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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



Men's Coffee (Shop Talk)

November 5th and 12th

Town Hall Meeting with

(All Residents)

November 6th, 10:00am

Bible Study

Every Wednesday, at 10:00am

Birthday Bash with Paul Davis

November 6th, 1:30pm

**Veterans Day Program (Veterans
 Pinning Services with Veterans Me-
 morial HS ROTC)**

November 8th, 10:00am

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

November 9th, 10:30am

**Jean Playing Piano and Corrinne
 Singing**

November 11th, and 25th, 11:00am

Podiatry (Foot Doctor)

November 14th, 9:00am

Scenic Drive

November 14th, 2:00pm

Happy Tails Animal Show

November 14th, 1:00pm

Arland Playing Piano

November 21st, 2:00pm

Thanksgiving Tea Party!

November 26th, 3:30pm

**Rick with Putting on the Hits/ Happy
 Hour with Pop Corn and Sodas**

November 27th, 1:00pm

October is our observation of Italian Heritage Month. Celebrate National Pasta day with us on October 25th as we enjoy a lovely buffet. We also had a Halloween party and Trick or Treating with the kids at the end of the month!

Happy Thanksgiving!

All Day! Thanksgiving Meal will be served in the Dining Room! (Lunch and Dinner)



We will also honor our Veterans with a wonderful Veteran's Day Pinning Program.



As November begins, we turn our thoughts to all the many things that we enjoy and prepare to give thanks. The Tea Party this year will be celebrating all their many blessing by having a Thanksgiving afternoon tea and Thanksgiving deserts to celebrate Thanksgiving together.

We have lots of Christmas Concerts, Caroling and going out to see the Christmas lights and Christmas Parties, lot of celebrating in December, it's a exciting time of the year, so make sure to be looking at your holiday activity calendars and don't miss out on all the fun here at Esplanade Gardens.

Wellness

Happy Thanksgiving!!!

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States.

It can cause blindness, nerve damage, kidney disease and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people.

And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure or are age 45 or older you are at higher risk of developing type 2 diabetes.

The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes: Watch your weight Eat healthy Get more physical activity How can American Diabetes Month make a difference? We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

Make small changes, like taking the stairs instead of the elevator. Getting regular check-ups. You should get your blood pressure and cholesterol checked, and ask the doctor about your diabetes risk.



From the Front Desk

Sylvia Garcia, Director of Administrative Services

The Pillsbury Doughboy

How big is he? Poppin' Fresh is 8 ¾ inches tall (with this hat!) and weighs 14 oz. The Doughboy has starred in more than 600 ads for 50 products.



In 2009 Poppin' Fresh made his debut as a balloon in the [Macy's Thanksgiving Day Parade](#). Poppin' Fresh celebrated his [50th birthday](#) in 2015.

The Doughboy's [first commercial](#) aired on November 7, 1965. The Doughboy was born when he popped out of a can of dough, and said his first words, "I'm Poppin' Fresh, the Pillsbury Doughboy!"

Poppin' Fresh also starred in a commercial [making chocolate chip cookies](#) with 6-year-old Maureen McCormick, who went on to play Marcia Brady in *The Brady Bunch*. In the ad, the two sing the classic slogan, "Nothin' says lovin' like something from the oven, and Pillsbury says it best."

In recent years, [MasterCard aired a commercial](#), which featured some of the top advertising icons, from the Morton Salt Girl (who poked the Doughboy's tummy!) to the Vlasic Pickle Stork and Count Chocula. The Doughboy also guest starred in a Geico commercial where he gets a pat down at an airport on the way to a baking convention. Of course, he couldn't help but giggle!

In 1972 the Doughboy was introduced as a 7-inch vinyl doll, which became one of the fastest selling toys in the U.S.

From the Dining Room

Richard Rogers, Director of Dining Services

The nutrients in romaine lettuce provide multiple health benefits:

Vitamin C helps support the immune system, is high in [antioxidants](#), and helps keep bones and teeth strong.

Calcium is necessary for the building and maintenance of bones, muscle function, nerve function, and blood clotting.

