



**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**



**Fourth of July Happy Hour Party!  
With Rick (Putting on the Hits)**

July 1st, 2:00pm

**Paul Davis Playing for Birthday  
Bash!**

July 6th, 1:30pm

**Going to Movie Theater to See Elvis  
(EVO Theater) You can eat lunch  
there also!**

July 7th, 10:00am

**Watermelon Eating and seed spit-  
ting contest!**

July 7th, 3:00pm

**Catholic Mass**

July 12th, 10:00am

**Summer Day's Beach Party! Lunch**

**Sand, Chair Volleyball**

**Beach Word Games**

July 14th, 11:30-2:00pm

**Red Line 57 Classic Oldies Norm  
Housley**

July 20th, 2:00pm

**Alzheimer's Bake Sale**

July 21st, 11:00am-2:30pm

**Catholic Communion**

July 26th, 10:00am

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

July 27th, 1:30pm

**Lunch Bunch at Grump's**

**Restaurant**

July 28th, 11:00am

June was a very hot month here in San Antonio, we broke record numbers with the temperature gauge. We stayed cool here at Esplanade Gardens with many fun, cool and refreshing activities.

Now that we are going into July we expecting still more high temperatures but check out your activity calendars for all the fun things that will be happening! The activity room is going to be turned into a beach, so come and run your toes in the sand and play chair beach volleyball with the beach ball and many other fun things. Don't miss out on the Watermelon Eating and seed spitting contest! We will also be going out to the movie Theater to see the King of rock -n- roll, and get to eat lunch at the theater. We also have a lunch bunch trip on the calendar this month and shopping in Garden Ridge Village.

So let's put on our sun screen and sun glasses and enjoy July. Don't forget to look at your calendar for July and get in on the fun here at Esplanade Gardens.



## Wellness

### Ketogenic Diet Shows Promising Results for All Dementia Stages

A ketogenic diet is a high-fat, adequate-protein, and low-carbohydrate diet that produces ketones.



A ketogenic diet is a high-fat, adequate-protein, and low-carbohydrate diet.

Studies show a ketogenic diet can slow and even reverse symptoms of memory loss and cognitive impairment throughout all the dementia stages. You might be asking, "What is a ketogenic diet?" A ketogenic diet is a high-fat, adequate-protein, and low-carbohydrate diet that produces ketones – compounds the body can use to produce energy. Ketones have been shown in studies to be neuroprotective, meaning they "defend" your brain from degenerating. In short, a ketogenic diet is a great way to reverse dementia naturally.

#### [Keep Your Mind Sharp!](#)

Recognize dementia symptoms and signs to help detect and treat memory disorders.

Why does a ketogenic diet show promise? Research clearly establishes a strong link between blood sugar disorders and the various dementia stages, including memory loss, mild cognitive impairment (MCI), and Alzheimer's. The most predominate blood sugar disorders are insulin resistance and diabetes. In fact, the link is so obvious some researchers have labeled [Alzheimer's disease as "type 3 diabetes"](#).

For the majority of Americans, the blood sugar handling system functions poorly thanks to diets heavy on breads, pastas, pastries, cereals, grains, potatoes, sweet coffee drinks, sodas, and desserts of all kinds. The human body simply wasn't designed to eat sweets and starchy foods in the quantities most people consume today, and the consequences are obvious in the form of overweight and obesity. However, underlying the accumulation of excess body fat is something far more insidious: the swift degeneration and abnormal function of the brain, which leads to the dementia stages of memory loss, MCI, and Alzheimer's disease.

Because glucose and insulin mechanisms in the brain are so impaired by the time one enters into the dementia stages, a ketogenic diet may be a great natural cure for Alzheimer's as it can slow or even reverse symptoms. This is because the brain is now burning ketones for energy instead of glucose, which can help restore function.

