

ESPERANZA EDITION

The News for The Esplanade's Residents, Families & Friends

Project at Harvard University...

“Higher Education” for People over Fifty!

Spring 2012. Colleges & universities have sent out their acceptances & 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 to their years of flexible service. Someday, corporations will include tuition for these schools in



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PORT ARANSAS!



We had joy & fun while enjoying our time in the sun

(More pictures on Page 7.)

September 13th - 19th

National Assisted Living Week

September 13-19 2009 is National Assisted Living Week

“Established by NCAL in 1995,

National Assisted Living provides a unique opportunity for residents, families, staff, volunteers and the surrounding community to come together to bestow on our residents a multitude of events and activities that show them how much we care for and love them.”

Please join us on Friday,
September 18, 2009 @ 3:00pm
for a special reception honoring all of the
Esplanade Assisted Living Residents.
Music provided by Don Huff.



Director's Letter:

Greetings Friends, Families & Residents~

Another month has passed and life continues to change. I am sure all of you have heard of the staffing changes. Due to unforeseen circumstances we have lost a few staff members.

We appreciate everyone bearing with us through all of the transition and realize that it has not been easy. We will be hiring new staff members and a full time Marketing Director. This will allow Gera to be full time in activities again. I feel that activities are a very important part of our community and Gera does an excellent job.

On another note, living on the Texas coast we never know what hurricane season will bring. I want to encourage everyone to be prepared in case we have to evacuate. I will be monitoring the weather closely during the season & will alert you to any changes. Our goal is to keep everyone safe.

As always my door is always open if you have any concerns or questions. Let's plan on a wonderful autumn together.

Sincerely,

Jessica

Jessica Hammack LVN



ESPLANADE

Personnel

Jessica Hammack, LVN
Executive Director

Juan Fernandez
Maintenance
Director

Gera Hasette
Life Enrichment
Director

**Lashanda
Thompson**
Comprehensive Service
& Care Specialist

Mike Esparza
Dietary Director

Giving

Our Residents, they're
looking to make a
difference!!!!

The Activity Council wants
to prove:

"Tis better to give than
receive."



We have committed to pour out love,
kindness and compassion to our brothers
& sisters in Corpus Christi as well as our
military.

This month we will be creating greeting
cards and delivering flowers to a local
nursing home.

We realize that not everyone
is as fortunate as we are.

For some, it is a privilege to have someone
to simply visit.

For October we will be collecting food
items for our food bank and
we will be going out to feed the hungry.
More to come, please help.

Happy Birthday!

1st ☆ Edward Grantham

27th ☆ Agnes Staples

28th ☆ Anna Nix

Congratulations!

☆ Donald Shackelford ☆

ONE YEAR ANNIVERSARY!!!

Welcome Wagon

☆ Mary Cason ☆

Welcome home, Mary!

Resident of the Month:

Dorotha Bridgewater

Dorotha was born on March 21, 1911 to Lee and Bessie Mooney in the state of Oklahoma. She is the youngest child of four & the only girl. Dorotha was always an adventurous and independent child. On her 10th birthday she took it upon herself to bake her very own birthday cake. It wasn't long until she was single-handedly preparing the families Sunday meals.



She was married at the age of seventeen to Ray Clifford Humphrey and together they shared one daughter, Patricia Ray Humphrey. The family lived in Wichita, Kansas, where they owned a supermarket and, sure enough, Dorotha ran the business.

During World War II Dorotha helped build B-29's and was able to earn enough money (\$12,000) to pay cash for their first home. After the death of her first husband, Dorotha married Lloyd Bridgewater and moved to McAllen, Texas. This move brought her closer to her daughter who was living in Corpus Christi at the time.

In 1989 Dorotha moved to Corpus Christi and built a house directly behind of her daughter's home. They became instant neighbors and developed an even closer bond. They are more like sisters rather than mother and daughter.

Dorotha is a loyal member of South Shore Christian Church and a member of "Eastern Star". She enjoys needlework, quilting and cooking. Her favorite time is spent with her Siamese cat, "Julie".

When asked, her daughter said the best advice her mother ever gave her was:

"She was always there when I needed her. She always kept me on the right path." Dorotha led by example. She has only been with The Esplanade a few short months, but already, she has made quite an impact. We are so happy and blessed to have her here.

Employee of the Month:

Gera Hasette

Gera has been the Life Enrichment Coordinator at The Esplanade for 4 years. Gera always has a smile and a cheery disposition. She does a wonderful job with the activity program and is always willing to help others.



She volunteers in the community & recently assisted in the American Cancer Society's "Walk For The Cure". She was awarded the 'Spirit of Relay' award at this event.

