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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



Birthday Bash with Paul Davis

July 3rd, 1:30pm

4th of July Picnic

(in the Dining Room)

July 4th, 11:30am

Jean Playing Piano

and Corrinne Singing

July 8th, and July 22nd, 11:00am

Tea Party!

July 9th, 2:30pm

Potter's Family Band

July 10th, 1:00pm

Lunch Bunch

July 11th, 11:30pm

Making Homemade Ice Cream in a zip lock Bag!

July 11th, 2:30pm

Grace Community

Church Service

(in the Piano Room and Lobby)

July 13th, 10:30am

German Food in the dining room and Travel to Germany on the big screen

July 17th, 11:30am

Bingo and Pizza Party!

(in the activity room)

July 19th, 10:00am

Happy Tails Animal Show

July 19th, 1:00pm

Rick with Putting on the Hits!

July 24th, 1:00pm

16foot Banana Split Build in the

Lobby (Come and enjoy seeing it built and then we will be eating it.)

July 25th, 2:00pm



June has been very hot as always here in San Antonio, but here at Esplanade Gardens it has been fun, keeping cool with the ice cream and snow cones.



July will be another hot month as we will be in the middle of summer, and there will be many events inside, but lots of fun activities will happen.

Even though the Texas heat can get pretty unbearable, there are several fun indoor activities planned for July. Some of these include the Fourth of July Picnic Lunch, eating of a 16 foot banana split, a visit from our friends at Happy Tails, and not to mention a couple of movies on the big screen! Time sure does fly by when you're having fun. Therefore, it should come as no surprise that half of our exciting and fun filled year is already behind us. As we sail into summer, let's get ready to make the most of the warm weather this July by enjoying it with all of our friends and neighbors as one of the many fun activities are yet to come!

Wellness

4 Foods to Avoid for Healthy Blood Pressure:

High blood pressure is a national epidemic. Almost a third of Americans have high blood pressure, and another third of all Americans have blood pressure that is higher than normal, just not high enough yet to officially be called "hypertension". Whether you have hypertension (high blood pressure), or pre-hypertension, you can benefit from some simple dietary changes. Studies have demonstrated that you can reduce your blood pressure by eating a healthy diet.

1. Sodium is a salt, but there are "salt substitutes" that are also salts, and can contribute to hypertension.

2. A healthy diet is much easier to achieve if you avoid *processed foods*. Processed foods are frequently laden with salt, an ingredient that makes your blood pressure skyrocket.

Pickles are made by curing them in a salty brine, a method of food preservation. A dill pickle spear may have 300 milligrams of sodium. An entire pickle can contain half of your daily recommended sodium serving or more.

4. *Alcohol* is another beverage to consume in moderation. If you drink more than three drinks at one time, your blood pressure may rise. Chronic use of alcohol can lead to blood pressure increases over time, and even one drink can change the way your blood pressure medication works. If you are a chronic drinker, you should also be aware that alcohol can cause you to pack on the pounds: there are a lot of calories in alcohol, and if you are overweight, you are at a greater risk of developing hypertension.



From the Front Desk

Sylvia Garcia, Director of Administrative Services



During the 1940's, the film industry was extremely prolific, highly affluent, and on its way to becoming very powerful and productive. Film production reached its peak during the years 1943 and 1946, a little more than a decade after the rise of sound. The most profitable year was 1946, with all time highs recorded for theater attendance, drawing nearly 90 million viewers per week.

Between 1942 and 1945, Americans spent 23% of their recreational dollars on going to the movies. The average cost of a ticket in the 1940's????.....34 cents!

