Senior Staff Writer

A $20 million, 55,000-square-foot addition to Yukon's leading senior living community is expected to be finished in June.

Construction is progressing at Spanish Cove Retirement Village, 11 Palm, and was described by facility Chief Executive Officer Don Blose as this area's "most experienced life-plan community."

Now in its 45th year, Spanish Cove is in the middle of "phase one" construction in an expansion and renovation project.

"We're a life-plan community," Blose said. "We do a really good job and our health care center has a quality reputation. In general, residents who move into our health center remain with us longer because of good care. Because of this, our health center has been full for several years.

"We're doing this (expansion project) because we need to grow. Part of it is an obligation to the residents of Spanish Cove who buy into this life-plan community," Blose added. "We're a highly desired facility among hospitals for skilled nursing care services."

The phase one expansion consists of two, two-story additions totaling 55,000 square feet with basement shelters on the north side of The Pavilion health center.

One building will feature 20 new skilled nursing apartments, increasing capacity from 47 to 67.

The second building will have 21 new assisted living apartments to add to 30 units now at the Cove. For the first time, Spanish Cove will offer assisted living "memory care" with 14 apartments and capacity for 17 people.

"This will be new for Spanish Cove," Blose said. "Alzheimer's and dementia are on the increase, and we certainly have need here at Spanish Cove as well."

Construction of the skilled nursing center on the west side is expected to be completed in April with the assisted living building on the east side finished in June.

"Once both wings are completed, we're going to move people from existing rooms to the new spaces," Blose said.

After that move is finished, renovations and remodeling will be done to the current spaces.

Spanish Cove's CEO estimated the entire project will be finished in November or December.

Spanish Cove Retirement Village is a Continuing Care Retirement Community (CCRC), offering amenities and programs for every phase of retirement, from independent living to home health care, skilled nursing, assisted living, and nursing care.

"Our average age out here is 86 now," Blose said. "Our goal is to keep people living healthy and independent, having a good quality of life, for as long as possible. We want people to live longer, better."

RESIDENTS 'DESERVE OUR BEST'

Spanish Cove trustee Donna Yanda said the current and future expansion projects on the Cove campus will be welcome additions for all stakeholders at this area's premier retirement community.

"As a public trust of the City of Yukon, we are committed to providing our residents with the highest level of care and best experience possible," Yanda said. "We value the input we receive as development of the Spanish Cove campus proceeds."

Once the expansion project is complete, Yanda pointed out the additions will greatly expand and enhance living space for all segments that Spanish Cove serves – from residents who live independently to those who require additional care.

"As the City of Yukon continues to grow, so has our Spanish Cove community," said Yanda, a Yukon City

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Council member.

"This has made it apparent that we need larger, state-of-the-art facilities to serve our growing senior population. The people who call Spanish Cove home deserve our best, and this expansion will provide exactly that."

This expansion is much needed, said longtime Spanish Cove trustee Larry Taylor.

"It will be a nice addition that hopefully will pay for itself with the additional people that we'll be able to put in there," Taylor said.

"They were full upstairs in the nursing home. They needed an Alzheimer's unit. They also have made some storm shelters in the basement for that building to take the patients to."

Spanish Cove residents enjoy a lifestyle that is maintenance-free and carefully customized to meet the needs of each person. They also enjoy a wide variety of social activities, wellness programs and educational opportunities.

"This city, state and country is going to be facing the 'silver tsunami'," Blose said.

"Effectively, we'll see the population of people 65 years and older grow exponentially. By the year 2030, one in five people will be 65 and older.

"Communities like Spanish Cove that offer a life-care plan will be sought after. ... This (expansion) will certainly help this community as we face these aging population surges."

'HIGHEST QUALITY POSSIBLE'

Contractor Boldt Construction began work on the Spanish Cove expansion project in November 2017.

"The project has progressed very nicely with Spanish Cove," said Boldt senior project manager Trey Featherly. "The weather has not been the most cooperative considering that we've received record rainfall at crucial points throughout the project.

"But, we have kept morale high and have been very productive by working late into the evenings and weekends. We are focused on giving Spanish Cove the highest quality possible."

