



**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**

**Christmas Tree Lighting and  
Caroling with Arland around the  
Christmas Tree**

December 5th, 5:30pm

**Paul Davis Playing  
for the Birthday Bash!**

December 7th, 1:30pm

**Universal City First Baptist  
Church**

**Christmas Choir Program**

December 13th, 10:00am

**Residents and Families**

**Christmas Party! Music  
with Paul Davis**

December 13th, 4:30pm-6:00pm

**Come Listen to The Trio Band  
50's&60's with Sam, Russ and  
Johnny**

December 14th, 1:30pm

**Christmas Tea Party! With En-  
tertainment by Valeria**

December 15th, 2:30pm

**Going to see the Christmas  
Lights on the EG Bus**

December 20th and 22nd, 5:30pm

**Red Line 57 Classic Oldies  
Norm Housley**

December 21st, 2:00pm

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

December 28th, 1:30pm

**New Year Eve Party! With Put-  
ting on the Hits w/ Rick**

December 30th, 2:00pm

November was a special month for us here at Esplanade Gardens as we celebrated Veteran's Day. We honored our veterans with a special program. The Veterans Memorial High School's color guard honored our veterans with a wonderful program along with pinning each veteran. Encompass Health Hospice hosted along with Esplanade Gardens.

We also gave many thanks for the blessings this year as Thanksgiving was celebrated.

We start off December with caroling around the Christmas tree! Don't miss this wonderful time with the sounds of caroling and the taste of warm hot chocolate to get you into the Christmas spirit.



As you can see on the activity calendar, we have a lot going on in December. We'll have many parties along with seeing the Christmas lights. Make sure you look at your calendar so you don't miss out on all the holiday celebrations and activities!



**The Best Present**

The best present in the world  
Can't be bought in the mall.  
The best present in the world  
Isn't a bike or a ball.  
The best present in the world  
Can't be caught like some bugs.  
The best present in the world  
Is simply one of your hugs.

-Scott Mandel

## Wellness

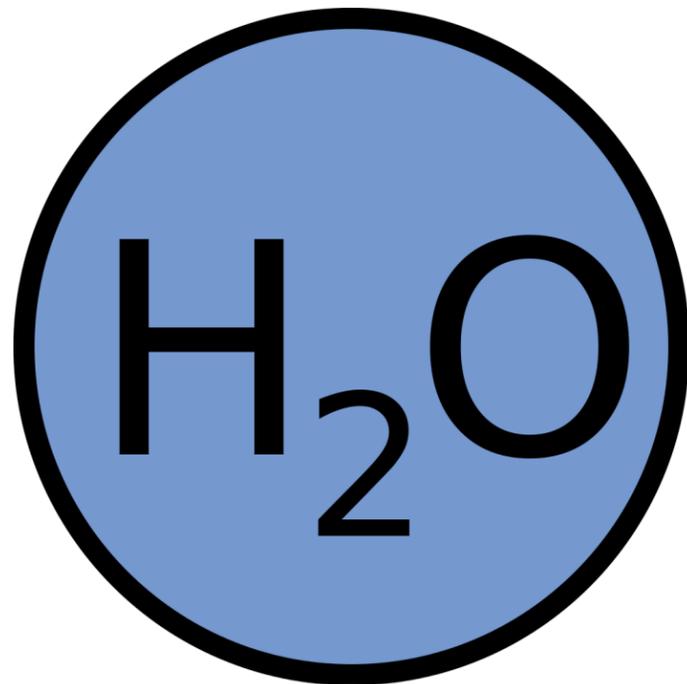
**Remembering to drink your water in the winter time**, is hard for many, because the weather is not as hot, it's colder, so we don't get thirsty as much so we forget to drink water, but let's keep drinking water in the winter time!

Water is a simple and essential element for your body. Did you know that drinking enough water benefits your health?

The body is made up of between 55 and 75 percent water. Muscle retains more water than fat, therefore, the leaner the body, the higher the percentage of water. Water is essential to regulate body temperature, provide lubrication for joints, help blood flow, regulate blood pressure, keep body systems functioning properly and keep skin elastic. Nearly every cell in our body requires water for proper function. Water is also necessary for digestion and the removal of toxins. Water keeps the liver and kidneys functioning well. Inadequate hydration can also cause sluggishness and headache due to a decreased flow of blood to the brain.

If you are trying to lose weight, water is useful to help you feel fuller, metabolize stored fat, and prevent water retention. Although preventing water retention by drinking more does not seem to make sense, it is actually true. When you do not drink enough water, your body goes into 'survival mode', retaining water to stay off dehydration. This causes water weight gain, as well as health problems.

Most people who do not drink enough water on a daily basis have a diminished ability to feel thirst. By the time thirst is felt, the body is already dehydrated. Once you begin drinking water daily, you will notice feeling thirst more often. The body requires at least six to eight, 8 ounce glasses of water a day. A good formula to know how much water is needed is to divide your weight in half, and figure that number in ounces of water. For example, for someone who weighs 140 pounds, 70 ounces of water would be required daily.



## From the Front Desk

Sylvia Garcia, Director of Administrative Services

### National Christmas Tree Association

The NCTA is a national trade association that represents the Christmas tree industry with 700 active member farms, 29 state and regional associations, and over 4,000 affiliated businesses which grow and sell Christmas trees. Members of the association are in the United States, South America and in Europe. Three-quarters of farm-raised Christmas trees are produced in the United States.

