



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

Birthday Bash!

February 1st, 1:30pm

First Friday!

(Marketing event

in the dining room)

Breakfast in bed for

all residents!

Valentine Tea Party!

February 8th, 2:00pm

Live Oak Theater

February 9th, 1:00pm

Cowboy Lunch Party!!

February 10th, 11:30am

Cooking Class Making Mini Heart Waf-
fle and toppings

February 10th, 2:00pm

Valentine Lunch Party! (King and
Queen will be crown) Music with Paul
Davis

February 14th, 11:30am

Red Line 57 Classic Oldies Norm
Housley

February 15th, 2:00pm

Show a Presidents' Day Special on the
big Screen

(in the Piano Room)

February 20th, 2:30pm

Lunch Bunch

February 24th, 11:00am

Madi Gras Lunch Party!

Music with Valerie

February 28th, 11:30am

We will be opening February by Hosting First Friday and the Residents enjoy breakfast in Bed this morning.

YeeHaw! It's Rodeo Time! Now's your chance to put on your best western duds and get in that country spirit! Join us here at Esplanade Gardens on February 10th at 11:30am for a tasty barbecue lunch and some toe-tappin' good country music.



As everyone knows, love is in the air in February! Even if you don't have a special someone, come join your friends for a lovely Valentine Lunch and music provide by Paul Davis., and the grand finale will be a crowning of the Valentine's Day King & Queen. This all takes place on Friday, February 14th, at 11:30pm.



February is also the time for us to "laissez les bon temps roulee!" or "let the good times roll", for those who don't speak Cajun! Join in the Fat Tuesday fun on February 28th with a special lunch, happy hour, beads, masks, and Valerie providing use with sounds of New Orleans.



Wellness

Tips for Staying Mentally Sharp as a Senior

Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and [stroke](#), which are thought to contribute to the development of certain types of dementia. Cardiovascular health — having healthy blood sugar, cholesterol levels, and blood pressure, along with being physically active, eating a nutritious diet, maintaining a healthy weight, and not smoking — was associated with [better cognitive function](#) in a 2014 study published in PLoS One.

- **Don't smoke or drink excessively.**

- Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation.

Exercise regularly. Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as [high blood pressure](#) that are associated with the development of dementia. Consistent vigorous [exercise helps lower the risk for dementia](#), according to a study published in Annals of Medicine in 2015.

Eat a healthy diet. People who consume plenty of vegetables and [fatty fish](#) and keep away from saturated fats are thought to have a lower risk for cognitive decline.

Stimulate your brain. People with [less education are at higher risk for dementia](#), according to the Alzheimer's Association, because mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, [learning new skills](#), playing challenging games, and doing other activities that require an engaged mind. People who are more socially and [intellectually involved are less likely to develop dementia](#)

From the Front Desk

Sylvia Garcia, Director of Administrative Services

The Snowflake Facts

Did you know there are 15 distinct types of Snowflakes? Some include:

- Hollow columns
- Simple Prisms
- Needles
- Capped Columns
- Bullet Rosettes
- Rimmed Crystals
- Double Plates
- Split Plates



The most familiar snowflakes are sector plates, 12-sided flakes, stellar plates and stellar dendrites, including fern-like stellar dendrites and radiating dendrites which inspire making paper snowflakes!



We have all heard that no two snowflakes are alike but is it true? Before a snow crystal falls it follows a path through areas in a cloud and atmosphere that have different humidity and temperature levels. This determines the shape of the snowflakes. Low humidity creates simple shapes as cones and columns.

The chances that two snow crystals followed the same exact path are slim to

none but not impossible. Scientists theorize that no two snowflakes are alike because of the odds of the snow crystal following the same cloud path.

To learn more, visit [SnowCrystals.com](#) for a wide range of information and videos!

From the Dining Room

Richard Rogers, Director of Dining Services

Grit is a Protein House

Protein is essential to maintaining a healthier life. It helps to [build muscles](#) and repair tissue and [cells](#). Therefore, we all need protein to get sound health. Further, dieters need more protein than the average person.

The [U.S. Department of Agriculture](#) recommends consuming 7-ounce grit for men and 6 ounces for women daily to maintain a healthier life. [4]

Only a single cup of grit contains 1 gram of protein. You may think that it might be enough for a man. But it's not.

The protein of grits is called incomplete protein. This is because they do not contain all essential amino acids. So it cannot be a replacement for your high-protein food.

However, if you consider grits as your breakfast or [cereal](#), then it is entirely okay. Please add milk or other protein sources to your meal.

Grit May Help to Build Muscle

If you exercise regularly, you must consume the required amount of protein daily. Do we all know that red meats are a rich source of meat? So, what should you do if you are a vegetarian?

A study of "Vegetarianism in America" shows that about 7.3 million U.S. citizens are vegetarian. It is 3.2% of the total U.S. population. Only grit can satisfy all the protein requirements of these people. Further, grit can supply muscle-building protein to your body without any distraction. And grit contains a minimal amount of fat and no cholesterol.

From the Marketing desk

Taylor Lindley– Marketing Director

On the morning of Friday February 3rd, we will be hosting our yearly First Friday Network meeting. Senior serving professionals from around the San Antonio area will attend this meeting to network and learn, and have the opportunity to see our beautiful community!

In January, we welcomed wonderful, new residents to our community! Be sure to introduce yourself to Angie P. and Vivian W.

