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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

Ice Cream Social in the Lobby!

May 1st and 22nd, 2:00pm

Donuts and Coffee Social on the Patio

May 2nd and 16th, 10:00am

Mother's Day Gospel Concert by Valerie

May 12th, 10:00am

Special Mother's Day Hat Tea Party! (small Hats will be provided for the Tea Party!)

May 12th, 2:00pm

Town Hall Meeting

May 13th, 2:00

Snow Cone and Popcorn Social in the Lobby!

May 15th and 29th, 2:00pm

Happy Tails Animal Show

May 16th, 1:00pm

Scenic Drive

May 16th, 2:00pm

Wilder Elementary School Choir Performing

May 19th, 10:00am

Potter's Family Band

May 21st, 1:00pm

Memorial Day Ceremony Performing By (Veterans Memorial HS Color Guard)

May 23rd, 10:00am

Rick with Putting on the Hits

May 28th, 1:00pm

Go Feed the Duck at the Park

May 30th, 10:00am

April has been a warm weather month with Celebrations, starting with Easter as we celebrate the resurrection of Christ.

Fiesta Time in the Gardens!

April was a wonderful month of celebrating the Mexican culture here in San Antonio wonderful music and Mexican Food.

Here at Esplanade Gardens we brought Fiesta to our residents with Great Authentic Mexican food, Authentic Mexican music and dancers! It was a night to remember.

We will be starting May off with celebrating Cinco de Mayo, this is also a Mexican Culture.



May is a month that we honor and remember our Mother's; those that are living and those that have passed on. We think of all the wonderful things they do for us and have done for us. Mother are special people, and each one of us have a very special person to be thankful for.

We will end the month of May by Celebrating Memorial Day with a Flag ceremony and Wreath Prestation. Veterans Memorial High School ROTC, will be performing at the ceremony.



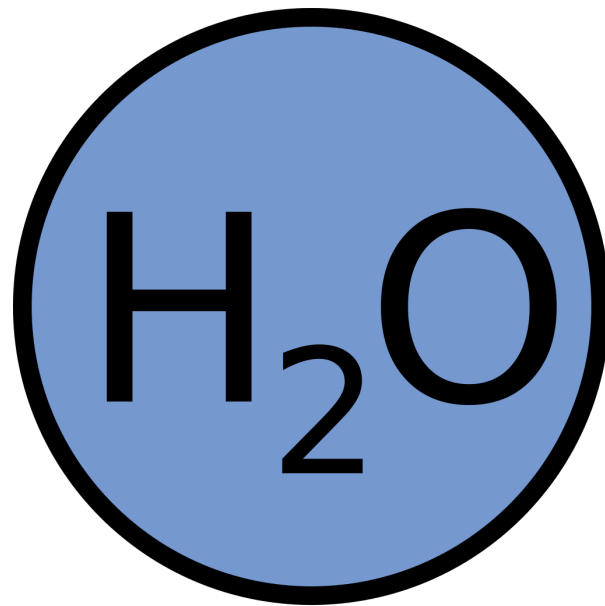
Wellness

Water is a simple and essential element for your body. Did you know that drinking enough water benefits your health?

The body is made up of between 55 and 75 percent water. Muscle retains more water than fat, therefore, the leaner the body, the higher the percentage of water. Water is essential to regulate body temperature, provide lubrication for joints, help blood flow, regulate blood pressure, keep body systems functioning properly and keep skin elastic. Nearly every cell in our body requires water for proper function. Water is also necessary for digestion and the removal of toxins. Water keeps the liver and kidneys functioning well. Inadequate hydration can also cause sluggishness and headache due to a decreased flow of blood to the brain.

If you are trying to lose weight, water is useful to help you feel fuller, metabolize stored fat, and prevent water retention. Although preventing water retention by drinking more does not seem to make sense, it is actually true. When you do not drink enough water, your body goes into 'survival mode', retaining water to stay off dehydration. This causes water weight gain, as well as health problems.

Most people who do not drink enough water on a daily basis have a diminished ability to feel thirst. By the time thirst is felt, the body is already dehydrated. Once you begin drinking water daily, you will notice feeling thirst more often. The body requires at least six to eight, 8 ounce glasses of water a day. A good formula to know how much water is needed is to divide your weight in half, and figure that number in ounces of water. For example, for someone who weighs 140 pounds, 70 ounces of water would be required daily.



From the Front Desk

Sylvia Garcia, Director of Administrative Services

One Photo – No Words Necessary

Memorial Day is a day when the United States remembers the women and men who died serving in the country's armed forces. In 2011, one photo taken by photographer Frank Glick at Fort Snelling National Cemetery touched many hearts. Glick, who was on his way to work early one morning, spotted a bald eagle through the mist, perched on a gravestone, and he snapped this photo with his camera.

No further words are necessary, but will close with a quote:



"A Hero is someone who has given his or her life to something bigger than oneself."

