



10790 Toepperwein Rd.  
Converse, TX 78109

Phone: 210-566-7600

Fax: 210-566-7605

www.esplanadeseniorcampus.com

### Team Members

Donny Veal Executive Director.....dveal@esplanadeseniorcampus.com

Sylvia Garcia, Director of Administrative Services.....sgarcia@esplanadeseniorcampus.com

Mary Ann Capps, Director of Programs.....mcapps@esplanadeseniorcampus.com

Richard Rogers, Director of Dining Services.....rrogers@esplanadeseniorcampus.com

Alfonso Balderas, Environmental Director.....abalderas@esplanadeseniorcampus.com

Alma Hubbard, Resident Care Director.....ahubbard@esplanadeseniorcampus.com

Laura Terranova, Director of Marketing.....lterranova@esplanadeseniorcampus.com

Melissa Elder, RN



Managed by SilverCrest Properties



Volume 15 Issue 4

April 2024



ESPLANADE GARDENS SENIOR CAMPUS

# Fresh From the Gardens

A SilverCrest Community of Excellence

## Program Ponderings

Mary Ann Capps

Director of Programs

### Celebrating

Easter Tea Party!

April 1st, 3:00pm

Birthday Bash with Paul Davis

April 3rd, 1:30pm

Jean Playing Piano

and Corrinne Singing

April 8th and 22nd, 11:00am

Potter Family Band

April 10th, 1:00pm

Pic-Nic at the Patio

April 11th, 11:30am

Gardening with Ryan

April 11th, 1:00pm

Go Feed the Ducks at the Park!

April 12th, 10:00am

Grace Community

Church Service

April 13th, 10:30am

Jean Playing Piano

and Karen Singing

April 16th, 10:00am

Scenic Drive

April 18th, 1:00pm

Fiesta Shoe Box Parade

here at EG

April 19th, 10:00am

Lunch Bunch

April 19th, 11:00am

Catholic Communion

April 23rd, 10:00am

Ice Cream Social at the Patio

April 23rd, 2:30pm

Fiesta Party!

with Authentic Mexican food

April 25th, 4:30pm

6:00pm Ballet Folklorico Performance

March was a fun-filled month of little leprechauns running around trying to find the pot of gold. St. Patrick's day was filled with lot's of music and dancing.

In March, Esplanade Gardens with a hop down the bunny trail on March 23rd, with a Easter Egg hunt with all the kids in the community.



It's Fiesta Time! Fiesta celebrations coincides with Fiesta events throughout the City of San Antonio and here at the Gardens we are busy making large colorful flowers and Decorating the shoe box floats for our Float Parade on April 19th at 10:00am. On April 25th at 4:30pm-6:45pm, you will smell the wonderful authentic Mexican food, hear the sound of the Mariachi music and the children in their traditional Mexican dresses dancing for us.

Make plans to join all your friends and neighbors for one of the biggest parties of the year!



## Wellness

Health Day Reporter

Health Day News) -- Seniors are wasting their time and money taking [calcium](#) and [vitamin D](#) supplements to ward off the brittle bones of old age, a new review concludes.

It turns out there's little evidence supplements protect against hip [fractures](#) and other broken bones in older folks, according to data gathered from dozens of clinical trials.

"The routine use of these supplements is unnecessary in community-dwelling older people," said lead researcher Dr. Jia-Guo Zhao, an orthopedic surgeon with Tianjin Hospital in China. "I think that it is time to stop taking calcium and vitamin D supplements."

Calcium citrate is a dietary supplement important for maintaining strong bones and teeth. It is useful for people with low stomach acid, as other forms of this mineral need an acidic environment for proper absorption. Many people believe that vitamins and minerals are automatically free of side effects, but calcium citrate could cause constipation, gas, and belching.



## The Monthly Mirror

Memory Care Neighborhood

Alzheimer's disease can seem [frightening, mysterious and daunting](#). There are still a lot of unknowns about the disease, which afflicts more than five million Americans. Here are answers to some common questions: Sometimes I forget what day it is or where I put my glasses. Is this normal aging, or am I developing Alzheimer's?

Just because you forgot an item on your grocery list doesn't mean you are developing [dementia](#). Most people have occasional memory lapses, which increase with age. The memory problems that characterize warning signs of Alzheimer's are usually more frequent, and they begin to interfere with safe or competent daily functioning: forgetting to turn off the stove, leaving home without being properly dressed or forgetting important appointments. Beyond that, the disease usually involves a decline in other cognitive abilities: planning a schedule, following multi-step directions, carrying out familiar logistical tasks like balancing a checkbook or cooking a meal. It can also involve [mood changes, agitation](#), social withdrawal and feelings of confusion, and can even affect or slow a person's gait.

How is Alzheimer's diagnosed?

