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Tues-Thurs 10:00am-3:00pm
See more on page 22



Senior Living/Small House Community Project Page 24
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MONTHLY MENU Page. 13



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Community Volunteering

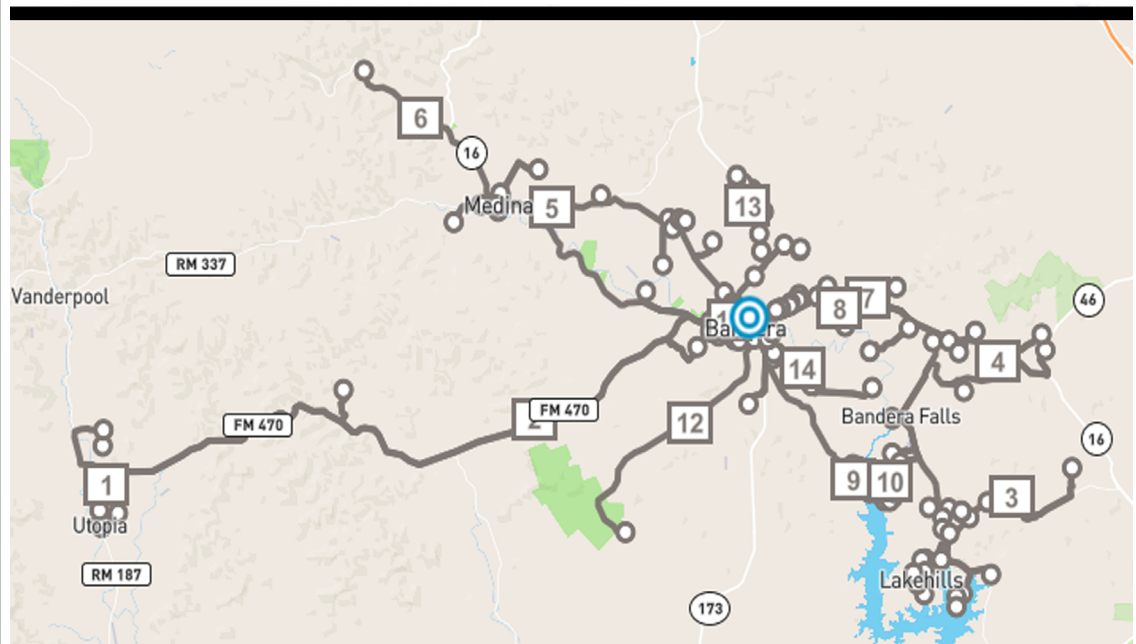
Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help. Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

Cowboy Opry

The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels. **OPRY CANCELLED THIS MONTH.**



Below is our 14 Meals On Wheels Routes. Thank you to our volunteers and staff for providing over 7,000 meals last month for Bandera County.





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Suite 1-D
Bandera, Texas

**To schedule your appointment at our new
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Medical Associates

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Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969 P.O. Box 1416



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**NUTRITION, HEALTH &
WELLNESS**



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**Featured
Recipes:
Cool,
refreshing
drinks!**

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**Check out our
Monthly Menu!**

HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
CLOSED WEEKENDS AND MAJOR HOLIDAYS.
WWW.SILVERSAGE.ORG
Currently closed due to Covid-19

WHAT'S INSIDE

5. **Article Sponsored by Alamo Hospice:** Make a "PLAN" to cope with loneliness during uncertain times.
6. **Mary Allyce fills us in on the 2020 Census:** While we're counting days for cooler weather, *"there's another count going on by the United States Census Bureau. It's called the Decennial because it occurs every ten years."*
19. **Film Trivia:** Do you know this quote? *"A dripping guy does a one-footed stomp in the gutter while his silly friend runs into a brick wall and the female love interest earns a living by talking."*

*Our Mission:
Enriching Life For Seniors*



VISIT WEBSITE BELOW FOR UPDATES
COVID-19
www.dshs.texas.gov/coronavirus

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City Marshall (830) 460-7172

Bandera Fire Department (830) 796-3777

Poison Emergency 1-800-222-1222

Silver Sage/MEALS ON WHEELS (830) 796-4969

Art Crawford (Chief Executive Officer) (830) 456-4083

John Cressey-Neely (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

Bandera Pharmacy (830) 796-3111

ART Bus 1-866-889-7433

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Rock & Roll

Coping with Loneliness During Uncertain Times

By Monica Zuniga, with Alamo Hospice and Alamo Supportive Care

Best way to beat loneliness during these trying times is to P-L-A-N. Planning will help beat the loneliness by keeping us in a routine and is a great way to pass the time, especially if we fill it with things that we enjoy and can look forward to. So be sure and P-L-A-N as follows.

