

ESPERANZA EDITION

The News for Conroe's Residents, Families & Friends

Project at Harvard University...

“Higher Education” for People over Fifty!

Spring 2012. Colleges & universities have sent out their acceptances and rejections. Anticipation (and anxiety) strike older Americans nationwide as they check their mailboxes or click on admissions websites. This year the excitement over college is not for their children or grandchildren but for themselves.



About to step down from their companies, law firms, hospitals, or government posts, these eager 50-plus leaders are planning to step up to their next productive years of significant service. They hope to enter the Advanced Leadership School at their favorite university. They can't wait to grab a book bag and head to campus.

Imagine that future: fifty-to seventysomethings gathering on a college campus for a year or two of advanced study to prepare for the rest of their lives. They want to eradicate diseases, end poverty, reverse global warming, raise literacy rates, create ventures to produce peace in the Middle East—there's no cause too big. They have drive and energy; they have a treasure trove of wisdom, experience, and connections. Now, they want the knowledge and credentials to take their leadership to the next level.

Someday soon, going to a university at 60 or 70 could be the norm. Someday, every major university will have graduate schools designed specifically for accomplished professionals who want to make the transition from their primary income-earning careers

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September 13th - 19th

National Assisted Living Week

“This year’s theme, ‘Traditions of the Heart’ pays tribute to the personal connection that caregivers, relatives, & volunteers have with nearly 1 million people residing in more than 38,000 assisted living and residential care communities nationwide,” said David Kylo, NCAL’s executive director.



NCAL established NALW in 1995 to provide a unique opportunity to bring together residents, families, employees, volunteers, and the surrounding community to celebrate residents and the services provided within assisted living residences.

Conroe's September Events:

September 3rd

6:00 pm - 9:00 pm

First Thursday FREE Concerts
by the City of Conroe Presents:
“Wayne Toups”

Call Larry Calhoun, Downtown Manager
at 936 522-3014 for info.

September 10th

2:00 pm - 3:00 pm

Central Book Club - discuss

“The Road” by Cormac McCarthy”

Call 539-7814 ext. 276 for info.

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Happy Birthday!

11th ☆ Winnie Drago

16th ☆ Weldon Wilson

22nd ☆ Evelyn McBride

22nd ☆ Dorothy Vaughn

Director's Letter:

Greetings Friends & Family of Esperanza!

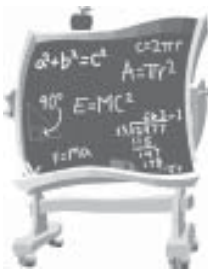
Summer is quickly coming to an end. With September upon us, I realize that it has been one year since Hurricane Ike devastated the Texas Gulf Coast. Luckily, we managed to get through that tough time together through communication and with the help of the Esperanza staff and management.

During that dramatic time in all of our lives, I noticed how everyone pulled together to help each other in their time of need. Now, in the present day and time, I think we have all carried those same qualities within us throughout the past year.

In fact, we are always looking and trying to improve ourselves through great qualities like value, friendship, and integrity. It is mine and the staff's of the Esperanza's goal to always aim to achieve these marks of character to better serve you as a resident of our community.

I look forward to what another day can bring for all of us. I always hope that you, the residents & family members of this community continue to enjoy having us at your side and residing with Esperanza Senior Living. We are all glad that you have chosen to be a part of our family! As always, have a happy, healthy, and prosperous month!

Brandon



ESPERANZA

Personnel

Brandon Bartosch Executive Director
Lisa Reagan Assistant Manager
Yolanda Fifield Activity Director
Karen Whitehead Regional Director



Happy Anniversary!

☆ **Mr. & Mrs. Jim & Elaine Kendrick** ☆
September 18th, 1948

Congratulations Jim & Elaine!

SEPTEMBER BULLETIN BOARD

National Assisted Living Week!



NATIONAL ASSISTED LIVING WEEK

13th - 19th

Mary Kay Party!

MARY KAY

10th @ 10:00

Eve's Mexican Food!



28th @ 11:00

Wii BOWLING!

1st Place:

Winnie Drago
121 points

2nd Place:

Corinne Bodman
120 points

3rd Place:

Minnie Jones
117 points



RECORD HOLDER:

Winnie Drago with 121 points

Try to break the record, win prizes, and spend time with good friends on the 24th of this month at our next Wii Bowling Challenge!



Employee of the Month!

Roger Vaco

Mr. Roger Vaco has been with Esperanza Senior Living for just under one year. A “jack of all trades,” he enjoys constructing, fishing, camping, and small mechanical repairs.

