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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

DECEMBER

Catholic Communion

December, 3rd 10:00am

Turn on the Christmas Tree Lights and Singing Christmas Carols

December 3rd, 5:30pm

Birthday Bash with Paul Davis

December 4th, 1:30pm

Mini Mall Vender Sales

December 5th, 10:00am-1pm

Town Hall Follow-up meeting

December, 10:00am

Coronado Village Elementary School Caroling

December 10th, 10:00am

Residents and Families Annual Christmas Party! With Paul Davis Singing

December 10th, 4:30-6:30pm

Potter's Family Band Christmas Concert)

December 11th, 1:00pm

Grace Community Bible Church Caroling in the lobby!

December 11, 6:00pm

Music Studio Adults Christmas Concert/ with Harps & Piano

December 12th, 10:00am

Music Studio Children Christmas Concert/ with Piano & Harps

December 12th, 6:00pm

Going to see the Christmas Lights

December 16th, & 17th 5:30pm

Unv.City First Baptist Church

Christmas Concert

December 17th, 10:00am

JoAnn's Christmas Recital

December 18th, 3:00pm

Crestview Elementary School

Caroling

December 19th, 10:00am

Santa Pictures and Gifts for all Residents From EG

December 19th, 2:15pm

Special Christmas

Tea Party! (Valerie Singing)

December 23rd, 2:30pm

New Years Eve Party! With Rick

"Putting on the Hits"

December 31st, 2:30pm

Lots of events are happening in December so make sure to look at the daily calendar on the board in the lobby and don't miss out on all the fun that's happening this month.

Get lots of rest so you can enjoy the events.

Happy Holiday!



Wellness

For some, the holidays are a favorite time of the year. The days are about experiences and people, family traditions, recalling old memories and creating new ones, and tuning into whatever you feel like doing at the moment. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust your expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

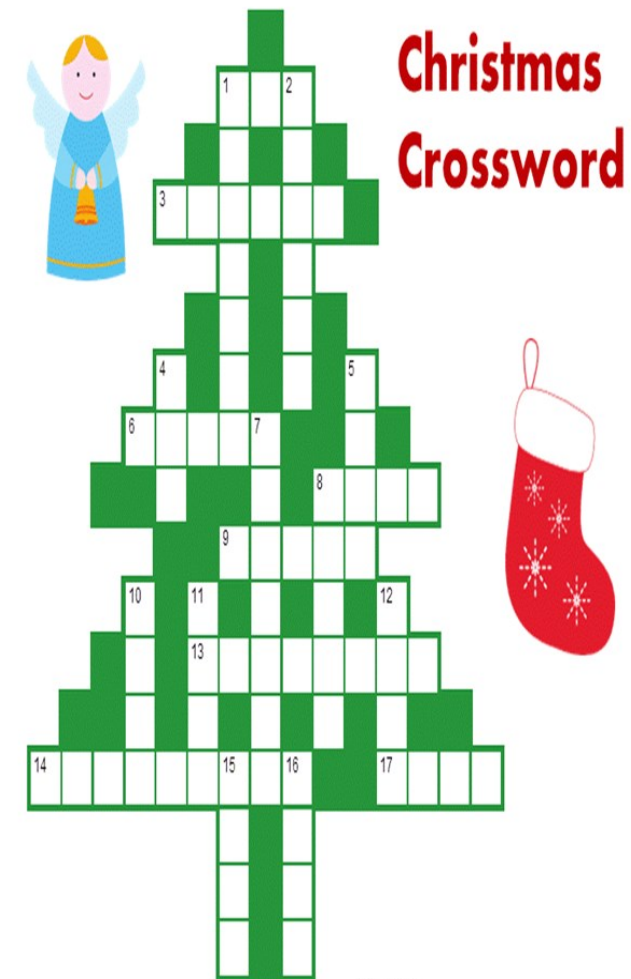
- Although it may be challenging, try to maintain a similar routine for your loved one and yourself so that holiday preparations don't become disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help an elder connect to holiday celebrations. However, you recognize more than anyone else how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Prioritize self-care and don't be afraid to share your wish list. Whether it's having a break to go to a movie, take a walk, or meet a friend for lunch, or having someone cook a meal or help clean the house—having even a short time off can provide a change in perspective and allow you to recharge your batteries.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.