Name these top Hollywood actors and actresses of the 1940's pictured above! Answers below:

From top, L-R: Ava Gardner, Veronica Lake, Burt Lancaster, Gene Tierny, Elizabeth Taylor, Lauren Bacall, Montgomery Clift, Humphrey Bogart

From the Dining Room

Richard Rogers, Director of Dining Services

Cottage cheese is packed with nutrients

A half-cup, or 113-gram (g), serving of low fat (1% milk fat) cottage cheese provides the following nutrients

([2Trusted Source](#)):

Calories: 81

- **Protein:** 14 g
- **Carbs:** 3 g
- **Fat:** 1 g
- **Vitamin B12:** 29% of the Daily Value (DV)
- **Sodium:** 20% of the DV
- **Selenium:** 19% of the DV
- **Riboflavin:** 15% of the DV
- **Phosphorus:** 13% of the DV
- **Calcium:** 5% of the DV

Folate: 4% of the DV It also provides less than 5% of the DV for vitamin B6, [choline](#), zinc, and copper ([2Trusted Source](#)). The carb content of cottage cheese is around 3%. It consists of [lactose](#), a milk sugar that some people have difficulty digesting. When eating high amounts of cottage cheese, consider buying low sodium or sodium-free varieties. A high sodium intake raises blood pressure in some people, potentially increasing the risk of heart disease ([3Trusted Source](#)). Notably, [protein](#) accounts for over 70% of the calories in cottage cheese. **SUMMARY** Cottage cheese is an excellent source of protein and contains relatively few calories. It's also packed with many nutrients, such as B vitamins, calcium, phosphorus, and selenium.

From the Marketing desk

Laura Terranova, Director of Marketing



Key points to remember about hot weather safety

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
 - Drink fluids but avoid alcohol and caffeine.
 - Shower, bathe, or sponge off with cool water.
- Lie down and rest.



Marion B.	July 7th
Becky W.	July 7th
Josephine G.	July 8th
Jorge P.	July 10th
Carolyn C.	July 14th
Jocelyn F.	July 25th
Sherryl G.	July 28th
Frances L.	July 31st

From the Executive Director's Desk

Johnny Richardson, Executive Director

As vacation season is in full swing, families embark on exciting trips to their favorite destinations. People are getting more friendly, inviting, and open to adventures and offers that might treat them or help them enjoy their well-earned break.

July is a true summer month. It is hot, bright, vibrant, cheerful, diverse, and inspiring. Everyone enjoys stable, dry weather, family gatherings in backyards, outdoor activities, school breaks, and well-deserved vacations. A cheerful atmosphere prevails, putting everyone in a positive mood.

The Fourth of July has been a federal holiday since 1941, but the tradition of Independence Day celebrations dates to 1776 when the 13 colonies adopted the Declaration of Independence. Today, we celebrate this holiday with fireworks, barbecues, and friends, or as Stephen Colbert describes, "It's Fourth of July weekend, or, as I call it, Exploding Christmas."

Fun Facts about Independence Day:

The vote occurred on July 2nd and the Declaration was published in papers two days later, on July 4th

Americans eat around 150 million hot dogs over the July 4th holiday

"Original Declaration of Independence dated 4th July 1776" is written on the back of the signed document. This is believed to be a label from when documents were rolled up for transport during the Revolutionary War

The youngest signers of the Declaration of Independence were 26 years old (Thomas Lynch Jr. & Edward Rutledge)

The oldest signed was Benjamin Franklin at age 70! Thomas Jefferson and John Adams both died on July 4th, 1826- the 50th Anniversary of signing the Declaration of Independence

"It will be celebrated with pomp and parade, bonfires and illuminations from one end of this continent to the other" ~ John Adams (in a letter to Abigail Adams dated 3 July 1776)

We are excited to celebrate Independence Day and the summer season with each of you at Esplanade Gardens.

Johnnie

SilverAdvantage

Many residents move into SilverCrest communities because of concerns regarding safety and security with their previous living arrangements. We take great pride in making sure, that in spite of any physical limitations our residents may have, that we work every day to provide a safe and secure lifestyle for them. Imagine yourself as someone who cannot hear or see as well as you once could or one who cannot get around as easily without some help. Think about the challenges facing our residents and remember they often do not want to let on that their abilities are not what they used to be. If you are a resident or a family member ask yourself:

