



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



Labor Day Lunch

September 5th, 11:30am

Paul Davis Playing for the

Birthday Bash!

September 7th, 1:30pm

Honoring our First Responders

with Breakfast (9-11)

September 8th 7am to 10am

Jean Playing Piano

September 12th & 26th, 11:00am

Celebrating Assisted Living-

Week

September 12th thru 16th

Catholic Mass

September 13th, 10:00am

Come Listen to The Trio Band

50's&60's with Sam, Russ and

Johnny

September 14th, 1:30pm

Tea Party!

September 15th, 2:30pm

Happy Tails Animal show

September 16th, 1:00pm

Red Line 57 Classic Oldies

Norm Housley

September 21st, 2:00pm

Catholic Communion

September 27th, 10:00am

Country Music Social with Jerry

& Randy in the Piano Room

August was a very warm month here at Esplanade Gardens, we stayed inside as much as possible; playing many games and having many entertainers performing for us, such as Paul Davis, as he played for our Annual Luau Party. We had so much fun going under the limbo bar and enjoying wonderful Hawaiian food and Paul Davis played for the Luau Party. Lastly, we cooled off by making snow cones and enjoying them with popcorn!

LABOR DAY



Now it's time to move into the school year starting for the kids. Hopefully we will start to get some cooler weather in September. We will start off the month celebrating Labor Day with a Labor Day Lunch. All of this will take place on Monday, September 5th at 11:30am.

Then we will honor the men and women that work everyday to keep us/our country safe. We will honor and remember 9-11 with a Breakfast

on September 8th, starting at 7:00am—10:00am.



IN HONOR AND REMEMBRANCE

Lastly, we'll celebrate Assisted Living Week in September, starting on the 12th and ending the 16th. There will be several different events everyday this week, so check your activity calendar and don't miss out on all the fun!

Wellness

Flu season is just around the corner

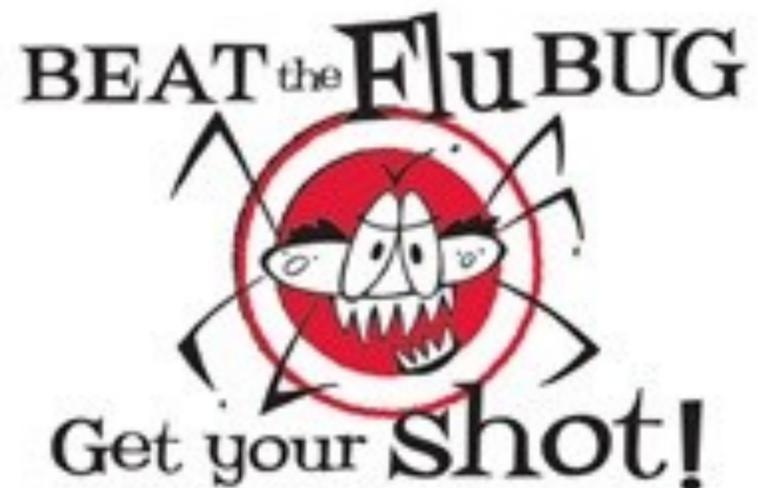
Influenza is a serious disease that can lead to hospitalization and even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. The "seasonal flu season" in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Flu vaccines (the flu shot and the nasal-spray flu vaccine (LAIV)) cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (H1N1) viruses, and influenza A (H3N2) viruses. Each year, one flu virus of each kind is used to produce seasonal influenza vaccine. The single best way to prevent the flu is to get a flu vaccine each season. .

While flu season can begin early as October, most of the time seasonal flu activity peaks in January, February or later.



From the Front Desk

Sylvia Garcia, Director of Administrative Services

Crazy Town Names !

Would you laugh at these town names?