Mr. Vaco’s favorite way to spend his free time is with his wife & family just laughing and playing games together (and on each other). Roger especially enjoys playing with his grandchildren.

Roger says that it makes him proud to help and to please all of the residents at The Esperanza of Conroe. While doing so, it is Roger’s goal to be the best at his job. Thank you, Mr. Roger Vaco, for all that you do for us. Congratulations on being September’s Employee of the Month!

Resident of the Month!

Ruth Carson

Mrs. Ruth Carson has resided at The Esperanza of Conroe for approximately one & a half years. Raised in Bryan, TX, she moved to Houston to pursue a career in management.

Mrs. Carson was married to the love of her life, Curtis Carson, for thirty-six years. She has 1 daughter, Sandra Kennedy, 4 grandchildren, and 4 great-grandchildren.

Ruth moved to Conroe in 2006. She enjoys Texas A&M football, the Houston Astros, crafts, the upcoming season of fall, and the movie *Gone with the Wind*. Mrs. Carson has enjoyed living at The Esperanza and making many new friends, and we are proud to call her September’s Resident of the Month!

Congratulations Ruth!



Mary Jane Merrill

1923-2009

It is with a heavy heart that we send our condolences to the friends and family of Mary Jane Merrill.

Mrs. Merrill passed on August 15th, 2009, while trying to get through many phases of rehabilitation. She will be greatly missed as a family member of our community.

Mary Jane Merrill was 86 years young.

We miss you & love you, Mary!

BACK TO SCHOOL ANSWERS

H	E	A	P		O	S	S	I	E		S	W	A	T
I	S	T	O		P	E	N	N	Y		C	O	L	A
G	A	V	E		E	X	U	D	E		H	O	P	S
H	I	S	T	O	R	Y	B	U	F	F	A	L	O	
					S	R	A		S	C	U	R	V	Y
P	A	S			G	N	P		E	L	I		B	O
I	M	P	S		D	U	I			S	P	U	D	S
S	P	E	L	L	I	N	G	B	E	E	T	L	E	S
M	A	C	A	U				O	L	D		A	L	T
O	S	I			T	H	C		T	G	I		Y	O
					A	Y	E	A	Y	E		E	N	G
					C	L	A	S	S	C	L	O	W	N
W	A	I	N			B	L	I	N	I		L	A	T
M	R	S	C			R	E	N	O	S		A	N	E
D	O	T	Y			O	R	A	R	E		T	S	P



Esperanza of Conroe Church Services

1:30 pm Every Sunday

1st Sunday of Each Month:
Church of God 7th Day
Aaron Orr, Youth Minister

2nd Sunday of Each Month:
The Father's House
Jerry Norris

3rd & 5th Sunday of Each Month:
Lakeside Bible Church
Sid Gober

4th Sunday of Each Month:
The Ark
John Gay

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Harvard Higher Education Project

to their years of flexible service. Someday, corporations will include tuition for these schools in retirement packages and will support scholarships through their foundations. Someday, the federal government will offer tuition grants and tax breaks for attending universities after 50, to support new forms of philanthropy and public service that truly solve problems.

That's the vision being developed with Rakesh Khurana, Nitin Nohria, David Gergen, and colleagues from five professional schools at Harvard University. The idea is a new stage of higher education—call it "even higher" education—that turns experience into significance and produces a pool of much-needed leaders to improve communities, nations, and the planet.

New models can include retired Chrysler CEO Lee Iacocca's campaign to find a cure for diabetes, or actor Paul Newman's business venture to raise money for charity.

The Civic Ventures survey shows that a majority of Americans between the ages of 50 and 70 want to benefit their communities by helping the poor, the elderly, and children, or by improving quality of life through the arts or the environment.

Older students want to eradicate diseases, end poverty, raise literacy—no cause too big. Traditional volunteering is not what leading-edge boomers have in mind. They want to be leaders and to help improve the world. An Advanced Leadership School does something important for everyone approaching or looking back on 50. It establishes the third stage of life as a time with important tasks and responsibilities. And it restores higher education to its mission of serving society while supplying urgently needed leadership to make the world a better place. It turns an aging population from a burden to an opportunity.

Rosabeth Moss Kanter is the Ernest L. Arbuckle Professor at Harvard Business School & an adviser to corporations & governments worldwide. A former editor of the Harvard Business Review & author of 16 books.

BE A CHAMPION!