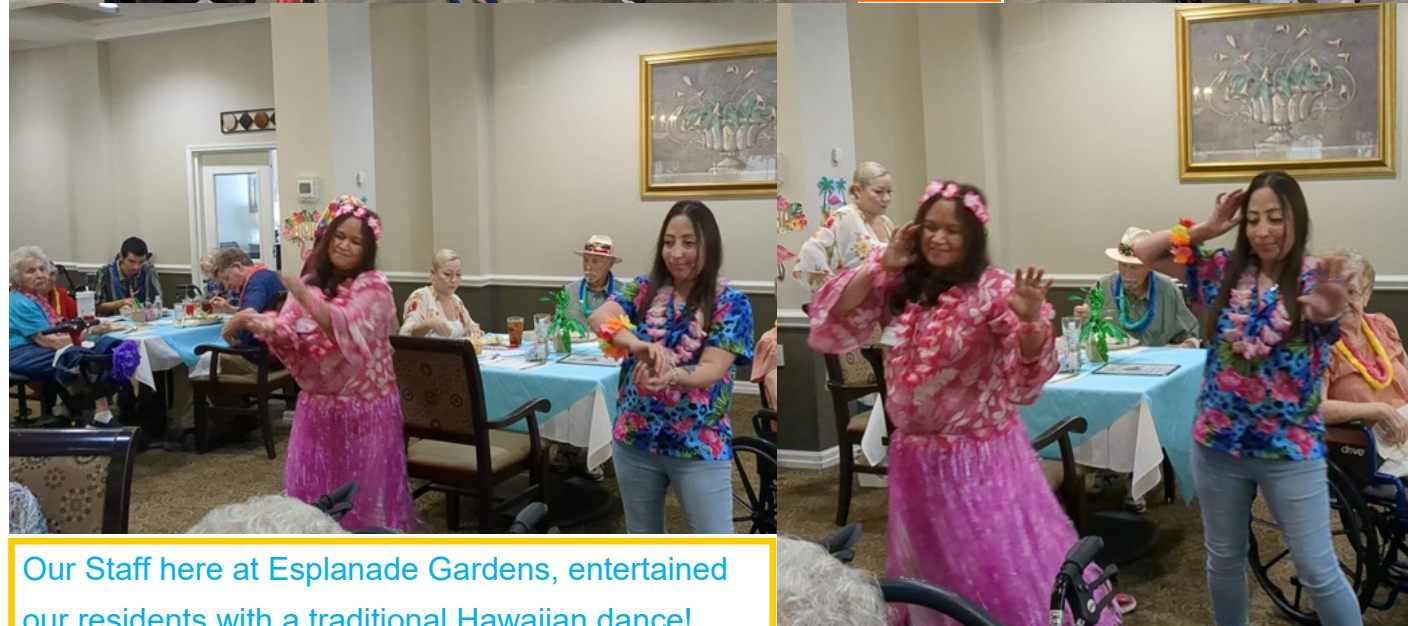
- Is the apartment furniture arranged so it is easy to get around?
- Is there adequate lighting, even during a power outage? Flashlights available?
- Are floor surfaces easy to walk on? Are rugs kept to a minimum as they are very hard to negotiate especially if some type of assistive device is used?
- Are electrical cords placed so they do not become a trip hazard?
- Are you using power outlet bars instead of extension cords?
- Is the hot water kept at a safe temperature to prevent scalding?
- Is there a system in place so an emergency call can be placed if help is needed?
- Are safety systems in place such as smoke detectors, fire extinguishers, sprinkler fire systems, security cameras, generators, emergency call systems, and are they routinely tested and in good condition?
- Is the access to the building limited to only those who have permission?

Are entrances well lit? These are just some things to watch for so our residents are kept as safe and secure as possible. If you note something that is not as it should be, take steps to correct it, or, if necessary, bring it to the attention of a staff team member. **Safety and Security** is the responsibility of all SilverCrest team members. It is one of our ongoing duties and we take pride in doing it well!

Splendid times at Esplanade Gardens



It's was So much Fun, going under the Limbo Bar at The Luau Party!



Our Staff here at Esplanade Gardens, entertained our residents with a traditional Hawaiian dance!



Happy Father's Day! to Our Fathers And Veterans

