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Fresh From the Gardens

ESPLANADE GARDENS SENIOR CAMPUS

A SilverCrest Community of Excellence

Program Ponderings

Mary Ann Capps

Director of Programs

Celebrating



Ice Cream Social at the Patio

March 4th & 25th, 3:00pm

Birthday Bash with Paul Davis

March 6th, 1:30pm

Grace Community Church Service

March 9th, 10:30am

Jean Playing Piano and Corrinne Singing

Mach 11th & 25th, 11:00am

Travel to Irland today! (on the Big Screen) (Our Lunch will be

Irish Cuisine)

March 13th, 11:30am

Potter Family Band

March 13th, 1:00pm

Scenic Drive

March 14th, 1:00pm

Happy Tails Animal Show

March 15th, 1:00pm

(St. Patrick's Day) Tea Party!

Valerie Singing

March 18th at 3:00pm

Arland Playing the Piano

March 21st, 2:00pm

Esplanade Gardens

Easter Egg Hunt

March 23rd, 10:00am

Rick with Putting on the Hits

March 27th, 1:00pm

Pick-Nic at the Park

March 28th, 10:00am

The month of February was one of multiple observations and celebrations. No sooner did one holiday pass before it was a time to bring down the decorations and set up for the next big party! February began with a cozy breakfast in bed for residents, who were briefly displaced while Esplanade Gardens hosted it's annual First Friday Marketing event on the morning of Friday, February 2nd. This was quickly followed by adding, a lively Mardi Gras celebration featuring a delicious French/Cajun inspired, lunch and a , plenty of masks, beads and other party favors.

A sweet perfume to our Valentine's Day Lunch Party and crowning the King and Queen, receiving the King's Crown was Brad and our Queen is Lolly.

Then we moved on with our Cowboy Lunch to celebrate Rodeo Day! We Kick up our boots with the music by Rick with putting on the hits.



Spring is in the air as we head into March, and along with it comes Saint Patrick's Day. You may not get lucky enough to find a pot of gold, but if you join us for lunch on March 13th, you *will* find a mouth-watering menu featuring authentic Irish cuisine. And we visited on Ireland on the big screen. Spring also means it's time to dust off the old picnic basket and join your friends and neighbors as we head out to the great outdoors on March 28th. Finally, remember that this year, Easter is March 31st but we here at Esplanade Gardens will celebrate it on April1st at our Tea Party!

Wellness

The single biggest connection found was that between exercise and dementia, yet Elwood emphasized that an overall healthy lifestyle is more important than any one component.

"Exercise happens to be the most important but the other factors come in very close behind," he said.

Yet, increasing your physical activity level might be one of the easiest ways to improve your overall health. It takes only 30 minutes of exercise five days a week to reap significant benefits.

"We should all live a more active lifestyle," Elwood said. "If I park my car a mile from work - that makes me likely to do more than the half an hour a day. Any exercise has some benefit and the more, the better."

"Sadly, the evidence from this study shows that very few people follow a fully healthy lifestyle," Elwood said.

The researchers found that, even with reductions in overall smoking rates over the past 35 years, the number of people who qualified as living a healthy lifestyle did not change during the course of the study. This is consistent with recent surveys finding that less than 1 percent of the population of Wales follows all five recommended factors, with 5 percent not following any.

"If the men [in the study] had been urged to adopt just one additional healthy behavior at the start of the study 35 years ago, and if only half of them complied, then during the ensuing 35 years there would have been a 13 percent reduction in dementia, a 12 percent drop in diabetes, 6 percent less vascular disease and a 5 percent reduction in deaths," Elwood said.

The researchers also found that, over the course of the study, unhealthy living was responsible for 10 percent of all healthcare expenditure in Wales.

Dementia is a growing public health concern, expected to affect 135 million people worldwide by 2050.

"We are facing potentially large increases in the numbers of people living with dementia and if we are to deal with this crisis head on we must invest in research," said Rebecca Wood, chief executive of Alzheimer's Research UK.

"It's encouraging for people to know there are simple steps they can take now to reduce their risk," she said.

From the Front Desk

Sylvia Garcia, Director of Administrative Services

Top of the Morning to You!

Irish Blessings!

May the leprechauns be near you,
to spread luck along your way,
May all the Irish angels,
Smile upon your St Patrick's Day.



May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
And, until we meet again,
May God hold you in the palm of
His hand.



Always remember to forget,
The things that made you sad.
But never forget to remember,
The things that made you glad.



May your troubles be less and your blessings
be more, and nothing but happiness come
through your door.



As you slide down the banister of life,
May the splinters never point the wrong way.

From the Dining Room

Richard Rogers, Director of Dining Services

The Importance of Nutrition Sugar

According to the American Heart Association (AHA), the average American consumes far more sugar than needed – over 22 teaspoons (or about 355 calories) per day. That's a lot for a substance with no nutritional value. Studies show that excess sugar consumption leads to all kinds of health problems, from diabetes to obesity, and can even interfere with essential nutrient intake.

* Sugar, including granulated, invert, beet, date, raw, cane, white, brown and turbinado

* Syrups, including agave, brown-rice, cane, maple and sorghum

* Honey

* Molasses

* Dextrose, fructose, glucose, lactose, maltose and sucrose

* High-fructose corn syrup, including corn sweetener and corn sugar

* Fruit juice and fruit-juice concentrate

* Sugar alcohols, including erythritol, mannitol, sorbitol and xylitol

* This is not an exhaustive list, so be sure to check with your doctor or nutritionist for advice and always research ingredients.