P-L-A-N



P – “Pick up the phone” and call a friend or family member. Make an effort to connect with others as much as possible. Also *PLAN* to do activities with them as you feel comfortable.

L – Learn something new. Now is the perfect time to learn about technology because it can not only be a great way to connect, but also be a good source of information. Find out about meeting sites like Zoom and Google Meet to set up meetings with friends. Also, you may consider taking up a new hobby such as fishing, gardening, completing jigsaw or crossword puzzles, scrapbooking, drawing, knitting, learning golf or dance, or joining an on-line class like yoga.

A – Ask for help when you need it. You can talk to a friend, counselor, or even call your local senior center, like the Silver Sage here in Bandera. They can connect you to resources and point you in the right direction.

N – Nourish yourself – mind and body. Try to focus on things that are positive in your life – count your blessings and try not to compare yourself to others. Everyone is on their own journey with their own blessings and challenges. Maybe write down every day three things for which you are thankful. Be sure to eat a nutritious diet, get plenty of sleep, exercise regularly, and relax when needed.

For more information on how to beat loneliness, feel free to reach out to me at 830-388-9101. I am also available to help connect you to resources you may need.



THROUGH THE EYES OF A DRIVER

By Mary Allyce

It's September when we begin counting down the days to fall, cooler temperatures, maybe even some rain. While we're counting days, there's another count going on by the United States Census Bureau. It's called the Decennial because it occurs every ten years. The main purpose of the Decennial is counting people. How many people live full time in our community - how many men, how many women, how many children, ages, ethnicity, all add up to give the government a clear picture of the county and city in which we live.

The benefits? The Decennial determines how many representatives a particular area is allowed in Congress. The more accurate the count the more likely we will have adequate representation in Washington, D.C. to make sure our tax dollars come back to us. It truly affects every one of us and definitely affects every nonprofit serving Bandera, starting with the Silver Sage.

"We use Census data for our Foundation grant writing to keep our programs running," says Executive Director Art Crawford. "Meals On Wheels, Food Bank distributions, all Silver Sage programs rely on the data collected by the Census Bureau to show the need in the community." For the Silver Sage, the percentages of elderly, disabled, single family households, and other demographic information are crucial to its mission.

"All nonprofits use Census numbers," adds Rebecca Norton, Executive Director of the Frontier Times Museum. "The Census Bureau is the go-to site for community data - like the number of children - that help us write for grant money and tax allocations for the programs and activities the Museum offers."

The Arthur Nagel Clinic uses Census data to continue their mission to improve the health of the community and provide health care to citizens in need. In addition to the Decennial, the Census Bureau conducts ongoing surveys that collect information

on health, poverty, health care costs and other areas representing specific nonprofit interests. The information extrapolated from that data is what creates rich layers of programs in the arts, health, food distribution, public works - everything you want and expect of your community.

The Decennial was established under George Washington's tenure as President in 1790, and is required by the U. S. Constitution, Article I, Section 2. That's 23 Decennials over a 230 year period. Add in the bigger surveys conducted year round and it's a lot of data, all of it collected through citizen cooperation with mandates to protect your privacy and confidentiality.

This Decennial has offered several options for people to report their statistical information. There is the old standby paper form to fill out and mail in. There is information on how to report online. There is a phone number for recording your data. Finally, there are Census workers called "enumerators" covering the county making sure your household is represented and that the information collected is accurate. I am one of those people and I also worked the big surveys for years.

I hope you will cooperate and I hope the information I've given helps you understand the importance of your cooperation. We all want the best possible services and amenities for our community. Complying with the work of the Census Bureau, with the current Decennial and other surveys, is the best way for each of us to raise our voices to Washington, to let our representatives know exactly who we are, what's important to us, and how we want our community to look and respond to our needs.

See you in October and remember to be kind to one another!