The Ketogenic Diet as a Dementia Diet:

- Eliminate all sweeteners (including natural ones), starchy carbohydrates, and grains from your diet.
- Limit the amount of fruit you eat, and stick to mostly berries, as they are lower in sugar and higher in antioxidants than other fruits.
- Consume only enough dietary protein to meet your daily needs from high-quality, nutrient-dense sources. These include grass-fed meats, wild-caught fish, and pastured eggs. Dairy proteins cause inflammation in many people and may not be appropriate for brain health.
- Eat ample amounts of nutrient-dense, non-starchy vegetables with your meals.
- Eat enough dietary fats to prevent hunger and sustain energy. Contrary to popular belief, animal fats are healthy for the brain. These include the fats found naturally in organic, grass-fed meats, wild fish, and pastured eggs. Strictly avoid hydrogenated fats, and also avoid vegetable oils that are high in omega 6 fatty acids and known to exacerbate insulin resistance—corn, sunflower, safflower, soy, and canola. Instead use olive oil, coconut oil, medium-chain triglyceride (MCT) oil, butter or ghee (ghee is butter that has milk solids removed), and heavy cream. Butter and cream may not be appropriate if you are intolerant of dairy, but ghee should be okay. MCT oil is a great addition to a ketogenic diet used for dementia stages because the liver converts it directly to ketone bodies. MCT oil can also help ease the transition from a diet based largely on grains, sugars, and other high-carbohydrate foods to a lower-carb diet that produces ketones. To learn more about MCT oil and additional natural medicine strategies to prevent *and reverse* memory loss, enter "MCT oil" into our Natural Health Advisory search engine box which is at the top right corner of any page of our website. You'll see displayed other articles which discuss the memory healing benefits of this healthy fat.

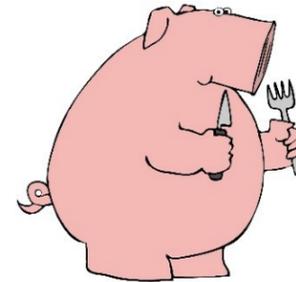
## From the Front Desk

Sylvia Garcia, Director of Administrative Services

### Towns That Make You Hungry!

Have you ever driven through a town that would give you a bad craving?? Travelling through some of these towns might make you thirsty or hungry! .....hiccupp...Burrrp!

Bacon, Indiana  
Big Rock Candy Mountain, Vermont  
Buttermilk, Kansas  
Cheesequake, New Jersey (not cheese-cake ☐)  
Chocolate Bayou, Texas  
Goodfood, Mississippi  
Ham Lake, Minnesota  
Hot Coffee, Mississippi  
Lick Fork, Virginia  
Lickskillet, Ohio  
Mexican Water, Arizona  
Oatmeal, Texas  
Oniontown, Pennsylvania  
Picnic, Florida  
Pie Town, New Mexico  
Sandwich, Massachusetts  
Spuds, Florida  
Sugar City, Indiana  
Tortilla Flat, Arizona  
Two Egg, Florida



[www.infoplease.com/us/cities/wacky-town-names](http://www.infoplease.com/us/cities/wacky-town-names)

## From the Dining Room

Richard Rogers, Director of Dining Services

You can remain healthy and strong only when your body has all of the nutrients it requires and in the right amounts. Imbalance of nutrients can have huge side effects on your body and overall health. Nutrients directly help and protect our body but sometimes they help indirectly by contributing in the production of important elements that are crucial for a healthy body. One such crucial element is hemoglobin. It is nothing but a protein found in the red blood cells. Proper production of hemoglobin in our body is crucial to remain fit, healthy and strong. Our body must have adequate amounts of iron, Vitamins B9, B12, C etc as they contribute to the production of hemoglobin. Obviously maintain the right count of and levels of hemoglobin are seriously important. And if you are wondering about how to increase hemoglobin count naturally and by eating right, then here's the post you should check till the end. Today I am sharing a list of 12 of the best foods to increase hemoglobin count. If you eat them right, you will be able to easily and naturally increase the hemoglobin count in your blood.

