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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



Mardi Gras Lunch Party! Birth-day Bash and New Residents with Paul Davis

Tuesday, March 4th, 11:30am

Ash Wednesday

(Barbara Ward will be here to give out ashes)

Wednesday, March 5th, 10:00am

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

Saturday, March 8th 10:30am

Jean Playing Piano and Corrinne Singing

Monday, March 10th, and 24th,
11:00am

Potter's Family Band

Wednesday, March 12th, 1:00pm

St. Patrick's Day Lunch Party (Performing Valerie)

Monday, March 17th, 11:30am

Jean Playing Piano and Karen Singing

Tuesday, March 18th, 10:00am

Arland Playing the Piano

Thursday, March 20th, 2:00pm

Happy Tails Animal Show

Friday, March 21st, 1:00pm

Catholic Communion

Tuesday, March 25th, 10:00am

Rick with Putting on the Hits

Wednesday, March 26th, 1:00pm

Picnic in the Park

Thursday, March 27th, 9:30am

Scenic Drive

Friday, March 28th, 1:00pm

February continued with the cold weather. The ground hog didn't see his shadow, so we have 6 more weeks of winter.

We Started February off with Breakfast in Bed for the residents. Then, the First Friday Network had their first of the year meeting and enjoyed Esplanade Gardens' breakfast. The First Friday Network is made up of many vendors throughout San Antonio that are in the business of helping our seniors out in many ways.

Love was in the air in February. We crowned our King and Queen, Robert and Mary, at our lovely Valentine Lunch Party. Also, it was rodeo month! We saddled up our horses and did the two-step at our cowboy lunch party, while Rick with Putting on the Hits sang and played country music.

We started out March with a Mardi Gras party! Esplanade Gardens brought out its mask and let the Saints march in.

On St. Patrick's Day we will celebrate with Lunch party with Valerie performing Irish music. Watch out for the little leprechaun running around.

We also want to bring in the spring time with a picnic in the park and feed the ducks, March 27th, at 9:30am.



Wellness

The Monthly Mirror

Memory Care Neighborhood

About dementia

Dementia is not a specific disease.

It's an overall term that describes a wide range of symptoms associated

with a decline in memory or other

thinking skills severe enough to re

duce a person's ability to perform eve

ryday activities. [Alzheimer's dis](#)

[ease](#) accounts for 60 to 80 percent of

cases. [Vascular dementia](#), which

occurs after a stroke, is the second most

common dementia type. But there are

many other conditions that can cause

symptoms of dementia, including

some that are reversible, such as thyroid

problems and vitamin deficiencies.

Dementia is often incorrectly referred to as

"senility" or "senile dementia," which reflects

the formerly widespread but incorrect belief

that serious mental decline is a normal part

of aging.

Say It With Heart

American Heart

The universal symbol of love is also found in many common expressions. Home is where the heart is —

This means that your home is the place where you are the happiest, whether it's an actual location or

simply being with people you love. The saying has been attributed to the ancient Roman author Pliny

the Elder. Young at heart — An older adult who has a youthful outlook and a zest for life is said to be

young at heart, no matter his or her real age. Follow your heart — Someone who makes a decision

based on emotions or intuition follows his or her heart. Absence makes the heart grow fonder — Be

ing apart from someone special can strengthen your feelings for that person. The idiom is centuries old

and was made popular by an 1800s ballad. Wear your heart on your sleeve — People who express

their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the

phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described

as having a heart of gold.



From the Front Desk

Sylvia Garcia, Director of Administrative Services

Texas My Texas

John Wayne and Chuck Norris were honorary members of the Texas Rangers, which is the oldest state police force in the United States.

The world's first rodeo was held in Pecos, Texas on July, 1883.

The Bowie knife was named after the Alamo hero Jim Bowie. Jim's brother, Rezin, designed the hefty weapon.

The Academy Award statuette, Oscar, was named for Texan Oscar Pierce, whose niece worked in Hollywood for the Academy of Motion Pictures Arts and Sciences. When she saw the gold statuette, she reportedly said, "Why that looks just like my Uncle Oscar!"

The Dallas/Fort Worth International Airport (DFW) is home to the world's largest parking lot.

The term "Maverick" is derived from the name Samuel A. Maverick (1803-1870), an early Texas lawyer and pioneer.

The word "Texas" was the Spanish pronunciation "Tejas" of the Hasinai Indian word meaning "allies" or "friends." Many Native American tribes in Texas, including the Hasinai, were, destroyed.

Texas still owns all its public lands. If the federal government wants to create a park or cut a stand of timber, it must first ask the state's permission.

Texas experiences the most tornadoes in the United States, with an average of 139 per year. Tornadoes occur most often in North Texas and the Panhandle.

The most popular snack foods in Texas are Frito pie (a bag of Fritos mixed with chili, onions, and cheese eaten straight from the Frito bag), Dr. Pepper, Beef jerky, jalapenos, and corn dogs.

In 1969, Apollo 11 commander Neil Armstrong called Houston, Texas from the moon. The first word spoken on the moon in 1969 was "Houston."

<https://www.factretriever.com/texas-facts>

From the Dining Room

Richard Rogers, Director of Dining Services

Vegetarian Foods Packed with More Protein Than Meat

You already know that protein is an important part of a healthy, balanced diet. But when you don't eat a lot of meat, it can feel difficult to get in your recommended daily intake of protein. (The amount of protein you need will vary depending on a several factors, but protein should generally make up 10 to 35 percent of your day's total calories.) Whether you're a vegetarian, vegan or just an occasional meat-eater, there's good news: You can get just as much protein as all the carnivores out there. Start by chowing down these six foods.