Gera is married to Joe, her high school sweetheart. They have three wonderful boys. Gera grew up in Corpus Christi, Texas, and loves calling Corpus her home. We are proud to have her as a team member at The Esplanade and want to thank her for all her hard work.

WORDSEARCH ANSWERS

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

Continued from page 1.

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.

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.



TUESDAYS &
WEDNESDAYS
\$10⁰⁰ MANICURES
By Appointment Only

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 helps other conditions including cancer prevention and improved kidney functions.

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.



Pablo Martínez

July 6, 1926 -
August 18, 2009

A Spiritual Journey by Faye Kilday

*Life is a spiritual journey from
the first day of our birth,
Life is a spiritual journey on this
Beautiful planet called earth.
Life is a spiritual journey -
We're here to learn all we can,
Life is a spiritual journey -
a special gift from God to man.*

Upcoming September Events!

- 4th Avon with Susan : Act @ 11:00
- 4th Apple Pie Social & Pictionary
- 7th Resident Food Council Meeting
@ 1:00 : PR
- 8th Resident Council Meeting : Act @
11:00
- 11th Lunch Buddies :: Olive Garden
@ 11:00
- 11th Wine & Cheese Social with Karaoke
by Angel Bright HH
- 14th "SLAM", a new game @ 11:00.
- 14th Movie & Popcorn - The Sandlot
- 18th Avon with Susan : Act @ 11:00
- 18th Appreciation & Birthday Party
with Don Huff @ 3:00
- 22nd Movie & Popcorn @ 1:30 : TV
"Annie"
- 25th Movie Outing :: TBA

PORT ARANSAS!



**Ramiro gets an up close
look at the puff fish.**



**This Bird does not seem
to be too worried!!!!**



We loved looking at the Fairy Boats!

Editor's Note:

*DO look to see theses wonderful
pictures (and more!) on the website soon.*

WORDSEARCH CONTINUED

LAB	BACHELORS
HEALTH	PROFESSOR
CROSSWALK	HOMEWORK
SCIENCE	FASCINATION
GRAMMAR	NEW CLOTHES
SCHOOLBUS	PLAYGROUND
PENCILS	PHILANTHROPIC
TUTOR	PLEDGE OF ALLEGIANCE
ERASURE	





BACK TO SCHOOL WORDSEARCH



TEACHER	R	L	D	O	L	C	R	S	U	E	N	D	M	T	S	B	E	R
MASTERS	E	C	N	A	I	G	E	L	L	A	F	O	E	G	D	E	L	P
STUDENT	N	M	U	T	U	A	H	U	I	M	M	C	O	D	O	B	H	F
LIBRARIAN	B	O	O	K	S	T	C	R	O	T	U	T	O	G	A	I	G	O
DOCTORATE	I	E	R	S	A	B	A	C	H	E	L	O	R	S	L	R	K	N
APPLE	E	H	G	M	E	R	E	R	A	S	U	R	E	A	N	Y	G	A
TEST	L	D	Y	Y	B	H	T	L	A	E	H	A	N	R	C	D	E	G
MBA	N	R	A	I	P	S	T	U	D	E	N	T	A	W	L	U	C	R
BOOKS	I	K	L	A	W	S	S	O	R	C	H	E	X	B	A	T	O	A
STUDY	B	A	P	W	R	C	P	B	L	R	L	O	A	B	S	S	M	M
GROW	L	E	C	U	E	I	L	E	O	C	B	L	M	P	S	U	P	M
MOM	R	M	L	K	C	E	P	P	L	H	W	A	A	E	P	B	U	A
COMPUTER	E	H	F	L	E	N	I	P	C	L	S	E	F	B	W	L	T	R
LUNCHBOX	E	S	F	A	S	C	I	N	A	T	I	O	N	L	T	O	E	A
LEARN	T	N	M	H	S	E	U	U	E	O	R	N	A	A	W	O	R	G
BELL	P	E	N	C	I	L	S	R	E	P	A	L	G	C	R	H	O	K
CHALK	N	P	S	O	E	A	S	E	R	M	A	R	M	T	S	C	R	F
GRADE	A	N	E	T	U	L	H	C	R	G	O	E	H	R	R	S	A	C
PAPER																		
SPELLING																		
AUTUMN																		
RECESS																		
FOOTBALL																		
MATH																		
CLASS																		
PENS																		

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Answers on Page 3



ESPERANZA AT ESPLANADE
 5813 ESPLANADE DRIVE
 CORPUS CHRISTI, TX 78414



ESPERANZA

CARROLLTON

COLLEGE STATION

CONROE

GOOD TREE RETIREMENT

THE ESPLANADE

Senior LivingSM