**A festival created
for senior adults
that promotes a
positive & active
lifestyle through
fun, fitness
& fellowship.**



**SATURDAY, SEPTEMBER 19, 2009
9:30 - 2:00 THE WOODLANDS**

**Talent Show ■ Softball ■ Soccer ■
Music Trivia ■ Bean Bag Toss ■ Bowling
Golf ■ Dancing & More!**

Interfaith OF THE WOODLANDS 832-615-8224

Celery!

Celery is from the same family with parsley and fennel, the Umbelliferae family. It can grow to the height of up to 16 inches. The white celery is grown shaded from direct sunlight, thus has less chlorophyll, compared to its greener counterparts.

The ribs of celery are crunchy and are often used to make soup or salad. It has a salty taste, so celery juice is a good mix with the sweeter fruit juices. Depending on variety, some may taste very salty.

Nutritional Benefits

Celery leaves has high content of vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids.

Nutrients in the fiber are released during juicing, aiding bowel movements. The natural organic sodium (salt) in celery is very safe for consumption, in fact is essential for the body. Even individuals who are salt-sensitive can safely take the sodium in celery, unlike table salt (iodised sodium) which is harmful for those with high blood pressure.

While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking.

Health Benefits

Celery has always been associated with lowering of blood pressure. When combined with other juices, it provides different formula that help other conditions.

Some of the health benefits of celery juice:

Cancer: Celery is known to contain at least eight families of anti-cancer compounds. Among them are the acetylenics that have been shown to stop the growth of tumor cells. Phenolic acids which block the action of prostaglandins that encourage the growth of tumor cells. And coumarins which help prevent free radicals from damaging cells.

Cholesterol: This humble pale juice has been shown to effectively and significantly lower total cholesterol and LDL (bad) cholesterol.

Kidney function: Celery promotes healthy and normal kidney function by aiding elimination of toxins from the body. While eliminating toxins, it also prevents formation of kidney stones.

Lower blood pressure: Drinking celery juice every day for a week significantly helps lower blood pressure. A compound called phtalides help relax the

muscle around arteries, dilating the vessels and allowing blood to flow normally. To be effective, drink the juice for one week, stop for three weeks, and start over.

[www.juicing-for-health.com/
health-benefits-of-celery.html](http://www.juicing-for-health.com/health-benefits-of-celery.html)

Warm Celery Salad



- 5 stalks of celery
- 1 t olive oil
- 1/4 c sliced roasted red peppers
- 1 T white wine vinegar
- 2 t sugar
- 1/4 t celery seeds

Pull off the leaves, chop leaves, set aside. Cut stalks into 1/8" diagonal slices. Warm the oil in a skillet over medium heat. Add the celery and cook, tossing frequently for 1-2 minutes. Add peppers & toss. Stir in remaining ingredients, cook for about 10 seconds until sugar dissolves. Remove from heat, add chopped leaves and stir. Serves 4.

Continued from page 1. Conroe Activities:

September 18th & 19th

10:00 am - 6:00 pm

"Golden Needles Quilt Show & Live Auction"

The Lone Star Convention Center Conroe, Texas

September 26th

12:00 am - 1:00 pm

"Conroe Art League Fall Show"

Candy Cane Park in Conroe, Texas

936 273-2750 for info.

