Spanish Cove Spirit

Volume No. 213 / September 2019

Winners!

THANK YOU FOR YOUR VOTES

THE OKLAHOMAN READERS' CHOICE WINNER 2016 PEOPLE, PLACES & THINGS

THE OKLAHOMAN READERS' CHOICE WINNER 2017 PEOPLE, PLACES & THINGS

THE OKLAHOMAN READERS' CHOICE WINNER 2018 PEOPLE, PLACES & THINGS

THE OKLAHOMAN READERS' CHOICE WINNER 2019 PEOPLE, PLACES & THINGS

4 YEARS IN A ROW

Spirit Spotlight

PHILLIP AND NORMA STINCHCOMB

Phillip Stinchcomb's grandfather, as a thirteen year old with a third grade education, was in a cattle drive on his way to Kansas when he was sidetracked by a stop in Oklahoma Territory. On that day, he gave up Texas to become an Oklahoman. Pistol Pete and Geronimo were among his friends. He homesteaded on the east side of the North Canadian River, convincing officials to build a new road from Wishire to northwest 50th. This was to become Stinchcomb Road. The Edmond Oil Field Company leased some of his land before the oil boom began, enabling him to provide his grandchildren with their own farms.

He had eight children, four boys and four girls. Eventually three Stinchcomb boys married three Tyson girls. The Tyson's were Norma's relatives and Phillip's mom and dad were one of these couples. The Stinchcomb's and the Tyson's lived near one another even though Norma's family was actually in the Yukon School District. They all enjoyed getting together to play Pitch with all their neighbors on Saturday nights and everyone always brought their children. So Norma and Phillip played together from the time they were babies.

As time went on and they became teenagers, Phillip could not resist Norma in her Poodle skirt and blouse and promised himself he would marry her one day even though he was too shy to ask her out. Luckily for him, an uncle came to his rescue during their senior year, asking her if she would go out with Phillip. When he knew her answer was yes, he finally asked her out and they began dating. They have now been married 63 years.

They both attended OSU for a year. Phillip farmed with his dad and worked at Aero Commander most of his life. Norma worked at the State Highway Department in the bridge division until she retired to devote her time to her family and helping Phillip farm. At one time the two of them were farming about 800 acres. He did the farming and she drove the two ton truck and hauled wheat to market.

They have always been busy, traveling, active in roundup club with their children, raising miniature donkeys, horses, llamas and after retiring, traveling. Norma has always been a seamstress and involved in tole painting while Phillip drove a Yukon School bus for 15 years. Moving to Spanish Cove was an easy decision for them since Norma's mother lived here after she retired. We have thoroughly enjoyed having the Stinchcomb's as part of the Spanish Cove family and look forward to them having many more happy retirement years here!

Executive Administrator's Corner

THAT THRILLING FEELING

Don Blose

Are you a thrill seeker at heart? You might as well admit you are. Life's best moments occur when the adrenalin of joy gushes through your body causing you to dance, jump or shout for glee. No words can adequately describe the feeling of thrill. It is like joy, elation, empowerment, reward and relief all happening at the same time. It is a moment of great goodness when life feels more beautiful than it should possibly be.

That thrilling feeling is among the best natural highs you can ever experience. It is what we want, need and crave. If we cannot get it naturally, we look for substitutes although some might lead to a dark path of addiction. If we lack being thrilled frequently enough, we may start feeling depressed.

We are definitely blessed to live in a society which gives us bountiful opportunities to experience the joyful feeling of being thrilled. There is no better place to pursue happiness than in this country. There are places in the world where oppression outweighs thrills although I cannot imagine any life lived without some opportunity of excitement no matter the circumstances.

Many thrills are earned. Your hard work and effort made it happen despite the bumps in the road you may have experienced. They may have been the result of a new family member, acquiring a new skill, passing a test, a graduation or retirement to name a few. You minimized the chance of failing at each step of the way. You earned it. Well deserved!

Some thrills are obtained through proxy. A lot of us become devoted sports fans or if not sports, something else with winners and losers. We are thrilled when our team wins. When they come from behind on the last play of the game, we are in the ecstatically thrilled zone. A true fan is someone who is not named on the roster but should be.

