



**Esplanade Gardens**

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Managed by SilverCrest Properties



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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**



**Rick Playing for Birthday Bash!**

February 2nd, 1:30pm

**A Matter of Balance Class**

February 3rd thru March 24th,  
10:00am-12:00noon

**Tea Party**

**(Valentine Celebration)**

February 11th, 2:30pm

**Super Bowl Party!**

February 13th, 5:00pm

**Lunch Valentine Party! (We will crown our King and Queen)**  
**(Music by Paul Davis)**

February 14th, 11:30am-  
12:30pm

**Movie and Popcorn**

**(Piano Room)**

February 17th, 2:30pm

**Video showing the Presidents as we Celebrate Presidents Day**

February 21st, 3:30pm

**Country Boy Lunch Celebrating SA Rodeo**

February 23rd, 11:30am-  
12:30pm

**Country Music Social with Jerry & Randy in the Piano Room**

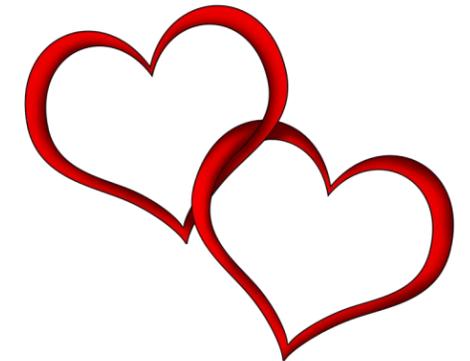
February 23rd, 1:30pm-2:30pm

**Rodeo Bingo**

February 23rd, 3:00pm



Love is in the air in February! Even if you don't have a special someone, come join your friends for a lovely Valentine Lunch. And the grand finale will be crowning of the Valentine's Day King & Queen. Paul Davis will be performing his wonderful music for the event.



Yee Haw! It's Rodeo Time!



Now's your chance to put on your best western duds and get in that country spirit! Join us here at Esplanade Gardens on February 23rd at 11:30am for a tasty barbecue lunch and at 1:30 some toe-tappin' good country music with Gary and Randy.

## Wellness

### February American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives. How can American Heart Month make a difference? We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.

**Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.**

### How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

[Add information about living a heart healthy lifestyle to your newsletter.](#)

[Tweet about American Heart Month.](#)

[Host a community event where families can be active while learning about local health resources.](#)

[Take action: Be the cure!](#) [Join the American Heart Association's national movement in support of healthier communities and healthier lives.](#)

[Sample Announcement](#) [Sample Tweets](#) [E-cards](#) [Web Badges](#) [Get Involved](#) [Share These Resources](#) [More Information](#)

## From the Front Desk

**Sylvia Garcia**, Director of Administrative Services

In April 2007, The BBC News reported 20 couples in their 20's, volunteered to have their heart rates and brains monitored while they melted chocolate in their mouths and second, volunteered to monitor a kiss. The results surprised and intrigued the researchers! Chocolate caused a more intense and longer lasting "buzz" than kissing, and doubled their heart rates!!

Dr. David Lewis, formerly of the University of Sussex, stated "Chocolate beats kissing hands down when it comes to providing a long-lasting body and brain buzz." a buzz that, in many cases, lasted four times as long as the most passionate kiss."

Although kissing set the heart pounding, the effect did not last as long as with the chocolate, which had increased the heart rate from 60 beats to 140 beats per minute. The study also found that as the chocolate melted, all regions of the brain received a boost far more intense than the excitement seen with kissing. Researchers also found the reactions were the same with men *and* women.

Chocolate versus a kiss??? As one BBC reader stated:...

*"you will always remember your first kiss not your first chocolate"*



## From the Dining Room

**Richard Rogers**, Director of Dining Services

### The Importance of Nutrition Sugar

According to the American Heart Association (AHA), the average American consumes far more sugar than needed – over 22 teaspoons (or about 355 calories) per day. That's a lot for a substance with no nutritional value. Studies show that excess sugar consumption leads to all kinds of health problems, from diabetes to obesity, and can even interfere with essential nutrient intake.

#### Main Sources of Sugar

**Sugar, including granulated, invert, beet, date, raw, cane, white, brown and turbinado**

**Syrups, including agave, brown-rice, cane, maple and sorghum**

**Honey**

**Molasses**

**Dextrose, fructose, glucose, lactose, maltose and sucrose**

**High-fructose corn syrup, including corn sweetener and corn sugar**

**Fruit juice and fruit-juice concentrate**

**Sugar alcohols, including erythritol, mannitol, sorbitol and xylitol**

**This is not an exhaustive list, so be sure to check with your doctor or nutritionist for advice and always research ingredients.**

Whether you're on a sugar-restricted diet or not, it's a good idea to watch how much sugar you're eating – or drinking – each day. The AHA recommends limiting sugars to 100 calories (about 6 teaspoons) per day for women and 150 calories (or about 9 teaspoons) for men. Check packages carefully, and aim for foods with no more than 5 grams of sugar per serving.