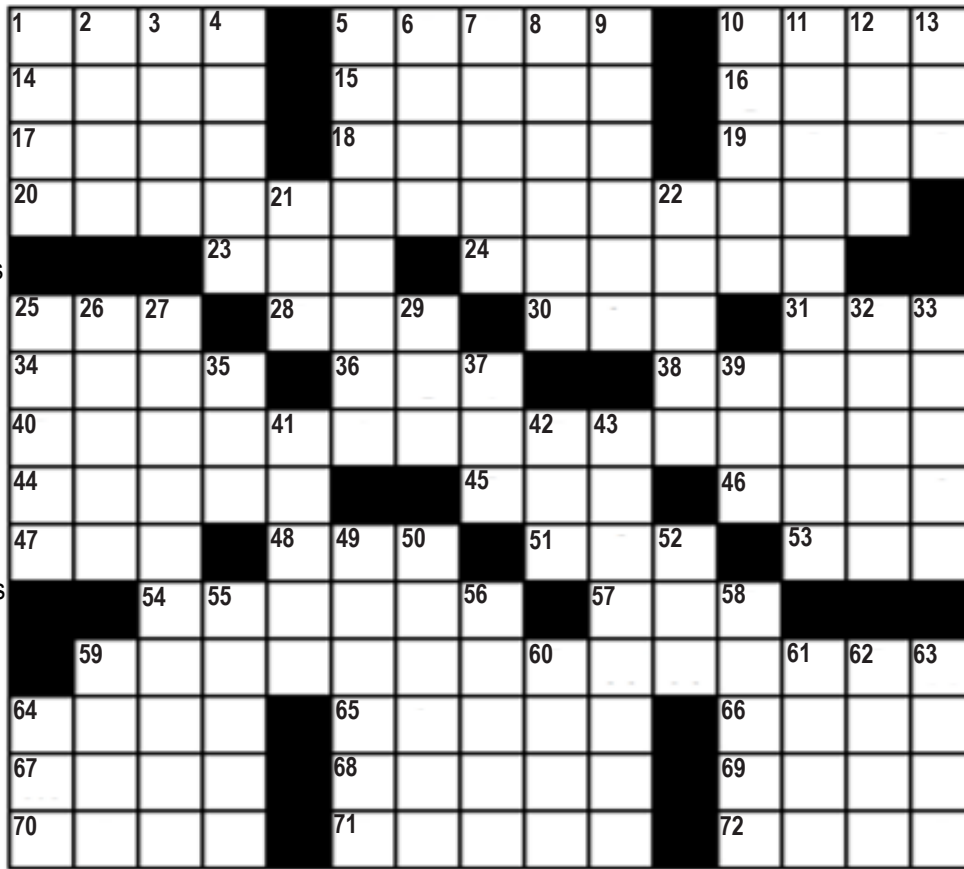
BACK TO SCHOOL CONTINUED...

- | | |
|--|---|
| 13. Thanks on the Thames | 49. Toy company |
| 21. Com alternative | 50. Biker |
| 22. Bichon-__ | 52. B&B, e.g. |
| 25. __ Beach: CA resort | 55. Butler or Derringer |
| 26. Oscar org. | 56. Ivanova of "America's Next Top Model" |
| 27. Expert | 58. Another way to say Fsharp |
| 29. "The lowest form of wit" | 59. Pricey in Pamplona |
| 32. __ A Nightingale (Keats) | 60. __ about (roughly) |
| 33. Tea state in NE India | 61. Fleming and McKellen |
| 35. Patty Hearst kidnap grp. | 62. Watch your __! |
| 37. Should I Stay Or Should I __ (Clash title) | 63. Takes an axe to |
| 39. Sch. grp. | 64. Not found in Iraq: Abbr. |
| 41. Stringed instruments | |
| 42. Sandwich order | |
| 43. How to get a word in, maybe | |

Across

- 1. Bunch
- 5. Late actor Davis
- 10. Police squad
- 14. Ratio words
- 15. The cost of thoughts, maybe
- 16. Pop
- 17. Donated
- 18. Emit
- 19. Plays a child's game
- 20. Teacher's pet, perhaps
- 23. Mme., in Madrid
- 24. Sailor's sickness
- 25. Mas' mates
- 28. Country's output: Ab.
- 30. Biblical judge
- 31. Fancy neckwear
- 34. Rapsallions
- 36. Drunk driving Abbr.
- 38. Taters
- 40. Teacher's pet, perhaps
- 44. Former Portuguese colony in China
- 45. Stale
- 46. ___ Vista
- 47. "6 Million \$ Man" org.
- 48. Marijuana's active ingredient: Abbr.
- 51. ___ F
- 53. ___ Kippur

BACK TO SCHOOL!



- 54. Sailor's affirmative
- 57. Part of ESL: Abbr.
- 59. Teacher's pet, per.
- 64. Farm cart
- 65. Pancakes with sour cream
- 66. Describing Letterman's show
- 67. Rich's mom, to Fonzie
- 68. "This Old House" subject matter: Abbr.
- 69. From scratch
- 70. Feeble-minded
- 71. Laborare est ___ (To work is to pray)
- 72. Recipe amounts

Down

- 1. Lofty
- 2. "NYPD Blue" actor Morales
- 3. Off-road transport
- 4. Rhymers
- 5. Modus ___
- 6. Hot
- 7. Ignores
- 8. Make happen
- 9. Worth looking at
- 10. Russian beet soup
- 11. Sam the Sham's 60's hit
- 12. Pet food brand

Answers on Page 3.

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 **ESPERANZA OF CONROE**
500 RIVER POINTE DRIVE
CONROE, TX 77304



ESPERANZA

CARROLLTON

COLLEGE STATION

CONROE

GOOD TREE RETIREMENT

THE ESPLANADE
Senior Living SM