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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 / Elvis the Kings Birthday! Celebration with Paul Davis (Come listen to Elvis Music)**

January 2nd, 1:30pm

**Follow up Town Hall meeting**

**with all residents**

January 9th, 2:00pm

**New Years Wii Bowling Tournament Residents VS Staff**

January 10th, 2:00pm

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

January 11th, 10:30am

**Residents Council Meeting with all residents (Activity Room)**

January 14th, 2:00pm

**Arland Playing the Piano**

January 16th, 2:00pm

**Potter's Family Band**

January 15th, 1:00pm

**Happy Tails Animal Show**

January 17th, 1:00pm

**Scenic Drive**

January 17th, 2:00pm

**Showing Martin Luther King Jr. Speech (in the Piano room)**

January 20th, 2:00pm

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

January 22nd, 2:00pm

December here at Esplanade Gardens was a busy month full of parties, caroling and festivities. With the holidays now nearly over for another year, we can start looking forward to another bright new year of more exciting events and activities. Be sure to start marking your calendar early so you don't miss anything!

The 2025 New Year begins a new year and new changes around Esplanade Gardens' activity calendars, (new games), so make sure you are looking at your calendars and the white board in the lobby.

As we begin the new year and month, we are looking forward to (what else?) more celebrations! We will start with a Wii Bowling tournament with our Residents VS the Staff, so excited to see this! This will happen on January 3rd, at 2:00pm.

Here at Esplanade, we will be celebrating two kings in January. On January 8th, we celebrate Elvis Presley's, the King of Rock and Roll, birthday by playing many of his famous songs as we go down memory lane. Also in January, we honor the memory of a true American hero and civil rights champion, Martin Luther King, Jr.



## Wellness

Hello All,

Water is vital for the whole body and is essential for health, helping digest your food, absorb nutrients, and then get rid of the unused waste. With age, the percentage of water in the body decreases. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Seniors may be at a higher risk of dehydration due to decreased sense of thirst, fear of being incontinent, swallowing difficulties and gastrointestinal disorders. In addition, an increased risk of infections, pressure sores, falls, and broken bones can be attributed to lack of proper hydration.

Signs of dehydration include:

Loss of skin elasticity (skin tenting)

Concentrated urine

Dizziness

Increased heart rate

Dryness in the nose and mouth

Constipation or decreased bowel movements

Bowel discomfort

Acute confusion

Water hydrates every cell and every organ in the body, including the brain. More than 2/3 of the brain is made up of water. Age can affect the body's physical and cognitive functions. Water won't solve this problem but it is necessary for seniors in their daily lives.

During the winter months in Texas, when the temperatures are pleasant, people tend to be more active, but because it's not hot outside, we don't think about drinking enough water. It is important to make sure you and your loved one is drinking enough water and getting the exercise and activity needed for health and overall wellbeing. Resolve to make water consumption an important part of your daily routine.

## From the Front Desk

Sylvia Garcia, Director of Administrative Services

### 12 Grapes

Bryana Lopez – Front Desk/Receptionist

Every family has their own special way of celebrating the New Years; whether it's watching the ball drop in New York City (on TV of course), staying in, drinking hot chocolate/champagne or popping fireworks at midnight. The way my family and I celebrate it might be a little different than how other families celebrate it. Have you ever heard of the game Twelve Grapes? If not, read on to hear more about the bizarre game.

Twelve Grapes started out in Spain in the late 1800's and was also popular in Mexico. In the Spanish culture, the reasons they play is because they believe if you eat all twelve grapes you receive good luck in the year coming up; such as luck on love, life, getting a new Mercedes-Benz, or just wanting a better year than last year.

Most people ask the question, "why twelve?" The only answer is that there are 12 months within a year. One grape symbolizes for one month.

The way to play is you start off with twelve grapes either a minute before midnight or 30 seconds before midnight, your choice. During the last 12 seconds before midnight you put a grape in your mouth and eat one every second... without choking on them! The best part is you can choose small grapes for it to be easier on your part. It's a very fun and competitive game to see who can eat the most grapes before January 1<sup>st</sup> and who will receive the best luck.

