

Member of the Month

April 2017

The most recent Member of the Month describes herself in many different ways. She identifies as a wife, mother, athlete, teacher, child of God, author, grandmother and a health-conscious individual. But perhaps one of the strongest attributes she exudes is her goal-oriented attitude.

You would be hard pressed to find a more active 68 year old than **Martha Roper**.

Not only did she play tennis for 30 years, but she has transitioned into Pickleball and still continues to set goals for herself every single day. In fact, when speaking with Martha she shared her notebook which listed, in big black writing, all the specific goals she wanted to accomplish while playing Pickleball that very day. This is how she stays motivated.



Not only does she set goals for Pickleball but for any other sport she sets her mind on. She's taken to researching the times and distances women in the senior Olympics are posting and then coming to The Pointe to time herself and see how she stacks up against them whether in swimming, jumping, pole vaulting and or anything else that sparks her interest. After that, *she trains*. "Have a specific goal, and then bring the mentality that you are training to your workout. It's about more than swimming laps or running a distance. Think about exercising as if you are in training," Martha encourages.

Martha took this mindset into the 2003 National Senior Olympic Games where she brought home the gold medal in pole vaulting, a sport she had never tried before. "After I became interested I studied pole vaulting. I went to the library to do research, talked to area coaches and found a community of vaulters in St. Louis." It's clear once she has a goal, she won't stop until she has accomplished it.

Although sports and physical goals are a large part of her life, Martha also very much enjoyed the time she spent as a Health teacher in the Parkway school district. She is also a member of the Webster Groves Presbyterian Church where after retiring she served as a Deacon. In this role she organized food distribution to church members in need. Martha graduated from Texas Christian University and received a Master's Degree in Family and Community Relations from Columbia University. Her book *Healthy Teen Relationships* was written as a resource to fellow educators and is yet another example of Martha's goal-oriented drive.

Martha's husband, Dr. Peter Scales, is a research psychologist specializing in positive youth development. He is also a professional tennis teaching pro and coaches at Parkway South. The couple has a son living in Ballwin with his family including two of their granddaughters whom they enjoy watching a few days each week. In fact, they are looking forward to bringing the grandkids to summer camps this year while Martha trains at The Pointe.

"I love this place, the people and not to mention the price is perfect. The Pointe has just fit into my life," she shared.

Thank you Martha for being so driven and inspiring those around you. It is an honor to have such a distinguished Senior Olympian in our midst, and The Pointe is excited to deem you April's Member of the Month!



Know someone who deserves the title "Member of the Month?"
Ask for a nomination form at The Pointe's Front Desk today!