



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



Paul Davis Playing
for the Birthday Bash!

November 2nd, 1:30pm

German Lunch Celebrating
Wurstfest

November 3rd, 11:30am

Wurstfest Celebration (German
Clogger Dancers Performing)

November 3rd, 2:00pm

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

November 9th, 1:30pm

Veterans Day Program (Pinning
Program

November 11th, 10:30am

Red Line 57 Classic Oldies
Norm Housley

November 16th, 2:00pm

Thanksgiving Tea Party

November 17th, 2:30pm

Country Music Social with Jerry
& Randy in the Piano Room

November 23rd, 1:30pm

All Day Thanksgiving Lunch
And Dinner

November 24th, (All Day)

Last month was a fun-filled month that included great German music at our Oktoberfest event, a celebration of all things Italian as we observed Italian Heritage Month!

Still to come in October is our observation of Italian Heritage Month. Celebrate National Pasta day with us on October 25th as we enjoy a lovely buffet. We also had a Halloween party and Trick or Treat at the end of the month!



As November begins, we turn our thoughts to all the many things that we enjoy and prepare to give thanks. The Tea Party this year will be celebrating all their many blessing by having a Thanksgiving after noon tea and Thanksgiving deserts to celebrate Thanksgiving together. But before we do that, we continue to celebrate German Heritage with a Wurstfest celebration. We will be having Clogg dancers performing the traditional German Glogging.



We will also honor our Veterans with a wonderful Veteran's Day Pining Program.

The holidays are just around the corner and with all the fun yet to come, they promise to be truly special.

Wellness

Health & Wellness

Alzheimer's Falling: Tips to Reduce Risks

By Ava M. Stinnett

As our loved ones age, the risk of falling increases. This may be due to changes in vision or perception, difficulty with balance, or cognitive impairment. Side effects from certain medications and medical conditions can cause dizziness or lightheadedness when standing. People with Alzheimer's are generally at greater risk of falling. In fact, some studies show that problems with balance, walking, and falling may be an early sign of dementia. Falls are dangerous in that there is not only the risk of serious injury but there can also be the fear of falling again and a loss of confidence, leading to decreased activity.

A study from the medical journal *Age and Ageing* found that people with Alzheimer's are three times more likely to suffer from hip fractures than those without the disease. If surgery and hospitalization are required, the resulting depression, disorientation, and disability may increase the chances that the person with Alzheimer's can no longer be cared for at home.

Here are some suggestions to help prevent falls and allow your loved one to remain mobile and independent for as long as possible.

- Daily exercise, such as walking in the neighborhood, at a local store, or on a treadmill to improve strength and balance
- Regular eye exams to determine if cataracts, double vision, poorly fitting eyeglasses (or an old prescription), or changes to the visual field have occurred
- Increasing light to achieve uniformity across spaces to minimize sudden changes in light levels, shadows or dark areas, and glare; using daylight where possible to help with depression or sleep disorders and improve general health
- Maintaining good foot hygiene—examining the feet for cuts or bruises or long toenails—and wearing shoes that provide good support and have non-slip soles
- Removing clutter, such as books, clothes, slippers, or other objects that someone could trip over, and making sure that rugs, loose carpets, or furniture aren't posing a potential hazard

Installing grab bars or handrails where needed

Keep in mind that as Alzheimer's progresses, it may be accompanied by poor judgment or decision-making skills. Your loved one may attempt to walk alone down the steps, walk outside when the sidewalks are slick from rain or snow, or try to get up from a chair or out of bed without help. Despite gentle and, perhaps, daily reminders, memory loss causes some people with dementia to continue trying to do things independently when it's no longer safe to do so. Patience, understanding, and the implementation of safety measures are the best solutions for dealing with a challenging disease like Alzheimer's.

From the Front Desk

Sylvia Garcia, Director of Administrative Services

Batter UP!!!



The playoffs are among us!! With the World Series in our midst, have you ever wondered how the baseball bat came into being? Did you know it was a young boy who changed baseball forever??

17 year old, John A. "Bud" Hillerich's father owned a woodworking shop in Louisville, Kentucky, and in the 1880's, Bud began working for him. Legend has it that Bud, who played baseball himself, slipped away from work one afternoon, in 1884, to watch Louisville's major team, **The Louisville Eclipse**. The team's star, Peter Browning, had broken his bat during the game. Bud invited Browning over to his father's shop to make him a new bat. With Peter Browning's advice, Bud hand-crafted a new bat from a long slab of wood. The next day, Browning got three hits with the new bat. Browning told his teammates, which began a surge of Professional ball players to the Hillerich woodworking shop.

The elder Mr. Hillerich had little interest in making bats. He wanted to produce stair railings, porch columns, and swinging butter churns and, for a brief time in the 1880's, he turned away baseball players.

But, his young son Bud persisted. Bud saw the future in bats and when his father saw the enthusiasm in his son, he relented, and the rest is baseball history. In 1894, Bud Hillerich took over the name "Louisville Slugger" and registered it with the U.S. Patent Office. By 1923, Louisville Slugger was selling more baseball bats than any other maker in the country. 120 years have passed since Bud crafted the very first bat for Pete Browning. Louisville Slugger has sold more than 100,000,000 bats, making it without question the most popular baseball bat brand in history!