Boldt's senior project manager said his crews have been "blessed" to work with such a "great" client. The company has tried to keep the Cove's administrators and residents as informed as possible about the construction progress.

"We are constantly keeping them up-to-date with slide shows that are on a loop outside the dining area," Featherly said. "Additionally, we have a monthly visit at the residents 'Coffee Klatch' to share information.

"Lastly, we visit with their 'hard hat' committee to help keep residents up-to-date on what is happening in their building."

This marks the latest expansion of Spanish Cove, which opened in 1974 as a senior retirement community.

The first major expansion was the addition of The Pavilion health center, which opened in 2001. When The Pavilion opened, Spanish Cove's former nursing center on the north end of campus was renovated into a multi-use building featuring a library and fitness center.

Besides the on-campus construction, Spanish Cove over the past 15 years has purchased 28 homes on adjacent streets to the south and east, specifically Palm, Choctaw, Cypress, and Cottonwood.

These houses have been renovated into cottages for Cove residents who still live independently.

For more information, call 354-5906 or visit www.spanishcove.com

Thank you to Yukon Progress for the cover photo and the article.

For more information and to schedule a tour of the Phase I expansion please call Jill 405-354-5906.

Spanish Cove Retirement Village

SUNDAY	MONDAY	TUESDAY	WEDNE
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.	1 9:00 Stretch & Strengthen-EXR 10:00 Cove Singers Rehearse-PH 10:30 Music & Movement-EXR **10:45 Pavilion Friends-PV** **1:00 Tai Chi For Balance-EXR** 1:00 Canasta-CR **1:00 Party Planning Meeting-MPR** 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	2 **9:00 Chair Yoga-EXR** 9:00 Beginner/Refresher Bridge-CR **10:00 Devotional w/Don-PH** 10:30 Yoga-EXR **11:15 Caregiver Support Group-FR** 1:00 Line Dancing-EXR **2:00 Town Hall-PH** **3:05 Ted Talk Tuesday-PH** **4:00 Water Fun-Pool** 6:30 Rummy/Scrabble-CR	**9:00 Stretch & Str** **10:00 Watercolor-M** 10:30 Music & Move **10:45 Pavilion Frie** **1:00 Auxiliary Me** **1:00 Beginner Tai** 2:00 Stretch & Stre **2:30 Shopping at** **3:00 N2O Meeting** 6:30 Men's Pool H
7 **7:00 Depart to Fredericksburg, Texas** **9:30 Sunday Service-PVA** **6:00 Tom's Theater-PH** **"Heaven is for Real"**	8 9:00 Stretch & Strengthen-EXR 10:00 Cove Singers Rehearse-PH 10:30 Music & Movement-EXR **10:45 Pavilion Friends-PV** **1:00 Tai Chi For Balance-EXR** 1:00 Canasta-CR 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	9 **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 **4:00 Water Fun-Pool** 6:30 Rummy/Scrabble-CR **6:30 Pianist Matt Schinske**	**9:00 Stretch & Str** **10:00 Watercolor-M** 10:30 Music & Move **10:45 Pavilion Frie** **1:00 Bible Study** **1:00 Beginner Tai** 2:00 Stretch & Stre **2:00 Depart Parkin** **2:30 Shopping at** **3:00 Living Longe** 6:30 Men's Pool H **8-9 Arrive Back-F**