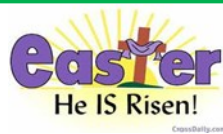
Whether you're on a sugar-restricted diet or not, it's a good idea to watch how much sugar you're eating – or drinking – each day. The AHA recommends limiting sugars to 100 calories (about 6 teaspoons) per day for women and 150 calories (or about 9 teaspoons) for men. Check packages carefully, and aim for foods with no more than 5 grams of sugar per serving.

If you're avoiding sugar, you know to forego the obvious: refined sugars (both brown and white) and anything with high-fructose corn syrup. You also know to limit the more natural, unrefined sources of sugar, such as honey, agave, molasses and maple syrup. Even too much fruit can be problematic for some diets. (Your doctor will be able to advise you.)

But what about the hidden sources of sugar? Many packaged, processed foods that you might not readily associate with sweets have tons of natural and added sugars, like salad dressing and tomato and barbecue sauces.

From the Marketing desk

Laura Terranova, Director of Marketing



Welcome to March and the Madness.... The annual NCAA men’s basketball tournament (a.k.a. “March Madness”) is upon us. Over the next three long weekends, roughly 100 million people will tune in to watch the 67-game, 68-team tournament played across 14 cities. As the NCAA Men’s College Basketball Tournament is more than just a national championship, it is a national obsession for many! Around 68 teams compete in basketball bonanzas that bring out Cinderellas, create unforgettable moments, and warm the hearts of millions of fans. To keep up with cheering fans, beer is sold about 19% more than usual in a dome stadium. As a result, businesses lose \$13.3 billion a year in productivity because employees are caught up in the excitement.

ST. Patrick’s Day... Saint Patrick is a patron saint of Ireland. he was the person to bring the Christian religion to the republic of Ireland. Saint Patrick was born in Britain and was brought to Ireland as a slave. When he was free, he became a priest and sparked the arrival of Christianity. One of the many Irish legends is that St. Patrick drove all the snakes away from Ireland! St. Patrick died in the 5th century. However, St. Patrick’s Day did not become popular until the 17th century! The shamrock is a symbol of Ireland and Saint Patrick’s Day. Shamrocks are three-leaf clovers. They are said to represent the holy trinity. In the Christian religion, the holy trinity means the father, son, and holy spirit. If you find a four-leaf clover, it is said to mean good luck! Christians are allowed to put aside their Lenten restrictions on food and alcohol consumption on this day, which is why excessive drinking has become so permanently linked to the celebration.

Easter Sunday...Easter is the celebration of the resurrection of Jesus Christ in the Christian religion. Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth. Americans spend \$1.9 billion on Easter candy. That’s the second biggest candy holiday after Halloween.70% of Easter candy purchased is chocolate. 76% of Americans think the ears of a chocolate bunny should be the first to be eaten. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices. There’s much debate about the practice of dyeing chicks. The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680. Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence. Holy Week is the celebrated during the week leading up to Easter. “The White House Easter Egg Roll” event has been celebrated by the President of the United States and their families since 1878.



March goes in like a lion and out like a Lamb...



Joe L.	March 6th
Randy A.	March 6th
Jim H.	March 16th
Jose S.	March 19th
Shirley J.	March 20th
Vicki H.	March 24th
Willie C.	March 30th
Glen Z.	March 31st
Jim Santiago	March 31st

From the
Executive Director’s Desk

Donny Veal, Executive Director

March 2024

Dear Friends,

Welcome to March, where we see the last gasps of winter expire, and the promise of a blooming spring season begin! In the early Roman calendar, March (or *Martius*) was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings. And March is a very busy month here at Esplanade Gardens! Just some of the things we will celebrate are:

March 8 -- **International Women’s Day**, which is a day that not only celebrates the achievements of women and the progress made toward women’s rights, but also brings attention to ongoing struggles for equality around the world.

March 10 -- is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that day. Don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15 -- is the **Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!

March 17 -- is **St. Patrick’s Day**. According to folklore, folks wear a shamrock on St. Patrick’s Day because the saint used its three leaves to explain the Trinity. And of course, don’t forget to wear green so you won’t get pinched!

All of this and more is on tap for us this month at Esplanade Gardens! Be sure to look for some special menu items this month, and don’t forget to have fun!

Here’s to March!!

Donny

SilverAdvantage

Our SilverAdvantage letter for the month is C, which stands for Community. A community is a creative process; as Margaret Betz puts it in her book *Making Life Choices*, "Community involves learning to live in terms of an interconnected 'we' more than an isolated 'I'. It involves making choices which reinforce the experience of relatedness and foster the sense of belonging and interdependence". What are we creating through SilverAdvantage? First, through Community we create an atmosphere where people matter. Everyone is important; each one of us strengthens the whole. Our residents already know this; their first responses to the word "community" are words such as "sharing", "interdependence", "belonging". As staff and residents share their lives together, we all benefit. Everyone is valued and included; everyone has a place in this Community.

On another level, we create Community when we care for our living environment. This is the part of the world we are responsible for. Our pride in our campus means that the things around us are safe, clean, functional, and beautiful so we can pour more energy into the people we serve. That attention means that life is easier for all of us, and Community is stronger.

Finally, it's important to remember that SilverAdvantage doesn't exist in isolation. We're a part of the larger world, and we contribute to that community through programs like Sage, Reading Buddies, and donating to charitable organizations like the Mayo Clinic’s Hope Lodge.

Each one of us benefits from the Community we create together. Staff and residents alike are part of producing a greater whole. We join forces to create a place where people are seen at their finest and environment is kept at its best, so that everyone benefits. It's the heart of SilverAdvantage: it's COMMUNITY.

Rodeo Day!
Esplanade Gardens

Splendid times at Esplanade Gardens

