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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



Morgan's Camp is bringing Horses to Esplanade Gardens (Come see them in front of our Building outside)

May 1st, 10:00am

Birthday Bash with Paul Davis

May 1st, 1:00pm

Potter Family Band

May 8th, 1:00pm

Pic Nic at the Patio

May 9th & 30th, 11:30am

Go Feed the Ducks at the Park!

May 10th & 31st, 10:00am

Grace Community Church Service (in the Piano Room and Lobby)

May 11th, 10:30am

Jean Playing Piano and Corrinne Singing

May 11th & 21st, 11:00am

Mother's Day Tea Party! (Tea hat Party! Hats will be provided)

May 11th, 3:00pm

Arland Playing the Piano

May 16th, 2:00pm

Happy Tails Animal Show

May 17th, 1:00pm

Jean Playing Piano and Karen Singing

May 21st, 10:00am

Rick with Putting on the Hits!

May 22nd, 1:00pm

Memorial Day Ceremony!

May 24th, 10:00am

Fiesta Time in the Gardens!

We started our Fiesta Celebrations with our annual Fiesta Shoe Box Parade, it was so colorful and lots of fun!

April was a wonderful month of celebrating the Mexican culture here in San Antonio wonderful music and Mexican Food.

Here at Esplanade Gardens we brought Fiesta to our residents with Great Authentic Mexican food, Authentic Mexican music and dancers! It was a night to remember.

We will be starting May off with celebrating Cinco de Mayo, this is also a Mexican Culture.



May is a month that we honor and remember our Mother's; those that are living and those that have passed on. We think of all the wonderful things they do for us and have done for us. Mother are special people, and each one of us have a very special person to be thankful for.

We have many outside events this month so make sure to check out the activity calendar and don't miss any of the fun!

We will end the month of May by Celebrating Memorial Day with Posting Colors, Wreath, and Bag Pipes.



Wellness

By the middle of 2013, almost 500 clinical trials had been run on the beneficial effects of meditation on health—about 40 have been long-term studies. The short-term studies determined that meditation may reduce the risk of Alzheimer's disease, and that it definitely improves memory and general cognitive functioning or thinking and reasoning skills.

A couple of studies done at Ohio State University even found that meditation was effective against cancer. One study reported that breast cancer survivors had a lower recurrence of the disease with daily meditation sessions. The other study found that meditation increased older special immune system cells that provide more resistance to viruses and tumors in adults over 65 years old.

A recent study published by the National Institutes of Health has shown that meditation is also useful in reducing chronic pain, such as the low back pain that often affects seniors. After only five months of meditation, researchers found that participants in the study experienced a 40 to 50 percent reduction in their pain. According to the American Academy of Pain Medicine, meditation can substantially reduce chronic pain without the harmful and even deadly side effects of over-the-counter or prescription drugs.