Confidentiality

The 2020 Census & Data Stewardship

We Keep Your Data Safe!



When you trust us with your information, our goal — and legal duty — is to keep it safe. Our mission is to serve as the nation's leading provider of quality data about its people and economy. We couldn't produce this information without you.

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The Law Protects Your Information

By law, your information is confidential. Your answers cannot be used against you by any government agency or court. The law is found in Title 13 of the U.S. Code. Anyone who violates this law faces severe penalties.

Our Privacy Principles Guide Our Work

Our privacy principles guide our actions so that we respect your privacy and protect your confidentiality.

- We do not identify individuals in the data
- We publish. We only publish statistics.
- Our Disclosure Review Board verifies that any data product we release meets our confidentiality standards.

Secure Technologies

From the beginning of the data collection process through the final storage of information, we protect your data following industry best practices and federal requirements. We use data encryption and two forms of authentication to secure system access. The security of our systems is a top priority and we continually refine our approach to address emerging threats.



Funny Bone

Stingy Lawyer

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."

LOOKING GOOD

**My face in the mirror isn't wrinkled or drawn.
My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.**

OUT OF THE MOUTHS OF BABES

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast to her brunette hair.

She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

A grave digger comes home all tired and exhausted, nearly dragging his hands on the ground. "What on Earth happened?!" asks his wife. "We were burying some mother-in-law or other, and the people applauded so much as we lowered her into the ground, that we had to do it again and again, eight times over!"

Man calls 911

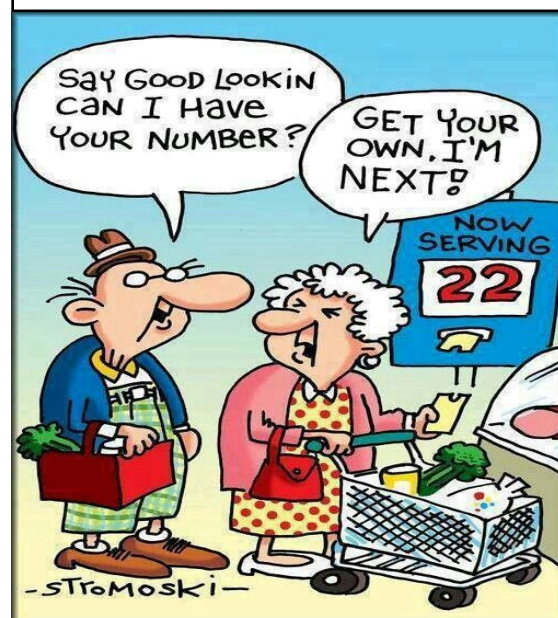
man: *calls 911* Hello? I need your help!

911: Alright, What is it?

man: Two girls are fighting over me!

911: So what's your emergency?

man: The ugly one is winning.



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Scarlet Sipper

4 cups cranberry-apple juice, chilled
1 cup orange juice, chilled
1/4 cup lemon juice, chilled
1 liter ginger ale, chilled
Optional: Fresh cranberries, orange and lemon wedges

In a pitcher, combine juices; stir in ginger ale. Serve over ice. If desired, garnish with cranberries, orange and lemon wedges.



Fizzy Peach Shake

3 medium peaches, pitted
1/3 cup ginger ale, chilled, plus additional for topping if desired
2 tablespoons honey
1 quart vanilla ice cream
Optional: Whipped cream and peach slices

Place peaches, ginger ale and honey in a blender; cover and process until smooth. Add ice cream; cover and process until combined. Pour into serving glasses. If desired, top with whipped cream or additional ginger ale and garnish with peach slices. Serve immediately.