I'm no expert on the game myself. I've only played it twice, ate nine grapes both times and sadly did not receive a new Mercedes-Benz.



## From the Dining Room

Richard Rogers, Director of Dining Services

### Food for Thought

## Foods to load up on in the New Year

**Salmon.** Coldwater fish like salmon are rich in omega-3 fatty acids. Recent studies found that eating baked or broiled fish at least once a week lowers your risk of memory loss and Alzheimer's disease. It boosts the size of your brain cells. (Skip fried fish -- researchers say it doesn't offer the same benefit.)

**Chocolate.** This sweet treat has antioxidants known as polyphenols, which increase blood flow to your brain to trigger growth of new blood vessels and brain cells while soothing inflammation to prevent memory loss. Chocolate is has about 150 calories per ounce, though, so nibble it in moderation.

**Olive oil** olive oil is a boon to your heart. It also aids your brain with a compound called oleocanthal, which helps keep your synapses running smoothly to prevent nerve cell damage associated with Alzheimer's. **Celery.** It's chock-full of luteolin, an antioxidant that helps tame brain inflammation. Not bad for just 6 calories per stalk. Use it as a dipper with hummus for an awesome memory-boosting snack.

**Greens.** Spinach, chard, collards, and other greens are good sources of vitamin E, a key nutrient to halt brain aging. When it comes to vitamin E, only food, not supplements, can cut your risk of Alzheimer's by up to 45% and dementia by 25%.

**Sunflower seeds.** They're another great source of vitamin E to safeguard your memory. Aim for 19 milligrams of vitamin E a day; an ounce of sunflower seeds has 7.3 milligrams.

**Whole grains.** They're full of fiber and antioxidants, especially vitamin E and B vitamins, which help stabilize your blood sugar to help prevent diabetes *and* memory loss.

## From the Marketing desk

Laura Terranova, Director of Marketing



May the New Year 2025 bring you more happiness, success, love, and blessings! Wishing that you have a truly remarkable and blissful year ahead! Happy new year to you and your family! I'm blessed to work here at Esplanade Gardens where I know that I have friends like you in my life this New Year! Cheers to a fabulous year! Laura ☐



<b>Josephine G.</b>	<b>January 5th</b>
<b>Joyce L.</b>	<b>January 20th</b>
<b>Margaret</b>	<b>January 24th</b>

## From the

### Executive Director's Desk

Johnny Richardson, Executive Director

*"Celebrate endings—for they precede new beginnings."*

Message from the Executive Director:

Dear Residents, Families, and Staff,

Happy New Year to all of you! As we embrace the beginning of 2025, I want to take a moment to reflect on the wonderful memories we created together in the past year and look ahead to all the exciting opportunities and experiences awaiting us in this new year.

At Esplanade Gardens, we are committed to ensuring that every day is filled with joy, growth, and meaningful connections. We have many new programs, events, and activities planned for January that we hope will bring warmth and excitement to our community as we start the year. Our dedicated team is always striving to enhance the well-being of each resident, and we will continue to prioritize health, happiness, and engagement in everything we do.

As the winter season settles in, please remember that our team is here for you, whether you need assistance with day-to-day tasks, have questions about upcoming events, or simply want to chat. We're all part of this wonderful community, and I am so grateful for the kindness, care, and support that each of you contributes to making this a special place to call home.

For Fun: A little New Years Day history.

1902 – The first American college football bowl game, the Rose Bowl between Michigan and Stanford, is held in Pasadena.

1908 – For the first time, a ball is dropped in New York City's Times Square to signify the start of the New Year at midnight.

1962 – United States Navy SEALs established.

Here's to a fresh start, filled with new beginnings, opportunities, and the continued warmth of our community!

*"New Year is the first blank page of a 365-page book. Write a good one."*

Wishing you all a happy, healthy, peaceful and prosperous New Year!

Warm regards,

Johnnie Richardson  
Executive Director

## SilverAdvantage

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