Many of the great thrills of life happen unexpectedly. Something so wonderful happened to you and took you by surprise. In such moments it feels like God himself touched you with his goodness. You might have been earning it all along but you did not know it. Perhaps it was a miracle when you could only cling to hope in the midst of dire circumstances. It is impossible not to dance, jump and shout when great thrills occur.

Never give up hope. It is the substance of thrills. When hope is alive, thrills will always come. Even if it is your last day on earth there is always something to hope for. Just imagine your last breath and what it will feel like. My heart tells me it will be my most thrilling moment of all.

Keep living your best life! It thrills me immensely to watch you succeed.

Sincerely, Don

Spanish Cove
Retirement Village

SUNDAY	MONDAY	TUESDAY	WEDNE
1 9:30 Sunday Service-Canceled 6:00 Tom's Theater-PH "The Adventures of Huckleberry Finn" 7:30 OU vs. Houston-Plaza T.V.	**2** **LABOR DAY** Offices are closed and exercise classes are canceled. SUMMER SEND-OFF 7:00 p.m. - 9:00 p.m. - Pavilion Rooftop Street Tacos & Beverages "The Mystery Dates Band"	**3** 9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR 9:00 Cove Singers Rehearse-PH 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	7:30 Walk N' Talk- 9:00 Stretch & Stre 10:00 Watercolor-M 10:00 Cove Touring Ark Trip Fina 10:30 Music & Move 10:45 Pavilion Frien 1:00 Auxiliary Me 1:00 Beginner Tai 2:00 Stretch & Stre 2:30 Shopping at 3:00 Hee Haw Me 6:30 Men's Pool H
8 9:30 Sunday Service-PVA 6:00 Tom's Theater-PH "Murder on the Orient Express"	**9** 7:30 Walk N' Talk-Swing 9:00 Stretch & Strengthen-EXR 10:30 Music & Movement-EXR 10:30 Depart APCO & Lunch Medical Marijuana Dispensary Tour 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 Men's Pool Hall	**10** 9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR 9:00 Cove Singers Rehearse-PH 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	7:30 Walk N' Talk- 8:00 Depart Fall A 9:00 Stretch & Stre 10:00 Watercolor-M 10:30 Music & Move 10:45 Pavilion Frien 1:00 Bible Study w 1:00 Beginner Tai 1:00 Extreme Ani 1:30 N2O – FR 2:00 Stretch & Stre 2:00 Depart Parkin 2:30 Shopping at 3:00 Living Longe 6:30 Men's Pool H
15 9:30 Sunday Service-PVA 6:00 Tom's Theater-PH "Noah's Ark"	**16** 7:30 Walk N' Talk-Swing 9:00 Stretch & Strengthen-EXR 10:30 Music & Movement-EXR 10:45 Pavilion Friends-PV 1:00 Tai Chi For Balance-EXR 1:00 Canasta-CR 1:00 Cove Touring Club Live Call-PH 2:00 Ladies' Pool Hall 2:00 Stretch & Strengthen-EXR 3:00 Y.N.B. Bible Bingo-PH 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	**17** 9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR 9:00 Cove Singers Rehearse-PH 10:00 Devotional w/Don-PH 10:30 Yoga-EXR 1:00 Line Dancing-EXR 2:00 Hard Hat Committee-FR 4:00 Water Fun-Pool 5:30 Return Fall Ark Encounter Trip 6:30 Rummy/Scrabble-CR	7:30 Walk N' Talk- 9:00 Stretch & Stre 10:00 Watercolor-M 10:30 Music & Move 10:45 Pavilion Frien 1:00 Beginner Tai 2:00 Stretch & Stre 2:30 Shopping at 3:00 U.C.O. Nurse Health Educa 3:30 Cove Book C 6:30 Men's Pool H
22 9:30 Sunday Service-PVA 6:00 Tom's Theater-PH "Lincoln"	**23** 7:30 Walk N' Talk-Swing 9:00 Stretch & Strengthen-EXR 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 Hee Haw Meeting-PH 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	**24** 9:00 Chair Yoga-EXR 9:00 Beginner/Refresher Bridge-CR 9:45-3:15 Fitness Testing-PH 9:00 Cove Singers Rehearse-FI 10:00 Devotional w/Don-FR 10:30 Yoga-EXR 1:00 Line Dancing-Cancelled 2:00 Residents' Meeting-FIESTA ROOM 3:05 Town Hall Council-CR 4:00 Water Fun-Pool 6:00 Spanish Cove Board Meeting-PH 6:30 Rummy/Scrabble-CR	All Exercise Classe For Senior Fitness 7:30 Walk N' Talk- 9:45 - 3:15 Fitnes 10:00 Watercolor-M 10:45 Pavilion Frien 1:30 N2O – FR 2:30 Shopping at V 6:30 Men's Pool H
29 9:30 Sunday Service-PVA 6:00 Tom's Theater-PH "Evan Almighty"	**30** 7:30 Walk N' Talk-Swing 9:00 Stretch & Strengthen-EXR 9:30 Depart Red Rock Canyon Cookout 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 Scams & Fraud Presentation-PH 6:00 Toning & Movement Class-EXR 6:30 Bridge-CR 6:30 Men's Pool Hall	**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.