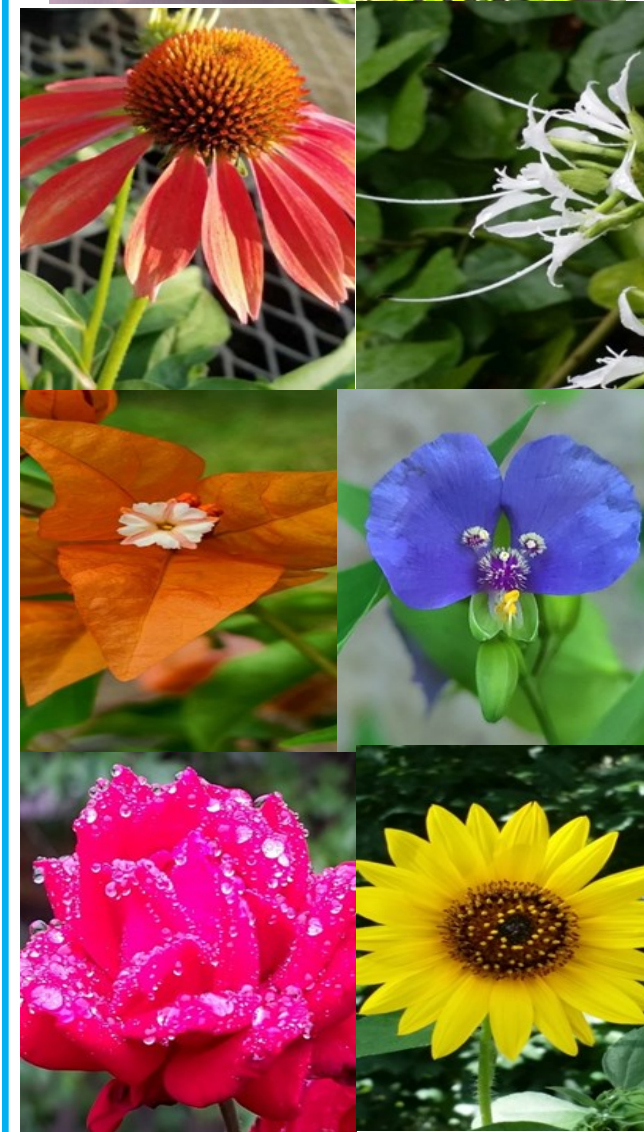
From the Front Desk

Sylvia Garcia, Director of Administrative Services

April Showers bring

May Flowers

I have always enjoyed taking pictures of flowers in my backyard trying to capture that one picture that tells a story. Enjoy!



From the Dining Room

Richard Rogers, Director of Dining Services

Oranges are a good source of [fiber](#). One orange (140 grams) packs around 10% of the DV. Getting enough fiber on a daily basis is essential for overall health and helps keep your digestive system healthy by supporting regularity and fueling your [beneficial gut bacteria](#).

Plus, diets rich in fiber are associated with a number of benefits, including decreased risks of heart disease, colon cancer, and obesity. Oranges are also high in certain nutrients, especially vitamin C and folate. One 140-gram orange covers 92% of your daily vitamin C needs. This water-soluble nutrient is essential for your health. Your body uses it for immune function, collagen synthesis, iron absorption, and more. Folate is a B vitamin that plays a role in metabolism, fetal and placental development, and many other important processes. In addition to vitamin C and folate, oranges provide smaller amounts of other nutrients, including calcium, potassium, and thiamine.



From the Marketing desk

Laura Terranova, Director of Marketing

Happy Mother's Day to all the beautiful moms here at Esplanade Gardens

**AMAZING
LOVING
STRONG
HAPPY
SELFLESS
GRACEFUL**



**Brad S. May 31st
Gertraud B. May 31st**

**From the
Executive Director's Desk**

Donny Veal, Executive Director

May 2024

Hello and welcome to May!! This is the month that is sometimes called the "Gateway to Summer"! Here in Texas, our nice Spring weather is getting ready to morph into full blown summer. But as Texans, we are accustomed to this. So get your beachwear ready!!

There are several interesting facts about the month of May. May has some pretty interesting month-long observances. In the U.K., May is National Pet Month and National Smile Month. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month. May also has some pretty wacky days! Hawaii celebrates Lei Day on the first of May, which also happens to be May Day. Utah celebrates Golden Spike Day on May 10th after the First Transcontinental Railroad was completed. May 29th is celebrated as Put A Pillow on Your Fridge Day! Back in the day in Europe, it wasn't a good May if you didn't celebrate it with a maypole. In the UK, at least, they were present since at least 1350 AD. Celebrants would erect a long pole and attach flowers, garlands, and strips of fabric to it, around which certain dances would take place.

On a more serious note, May has an important holiday that we observe each year, especially here at Esplanade Gardens. That's right, Memorial Day. Memorial Day is important because we honor all of our military heroes who have fallen in defense of our great nation. Most of our residents have family or friends who served our country in the military and also know of someone who risked and lost their lives, so please join us this month as we pay special respects to those who have paid the ultimate price to defend our nation.

And finally, I have a personal message. May will be my last month to serve as your Executive Director. My last official day here will be May 10. After much consultation with my family, I have decided to retire from management duties. I have spent almost 40 years in some sort of management, and the clock tells me it is time to step back. I probably will not leave the workforce completely, but I want to spend more time in pursuits outside of work. Its been a pleasure to serve you, and I thank everyone for the opportunity to know you. I'm not leaving the San Antonio area, so you may see me pop in Esplanade Gardens to say hello! Thank you and as always let's have a great May!!

Donny

SilverAdvantage

RESIDENTS FIRST

There are many ways to put Residents first at your campus. In our office we don't have the privilege of interacting with Residents as frequently with those on campus, but we occasionally get the chance when visiting a campus or if a Resident calls our office. Many times when a Resident calls in they are looking for a particular campus or has a quick question. By giving them accurate information with a smile we can help them out and at the same time hopefully make their day a little brighter.

On the campus level employees have more opportunities to help make each day for Residents a great one. By remembering names and preferences, Residents are treated as individuals and this can really increase their enjoyment of each day at their campus. Taking even a little extra time to do this makes a big difference.

Putting Residents First shows them that you know they are there, that you care about them, and most of all that you RESPECT them.





Splendid times at Esplanade Gardens



Reflections
Pic Nic at the Patio!