If you're avoiding sugar, you know to forego the obvious: refined sugars (both brown and white) and anything with high-fructose corn syrup. You also know to limit the more natural, unrefined sources of sugar, such as honey,

**From the Marketing desk**  
Taylor Lindley– Marketing Director

Happy February!

February is the month of love, and we are glad you LOVE Esplanade Gardens. This month, I hope that you can share your love of Esplanade Gardens with friends, as good friends make great neighbors! If you have friends who may be curious about Esplanade Gardens, let's chat.

**A Matter of Balance**

From February 3<sup>rd</sup>-March 24<sup>th</sup>, 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.

LOVE where you live! We would love to get your review of our community to share with others. Stop by Taylor's office for more details.



Jackie S. February 18th

**San Antonio Rodeo Time!**



**From the Executive Director's Desk**

Donny Veal

When you think of February, you often think of Valentine's Day- a day that is filled with love, candies, chocolates, and flowers. Before our current traditions, how did Valentine's Day begin?

Valentines Day is celebrated around the world on February 14<sup>th</sup>. Saint Valentine brings together Christian and Ancient Roman tradition on the holiday of Valentines. Though the Catholic church recognizes three different Saint Valentines (all who could be considered the namesake of Valentine's Day), the most popular legend occurred in Rome during the third century. Emperor Claudius II outlawed marriage for young men, so that they could be better soldiers without worrying about wives or children. Valentine defied Claudius's order and continued to perform marriages in secret. Once this secret was discovered, Claudius ordered that Valentine be put to death.

In the 18<sup>th</sup> century, friends and lovers would exchange notes and tokens of affection on Valentine's Day. By the 19<sup>th</sup> century, these notes turned to printed cards, as we are familiar with today. Today, it is estimated that 145 million Valentine's Day cards are sent each year!

Happy Valentine's Day and Happy February!



**SilverAdvantage**

TEAMwork, the Foundation of R.E.S.P.E.C.T.

This month we are focusing on "TEAMwork", the "T" in R.E.S.P.E.C.T. If R.E.S.P.E.C.T. were a pyramid it might look like this. Resident First of course at the top, Enriching Lives, Safety/Security, Professionalism, Enthusiasm/Energy and Community in the middle. And holding it all up would be a giant T.

According to Wikipedia there are 7 common elements to teamwork: Common Purpose, Interdependence, Clear Roles and Contributions, Satisfaction from Mutual Working, Realization of Synergies and Empowerment. I think these seven attributes are interwoven within our definition of R.E.S.P.E.C.T. and not just within the T.

Many tasks in our daily work might seem independent or insignificant, but usually they are not. As an individual chef, I am baking a cake, but it is not just a cake, it is Helen's 100<sup>th</sup> birthday cake that will be part of a grand celebration later this afternoon. The grand kids are counting on this cake to be special when all of a sudden I realize I am missing a vital ingredient to my secret recipe for icing. What can I do, I can't run to the specialty baking store and just leave the cake in the oven, not to mention I am also working on noon lunch. I know, the bus is out taking residents to a few local stores as is done every Tuesday morning. I call the driver on his cell phone and fortunately he just pulled up to the grocery store so he can take the call safely. I explain my dilemma and he has no idea what the ingredient is, but he is certain that somebody on the bus will. He enlists the expert baking and shopping skills that exist in several of the passengers that day. Within minutes they have found the secret ingredient and are back on the bus. Collectively they vote that the driver should make an unscheduled stop back home, so they can deliver the secret ingredient to the kitchen. Later that afternoon when the cake is presented to Helen, Carl and Esther and Mable and Joe are all smiling because they now know my secret icing ingredient and they all had a hand in making the cake extra special that day. Wow, this has been quite the adventure to make this cake and it probably included the 7 elements of teamwork, the 7 SilverAdvantage Core Values of R.E.S.P.E.C.T. and the 6 areas of wellness, and it wasn't even planned to happen that way, it just did.

This is just one small example of teamwork, that happens every single day in our communities, and if you will notice the team was not just comprised of staff members, but also included residents. While the T comes last in the word and at the bottom of the pyramid it is certainly the foundation and the one item that pulls it all together and sets a SilverCrest community apart from the rest.

# Splendid times at Esplanade Gardens



Super AWESOME  
Happy Fun Time