From the Dining Room

Richard Rogers, Director of Dining Services

Stomach flu can be horrible to deal with. Even mild cases can result in severe vomiting and diarrhea. Stomach flu is very common and it is very little you can do if you contract one other than letting it run its course and treat the symptoms. Fortunately, most stomach flu doesn't last more than a few days and isn't likely to cause serious complications. One of the most concerning problems associated with these illnesses is dehydration.

Once the virus has left your system, you can still feel bad for several days. It can be hard to eat anything or keep it down and you may feel extremely tired. There are some foods that you can eat after during or after the stomach flu that can help you fight it off quicker and avoid future stomach problems.

Cinnamon is a great food to consume after the stomach flu because it contains antiviral properties that help it fight any virus that may still be present and ensure you may a full recovery. Cinnamon is extremely potent, and not only does it help fight illnesses that you already have or help you recover from the quicker, but it also helps prevent you from getting sick. If you consume cinnamon on a regular basis it can help boost your immune system and prevent illnesses and infections in the digestive tract. It can also help prevent the pain associated with stomach flu. You can add cinnamon to your favorite food recipes, or you can add it to drinks such as coffee, warm tea, or even milk and honey. It's safe to consume several times a day if desired. It can also help fight off other illnesses and infections and keep you healthy.



From the Marketing desk

Taylor Lindley– Marketing Director

On October 16th, we attended the San Antonio Walk to End Alzheimer's! As a Bronze Sponsor, Esplanade Gardens was able to contribute to local funding for research for Alzheimer's and other dementias. We visited with the San Antonio community about our Reflections Dementia Care neighborhood, and had a great morning supporting the goal of finding a cure for Alzheimer's and other dementias! This year, we raised \$558 for the cause!



From November 1-14, we will be hosting a Food Drive in the lobby. Donations will benefit our local food pantries- True Life Church, Converse First Baptist Church, GRASP Senior Center, and the San Antonio Food Bank. We are accepting non perishable food items, with a focus on items that can be used for Thanksgiving Baskets for our surrounding community. Thank you for your support!

Please see Taylor with any questions.



Virginia J.	November 2nd
Adelle M.	November 9th 106years old
Mary Jean S.	November 13th
Barbara P.	November 14th
Judith M.	November 18th
Shirley H.	November 22nd
Cecilia G.	November 22nd
Diane R.	November 22nd

From the Executive Director's Desk

Donny Veal

November 2022

Greetings everyone, and welcome to November!

November traditionally is a fall month when the weather cools, the trees begin to lose leaves, and families get together to enjoy Thanksgiving, which is November 24th this year. November is also Military Family Month, which is very meaningful here at Esplanade Gardens because we will be honoring all of our veterans. November 11th is Veterans Day and we will be holding our special Veterans Day ceremony on that day.

We will be starting our ceremony at 10:30 AM, so mark it on your calendars now and be sure to be with us in the lobby on that special day.

Although they are not as well known as other special days in the month, November has several weeks and days for celebrating all sorts of things. Game and Puzzle Week occurs in the third week of November. And for those who love to read, Book Lovers Day is the first Saturday in November. Many Americans can claim native American ancestry, and enjoy Native American Heritage Month each November. This year, U. S. General Election day will be the Tuesday following the first Monday in November, November 8th this year. And finally, who can forget that November is Peanut Butter Lovers Month! So grab a spoon and a jar of your favorite peanut butter and get busy!

Here at Esplanade Gardens, we will spend the month visiting with families, enjoying special meals, honoring our veterans, remembering the harvest seasons in past years, and looking for to ushering in the holiday season!

Please join us throughout the month because we have a full calendar of activities and our residents are looking forward to all the merriment of November!

See you soon!

Donny

SilverAdvantage

Professionalism isn't about the job you do; it's how you do the job. - Anonymous

The SilverAdvantage difference is Silver-Crest Properties' commitment to giving our residents, families, staff, and everyone else with whom we come in to contact with get the R.E.S.P.E.C.T. they deserve. In December, the letter is "P" which stands for professionalism. This value promotes positive impressions, appropriate boundaries, and integrity. It is about doing our jobs in the best, most professional manner possible, day in and day out.

As we work closely with you and your family, we hope you observe that the staff is performing their jobs in a professional manner. We expect all staff to do the best job possible, but we want to acknowledge those who go above and beyond. Part of the SilverAdvantage Program is to recognize staff for a job well done, and one of the ways we do this is by posting notes acknowledging staff for going above and beyond professionally. The notes are posted on SilverAdvantage boards located throughout our communities. Department heads, supervisors, and staff write notes of praise and/or appreciation recognizing something a staff member has done. We want to let you know that if you or a family member would like to say "a job well done" to staff, please feel free to post a note on the boards. These notes mean a lot to the staff, especially when they come from those we serve.

SilverAdvantage - Giving you the R.E.S.P.E.C.T. you deserve.