--Joseph Campbell - Author

<http://www.startribune.com/memorial-day-look-back-eagle-photo-touches-hearts/127347018/>

From the Dining Room

Richard Rogers, Director of Dining Services

Superfood: Orange

Whether eaten alone as a snack or creatively prepared in a recipe, oranges boast a wealth of nutritious benefits. This juicy and sweet fruit provides over 100% of the daily value for vitamin C making it an immune-boosting superfood. Oranges are a good source of B vitamins like B1 and folate for proper brain development, potassium to maintain electrolyte balance, calcium for healthy teeth and bones, and over 170 antioxidants. When choosing oranges look for ones that are smooth, firm, and heavy for the highest concentration of juice.



From the Marketing desk

Laura Terranova, Director of Marketing



From **May Day** (May 1st) to **National Smile Day** (May 31st), May is a month about... well, creation, fresh starts, and new beginnings. The transition from dark to light, from winter to summer, from nothing to something.

National Smile Day is celebrated annually on May 31st and encourages people to share their smiles and recognize the positive impact they have on both the individual and those around them.

Purpose:

The day aims to promote the benefits of smiling, which include improved mood, reduced stress, and a boost to the immune system.

How to Observe:

You can celebrate by smiling at strangers, giving compliments, sending positive messages, or simply doing something nice for someone else.

Universal Language:

Smiling is a universal language that can break down barriers and help connect people.

So, remember to smile and to all our wonderful Mothers Have a Happy Mother's Day!



Bain, G.

May 31st

From the

Executive Director's Desk

Johnnie Richardson, Executive Director

Dear Residents, Families, and Staff,

*In gardens bright, blooms start to rise,
With petals soft that touch the skies.
Each flower tells a tale anew,
Of dreams awakened, skies so blue.*

*As season shifts, the world ignites,
With colors bold in morning light.
In every bloom, a promise made,
For brighter days, the fears allayed*

~
Blossom of
Hope

May is here—blooming with the full splendor of spring and radiating an uplifting energy that encourages us to relish every blossoming tree and bright, sunny day! It's a month of colorful renewal, continued growth, and the heartwarming promise of sunny days ahead.

To help you indulge in the charm of May, we've curated a selection of positive and inspiring quotes about the fifth month of the year. Whether you're reveling in the beauty of spring's peak, celebrating a May birthday, or just seeking a dose of positivity and inspiration to brighten your month, these quotes are for you.

"May, more than any other month of the year, wants us to feel most alive." – Fennel Hudson

"May, the month of fresh beginnings and endless possibilities." – Sarah Chauncey Woolsey

"May is nature's way of saying, 'Let's start again.'" – Margaret Atwood

May I convey a loving reminder to love your neighbor as yourself. Meditate on the majestic, glorious splendor and wonderful miracles we experience in our daily lives. Be thankful that amidst the challenges life can bring we can still focus on the many blessings in our lives.

Additionally, we're reminded of the importance of staying hydrated as the weather warms up. Please remember to drink plenty of water throughout the day, and don't hesitate to ask any staff member for assistance if you need it.

Here's to making the most of May!

Thank You

Warm regards,
Johnnie Richardson
Executive Director

SilverAdvantage

Community:

Groups of people that come together build a community. But what keeps that group together? Whether it is neighbors, teammates or family members, living in close proximity to others requires that we make adjustments and compromises. Many times, we may not be able to get something we want in order to accommodate the needs of others in our community. When this happens, it is easy to feel annoyed or upset. Unfortunately, that grudge usually ends up hurting only the person holding on to it. Forgiveness Day is a time to forgive and to be forgiven. It must be a pretty good thing, because there are two groups that lay claim to a Forgiveness Day in the month of August. Both are world or international events. There's enough trouble and strife in the world. Two forgiveness days can only help to make things better. A little more forgiveness will help to make the world a much better place.

International Forgiveness Day, observed yearly on the first Sunday in August, was created by the World Forgiveness Alliance, a non-denominational, educational foundation. According to their website: "International Forgiveness Day dedicated to evoking the healing power of forgiveness worldwide." The founder is Robert W. Plath, from Mill Valley, California.

Global Forgiveness Day is observed on August 27th, and began in 1994. It was created and is sponsored by the Christian Embassy of Christ's Ambassadors. This holiday originated in Vancouver, British Columbia, Canada. This year, do your part. Take a few moments to sincerely forgive someone. And, make it public. That way forgiveness will spread. By doing this, we can strengthen the bonds within our Esplanade Gardens community, within our circles of friends and even our own families.



Splendid times at Esplanade Gardens

Great Time at the Easter egg Hunt. With the children from Crestview Elementary!



Our visited to the Sunken Gardens and Brackenridge Park. We saw the Gardens, had a Pic Nic and rode the Train. Wonderful Day!