Diagnosing Alzheimer's usually involves a series of assessments, including memory and [cognitive tests](#). Clinicians will also do a thorough medical work-up to determine whether the thinking and memory problems can be explained by other diagnoses, such as another type of dementia, a physical illness or side effects from a medication. Brain scans and spinal taps may also be conducted to check for corroborating evidence like the accumulation of amyloid, the hallmark protein of Alzheimer's, in the brain or spinal fluid.

## From the Front Desk

Sylvia Garcia, Director of Administrative Services

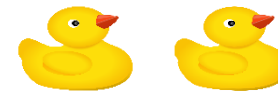
**Fascinating Facts:**

[Bestlifeonline.com/crazy-random-facts](#)

Driving can be fun and liberating, until you get stuck at a red light.

President Johnson had a car designed to function in water. To tease guests, he would drive downhill in his Amphicar claiming his brakes had gone out and drive into the lake surprising them.

Nearly 30,000 rubber ducks were lost at sea in 1992. Many are still being discovered today around the world, Australia to Alaska!



Marie Curie's notebooks have to be stored in a lead box because they are still radioactive and will be for 1,500 more years! Most of her belongings, including clothes, furniture and books were affected by the radioactive materials of polonium and radium.



When we say "cheese" while taking a picture, it gives us a big smile on our face, which was scoffed during the Victorian-era. It was considered undignified to smile. To have a more serious look for a photograph, say "prunes" it's dull and doesn't promote a smile.



Cheese!!!!



Prunes !!

## From the Dining Room

Richard Rogers, Director of Dining Services

Strawberries are an iconic summer fruit — delicious in lemonade, on shortcakes or just straight out of the basket. And it turns out they may be the sweetest way to stay healthy, too. Registered dietitian Bailey Flora, MS, RDN, LD, explains the benefits of strawberries and what nutrients they contain that make strawberries so good for you.

### Why are strawberries good for you?

"Strawberries give you a lot of nutritional value for very few calories," says Flora. "They're tasty but naturally low in sugar. That's a combination that's hard to beat."

For starters, strawberries are loaded with [vitamin C](#). Eight medium strawberries contain 160% of your daily recommended amount — the amount that the U.S. Food and Drug Administration (FDA) recommends you eat every day. That's more vitamin C than you get from an orange, the fruit famous for its vitamin C.

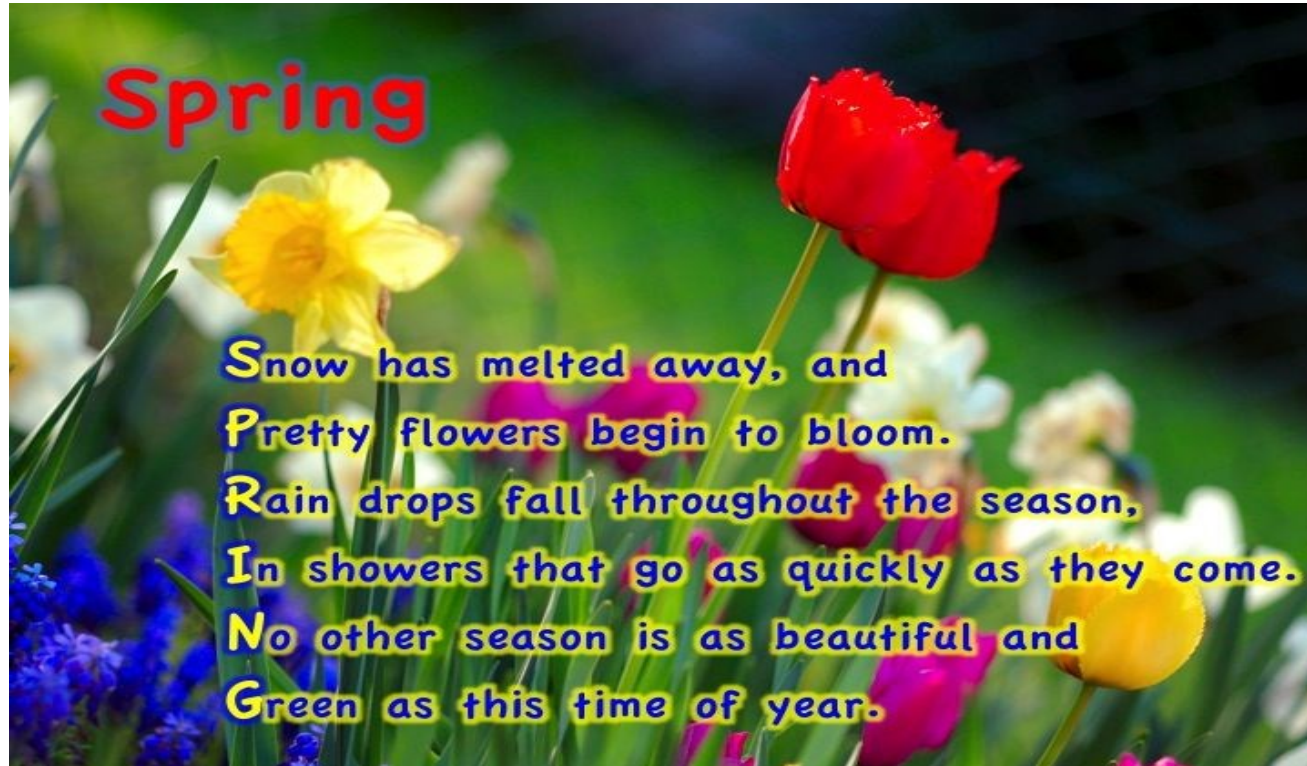
[Strawberries are also packed with antioxidants](#), which protect cells from damage. The primary [antioxidant](#) in strawberries is [anthocyanin](#), which gives the fruit its color. The amount of anthocyanin in strawberries increases as the fruit ripens. So, the redder the berry, the more antioxidants it contains. Strawberries also have fiber and several other important vitamins and minerals, including manganese, [potassium](#) and [folic acid](#). And strawberries have less natural sugar than other popular fruits such as apples and