Raspberry Refresher

8 cups fresh or frozen raspberries, thawed
1-1/2 cups sugar
2/3 cup cider vinegar
2-1/2 cups cold water, divided
2 liters ginger ale, chilled

In a large saucepan, crush the berries. Stir in sugar, vinegar and 1/2 cup water. Bring to a boil; reduce heat. Simmer, uncovered, for 20 minutes. Strain to remove seeds; refrigerate. Just before serving, stir in ginger ale and remaining water. Serve over ice. **10**

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Pumpkin Pancakes

Ingredients:

Makes: 7 (2 4-inch pancakes per serving)

- 1 1/2 cups whole-wheat flour
- 2 tsp. baking powder
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. baking soda
- 1 large egg
- 1 1/2 cups skim milk
- 1 Tbsp. lemon juice
- 1 cup pumpkin puree
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 3 Tbsp. honey
- 1/4 cup pecans, chopped

Recipe adapted and photo credited from:
<http://www.eatingwell.com/>



Method:

1. Whisk flour, baking powder, pumpkin pie spice, and baking soda in a large bowl. In a separate bowl, whisk egg, milk, lemon juice, pumpkin, pecans, oil and vanilla until evenly mixed.
2. Make a well in the center of the dry ingredients, add the wet ingredients and whisk until just combined. Try to not over mix, this will make the pancakes have a tough texture. Let the batter sit, without stirring, for 10 to 15 minutes.
3. Coat a nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring, measure about 1/4 cup batter per pancake and pour onto griddle. Cook pancake for 2 to 4 minutes, or until edges are dry and then flip the pancake over and cook for another 2-4 minutes. Repeat with the remaining batter.
4. Drizzle 1 tsp. honey on top of pancakes. Top with 1 Tbsp. pecans.

Tips on Pumpkin



How To Store:

Cover cut pumpkin in foil or plastic wrap. Store in refrigerator, up to 2-4 days. Pureed pumpkin can be frozen, up to 3 months.



How To Use:

- Add puree to pancakes or bread mixes
- Dice into casseroles or rice dishes



Health Benefits:

- Promotes healthy vision, immune system and heart
- May lower the risk of some cancers

This institution is an equal opportunity provider.

Nutrition Facts



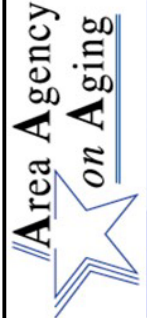

7 servings per container	
Serving size	2 4-inch pancakes
Amount Per Serving	210
Calories	210
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 30mg	9%
Sodium 95mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 7g	14%
Vitamin D 1mcg	4%
Calcium 167mg	15%
Iron 2mg	10%
Potassium 281mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Silver Sage ~ September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
 AACOG Alamo Area Council Of Governments	1. BBQ Chicken Ranch Style Beans Potato Salad Dessert	2. Meatloaf Green Beans Garlic Parisian Chef Salad	3. Chicken Fajitas with all the Fixin's Dessert	4. Hamburger Onions Rings
7.  CLOSED LABOR DAY	8. Breakfast Eggs with Bacon, Sausage, Biscuits, and Jelly	9. Ravioli & Tortellini Blend in a Buttery Cream Sauce Brown Sugared Sweet Potatoes Caesar Salad	10. Cheese Steak w/Brown Gravy Hominy Greens Beans Dessert	11. Chicken Strips with Gravy Waffle Fries Corn
14. Hamburger Steak w/Gravy Mashed Potatoes Broccoli	15. Creamy Tuscan Garlic Chicken Carrots Dinner Roll Apple Salad	16. Braised Pork in a Sweet Soy Sauce Asian Blend Veggies Crunchy Raman Salad	17. Beef Stroganoff Brussel Sprouts Beets Dessert	18. Spinach & Ham Quiche Hash Browns
21. Chicken Strips w/White Gravy Tator Tots Creamed Corn	22. Corned Beef Hash Twice Baked Potato Casserole Peas & Carrots Dessert	23. Garden Spaghetti Garlic Bread Broccoli Salad	24. Bruschetta Chicken Fresh Green Beans Pineapple Casserole	25. Beef Sliders Homemade Macaroni & Cheese Baked Beans
28. Chicken Fried Steak with Gravy Mashed Potatoes Parisian Carrots	29. Chicken Florentine Tuscan Veggie Medley 'Buttered Cauliflower Dessert	30. Breaded Pork Chop with Gravy Stewed Tomatoes Chef Salad	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	

Joyce D. Lamilla, LD

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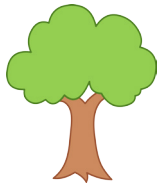

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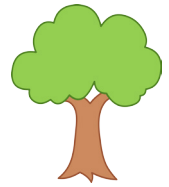
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Tree Word Scramble