Cove EVENTS for September 2019

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

ESDAY	THURSDAY	FRIDAY	SATURDAY
4 -Swing engthen-EXR PR g Club al Meeting ement-EXR nds-PV eting-MPR Chi For Balance-EXR engthen-EXR Wal-Mart/Target eting-PH all	**5** 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 **5:45 Yukon Veterans Dinner-Swing** 6:30 Toning & Movement-EXR **7:00 Depart Jewel Box "Arsenic & Old Lace"**	**6** **7:30 Walk N' Talk-Swing** 9:00 Stretch & Strengthen-EXR **10:00 Koffee Klatch- FR** 10:45 Pavilion Friends-PV **1:00 Cove Electronics Academy-FR** 2:00 Stretch & Strengthen-EXR **2:00 Yukon Shopping** **4:00 Happy Hour - PVA** 6:30 Men's Pool Hall	**7** 9:45 Depart to Junklahoma-Swing Piedmont Founders Day Celebration 10:00 Toning & Movement Class-EXR **10:30 Sign Language w/ Sherry-EXR** **7:00 OSU vs Oregon-TBA** **7:00 OU vs. South Dakota-TBA**
11 -Swing rk Encounter engthen-EXR PR ement-EXR nds-PV / Melota-FR Chi For Balance-EXR mals-PH engthen-EXR nson's Support Group Wal-Mart/Target er Better-PH all	**12** 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 Book Review/Discussion Mabel Fry** **2:00 Cove Cooking Presentation-FR All About Apples** 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 6:30 Toning & Movement-EXR	**13** **7:30 Walk N' Talk-Swing** 9:00 Stretch & Strengthen-EXR **10:00 Koffee Klatch- FR** 10:45 Pavilion Friends-PV **1:00 NO Cove Electronics Academy** 2:00 Stretch & Strengthen-EXR **2:00 Yukon Shopping** **4:00 Happy Hour - PVA** **4:30 "Out To Dinner" Cherokee-PV** 6:30 Men's Pool Hall	**14** 10:00 Toning & Movement Class-EXR **10:30 Sign Language w/ Sherry-EXR** **2:00 Fair/Williams Flute Duo-PH** **3:30 OSU vs Tulsa-Plaza T.V.** **8:00 OU vs. UCLA- Plaza T.V.**
18 -Swing engthen-EXR PR ement-EXR nds-PV Chi For Balance-EXR engthen-EXR Wal-Mart/Target es-PH ation Presentation Club-CR all	**19** 8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:30 Yoga-EXR **11:00 Depart OKC Museum of Art Lunch & Tour of Van Gogh, Monet & Degas** 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 6:30 Toning & Movement-EXR	**20** **7:30 Walk N' Talk-Swing** **8:00 Cove Electronics Academy Best Buy Q&A-PH** 9:00 Stretch & Strengthen-EXR **10:00 Koffee Klatch-Boldt PH** 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	**21** 10:00 Toning & Movement Class-EXR **10:30 Sign Language w/ Sherry-EXR** **TBA OSU vs. Texas-Plaza T.V.**
25 s Cancelled Testing -Swing s Testing-PC PR nds-PV Wal-Mart/Target all	**26** 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 Book Review/Discussion Mabel Fry** 2:00 Ladies Pool Hall 2:30 Drama Club-FR **3:00 Line Dancers Performance-PV** 4:00 Water Fun-Pool **5:00 Potluck Dinner** **6:00 Comedy Night Featuring Jack Dieken** 6:30 Toning & Movement-Cancelled	**27** **7:30 Walk N' Talk-Swing** 9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch- FR 10:45 Pavilion Friends-PV 1:00 Cove Electronics Academy-FR **2:00 Crafty Creative Minds "CCM"-MPR** 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour - PVA 6:30 Men's Pool Hall	**28** 10:00 Toning & Movement Class-EXR **10:30 Sign Language w/ Sherry-EXR** **TBA OSU vs. Kansas-Plaza T.V.** **TBA OU vs.Texas Tech - Plaza T.V.**