From the Front Desk

Sylvia Garcia, Director of Administrative Services



Christmas Crossword

ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christs

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle ____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas.
16. Snow glider

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From the Dining Room

Richard Rogers, Director of Dining Services

Health benefits of strawberries

Eating strawberries is associated with a reduced risk of many chronic diseases

Strawberries may improve heart health, lower blood sugar levels, and help prevent cancer. Heart disease is the most common cause of death worldwide. Studies have found a relationship between berries — or berry anthocyanins — and improved Large observational studies in thousands of people link berry consumption to a lower risk of heart-related deaths. According to a study in middle-aged people with well-established risk factors for heart disease, berries may improve HDL (good) cholesterol, blood pressure, and blood platelets function. Strawberries may also improve blood antioxidant status

- decrease oxidative stress
 - reduce inflammation
 - improve vascular function
 - improve your blood lipid profile
- reduce the harmful oxidation of LDL (bad) cholesterol

The effects of freeze-dried strawberry supplements on type 2 diabetes or metabolic syndrome have been studied intensely — mainly in overweight or obese individuals. After 4–12 weeks of supplementing, participants experienced a significant decrease in several major risk factors, including LDL (bad) cholesterol, inflammatory markers, and oxidized LDL particles .

From the Marketing desk

Laura Terranova, Director of Marketing

*I hope you find some Christmas magic and don't let anyone
Dull your Sparkle this season of Joy!!!!
What is Christmas? It is tenderness for the past. Courage for the
present. Hope for the future.
Seeing is believing, but sometimes the most real things in the world are
things we can't see, that is when we have faith in our Lord he will
always shine our way and defend his flock!*



We at Esplanade Gardens would like to
Congratulate Trenese Miller, on completing
Certification as a CNA



Sally C.	December 11th
Lupe R.	December 12th
Lucy G.	December 13th
Ezzard N.	December 14th
Catherine D.	December 15th
Janet T.	December 16th
Joe W.	December 20th
Dorothy S.	December 21st

From the

Executive Director's Desk

Johnny Richardson, Executive Director

Happy Holidays from the Esplanade Gardens Team!

*"What good is the warmth of summer, without
the cold of winter to give it sweetness."*

As we close out the year, we want to take a moment to reflect on the wonderful moments we've shared with all of you throughout 2024. Whether it's celebrating milestones, enjoying seasonal activities, or simply sharing a smile, our community continues to grow stronger because of each of you.

This December, let's embrace the warmth of the season, enjoy the company of friends and neighbors, and take time to appreciate the joy and peace that the holidays bring.

December Trivia

What is the birthstone for December?

December 21 or 22 marks the winter solstice, which is the shortest day and longest night of the year. In the Southern Hemisphere, it is known as what?

Which fairy tale character duo famously lived in a gingerbread house?

In which state did the historic event known as the Boston Tea Party take place on December 16, 1773?

As we enter Flu season, we want to remind everyone to take precautions to stay healthy. Please remember to wash your hands frequently, cover your coughs and sneezes, and stay home if you're feeling unwell. Our staff is available to assist with any concerns regarding flu shots or preventive measures.

December Poem

I sat with chill December
Beside the evening fire.
"And what do you remember,"
I ventured to inquire,
"Of seasons long forsaken?"
He answered in amaze,
"My age you have mistaken;
I've lived but thirty days." ~ John B. Tabb

Happy Holidays!

Ans: Turquoise, Summer solstice, Hansel and Gretel, Massachusetts

SilverAdvantage

R-e-s-p-e-c-t. Aretha Franklin sang about it, parents strive to teach it to their kids, and it is talked about in schools and households daily. But its definition, "to admire, show regard and consideration for," is often lost in translation when applied to a fast-growing segment of today's society – seniors or mature adults.

This year marked the beginning of an extraordinary phenomenon; the first of the baby-boom generation reached retirement age, and for the next 18 years, boomers will turn 65 at a rate of approximately 8,000 a day, according to the American Association of Retired Persons (AARP).

Beyond the aging baby-boom generation, people in general are living longer these days, notes James Stedman, Ph.D., a clinical professor and child psychologist at the University of Texas Health Science Center. "Our lifespan has increased," he says. Where once people lived into their 60s, today they live well into their 90s and it's not uncommon to see three generations within a single family. "Eventually, the parent becomes the sole provider or caregiver of a parent," Stedman says.

With an increase in both lifespan and the number of seniors comes a greater need for parents to teach their children how to respect their elders, from their own grandparents and great grandparents to their neighbors. How children learn to interact with seniors today will likely affect how they'll treat their own parents in future years, says Amy Goyer, AARP's family expert and a specialist in intergenerational relationships for more than 25 years.

Goyer offers the following advice when teaching children to respect their elders: role model, humanize and facilitate.

"Parents need to understand and realize that they are teaching their kids by what they do and how they treat their parents," Goyer says.

Splendid times at Esplanade Gardens

IN HONOR OF OUR
VETERANS



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VETERANS