1. ogdowdo
2. ceehb
3. nlatwu
4. itraocp
5. urmelbyr
6. octootnodw
7. laceyuustp
8. hrcery
9. ibchr
10. uctthesn
11. hcirkoy
12. liwowl
13. pelpbraac
14. erdoowd
15. sutcol
16. lmepa
17. byukcee
18. iaonamlg
19. cdear
20. lmap

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For more info, contact Karyn Lyn: 830.796.4969

You can also view details on our website: silversage.org

The Utopia Food Pantry

P.O. Box 1091, Utopia, TX 78884-1091

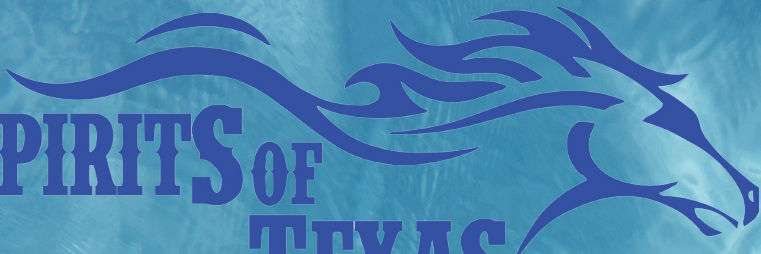
Project HOPE is a free food program starting in our area, sponsored by the San Antonio Food Bank. It delivers boxes of **free food** that are supplemental staple groceries of protein, whole grains, staples, and produce.

It is for senior citizens (You must be 60 years old or older), and the Project HOPE provides 50-60 pounds of food each month to **you**. If you would like to enroll or to enroll a senior citizen that you know. Please contact Lucy Reed at 713-301-2571 (the Project H.O.P.E. coordinator) or Teicher Whelchel at 830-486-4358 (the treasurer of the Utopia Food Pantry) to enroll.



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TRIVIA



Film History

Read on and see if you can guess which great movies are summarized in one sentence:

1. Dirty old rich man dumps wife and family for young, blonde filly with a speech impediment, who drinks herself into a stupor and ends up gone.
2. WWII draft dodging, gin-swilling, Fedora-wearing dude flees U.S., is spurned by a sentimental Parisian woman who's really from Sweden, dumps her, then vanishes into the night with another man.
3. Intimidating New York control freak with hanging jowls helps his friends by utilizing guns, lawyers and long-distance animal abuse.
4. Dixie buttercup achieves riches and finds love by flaunting her beauty, betraying friends, and smacking servants upside they heads, while others lose their lives in her behalf.
5. British Officer becomes enchanted fighting for freedom in foreign land, sucks up to royalty, and becomes famous for wearing a dress.
6. Transported to a surreal landscape, a young girl kills the first woman she meets and then teams up with three complete strangers to kill again.
7. Two brothers start out together in life but arrive at separate destinations, one smashed up yet victorious, the other just hanging out.
8. A greedy and vain Slav factory owner decides he'd rather be loved than rich and is given posthumous worldwide recognition as a hero by a Hollywood producer.
9. A dripping guy does a one-footed stomp in the gutter while his silly friend runs into a brick wall and the female love interest earns a living by talking.
10. A man whose business is failing meets a dead geezer and hallucinates his way to happiness.

Answers on page 20.

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**8950 FM1283, Lakehills, TX 78063 - lakehillstruevalue.com
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Crossword Answers. dogwood, beech, walnut, apricot, mulberry, cottonwood, eucalyptus, cherry, birch, chestnut, hickory, willow, crabapple, redwood, locust, maple, buckeye, magnolia, cedar, palm

TRIVIA ANSWERS:

1. Citizen Kane
2. Casablanca (1942)
3. The Godfather (1972)
4. Gone With the Wind (1939)
5. Lawrence of Arabia (1962)
6. The Wizard of Oz (1939)
7. On The Waterfront (1954)
8. Schindler's List (1993)
9. Singin' in the Rain (1952)
10. It's a Wonderful Life (1946)

HELP YOUR NEIGHBORS

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- C. Been affected by the COVID-19 crisis such as losing a job, not being able to get groceries, having to prepare extra meals because of kids being home, etc...

*Please be prepared to share this information with our intake team at the front gate when you arrive.

No documentation is required.



