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Managed by SilverCrest Properties



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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

October

Men's Coffee (Shop Talk)

October 1st, 15th, & 29th

Bible Study

Every Wednesday, at 10:00am

Social Talk Time with the MOD-Manager on duty (in the Lobby)

Saturday's, 10:00am

Birthday Bash with Paul Davis

October 2nd at 1:30pm

Jean Playing Piano and Karen Singing (AL RA's escort residents to the Piano room)

October 8th, 10:00am

Grace Community Church

Service (in the

Piano Room and Lobby)

October 12th, 10:30am

Jean Playing Piano and Corrinne Singing

October 14th and 28th, 11:00am

Travel the World on the Big Screen Going to Italy

October 16th, 2:00pm

National Pasta Day Lunch!

October 17th, 11:30am

Arland Playing Piano

October 17th, 2:00pm

Lunch Bunch

October 18th, 11:00am

Rick with Putting on the Hits with Pop Corn and Sodas

October 23rd, 1:00pm

Scenic Drive

October 24th, 2:00pm

Harvest Tea Party!

October 29th, 3:00pm

October 31st

11:30 Harvest Lunch Party with Valerie Singing

2:00 Costume Contest with Staff and Residents

5:30-6:30 Trick or Treating with the Kids (in the Lobby)

A lot of activities will be happening in October. Make sure you keep an eye on the calendar board in the lobby and don't miss out on all the fun!



Wellness

Find essential words of wisdom, encouragement, and comfort in these breast cancer quotes from thrivers and others

No one should ever have to experience breast cancer—not the fear, the pain, or the uncertainty of what course the disease will take. But amidst the dark moments, many people with the disease find themselves transformed. Some learn to let go of things they can't control. Others develop a new perspective about who and what is most important to them. Many come to appreciate the decades of research and scientific breakthroughs that led to lifesaving treatments.

- If you've just been diagnosed, are living with breast cancer, or finished treatment, let these words of encouragement and determination lift your spirit.

“Cancer survivors are blessed with two lives. There is your life before cancer, and your life after. I am here to tell you your second life is going to be so much better than the first.”

Hoda Kotb

“The experience of a cancer diagnosis will live in me. It was difficult. It was also amazing. Amazing in that you are very aware of your body, of the love that's around you, of your capability, all sorts of things.”

Kylie Minogue

“Cancer gave me a reason to be the best version of myself, and that's what I've done. You realize that fear can either cripple you or it can motivate you, and it had been crippling me. And I decided to change it, and let that fear be motivating.”

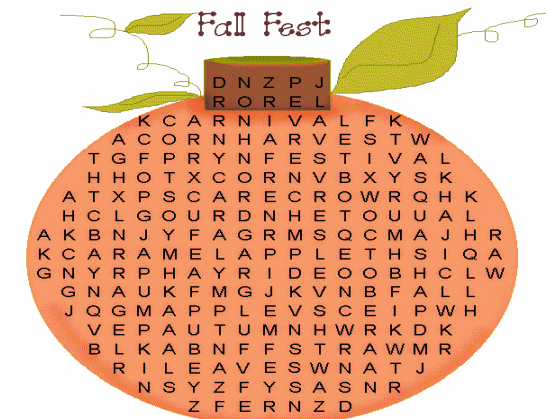
Amy Robach

“My cancer diagnosis was the permission slip I never needed to start being more intentional with my life and time. I have softened into my hard edges. I spent so many years shaming and picking apart my body, trying to improve and perfect it. Now I stand in awe of what my body is capable of—its resilience, and everything else I had taken for granted.”