## From the Marketing desk

Laura Terranova, Director of Marketing

**I GREW UP ON THE EAST COAST AND COULD NOT WAIT FOR SPRING! I LOVE THIS TIME OF YEAR...IT'S A NEW BEGINNING AND A FRESH START FOR ALL! I MISS THE RAIN OF SPRING ON THE EAST COAST AND THE EXCITEMENT OF THE WARMTH OF THE SUN AFTER A COLD WINTERS DAY!**



<b>Trudy H.</b>	<b>April 9th</b>
<b>Sylvia H.</b>	<b>April 14th</b>
<b>Hilda C.</b>	<b>April 15th</b>
<b>Margret W.</b>	<b>April 18th</b>

## From the

### Executive Director's Desk

Donny Veal, Executive Director

April 2024

WELCOME to April! As we leave March behind, spring flowers have started to bloom, the days are getting longer, and winter's chill is fading away. Do you still need more reasons to celebrate? Here's a reason all of us in the San Antonio area know well: FIESTA!! Yes, Fiesta celebrations are being held in the traditional time of April. Here at Esplanade Gardens, we have Fiesta covered. Check out our April calendar for all the Fiesta events we have on the calendar. I know you will enjoy celebrating Fiesta with us with all the fun activities coming up.

On April 22 this year, the annual EARTH DAY occurs. April 22, 1970 was the first Earth Day, and the date has been observed every year since as the anniversary of the birth of the modern environmental movement. Our Mother Earth may only officially get one day a year, but we should try to take care of our planet every day. Earth day is the day to learn some ways you can help protect the environment.

Speaking of the environment, the Texas environment that is, April is peak month for BLUEBONNETS!!

The bluebonnet is the Texas state flower, and they start making their appearance in fields and along roadways in March. But April is the month when we see the most bluebonnets here in south central Texas. So if you haven't already, make it a point to see some bluebonnets before they disappear until next year.

And finally, and not as well known perhaps, April 13 is National Scrabble Day! National Scrabble Day honors the birthday of game inventor Alfred Mosher Butts, born on April 13, 1899. It's a great day to get out your Scrabble board and learn some new words!

Please join us in April as we celebrate all month long here at Esplanade Gardens! Spring has sprung as the old saying goes, and we have a full calendar of activities to enjoy!

Have a great month!

Donny

## SilverAdvantage

One of the qualities I most admire in people is self-sufficiency. In fact, being able to handle situations alone is so important a life-skill that many of us spend many years instilling it in our children and developing it within ourselves. But as everyone knows, it's just not possible to do everything completely on your own all the time.

When we need help, we "team up" with someone. It can be a friend, co-worker, neighbor, clergyman or relative or really anyone at all. I like to remember that "team" stands for "Together Everyone Achieves More". But in order for a team to be successful, the single most important thing they need to do well is communicate.

Here at Esplanade Gardens we are very lucky indeed to have a staff that is rigorously trained in the importance of working as a team and communicating needs, ideas, strategies and other details that can help improve working conditions for the employees as well as living conditions for our residents.

But having a team of people with unique skills and talents is only one piece of the puzzle. True teamwork divides the task and multiplies the success. I hope that every resident, every employee and every family member understands that we are all a valuable part of the same Esplanade Gardens team. Lets do all that we can do sustain the strength of our team by offering our unique talents to help one another and also to communicate as much as possible.







# Splendid times at Esplanade Gardens



Happy Easter