Sadly, there are many individuals especially women who are suffering from low levels of hemoglobin, which leads to several health concerns and complications. So, if the levels of hemoglobin in your blood are low, then you need to fix it fast.

There are a number of ways to increase the hemoglobin count including foods, medicines, supplements etc. But one of the easiest and safest ways to increase the level of hemoglobin in your blood is by eating properly balanced and nutrients rich foods.



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



In June, we welcomed many new neighbors to Esplanade Gardens!

- 202 – Bryant
- 217 – Becky
- 225 – Catherine
- 313 – Virginia
- 314 – Jocelyn
- 318 – Gertraud

We are so glad you choose to call Esplanade Gardens home!

There is nothing better on a summer day than a BAKE SALE! Join us on July 21<sup>st</sup> in the lobby for our Walk to End Alzheimer's Team Fundraiser Bake Sale. Enjoy delicious cookies, cakes, pies, and more with prices starting at \$1. Donations/purchases can be made with cash, check, or credit card. All funds raised will go to the Esplanade Gardens Walk to End Alzheimer's team!



- |              |           |
|--------------|-----------|
| Josephine G. | July 8th  |
| Jorge P.     | July 10th |
| Carolyn C.   | July 14th |
| Barbara K.   | July 31st |

**From the Executive Director's Desk**

**Donny Veal**

July 2022

When you think of July, the first thing that comes to mind is Independence Day. Did you know the vote to declare our independence from Britain occurred on July 2<sup>nd</sup>? The Declaration of Independence was then published in papers on July 4<sup>th</sup>, 1776- Independence Day! The Statue of Liberty holds a tablet with an engraving of this date. Our current flag, adopted in 1960, boasts 50 stars. This flag was the work of Robert G. Heft, a 16 year old who designed a new flag for a class history project. He crafted his vision using a 48 star flag, blue cloth, and white iron-on material and submitted it to his teacher and Washington D.C. Once Heft's flag design was selected for adoption by President Dwight D. Eisenhower, Heft's teacher changed his grade from a B- to an A! The tradition of a Firework Celebration began on the first anniversary of Independence Day, but July 4<sup>th</sup> was not declared a federal holiday until 1870! Remember to celebrate safely, enjoy some delicious American food, and drink lots of water!

Donny



**SilverAdvantage**

A smile can be the first step in creating and exhibiting energy and enthusiasm. It has the power to elevate mood and inspire others. The benefits of a smile extend not only to the recipient of this gesture, but also to the smile's originator. Smiling also has other benefits.

**Smiling elevates mood.** If you're feeling down, smile. You will feel your mood get better. Smiling can trick the body into helping you change your mood. **Smiling relieves stress.** Smiling and laughter help to promote a release of "feel good" hormones called endorphins. These are the same group of hormones responsible for the runner's high you hear so much about. **Smiling lowers your blood pressure.** When you smile, there is a measurable reduction in your blood pressure. This can be tested with a blood pressure monitor. **Smiling boosts your immune system.** Smiling helps the immune system to work better. When you smile, your immune functions improve, possibly because you're more relaxed. **Smiling helps you stay positive.** Try this test: Put on a Smile. Now try to think of something negative without losing the smile. It's difficult. When we smile our body is sending the rest of us a message that "Life is wonderful!" Stay away from depression, stress and worry by smiling. **Smiling inspires others.** When you smile at someone, you not only boost your own health and mood, you also send a positive message that can change someone else's disposition for the better. The person you smiled at may go on to pass the kindness to someone else.

To show your Energy and Enthusiasm, just put on a smile. Smiling is contagious. When someone is smiling they lighten up the room and change the moods of others. A smiling person brings happiness with them. Be someone who does just that! **Smile!**

*More information about the power of Smiling can be found in articles "Top 10 Reasons to Smile" by Mark Stibich PhD., and "The Considerable Benefits of a Smile" by Kristie Leong M.D.*

# Splendid times at Esplanade Gardens



Fun Times in our neighborhood!