ESPLANADE GARDENS
A SILVERCREST COMMUNITY

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SILVERCREST

Managed by SilverCrest Properties

EQUAL HOUSING OPPORTUNITY

Volume 17 Issue 9

September 2026

ESPLANADE GARDENS SENIOR CAMPUS

Fresh From the Gardens

A SilverCrest Community of Excellence

Program Ponderings

Mary Ann Capps

Director of Programs

Celebrating

Jean playing Piano and Karen Singing The Gospels

September 1st, & 15th, 11:00am

Birthday Bash with Paul Davis

September 2nd, 1:30pm

Arland Playing Piano

September 3rd, 2:00pm

Labor Day Picnic Party!

Music with Remy

September 4th, 11:30am

Beach Ball Volleyball (Residents and Staff) in the Lobby

September 4th, 2:30pm

Come enjoy the Sounds and Singing of Jerry D's and Robbin and Karaoke Time (in the Piano Room)

September 5th, & 26th 10:00am

Jean Playing Piano and Corrinne Singing Gospels

September 8th, & 22nd, 9:30am

First Responders (Kolache & Koffee Drive Thru) (Residents come out and Welcome our First Responders

September 8th, 10:00am

Catholic Mass

(in the Private Dining room)

September 9th, & 10:00am

Potter's Family Band

September 9th, 1:00pm

Grace Community Church Service

(in the Activity Room)

September 12th, 10:30am

Lunch Bunch

(Clear Spring Resturant)

September 16th, 10:00am

Happy Tails Animal Show

September 18th, 1:00pm

Universal City First Baptist

Adult Choir

September 22nd, 10:00am

SilverCrest Properties

40th Anniversary Celebration

With Music, Food, and Socializing

September 24th, 4:00pm-7:00pm

August was a very warm month here at Esplanade Gardens. We stayed inside as much as possible playing many games and watching entertainers perform.

Now, it's time to move into the school year for the kids. Hopefully, we will start to get cooler weather in September. We will start off the month celebrating Labor Day with a Special Picnic Lunch, to celebrate the Holiday.

We will also be Celebrating our First Responders with a Drive By Kolache & Koffee Drive Thru.

There are many things we are Celebrating this month on September 24th.

SilverCrest Properties 40th, Anniversary

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.

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From the Front Desk

Sylvia Garcia, Director of Administrative Services

Play Along, Sing Along, and Name the Movie

Name the "Movie" of this song:
You must remember this, a kiss is just a kiss, a sigh is just a sigh, the fundamental things in life as time goes by

Name the "Movie" of this song:
When you wish upon a star, makes no difference who you are. Anything your heart desires will come to you.

Who Sang this Holiday Song:
I'm dreaming of a White Christmas
Just like the ones I used to know
Where the treetops glisten and children listen to hear sleigh bells in the snow.

Who Sang this Song:
Love Me Tender, Love Me Sweet,
Never let me go. You have made my life complete And I love you so

Finish Singing the next Line of this Song:
Hit the Road Jack and……????

Who Sang this song??
I see trees of green, red roses too, I see them bloom for me and you and I think to myself, What a Wonderful World.

Fill in the Blanks of this song:
When the _____ hits your _____ like a big Pizza Pie, that's _____!

Who Sang this song and Name that Movie:
Somewhere over the rainbow, way up high there's a land that I heard of once in a lullaby.

From the Dining Room

Richard Roger, Dining Room Director

Many medical experts recommend oatmeal as a healthy breakfast—and for good reason. There's so much you can do with a container of oats. You can enjoy them warm, soak them overnight, bake them into bars or muffins, or even blend them into a waffle batter.

Besides such delicious versatility, why *exactly* do health experts recommend oatmeal as a go-to morning meal? How does a simple bowl of oats affect your long-term health? Is it healthy to eat every day? Here's what the science says about consuming oatmeal regularly.

It May Help You Feel Fuller for Longer Oats are a great source of fiber, a carbohydrate that the body cannot digest. Because fiber slows down digestion, you won't feel as hungry for a longer period. Eating fiber-rich foods helps avoid spikes and dips in your blood sugar levels while reducing feelings of hunger

You May Have an Easier Time in the Bathroom

"Oats contain a special type of soluble fiber called beta-glucan," says Michalczyk. "Beta-glucan forms a gel-like consistency in the gut and helps to keep things moving in your digestive tract and keep you regular."