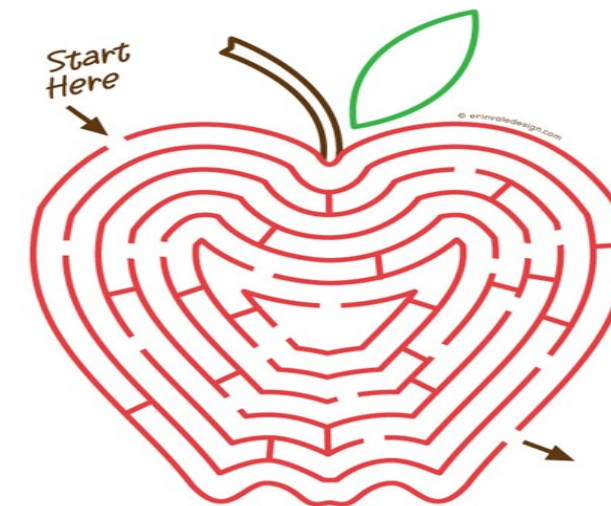
- *Danielle Doby*

From the Front Desk

Sylvia Garcia, Director of Administrative Services

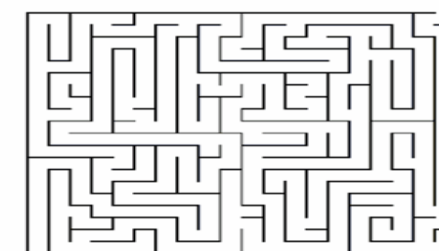


Acorn	Fall	October
Apple	Festival	Pumpkin
Autumn	Gourd	Scarecrow
Caramel Apple	Harvest	Squash
Corn	Hay Ride	Straw
	Leaves	



Hungry Scarecrow!

Can you help the scarecrow find his way to the pumpkin patch?



www.ActivityVillage.co.uk - Keeping Kids Busy

From the Dining Room

Richard Rogers, Director of Dining Services

Avocados contain a wide range of nutrients. Health benefits of avocado consumption may include improving digestion, lowering the risk of depression, and preventing bone loss. Also known as an alligator pear or butter fruit, avocados are [a type of berry](#). They grow in warm climates.

In every 100 g of avocado, there are [76 milligrams](#) [Trusted Source](#) (mg) of a natural plant sterol called beta-sitosterol. Regularly consuming beta-sitosterol and other plant sterols may [help maintain](#) healthy cholesterol levels, which are important for heart health.

Avocados contain [lutein and zeaxanthin](#) [Trusted Source](#), two phytochemicals present in eye tissue. They provide antioxidant protection to help minimize damage, including from UV light.

The monounsaturated fatty acids in avocados also support the absorption of other beneficial fat-soluble [antioxidants](#), such as beta carotene. As a result, adding avocados to the diet may help reduce the risk of developing [age-related macular degeneration](#).

From the Marketing desk

Laura Terranova, Director of Marketing



A mother's call

A daughter was in her room upstairs, doing her homework, when suddenly she heard her mother call to come down for dinner. She jumped onto her feet and began making her way towards the stairs, but before she could even take a step, hands grabbed her and pulled her into the laundry room beside the staircase.

She panicked before realizing it was her mother, her real mother, eyes watery and bloodshot. "Don't go down their honey, I heard it too."

Who's in my bed?

A father went to say good night to his seven-year-old son, very well knowing that if he didn't his son would have trouble sleeping. It was a nightly routine between them. He entered the dimly lit room where his son waited under his blanket. At first glance the father could tell there was something unusual about his son tonight but couldn't put his finger on it. He looked the same but had a grin that drew from ear to ear.

"You okay, buddy?" the father asked.

The son nodded, still with the grin, before saying, "Daddy, check for monsters under my bed."

The father chuckled a bit before getting on his knees to check only to satisfy his son.

There, under the bed, pale and afraid, was his son. His real son. He whispered, "Daddy, there someone on my bed"

Happy Hallows Eve...lets see what goes bump in the night!!



Lucy B.	October 4th
Ivan S.	October 5th
Tom D.	October 13th
Eugene P.	October 15th
Kathy B.	October 17th
Ida M.	October 17th
Martha S.	October 19th
Robert C.	October 20th
Don P.	October 21st
Anita M.	October 24th
Oliver M.	October 28th

From the Executive Director's Desk

Johnny Richardson, Executive Director

Embracing Autumn

Dear Team & Residents,

As we embrace the beautiful fall season, I want to take a moment to reflect on the changes around us and how they inspire our work and community. The crisp air, vibrant colors, and the sense of renewal that autumn brings provide us with an excellent opportunity to reenergize our goals and strengthen our connections and outreach.

Fall is a time for harvest, both literally and metaphorically. Just as we gather the fruits of our labor, let's take a moment to recognize our residents, families, community, achievements and the progress we've made as a team. Each of you plays a vital role in our success, and your hard work does not go unnoticed.

I encourage everyone to take advantage of this season to recharge and find inspiration in the beauty around us. Whether it's enjoying a walk in the park, attending a local harvest festival, or simply taking time to reflect, let's embrace the spirit of fall together.

As we move into this season, let's also focus on collaboration and support. Fall is about coming together, sharing ideas, and fostering an inclusive environment. I invite you all to engage in our community activities and discussions, as we continue to cultivate a culture of creativity and teamwork.

Thank you staff, residents, families, and community partners for your dedication and commitment. I am excited to see what we can accomplish together in this vibrant season!

Warm regards,

Johnnie Richardson, Executive Director

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.

Splendid times at Esplanade Gardens