Bigfoot, Texas
Bitter End, Tennessee
Booger Hole, West Virginia
Boring, Oregon
Bugtussle, Kentucky
Center of The World, Ohio
Chicken, Alaska
Cut and Shoot, Texas
Ding Dong, Texas
Frankenstein, Missouri
Good Grief, Idaho



Monkey's Eyebrow, Kentucky
No Name, Colorado
Nothing, Arizona
Peculiar, Missouri
Pee Pee, Ohio
Santa Claus, Indiana
Scratch Ankle, Alabama
Turkey Scratch, Arkansas



www.farandwide.com/s/wacky-town-names

From the Dining Room

Richard Rogers, Director of Dining Services

If you've been wondering whether cantaloupes are too sweet to be good for you, you'll be happy to learn that these melons (also known as "muskmelons") provide several health benefits. Cantaloupe is high in several nutrients and also contains a large volume of water (about 90%). Eating cantaloupe is a good way to [aid in hydration](#) and fulfill your fluid requirements while also boosting your intake of vitamins, minerals, and antioxidants.

Vitamins and Minerals

Cantaloupe provides [potassium](#), [calcium](#), [magnesium](#), phosphorus, [zinc](#), and [vitamins C, A, and B9 \(folate\)](#). Cantaloupe is most rich in vitamin C, with one cup providing 72% of your daily recommended intake based on a 2,000 calorie per day diet. Vitamin A is also abundant, with 33% of your daily intake per cup.



From the Marketing desk
Taylor Lindley– Marketing Director

In August, we welcomed wonderful new neighbors home to Esplanade Gardens!

121 – Margaret & Joseph W.
112- Blanche P.



If your friends are interested in learning more about life at Esplanade Gardens, stop by Taylor's office for more information!

We also welcomed local Healthcare Professionals to join us for an afternoon tea. Case Managers, Home Health, Hospice, Caregiving, and Physician Office professionals were able to taste delicious appetizers from our dining room and tour the community. Thank you for opening up your home to them!



On September 8th, we will host our Annual First Responder Appreciation Event. This year, we will be inviting our local First Responders to join us for a breakfast appreciation event as we recognize them for their service to our community. Please stop by between 7am-9am to thank our local First Responders for their dedication.



Carol R.	September 5th
Roberto R.	September 10th
JoAnn P.	September 11th
Mary K.	September 24th
Gilbert M.	September 25th
Mary H.	September 29th

From the Executive Director's Desk

Donny Veal

September 2022

"The heat of Autumn is different from the heat of summer. One opens apples, the other turns them to cider." ~ Jane Hirshfield

Though Autumn is officially on the way beginning September 22nd, we likely will still be enjoying some hot Texas weather. Despite the temperatures, September brings us many reasons to celebrate: International Bacon Day, Labor Day, Grandparent's Day, and more!

On September 12th, we celebrate Grandparent's Day- we celebrate you! Following in the footsteps of nine-year-old Russell Capper, who requested an official Grandparents Day from President Nixon in 1969, Marian McQuade sought to educate youth about the importance of seniors and their contributions to society and is recognized as the official founder of Grandparent's Day. In 1978, President Jimmy Carter signed the proclamation that Grandparents Day should be celebrated the first Sunday of September after Labor Day and the first Grandparent's Day was celebrated in 1979. On Grandparent's Day, youth are encouraged to 'adopt' a grandparent to learn more about their history, challenges, contributions, and future goals.

Because Covid-19 is still around, please continue to be mindful and stay safe. Wear your mask if you are outside the community or around others, wash your hands regularly, and report symptoms or known exposures. Thank you for continuing to keep yourself and your neighbors safe!

Have a great September!

Donny

SilverAdvantage

Enriching Lives through Music is a big part of our goal here at Esplanade Gardens:

Although Alzheimer's is increasingly more prevalent in seniors, new research provides insight on how to enrich the lives of those with living with the disease and other forms of dementia. For example, [the National Institute of Health](#) has shown that listening to music, singing and applying musical elements such as rhythm have positive effects on the brain of those suffering from Alzheimer's. Music is one of the only activities that activates and stimulates the entire brain. Esplanade Gardens recognized the value of music therapy and developed the Hearts and Harmony program for its residents.

Hearts and Harmony uses customized playlists and musical instruments to complement lively group sessions, promoting wellness, stress relief, pain management and memory enhancement. Listening to musical favorites taps deep memories and helps residents to stay present and reconnect with family and caregivers, providing unique opportunities for communication and interaction.



Splendid times at Esplanade Gardens



Purple Hatters Tea Party!



Red Hatters Tea Party!

