



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



2023

Paul Davis Playing

for Birthday Bash!

January 4th, 1:30pm

Jean Playing Piano

January 9th and 23rd, 11:00am

Catholic Mass

January 10th, 10:00am

Celebrating Elvis the Kings

Birthday with Valerie

January 10th, 3:00pm

Lunch Bunch at the Resturant

January 13th, 11:00am

Travel the World

on the Big Screen

January 18th, 10:15am

Red Line 57 Classic Oldies

Norm Housley

Catholic Communion

January 24th, 2023

Country Music Social with Jerry

& Randy in the Piano Room

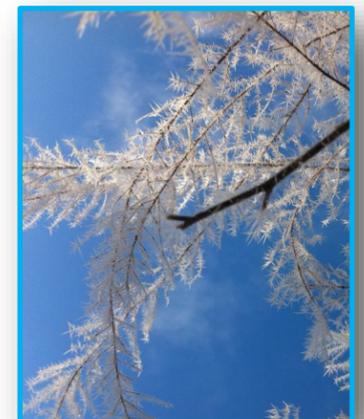
January 25th, 1:30pm



December here at Esplanade Gardens was a busy month full of parties, caroling and festivities. With the holidays now nearly over for another year, we can start looking forward to another bright new year of more exciting events and activities. Be sure to start marking your calendar early so you don't miss anything!

The 2023 New Year begins a new year and new changes around Esplanade Gardens' activity calendars, so make sure you are looking at your calendars and the white board in the lobby. (We are bring back some activities).

As we begin the new year and month, we are looking forward to (what else?) more celebrations! All over the world, people celebrate Three Kings Day, or the Epiphany, on January 6th. Here at Esplanade, we will be celebrating two kings in January. On January 10th, we celebrate Elvis Presley's, the King of Rock and Roll, birthday by a new Performer Valerie, will help us celebrate many of his famous songs as we go down memory lane. Also in January, we honor the memory of a true American hero and civil rights champion, Martin Luther King, Jr.



Wellness

The New Year means new starts, and that typically involves making New Year's resolutions. While the old-faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions – especially those that help prevent illness and injury. Here are five New Year's resolutions that will keep you feeling young and vibrant.

Here are five resolutions that we recommend for seniors entering the new year:

Participate in cognitive health activities

Mental health is an important aspect of health that we tend to overlook as we extol the benefits of staying physically fit. Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

Exercise or start a new physical activity

Exercise doesn't have to be exhausting, and it certainly doesn't have to feel like work. Older adults are increasingly looking to classes such as yoga and tai chi to not only increase physical health, but to meet people and widen their social circles. Other activities like local walking clubs can be found at many senior organizations and community centers.

Eat more fresh foods

Processed foods are easy to throw together for a meal, but they come with a host of health issues and concerns, and frankly, they're not worth the hassle. Make a promise to eat more fresh, healthy fruits and vegetables and you'll see a noticeable difference in the way you look and feel – and it takes very little work on your end.



From the Front Desk

Sylvia Garcia, Director of Administrative Services

From the Front Desk

*It has been estimated a 750 milliliter
Bottle of Champagne
contains 20 to 49 million bubbles!*



Happy New Year 2023

Rosa, Parker, and Sylvia

From the Dining Room

Richard Rogers, Director of Dining Services

The Importance of Nutrition Superfood: Grapes

Grapes are an excellent source of antioxidants, vitamin A, C, B6, and folate. Not only do grapes add flavor and texture to a recipe, they also help to prevent heart disease, cancer, and Alzheimer's disease. Some say the reason heart disease is lower in France is due to the amount of red wine they drink, also known as the French Paradox. Since grapes are mostly sugar and water, they're a versatile and sweet fruit. So go ahead and roast, sauté, or chop grapes and incorporate them into your next meal or just enjoy them as a simple snack.



From the Marketing desk

Taylor Lindley– Marketing Director

In the spirit of giving, we celebrated the holiday season by giving back to the local Converse community in December. On behalf of Esplanade Gardens, the J.A. Wedum Foundation donated funds to local community organizations.

The Converse Senior Center received funding to sponsor their annual Holiday Party, and to improve their exercise equipment, sign in process.

A donation was made to Blue Santa, led by the City of Converse Police Department, which provides gifts for children and families in need in the Converse community. This year, 14 families and 56 kids were able to have a brighter Christmas thanks to the Blue Santa program.



The J.A. Wedum Foundation is a 501-©3 nonprofit organization. The Foundation's Mission is to develop and utilize their resources to help individuals, young and old, change and improve their lives. The Foundation supports various organizations in the spirit of stewardship and generosity, exemplified by John A. Wedum, the grandfather, and carried forth by John A. Wedum, the grandson. In furtherance of its Mission, the J.A. Wedum Foundation provides needed housing for communities, including senior housing, and gives priority to the support of education.



Ruby P.	January 18th
Margaret P.	January 24th
Bill J.	January 25th
Dorothy N.	January 26th
Willie R.	January 31st

From the Executive Director's Desk

Donny Veal

Happy New Year!

We enjoyed a very festive and fun December and are looking ahead to a prosperous new year. New Year's Day is the most celebrated holiday around the world. The first New Year's celebration dates back 4,000 years. Over the years, many New Year's traditions have developed. Do you make New Year's resolutions? Forty-five percent of Americans do too! Tradition also says that the more black eye peas or leafy greens a person eats on New Year's, the more prosperity they will experience in the coming year.

This day in history:

January 1, 1752: We celebrate the birthday of Betsy Ross, who is credited with helping to sew the Stars and Stripes flag of America in 1776

January 1, 1776: George Washington unveiled the first national flag in America

January 1, 1892: Ellis Island opened in the New York Harbor

January 1, 1894: The Manchester ship Channel in England opened to traffic

January 1, 1902: The first Rose Bowl was held in Pasadena, California

January 1, 1999: Eleven European nations started using a single currency, the Euro.

I hope you enjoy a very Happy New Year and a great start to 2023! And good luck with your new year's resolutions!

Donny

SilverAdvantage

Community:

What does community mean to you? When we asked some of our Residents and Employees this question, we got a couple different answers. One Resident thinks community is "being able to work together and help each other out in a time of need." He also added "Love your neighbor as yourself." Another Resident said community to him means "A batch of people who live in an area." A third simply said "an alliance of people." As you can see community can mean a lot of different things to each person. Receptionist, shared her thoughts on community and said "A group of people working together to better everyone around them and everything around them."

The original definition of community is: social groups of any size whose members reside in a specific locality, share government, and often have a common cultural and historical heritage. It comes from the Latin 'cum', which means together, and 'munus', which means gift. Thus, it literally means, 'gift together', or in other words, 'give among each other'.

To me, community means a group of people who share an environment, interact with each other on a regular basis and commonly share the same values and culture. Community is what binds us together, making us feel happy, safe and content. It can mean sharing the same interests as others or coming together and supporting one another.

To be a good community member you should:

Always respect your neighbors and peers

Get to know everyone in your community

Get involved in activities and social gatherings

Help others when needed

Splendid times at Esplanade Gardens