This helps with bulking up your stool, making it easier for your bowel movement later. Plus, pairing your oatmeal with sources of insoluble fiber—like unpeeled sliced apples, nuts or blackberries—can also help keep things moving in your digestive tract and make things easier in the bathroom later.

From the Marketing Desk

Katherine Richards, Director of Marketing

ESPLANADE GARDENS
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Resident Spotlight

"BECKY"

- **How long have you lived at Esplanade Gardens?**
  - I've called Esplanade Gardens home for a little over four years.
- **What was your career or profession?**
  - I'm a retired U.S. Army medic with 20 years of service. I especially enjoyed flying in helicopters and traveling throughout my military career.
- **Tell us about your family.**
  - I'm the youngest of six children, with three brothers and two sisters. We grew up in Toledo, Ohio, along the Maumee River, where ships traveled to and from the Great Lakes.
- **Do you have a favorite hobby or pastime activity?**
  - I've always had a passion for reading. I also enjoy playing cards and games of all kinds, as well as participating in the many activities offered here at Esplanade Gardens.
- **What advice would you offer to the younger generation today?**
  - College is expensive! I encourage young people to consider trade schools. They offer valuable, hands-on career training and can provide a more affordable alternative to a traditional college education.
- **What do you appreciate most about this community?**
  - What I appreciate most is the staff. Everyone here is wonderful at what they do and truly makes this community feel like home.
- **Which invention during your lifetime has amazed you the most?**
  - The computer amazes me most because it puts a world of information at my fingertips and allows me to verify whether the information being shared is factual.
- **Is there anything else you would like the community to know about you?**
  - I may come across as tough, but I genuinely care about my fellow residents and always do my best to advocate for our rights.

Marilyn L.	**September 3rd**
Royce M.	**September 13th**
Linda N.	**September 17th**
Mary L.	**September 22nd**
Lois W.	**September 30th**

From the Executive Director's Desk

Johnnie Richardson, Executive Director

A Season of New Beginnings, Fun & Fellowship!

Dear Residents, Families, Friends, and Team Members,

Can you believe September is here already? Summer is beginning to wave goodbye, the days are getting a little shorter, and autumn is getting ready to put on its beautiful show! September is a wonderful reminder that every season has something special to offer.

Here at Esplanade Gardens Senior Living, we are excited to welcome the month with smiles, laughter, friendship, and plenty of opportunities to make wonderful memories together.

September is often called a month of transition. Children head back to school, football season kicks off, and we begin looking forward to cooler temperatures and colorful leaves.

But at Esplanade Gardens, we believe September is also a time to celebrate the people who make our community special—YOU!

Our residents bring wisdom, stories, humor, kindness, and experiences that make Esplanade Gardens more than a place to live. You are what makes this community a family.

September means football is back! Whether you are a lifelong fan or simply enjoy the excitement, we have plenty of reasons to cheer. Grab your favorite snacks, wear your team colors, gather with friends, and let the games begin! And remember, around here, friendly rivalry is encouraged—but friendship always wins!

Remember: participation is the secret ingredient to a great month!

A Special Thank You to Our Team
I want to take a moment to recognize our incredible Esplanade Gardens team.

Every day, our staff members work behind the scenes and on the front lines to make sure our residents are cared for, respected, encouraged, and treated with dignity. From housekeeping and dining to nursing, resident care, maintenance, activities, administration, and every other department—thank you for what you do.

Your compassion and dedication help create the warm, welcoming environment that makes Esplanade Gardens special.

With warmest regards,

Johnnie Richardson
Executive Director
Esplanade Gardens Senior Living

SilverAdvantage

Residents First!
Dignity Is What We Preserve, By Enriching The Lives Of Those We Serve

Putting Residents First:

Every day do something to make a difference and enrich a life

Notice ways to help residents become more independent

Respect their independence

Incorporate the six areas of wellness in your weekly routine

Create services and activities for all levels and abilities

Help residents stay in control of their lives***I***nitiate connections and friendships between residents that have similar backgrounds and interests

Navigate their mind and encourage residents to participate in programs

Give ideas and offer choices whenever possible

Listen, take time, and let the resident speak, do not speak for them

Independence is encouraging residents to do as much as they can for themselves

Victory comes when lives are enriched

Emitting emotions like a friendly smile can brighten someone's day

Sincerity comes from the heart, share yours

Splendid times at Esplanade Gardens