PALM SUNDAY 14 **9:30 Sunday Service-PVA** **6:00 Tom's Theater-PH** **"Passion of the Christ"**	15 9:00 Stretch & Strengthen-EXR 10:00 Cove Singers Rehearse-PH 10:30 Music & Movement-EXR **10:45 Pavilion Friends-PV** **1:00 Tai Chi For Balance-EXR** 1:00 Canasta-CR 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR **3:00 Mandala Art-MPR** 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	16 **9:00 Chair Yoga-EXR** 9:00 Beginner/Refresher Bridge-CR **10:00 Devotional w/Don-PH** 10:30 Yoga-EXR **10:30 "Out to Lunch" - Café 501 Shopping after lunch at Classen Curve** 1:00 Line Dancing-EXR **2:00 Hard Hat Committee-FR** **4:00 Water Fun-Pool** 6:30 Rummy/Scrabble-CR	**9:00 Stretch & Str** **10:00 Watercolor-M** 10:30 Music & Move **10:45 Pavilion Frie** **1:00 Beginner Tai** 2:00 Stretch & Stre **2:30 Shopping at** **3:30 Cove Book C** 6:30 Men's Pool H
HAPPY EASTER 21 **9:30 Sunday Service-PVA** **6:00 Tom's Theater-PH** **"Risen"**	22 **8:00 Depart Grand Casino-Swing** 9:00 Stretch & Strengthen-EXR 10:00 Cove Singers Rehearse-PH 10:30 Music & Movement-EXR **10:45 Pavilion Friends-PV** **1:00 Tai Chi For Balance-EXR** 1:00 Canasta-CR 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR **3:00 Poetry & Tea-PH** 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR **6:30 Toning & Movement Class-EXR** 6:30 Men's Pool Hall	23 **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 **2:00 Residents' Meeting-PH** **3:00 Town Hall Council-CR** **4:00 Water Fun-Pool** **6:00 Spanish Cove Board Meeting-PH** 6:30 Rummy/Scrabble-CR	**8-10 Best Buy Ele** **9:00 Stretch & Str** **10:00 Watercolor-M** 10:30 Music & Move **10:45 Pavilion Frie** **1:00 Beginner Tai** 2:00 Stretch & Stre **2:30 Shopping at** **3-5 Diabetes Em Session-PH** 6:30 Men's Pool H
9:30 Sunday Service-PVA 28 **2:00 Piano Recital-PH** **6:00 Tom's Theater-PH** **Comedy Movie Night "RV"**	29 9:00 Stretch & Strengthen-EXR 10:00 Cove Singers Rehearse-PH 10:30 Music & Movement-EXR **10:45 Pavilion Friends-PV** **1:00 Tai Chi For Balance-EXR** 1:00 Canasta-CR 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR **3:00 Y.N.B. Bingo-PH** **3:00 Horseshoe/Washer pitching practice** 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	30 **9:00 Chair Yoga-EXR** 9:00 Beginner/Refresher Bridge-CR **10:00 Devotional w/Don-PH** 10:30 Yoga-EXR **4:00 Water Fun-Pool** 6:30 Rummy/Scrabble-CR **6:30 Staying Young w/ Dr. Alan Bock-PH**	**WATER EX** **Water Exercise w/ aud** **COURTE** Mon, Tues, Thurs..... Wed, Fri. .....