Coming soon! We will be restarting our Dementia Support Group at Esplanade Gardens in the coming months. If you are a caregiver, living with Alzheimer's or dementia, or connected to this disease, you are invited to this educational and supportive group. See Taylor or Mary Ann for more information.

This Season of Giving, The J.A. Wedum Foundation, on behalf of Esplanade Gardens, provided generous donations to our local Converse community. The City of Converse Senior Center received funds to put toward an electronic sign in system, exercise equipment, and their 2022 Christmas party. Converse Police Department received funds toward their [Blue Santa](#) program, which purchases gifts each year to assist less fortunate children and their families in the Converse area during the Christmas season. This year, the program was able to assist 14 families and 56 children, bringing all involved a brighter holiday season. In the spirit of our pet friendly community, a donation to the [Converse Animal Shelter, Inc.](#) was made to cover needed supplies, expenses and adoptions. CASI is a non-profit, no-kill shelter that has been in operation since 1982 in Converse. Earlier this year, a donation was made to the [Converse Fire Department](#) to sponsor a ResQCPR device. The department will be equipping their engines with this device to assist in emergency medical responses.



John E.	February 13th
Jackie S.	February 18th
Elisa S.	February 26th
Ellen H.	February 28th

From the Executive Director's Desk

Donny Veal

February 2023

Greetings, and welcome to February 2023!

For being the shortest month of the year, only 28 days in most years, February is packed with lots of special days and events.

For starters, two of our most famous American presidents were born in February. George Washington was born on February 22, and Abraham Lincoln was born on February 16. Ground Hog Day is February 2, when we'll find out how long our Winter will be. The entire month of February is reserved as African American History Month.

Weather wise, in Texas February can be a mixed bag. We have had very cold days, and also very Spring-like conditions. But something I didn't know, is that across the entire United States, on average February is our snowiest month.

But for this February, I want to focus on Mardi Gras, which this year will occur on Tuesday, February 21.

As for the meaning of the words Mardi Gras, it means "Fat Tuesday" in French. Mardi Gras is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday. The Fat Tuesday name comes from the tradition of using up the eggs, milk, and fat in ones pantry because they were forbidden during the 40-day Lenten fast, which begins the next day (Ash Wednesday) and ends on Holy Thursday (three days before [Easter Sunday](#)). You'll sometimes hear Mardi Gras referred to as "Carnival." Technically, this term refers to the period of feasting that begins on January 6 (the Feast of the Epiphany) and ends on Mardi Gras. In cities such as New Orleans (U.S.), Rio Janeiro (Brazil), and Venice (Italy), there are week-long festivals leading up to Mardi Gras. We will be celebrating Mardi Gras this year at Esplanade Gardens. Look for the Mardi Gras activities in your February calendar, and make plans to have "Carnival" with us!

Of course, every day is a celebration at Esplanade Gardens! Please join us as we celebrate and have fun the whole month!

Happy February!

Donny

SilverAdvantage

TEAMwork, the Foundation of R.E.S.P.E.C.T.

This month we are focusing on "TEAMwork", the "T" in **R.E.S.P.E.C.T.** If R.E.S.P.E.C.T. were a pyramid it might look like this. Resident First of course at the top, **Enriching Lives, Safety/Security, Professionalism, Enthusiasm/Energy and Community** in the middle. And holding it all up would be a giant T.

According to Wikipedia there are 7 common elements to teamwork: Common Purpose, Interdependence, Clear Roles and Contributions, Satisfaction from Mutual Working, Realization of Synergies and Empowerment. I think these seven attributes are interwoven within our definition of R.E.S.P.E.C.T. and not just within the T.

Many tasks in our daily work might seem independent or insignificant, but usually they are not. As an individual chef, I am baking a cake, but it is not just a cake, it is Helen's 100th birthday cake that will be part of a grand celebration later this afternoon. The grand kids are counting on this cake to be special when all of a sudden I realize I am missing a vital ingredient to my secret recipe for icing. What can I do, I can't run to the specialty baking store and just leave the cake in the oven, not to mention I am also working on noon lunch. I know, the bus is out taking residents to a few local stores as is done every Tuesday morning. I call the driver on his cell phone and fortunately he just pulled up to the grocery store so he can take the call safely. I explain my dilemma and he has no idea what the ingredient is, but he is certain that somebody on the bus will. He enlists the expert baking and shopping skills that exist in several of the passengers that day. Within minutes they have found the secret ingredient and are back on the bus. Collectively they vote that the driver should make an unscheduled stop back home, so they can deliver the secret ingredient to the kitchen. Later that afternoon when the cake is presented to Helen, Carl and Esther and Mable and Joe are all smiling because they now know my secret icing ingredient and they all had a hand in making the cake extra special that day. Wow, this has been quite the adventure to make this cake and it probably included the 7 elements of teamwork, the 7 SilverAdvantage Core Values of R.E.S.P.E.C.T. and the 6 areas of wellness, and it wasn't even planned to happen that way, it just did.

This is just one small example of teamwork, that happens every single day in our communities, and if you will notice the team was not just comprised of staff members, but also included residents. While the T comes last in the word and at the bottom of the pyramid it is certainly the foundation and the one item that pulls it all together and sets a SilverCrest community apart from the rest.

Splendid times at Esplanade Gardens

