



Esplanade Gardens

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ESPLANADE GARDENS SENIOR CAMPUS

Fresh From the Gardens
A SilverCrest Community of Excellence

Program Ponderings

Mary Ann Capps

Director of Programs

Celebrating



Balancing Screen Clinic with Out-Comes!

January 3rd, 10:00am

Paul Davis Playing for Birthday Bash!

January 5th, 1:30pm

Celebrating Elvis the Kings Birthday Jan. 8th to with Arland

January 7th, 3:30pm

Tea Party !

January 13th, 2:30pm

Podiatrist (Foot Doctor)

January 14th, 9:30am

Travel the World

on the big screen

January 14th, 2:30pm &

January 20th, 3:30pm

Animal Show

January 21st, 1:00pm

Country Music Social with Jerry & Randy in the Piano Room

January 26th, 1:30pm

Movie and Popcorn (Piano Room)

January 27th, 2:30pm

New Year's Wii Bowling Tournament (Residents vs Staff)

January 28th, 1:00pm



We ended December with wonderful celebrations of the Holiday Season. We had a great Christmas Tea Party where the ladies enjoyed remembering pass Christmas, and Playing gift game. The Old Fashioned Christmas Party! with our Residents, was a great night of celebrating, the awesome buffet from the dining room, the wonderful sounds from the Judson High School Choir, and Listening to Rick with Putting on the hits. Many other events were enjoyed, such as Choirs and Seeing the Christmas Lights.

As we begin the new month and the new year, we are looking forward to—what else? More celebrations! We are celebrating Elvis Presley's, (the King of Rock and Roll') Birthday with Arland Rocking the House. At our Tea Party! We also honor the memory of a true American hero, civil rights champion, Martin Luther King, Jr..

At the end of January we will have another Wii bowling tournament with the Residents vs the Staff!

We are looking forward to the New Year in hopes to opening up with more of our activities and events.



Wellness

Staying safe and healthy during cold winter months

While we may all wish for a white Christmas, the reality is that the cold weather can be painful, especially for seniors who have arthritis or difficulty walking due to a previous stroke or other illness. A single fall can cause debilitating and costly injuries. But these few simple tips can help older adults stay safe and healthy throughout the winter months.

1. **Tread carefully** To help avoid falls, wear appropriate shoes outdoors. Ask friends or family for help with errands,
2. **Avoid overwork** Cold weather causes blood vessels to constrict, which increases the risk of heart attack for people with heart disease or other conditions that strain the hearts ability to pump blood.
3. **Exercise Indoors** Staying indoors does not mean being inactive. Keep in shape by walking in place, using a stationary bike, or working out with a fitness video. Daily stretching exercise can help maintain flexibility. Take advantage of the morning stretching & exercise class conducted in the activity room every day at 9:00am.
4. **Bundle Up** Cold temperatures are a serious threat to seniors, especially Alzheimer's disease or dementia. A person who wanders from home without proper clothing in the winter can quickly fall victim to frostbite or hypothermia.
5. **Keep the Heat On** Inadequate indoor heat can also cause hypothermia. Keep indoor temperatures above 65 degrees and dress in layers to maintain body temperature.
6. **Socialize** Depression is more common in the winter months, and bad weather can mean social isolation for many seniors. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.

From the Front Desk

Sylvia Garcia – Administrative Assistant

New Year – Jan 2022

*From Esplanade Gardens, Converse,
Texas
to
Kentucky
Our hearts are with you.*



From the Dining Room

Richard Rogers—Dining Director

Best winter Fruit Grapefruits
January and is jam-packed with Vitamin C! Vitamin C helps bulk up your immune system, fortify your bones, and heal your injuries faster and grapefruit is packed full of Vitamin C, as well as Vitamin A.

2. Pears

Pears are not packed with Vitamin C or A or even D, but dietary fiber. Fiber is known to assist in digestion, lower cholesterol levels, and help in weight loss

3. Pomegranates

A goddess among fruit, the pomegranate is not only known for its legendary origins, but it's sheer number of health benefits that range from containing tons of antioxidants to aiding in the prevention of certain cancers.

4. Oranges

This wouldn't be a robust list of winter fruits without the orange. You are going to want to make oranges, and any other citrus produce for that matter,

5. Bananas

it's actually encouraged! Extremely cheap and seemingly always in season, bananas are a great source of potassium, which helps decrease anxiety and stress levels, and B-6, which helps fortify and build cells.