NCTA's Vision: A farm-grown tree is a part of every Christmas celebration

NCTA's Mission: To protect and advocate for the farm-grown Christmas Tree industry

NCTA's Guiding Principles:

- Conduct affairs with honest and integrity
- Advocate unity among all segments of the industry
- Deal only with issues that cannot be handled on a state or individual basis
- Communicate fully and accurately with members, state associations and related industries on a continuous and timely basis

NCTA Web-site features their Board of Directors, Committees, State & Regional Associations, Tree Locators, Tree Characteristics, Selection Care & Recycle Tips, Membership, Publications, Donor Recognition, News & Media, Education of the Christmas Tree and Donations of Official Trees for Troops.

The 2022 White House Christmas Tree was selected from Paul and Sharon Shealer, Christmas Tree growers from Auburn, Pennsylvania.

Visit their Website at [www.realchristmastrees.org](http://www.realchristmastrees.org)



**MERRY CHRISTMAS 2022**

## From the Dining Room

Richard Rogers, Director of Dining Services

Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber, and antioxidants.

Studies show that oats and oatmeal have many health benefits. These include weight loss, lower blood sugar levels, and a reduced risk of heart disease.

Oats have 51 grams of carbs, 13 grams of protein, 5 grams of fat, and 8 grams of fiber in 1 cup. This same serving has only 303 calories.

This means that oats are among the [most nutrient-dense foods](#) you can eat.

Whole oats are high in antioxidants and beneficial plant compounds called polyphenols. Most notable is a unique group of antioxidants called avenanthramides, which are almost solely found in oats

Both old and newer research has found that avenanthramides may help lower blood pressure levels by increasing the production of nitric oxide. This gas molecule helps dilate (widen) blood vessels and leads to better blood flow

In addition, avenanthramides have anti-inflammatory and anti-itching effects

People of all ages and populations experience constipation. This refers to infrequent, irregular bowel movements that are difficult to pass.

Constipation affects nearly 16 out of 100 adults and about 33 out of 100 adults who are ages 60 and over. Studies indicate that oat bran, the fiber-rich outer layer of the grain, may help relieve constipation in older adults. What's more, 59% of those people were able to stop using laxatives after the 3-month study, while overall laxative use increased by 8% in the control group.

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

The holiday season is here, one of my favorite times of year!

We are excited to welcome new faces home for the holiday season. When you refer a new resident to the community, you will receive \$500 off one month of your bill after they move in (resident must be new to the community)! Good friends make great neighbors, especially when we welcome them home for the holidays!

In November, we hosted our Annual Food Drive. Thank you to all who participated! We were able to provide donations to the Converse First Baptist Church Food Pantry, True Life Church Food Pantry, and the GRASP Senior Center Food Pantry.

This December, we will be welcoming our community partners to visit Esplanade Gardens on December 15<sup>th</sup> for tours and winter treats. Be sure to say hello if you see us in the hallway!

Our Resident Ambassador Program will be kicking off beginning in January. See Taylor for more information.



- Hazel W.            December 3rd**
- Vela B.             December 4th**
- Janet T.            December 6th**
- Sally C.            December 11th**
- Lupe R.            December 12th**
- Lucy G.            December 13th**
- Ezzard N.         December 14th**
- Catherine D.     December 15th**
- Betty G.            December 28th**

**From the Executive Director's Desk**

**Donny Veal**

December 2022

Hello, and Holiday Greetings from the Executive Director and management team at Esplanade Gardens! Isn't it amazing that December has arrived and another year has almost come and gone! But the year isn't over yet and one of the busiest months on our calendar is getting ready to be in full swing. In December our residents will be celebrating and participating in the traditional activities that have become customary at Esplanade Gardens. On December 13, we will hold one of our resident's favorite holiday events, the annual holiday party and dinner! This event is always held the first or second week in December, and it is an exciting event to welcome in the new holiday season as we sing Christmas carols together, enjoy hot chocolate and other holiday snacks, have a celebratory dinner, and enjoy each other's company in a festive way. But that's not all that will be happening at Esplanade Gardens in December, not by a long shot! Each week of the month there will be holiday events for the residents as well as friends and family. Just look inside at our calendar for all the celebration opportunities, pick one (or all!) and help us make merry!! Wishing everyone a very MERRY CHRISTMAS, HAPPY HANUKKAH, and a HAPPY NEW YEAR!!! HO HO HO YA'LL!!!

Thanks, Donny



**SilverAdvantage**

Dignity Is What We Preserve, By Enriching The Lives Of Those We Serve

An integral part of the SilverAdvantage core values, "Enriching Lives" involves things that we do every day and we often don't even know we are doing it. Below are some ideas on how you could practice the first "E" in RESPECT as we focus on it during the month of October:

**Every day do something to make a difference and enrich a life**

**Notice ways to help residents become more independent**

**Respect their independence**

**Incorporate the six areas of wellness in your weekly routine**

**Create services and activities for all levels and abilities**

**Help residents stay in control of their lives/Initiate connections and friendships between residents that have similar backgrounds and interests**

**Navigate their mind and encourage residents to participate in programs**

**Give ideas and offer choices whenever possible**

**Listen, take time, and let the resident speak, do not speak for them**

**Independence is encouraging residents to do as much as they can for themselves**

**Victory comes when lives are enriched**

**Emitting emotions like a friendly smile can brighten someone's day**

**Sincerity comes from the heart, share yours**

# Splendid times at Esplanade Gardens



Mrs. Mize  
106 Birthday!



Honoring our Veterans!



Good Times in GardenView!

**FUN!**