BREVIATIONS

- ..... CR
- ..... EXR
- ..... FR
- ..... MPR
- ..... PVA
- ..... PC
- ..... PH
- ..... PDR

WATER EXERCISES

Water Exercise w/ audio CD: ..... M-Sa 7 a.m.

COURTESY CAR

Mon, Tues, Thurs. 8:30-4:30

Wed, Fri. 8:30-12:00

HAPPY BIRTHDAY

2 Olive Gray	10 Doc Adams	19 Joyce Collier
3 Florence Birdwell	12 Doris Cornwell	26 Golda Bogle
3 Linda Myers	15 Annie Guthery	26 Mary Jane Schwarz
5 Betty Kelley	16 Ray Olsen	26 Shirley Stott
6 Nancy Cargal	17 Molly Lemmons	28 Barbara Laws
8 Willie Blakeburn	17 Pat Schein	28 Velma Reed
8 Jodie Olsen	18 Loretta Adams	
9 Allen Adams	18 Pat Dowell	

Welcome New Residents

TOM & VICKI COURY

Tom was born at Saint Mary's Hospital, Enid, Oklahoma and moved with his family to Alva, OK. He attended school in Alva until his family moved to Purcell. He graduated from Purcell High School. Tom worked while attending college classes and graduated from Central State College. He then attended the University of Louisville School of Dentistry where he graduated in the Class of 1973. Vicki Coury was born and raised in Holland, Michigan along with her three brothers. She received her B.S. in Dental Hygiene from the University of Michigan and upon graduation she worked in private practice in Tucson, Arizona, and Lubbock, Texas before moving to Oklahoma. In 2002 Vicki married Tom and inherited his three lovely daughters, their husbands, and 12 grandchildren.

Upon graduation from dental school Tom initially worked in private practice and in 1975 accepted a faculty position at the University of Oklahoma College of Dentistry. He worked there over thirty years and retired in 2006 from the dual position as Chairman of the Department of Operative Dentistry and Chairman of the Division of Restorative Dentistry. After retirement he worked for eight years for the Choctaw Nation in Talihina. Vicki worked in private practice and at the V.A. Hospital, and ultimately ended up teaching in the OU Dental Hygiene Program. During this time she earned a Master's Degree in Education in Health Careers from the University of Central Oklahoma and a Master's Degree in Public Health from the University of Oklahoma. She taught in many aspects of the dental hygiene program and for the last several years of her employment she chaired the dental hygiene program. Vicki retired from OU in 2013 and continues to work part time for the Oklahoma Dental Foundation (teaching), Delta Dental Foundation (screenings), and the Central Regional Dental Testing Service (dental hygiene examiner).