Cove EVENTS for April 2019

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

ESDAY	THURSDAY	FRIDAY	SATURDAY
rengthen-EXR **MPR** ement-EXR **nds-PV** **eting-CR** **Chi For Balance-EXR** engthen-EXR **Wal-Mart/Target** **g-PH** all	**3** 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 Canasta-MPR 2:00 Ladies Pool Hall **2:30 Drama Club-TBA** **4:00 Water Fun-Pool** **6:30 Toning & Movement-EXR** **7:00 Comedy Night "Molly Lemmons "**	**4** **9:00 Stretch & Strengthen-EXR** **10:00 Koffee Klatch- FR** **10:45 Pavilion Friends-PV** 2:00 Stretch & Strengthen-EXR **2:00 Yukon Shopping** 4:00 Happy Hour - PVA 6:30 Men's Pool Hall	**5** **10:00 Toning & Movement Class-EXR**
rengthen-EXR **MPR** ement-EXR **nds-PV** **w/ Melota-FR** **Chi For Balance-EXR** engthen-EXR **son's Support Group** **Wal-Mart/Target** **er Better-PH** all **redericksburg, Texas**	**10** 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 Canasta-MPR 2:00 Ladies Pool Hall **4:00 Water Fun-Pool** 6:30 Toning & Movement-EXR	**11** **9:00 Stretch & Strengthen-EXR** **10:00 Koffee Klatch- FR** **10:45 Pavilion Friends-PV** 2:00 Stretch & Strengthen-EXR **2:00 Yukon Shopping** 4:00 Happy Hour - PVA 6:30 Men's Pool Hall	**12** **10:00 Toning & Movement Class-EXR**
rengthen-EXR **MPR** ement-EXR **nds-PV** **Chi For Balance-EXR** engthen-EXR **Wal-Mart/Target** **Club-CR** all	**17** 8:00 Men's Coffee w/Don **9:00 Chair Yoga-EXR** **9:45 Depart OKC Town Hall Lecture-PV** 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall **2:30 Drama Club-TBA** **4:00 Water Fun-Pool** 6:30 Toning & Movement-EXR	**18** **GOOD FRIDAY** **"Offices are closed and exercise classes are cancelled."**	**19** **10:00 Toning & Movement Class-EXR**
ectronics Class-PH **rengthen-EXR** **MPR** ement-EXR **nds-PV** **Chi For Balance-EXR** engthen-EXR **Wal-Mart/Target** **powerment** all	**24** 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 Canasta-MPR 2:00 Ladies Pool Hall **2:30 Drama Club-TBA** **3:00 Mable Fry Book Talk-Library** **4:00 Water Fun-Pool** 6:30 Toning & Movement-EXR	**25** **9:00 Stretch & Strengthen-EXR** **10:00 Koffee Klatch- FR** **10:45 Pavilion Friends-PV** 2:00 Stretch & Strengthen-EXR **2:00 Yukon Shopping** 4:00 Happy Hour - PVA 6:30 Men's Pool Hall **6:30 Spring Fling-PH**	**26** **10:00 Toning & Movement Class-EXR**
XERCISES **lio CD: ..... M-Sa 7 a.m.** **ESY CAR** .....8:30-4:30 .....8:30-12:00	**LOCATION ABBREVIATIONS** 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	**HAPPY BIRTHDAY** 1 Dorothy Erickson 2 Lois Cooprider 2 Jerrilyn Derr 5 Peggy Berger 5 Marge Evans 5 Fleisha Keesee 5 Jane Smythe 7 Elaine Bewley 8 Jackie Aldridge 9 Paul Griffin 10 Betty Ojevich 10 Walt Toney 11 Sharon Brown 11 Phillip Stinchcomb 12 Leonard Paleck 16 Fred Willett 17 Loraine Harris 18 Tom Stott 20 Dorothy Toney 21 T.H. Bilbrey 21 Dick Radeka 21 Morgan Weber 22 Judy Avery 25 Madge Greear 26 Shirley Beckett 26 Margarita Braly 26 Charlene De Yong 26 Ivan Evans 26 Lois Stagner 27 Charles Schwarz 29 Gilbert Stagner 29 Mona Pigg 29 John Radcliff 30 Ollie Foxhall 30 Beverly Hale	

Spirit Spotlight

REX AND JUDITH LAWRENCE

Rex and Judith Lawrence have deep Oklahoma roots, they were both Oklahoma born and raised. Judith, whose mother's parents were in the land run, was born in Guthrie. She was the oldest of four sisters. Judith was a cheerleader and one of the original Pirates of Putnam City High School. During high school, Judith walked boldly into a TG&Y and told the manager she was there for a job and "if you want good help, you will hire me." From there, she went on to work for an insurance company in Warr Acres, eventually becoming a secretary at Western Electric. A busy lady, she also had three children, two daughters and a son.

Rex was born and raised in Tulsa, attended Tulsa Central High School and joined the school's band as a saxophone player. He received a scholarship from Tulsa University to play in the band. However, the Army and the Korean War turned his life around. He served two years working in the anti-aircraft division was trained in electronics, served in England eight months and developed a keen interest in electrical engineering. Rex says the Army experience changed his life and blessed him in ways he would never have imagined.

He married and had four children, two sons and two daughters. Rex pursued his interests in electrical engineering while attending OSU and was further blessed by never having to look for a job. He worked in Heavy Construction while continuing his education and was hired by Western Electric. This job included teaching sailors how to maintain equipment for sonar systems on submarines. He was once on a vessel under the command of Captain Hook!