6. Cranberries

High in antioxidants and nutrients, cranberries are a rather small food that packs a lot of punch. Cranberries assist in the prevention of certain cancers, heart diseases, and inflammation

7. Pineapple

Pineapple is chock full of Vitamin C and manganese, a nutrient that helps in the formation of bones and regulating blood sugar

8. Persimmons

The persimmon is a fruit that might not be on your radar no matter the season, but you'll want to quickly get acquainted with this superfood fast.

9. Kiwis

You may know oranges for their vitamin C and bananas for their potassium content, but the kiwi has them beat in both categories as well as providing Vitamin E and K on top of it all! Kiwis are flavorful, healthy, and unique.

From the Marketing desk
Taylor Lindley– Marketing Director

Happy New Year!

I hope you and your family enjoyed a warm and wonderful holiday season. We are looking forward to a prosperous new year with many new residents choosing to call Esplanade Gardens home!

A Matter of Balance

From February 3rd-March 24th, we will be offering a class called “A Matter of Balance.” The class will be offered from 10am-Noon on Thursdays in the Activity Room. A Matter of Balance is an evidence-based program that seeks to reduce the fear of falling and increase activity levels among older adults. This class is designed to provide education, skills, and exercise to help reduce falls and help to combat the fear of falling. The class offers breaks, videos, and exercises throughout that time!

If you are interested in participating, please see Taylor or Mary Ann for more information. It is preferred that you attend the majority, or all, of the sessions. If you have friends who do not live at Esplanade Gardens that may be interested in joining, we would love to have them! Please visit with Taylor for their personalized invitation.



Bill J. **January 25th**
Dorothy N. **January 26th**

**From the
Executive Director’s Desk**

Donny Veal

Happy New Year!

We enjoyed a very festive and fun December and are looking ahead to a prosperous new year. New Year’s Day is the most celebrated holiday around the world. The first New Year’s celebration dates back 4,000 years. Over the years, many New Year’s traditions have developed. Do you make New Year’s resolutions? Forty-five percent of Americans do too! Tradition also says that the more black eye peas or leafy greens a person eats on New Year’s, the more prosperity they will experience in the coming year.

This day in history:

January 1, 1752: We celebrate the birthday of Betsy Ross, who is credited with helping to sew the Stars and Stripes flag of America in 1776

January 1, 1776: George Washington unveiled the first national flag in America

January 1, 1892: Ellis Island opened in the New York Harbor

January 1, 1894: The Manchester ship Channel in England opened to traffic

January 1, 1902: The first Rose Bowl was held in Pasadena, California

January 1, 1999: Eleven European nations started using a single currency, the Euro.

I hope you enjoy a very Happy New Year and a great start to 2022!

Donny

SilverAdvantage

Our SilverAdvantage letter for the month is C, which stands for Community. A community is a creative process; as Margaret Betz puts it in her book *Making Life Choices*, "Community involves learning to live in terms of an interconnected 'we' more than an isolated 'I'. It involves making choices which reinforce the experience of relatedness and foster the sense of belonging and interdependence". What are we creating through SilverAdvantage? First, through Community we create an atmosphere where people matter. Everyone is important; each one of us strengthens the whole. Our residents already know this; their first responses to the word "community" are words such as "sharing", "interdependence", "belonging". As staff and residents share their lives together, we all benefit. Everyone is valued and included; everyone has a place in this Community.

On another level, we create Community when we care for our living environment. This is the part of the world we are responsible for. Our pride in our campus means that the things around us are safe, clean, functional, and beautiful so we can pour more energy into the people we serve. That attention means that life is easier for all of us, and Community is stronger.

Finally, it's important to remember that SilverAdvantage doesn't exist in isolation. We're a part of the larger world, and we contribute to that community through programs like Sage, Reading Buddies, and donating to charitable organizations like the Mayo Clinic's Hope Lodge.

Each one of us benefits from the Community we create together. Staff and residents alike are part of producing a greater whole. We join forces to create a place where people are seen at their finest and environment is kept at its best, so that everyone benefits. It's the heart of SilverAdvantage: it's COMMUNITY.

Splendid times at Esplanade Gardens



Happy
HOLIDAYS