Tom and Vicki enjoy many activities including traveling, reading, cooking, working out and many sports, especially OU and University of Michigan. They are looking forward to living at Spanish Cove with their 15 year-old Bichon Frise, Wylie. They have been impressed with the friendliness of the people who live and work there and the many opportunities for growth and participation in activities. **Welcome to Spanish Cove, Tom & Vicki!**

RAYMOND J. DROSTE

After high school Ray spent a few years in the Marine Corps. Following that he did some construction, worked in the oil field and tried his hand at farming. He married, has three daughters, six grandchildren and twelve great grandchildren. He traveled the country in an RV for a few years and now has decided to move to Spanish Cove. We are happy to welcome Ray to our Cove family. **Welcome to Spanish Cove, Ray!**

Life The Way You Want It

LIVING WELL - SENIOR FITNESS TESTING & HOW TO ACE IT

By Jordan Bowen - Wellness Department

"Don't limit your challenges, challenge your limits." **– Jerry Dunn**

Are you ready to challenge your limits? The UCO Nursing students are here once again to help with our annual Senior Fitness Testing. The Senior Fitness Test measures the physical abilities needed to remain mobile and physically independent as we age. The goal of the SFT is to inform residents of their personal areas of strength and areas for needed improvement. Below are the six areas studied for this year's Senior Fitness Test. Grab a friend and start challenging your limits. Remember, perfect practice provides positive progress!

SIT TO STAND- What to Practice: Perform leg-strengthening exercises such as squats and glute bridges.

ARM CURL- What to Practice: Perform compound pulling and pushing exercises such as resistance band rows and presses.

SIT AND REACH- What to Practice: To increase your mobility, perform strengthening exercises through a full range of motion. Focus on slowing the "lowering" or "easy" part of each exercise.

BACK SCRATCH- What to Practice: To increase mobility in your shoulders, perform shoulder presses as well as front, side, and rear shoulder raises.

GET UP AND GO- What to Practice: To improve your agility, make sure that your workouts contain both muscle-strengthening and aerobic components. Good forms of aerobic exercise include walking, swimming, cycling, and group fitness classes.

2 MINUTE STEP- What to Practice: The Wellness Department has all that you need for improvement in this area. Try the treadmill, elliptical, or NuStep to help increase endurance levels. Try a class, too!

QUESTION: Do you strive for "good" or "best"?

PONDER THIS: When you look up the definition of good you will find: "having qualities required for a particular role." Best is defined as: "of the most excellent, effective, or desirable type of quality." What a new perspective this gives us of striving to be "good" vs "best". You can't be the best at one thing unless you have the qualities required for the role. I wanted to create a handmade watercolor card to give as a thank you gift to a friend. Knowing my lack of skills in this art form, I joined Linda Taylor's watercolor class in hopes to gain the knowledge I needed to make the card. Did I create a Linda Taylor masterpiece the first time? No. But, I did gain some attributes needed to start on the journey. Now it is my choice to make the effort to pick up the brush again and strive for a Picasso level masterpiece. Maybe not Picasso level but a level that will cause someone to feel something inside their soul when they view the masterpiece. After all, that is what an artist does, when they reach their best.

CALENDAR: Start with finding a role. Spanish Cove residents head up classes and groups that can help you start the journey. Have you ever wanted to learn a new language? Starting this month, Sherry Ross is teaching a new sign language class every Saturday. Have you ever wanted to see if you could be the next Van Gogh? Join the Watercolor Class with Linda Taylor every Wednesday. Have you ever wondered if you have a crafty bone in your body but don't know where to start? Get your creative juices flowing at Jean Scott's group Crafty Creative Minds, they meet the fourth Friday of every month.

CHALLENGE: Take the time to write down three things you have always wanted to do but have never attempted. Now, write down the actions needed to acquire the qualities to achieve that particular desire. Once finished, pick one at a time and go out to see which one you like the most. What's the old saying? "Good better best – never let it rest."

Don't look at being the best as something you achieve, look at being best as the process of forever perfecting the good in your life.

Many Blessings, Kathleen

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M. Kay Hunter ..... Director of Donor Development
Jacki Dunlap ..... Director of Nursing Pavilion I
Debbie Miller ..... Director of Wellness & Resident Relations
Eric Peters ..... Director of Culinary & Housekeeping Services
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