Vitamin K is also necessary for blood clotting. It works together with calcium to prevent bone mineral loss and fractures due to [osteoporosis](#).

Vitamin A (from beta carotene) is a vital nutrient, necessary for health. An antioxidant, vitamin A supports cell growth and reproductive health. It also helps to maintain the heart, kidneys, and lungs. Vitamin A also supports the eyes.

Folate is a B vitamin, which supports cell division, the production of DNA, and genetic material. [Folate deficiency](#) in pregnant women can lead to complications with pregnancy, including [premature birth](#), [low birth weight](#), or the birth defect [spina bifida](#).

Phosphorus works with calcium to build strong bones and teeth.

Magnesium helps enzymes function and relaxes the muscles in your body. It works with calcium to build tissue.

Potassium is an electrolyte that helps your heart beat regularly. It supports nerve function and helps your muscles contract normally. Potassium also helps your cells to move, and utilize, nutrients efficiently. It minimizes the negative impact of [sodium](#) (salt) on the body.

From the Marketing desk

Laura Terranova, Director of Marketing

Thanksgiving is here once again, and that means it's time for two of our favorite things: lots of food and lots of jokes. Even if you're keeping things small and low-key this year, there's always room for laughter around the Thanksgiving table — and the best part is there are no cooking skills required!

What's insulting on a normal day but not on Thanksgiving? A: Someone flipping the bird. Thanksgiving is a time to count your blessings, one by one, as each relative goes home.

What do you call a turkey on the day after Thanksgiving? Lucky.

I was going to serve sweet potatoes for Thanksgiving, but I accidentally sat on them. Now I'm serving squash.

What sound does a turkey with one leg make? Wobble, wobble!

What did the turkey say to the turkey hunter on Thanksgiving Day? Quack, quack!

What song should you listen to on Thanksgiving? "All About That Baste."

What does a disappointed mother turkey tell her kids? "If your father could see you now, he'd be rolling over in his gravy!"

What happened when the cannibal showed up late to Thanksgiving dinner? He got the cold shoulder.



Billie S.	November 8th
Barbara P.	November 14th
Margaret E.	November 15th
Cecilia G.	November 22nd
Richard A.	November 22nd

From the Executive Director's Desk

Johnny Richardson, Executive Director

Dear Residents and Families,

You'll know it's November the minute you feel like you're deep into fall. So, when the once-beautiful autumn foliage has bid its farewell, and when the chilly air calls for a fall coat instead of your traditional flannel—it just simply means that November has arrived! It's kind of sweet when you think about it, because not only is the weather changing, but we also leave the spooky festivities behind in October as we welcome in Thanksgiving and all of its shenanigans. It's a time full of change.

As we embrace the beauty of November, I want to take a moment to express my gratitude for our vibrant community and the warmth that fills our halls. This month is a time of reflection and thankfulness, and I am thankful for each of you—our residents, families, and dedicated staff who make our home truly special.

The Thanksgiving holiday is a time for thankful hearts, delicious food, and family gatherings. It's a day where we collectively express gratitude for the everyday blessings we've been given.

Fun Facts about November:

Novem is the Latin word for 9. But wait, isn't November the 11th month? Interestingly, before January and February were added to the calendar, November was the 9th month.

If you're American you know the presidential election is always in November, thanks to the farmers.

The official flower for the month of November is the chrysanthemum. Meaning 'golden flower' the chrysanthemum represents honesty, joy and optimism.

Don't forget to join us on November 28th for our annual Thanksgiving feast! We'll gather in the dining hall for a traditional meal filled with seasonal favorites. Please RSVP by November 15th so we can ensure there's enough for everyone.

Sending good wishes and God's blessings to you this Thanksgiving! Good food that fills your table, good health as you work hard, and good times with family and friends. May you have all the best delights in life. Happy Thanksgiving!

Warm regards,

Johnnie Richardson

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



No Bake Class
Decorating Cookies!



Men's Coffee Shop
Talk Social



Lunch Bunch
Outing!



Good Times at
Esplanade Gardens