While receiving training in Chicago it was necessary for him to file numerous reports and have many phone conversations with his boss's secretary. And who might that be? None other than Judith and the courtship began

Married thirty five years, after living in the Oklahoma City area, they moved to Spanish Cove July 23rd of 2016. Rex said they participated in the exercise classes before they ever moved in, but never had a meal until after living here. While still working at Western Electric, Rex began teaching Electronics at the OSU/OKC Campus and he and Judith enjoyed dancing the Two Step (which Rex had previously taught while in Chicago).

Judith is happily entrenched in the activities at Spanish Cove while also spending time with their children, grandchildren and great grandchildren. Rex is chairman of the Hard Hat Committee, Vice President of the Auxiliary and is a member of the N2O Committee. They have been known to come home from Shawnee with a few dollars from Grand Casino. They both agree the best decision they ever made was to move to Spanish Cove where they are well cared for by a loving staff and surrounded by friendly neighbors.

Life The Way You Want It

AN INSTANT RECIPE FOR IMPROVED HEALTH: JUST ADD WATER!

By Jordan Bowen, Wellness Department

Water is an essential nutrient for the body. Drinking water has many benefits that include the maintenance of pH balance, metabolism, and body temperature. Staying hydrated with water also plays a part in the prevention of gastritis, kidney stones, heartburn, and ulcers—just to name a few! It is important to consume water, via eating or drinking, throughout the day to avoid dehydration.

Dehydration is an often-overlooked health risk for seniors. Seniors are also at a greater risk for dehydration since older adults have less water in their bodies, due to body composition changing as we age. With summer approaching soon, and the temperature climbing, having access to hydration is key. As you age, the sense of thirst diminishes and by the time you feel thirsty, you are already suffering from depleted levels of hydration. Dehydration is a common cause of hospitalization among the elderly, but you can act to prevent yourself from becoming a part of that statistic! A study suggests that the baseline for ideal intake is drinking one cup of water for every twenty pounds of body weight.

Strive to meet your intake goal every day! Drink a glass of water as soon as you wake up to get your day started and to rehydrate after a night's sleep with little to no consumption. Drink water with each meal and in between meals. Always drink water before, during, and after exercise. Bring a refillable water bottle with you to exercise classes, programs, and trips! Use flavor enhancers in drop or powder form to add a little kick to your hydrating shtick. Log your fluid intake on your FitBit App or in a journal and encourage your friends to do the same!

QUESTION: Will you leave a legacy?

PONDER THIS: It's time to make a difference! What if you could leave behind a legacy that would positively impact lives other than just your own? What if you used your wisdom to create something that could change the lives of millions?

CALENDAR: As you all know we have a new group called N2O, Never Too Old. The group is meeting monthly to come together and find new, innovative ideas that can help future generations as they age by designing or redesigning products. The possibilities are limitless- dream big! Join our group and be a part of creating something that will give our predecessors the ability to live a better life.

CHALLENGE: How can you trigger your idea process? Try this tip- grab a notebook and draw a line down the middle. On one side put "Challenge" on the other put "Solution." For one month, keep your journal handy with a pen close by and throughout the day, every time you have a challenge, jot it down under the challenge side. At the end of the month, get your notebook out and study the challenges. On the solution side, jot down how you think you could fix the problem. Then, next time N2O meets, make a point to bring your notebook to the group and see what ideas can spark from your dedication of solving challenges.

There is no doubt in my mind that you will all leave a legacy to your own families, but now is the time to leave a legacy that will leave a mark on the world. Our fingerprints don't fade from the lives we touch.

Many Blessings, Kathleen

Easter Brunch

10:00 A.M. - 2:00 P.M.

BREAKFAST

Scrambled Eggs
Cherrywood Smoked Bacon
Peach Croissant French Toast

BREADS

Assorted Cluster Bread • Buttermilk Blueberry Muffin

MAINS

Beef Wellington • Roasted Chicken Quarter
Parmesan Risotto • Creamy Garlic Mashed Potatoes
Roasted Green Beans and Tomatoes

DESSERTS

Lemon Cream Italian Layer Cake
Sugar Free Chocolate Carrot Brownie
And much more…

Reservations for guests required by April 14th.
Spanish Cove Residents see hostess for details or call 350-5150.
Marketing Guests call 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

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