1. Black Beans

They contain 15g of protein in just a 1-cup serving, more than the amount in a chicken drumstick. Not only are black beans a great source of protein, but they're also an excellent source of fiber and vitamins and minerals—plus they're low in fat and have no cholesterol. Use them instead of chicken in a quesadilla.

2. Lentils

Much like beans, lentils check some important boxes for herbivores. One cup of cooked lentils has nearly 18g of protein — more than the amount in a hamburger — and also contains a lot of fiber, vitamins, and minerals. This curried red lentil soup is ready in about an hour.

3. Tempeh

A fermented soybean product, tempeh is a tasty substitute for bacon or chicken. In fact, a cup of tempeh has about 33g of protein; by comparison, a slice of bacon has just under 4g of protein. Try a smothered tempeh sandwich.

4. Soybean

Soybeans take on many forms and are rich in amino acids and B vitamins. One cup of soybeans has about 31g of protein, more than a 4-ounce turkey burger. Use them in these edamame quinoa burgers.

5. Quinoa

Consider quinoa the king of protein-filled grains. Just ½ cup cooked quinoa contributes about 4 grams of protein. And it's versatile: It can be used in cookies, bars, salads, bowls and more; try it in these almond butter-quinoa blondies.

6. Spinach

No wonder a can of spinach made Popeye's muscles bulge — just one cup is equivalent to nearly 5 grams of protein. What's more: This popular green is a fantastic source of folate, important for healthy cells and reproductive health.

From the Marketing desk

Laura Terranova, Director of Marketing



Woman today are living the dream of women back in the 60's and 70's this song was written back in 1972...I want to thank the women before me that made the road easier for their younger sisters!!

**I am woman, hear me roar In numbers too big to ignore
And I know too much to go back an' pretend Cause I've heard it all before
And I've been down there on the floor No one's ever gonna keep me down again**

**You can bend but never break me Cause it only serves to make me
More determined to achieve my final goal And I come back even stronger
Not a novice any longer Cause you've deepened the conviction in my soul**

**I am woman watch me grow See me standing toe to toe
As I spread my lovin' arms across the land But I'm still an embryo
With a long, long way to go Until I make my brother understand**

**Oh yes, I am wise But it's wisdom born of pain
Yes, I've paid the price But look how much I gained
If I have to, I can face anything I am strong**

**(Strong) I am invincible
(Invincible) I am woman!!!!**



Patti R.	March 14th
Jim H.	March 16th
Jose s.	March 19th
Shirley J.	March 20th
Vicki H.	March 24th
Willie C.	March 30th
Glen Z.	March 31st

From the

Executive Director's Desk

Johnnie Richardson, Executive Director

Dear Residents, Families, and Staff,

*"There are many blessings, that each new Spring brings
You can see it bloom about and hear the song it sings"
~ The Blessing of Spring, Deborah Ann Belka*

As we welcome the month of March, originally the first month of the Roman calendar, we are excited to embrace the new season of spring and all the warmth and renewal it brings. Here at Esplanade Gardens, we continue to be inspired by the resilience and strength of our wonderful residents. We are grateful for each of you and proud to provide a community that fosters care, support, and connection.

Spring is a miraculous experience. The whole world comes alive after the winter in which it seemed that everything was dead. With the arrival of spring, March 20th at 5:01a.m. EDT this year, new hope for rejuvenation in our lives emerge.

Fun fact: In 2024, spring fell on March 19—the earliest first day of spring in 128 years!

St. Patrick's Day Celebration (March 17th), March Madness (NCAA Men's Basketball Tournament), and The Academy Awards, also known as the Oscars will fill March.

I would like to extend my deepest thanks to all our families, staff, and volunteers for their continued support and dedication. The care we provide would not be possible without your compassion and commitment. As we continue to navigate the challenges and joys of daily life, your unwavering presence makes all the difference.

As we look forward to the rest of the year, we remain committed to offering the highest level of care and enriching activities for our residents. Spring is a time for growth, and we are dedicated to ensuring that our community continues to thrive.

Thank you again for your continued trust and support. Should you have any questions or concerns, my door is always open. Together, we are creating a place that feels like home for all who walk through our doors.

Warmest regards,

Johnnie Richardson
Executive Director
Esplanade Gardens Senior Living

SilverAdvantage

*Professionalism isn't about the job you do;
it's how you do the job. - Anonymous*

The SilverAdvantage difference is Silver-Crest Properties' commitment to giving our residents, families, staff, and everyone else with whom we come in to contact with get the R.E.S.P.E.C.T. they deserve. In December, the letter is "P" which stands for professionalism. This value promotes positive impressions, appropriate boundaries, and integrity. It is about doing our jobs in the best, most professional manner possible, day in and day out.

As we work closely with you and your family, we hope you observe that the staff is performing their jobs in a professional manner. We expect all staff to do the best job possible, but we want to acknowledge those who go above and beyond. Part of the SilverAdvantage Program is to recognize staff for a job well done, and one of the ways we do this is by posting notes acknowledging staff for going above and beyond professionally. The notes are posted on SilverAdvantage boards located throughout our communities. Department heads, supervisors, and staff write notes of praise and/or appreciation recognizing something a staff member has done. We want to let you know that if you or a family member would like to say "a job well done" to staff, please feel free to post a note on the boards. These notes mean a lot to the staff, especially when they come from those we serve.

SilverAdvantage - Giving you the R.E.S.P.E.C.T. you deserve.



Splendid times at Esplanade Gardens



Esplanade Gardens Assisted Living "2025"
King and Queen
Robert G. and Mary M.