The Emergency Food Assistance Program (TEFAP) Income Eligibility Guidelines

Based on 185% of Federal Poverty Guidelines					2020
Household Size	Annual Income	Monthly Income	Twice-Monthly Income	Bi-Weekly Income	Weekly Income
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
For each additional household member, add:	+ \$8,288	+ \$691	+ \$346	+ \$319	+ \$160



COVID-19 HOURS: TUESDAY-THURSDAY 10am-3pm

Our Thrift Store is an important resource for helping to fund the Meals On Wheels in Bandera County program. It is operated exclusively by volunteers.

The Thrift Store is located in Bandera at 660 Hwy 16 South in the strip mall next to Snowflakes Donut Shop. You can call the Thrift Store at (830) 796-3590.

Store hours are Monday-Friday, 10:00am- to 3:00pm

If you wish to volunteer, please come to Silver Sage at 803 Buck Creek Drive to fill out the volunteer form or call (830) 796-4969.



*Honoring the past,
Inspiring the future.*

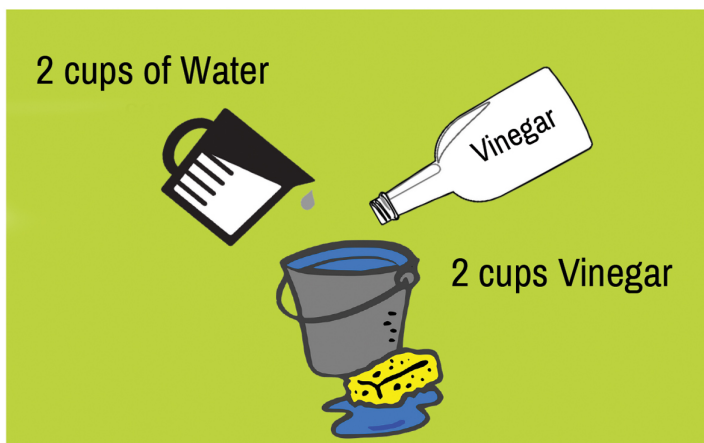
CLEAN & DISINFECT YOUR KITCHEN

WHAT DOES VINEGAR HELP WITH?

Using white distilled vinegar is an excellent, economical and earth-friendly way to clean our kitchens.

Vinegar is made of acetic acid, which is a natural disinfectant for killing some common germs like salmonella and E. coli, but is best when used in along with antibacterial soap and water to guarantee all germs are killed.

HOW TO PREPARE & STORE VINEGAR MIX



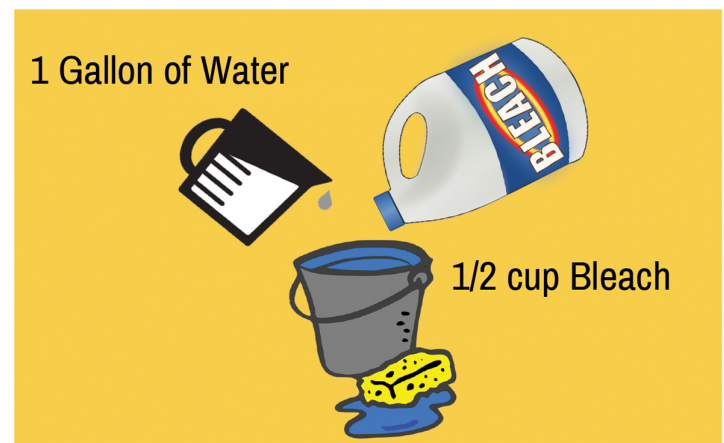
Use this solution to clean and disinfect surfaces where food is prepared or stored.

Store at room temperature away from food.

WHAT DOES BLEACH DO?

Bleach is a disinfectant, not a cleaner. It does a fantastic job of killing germs; it removes tough stains and whitens clothing. But, bleach doesn't really clean dirt and residue from surfaces. To do that, you'd need to scrub and rinse the surfaces first, and then apply a bleach solution. Most of us smell bleach and think that it is cleaning a surface, but really, it is probably being used to disinfect the surface instead.

HOW TO PREPARE & STORE BLEACH MIX



Wipe down areas that are prone to germs, then use prepared solution to disinfect.

Store at room temperature, away from food.

CLEANING HOTSPOTS: WHERE GERMS CAN HIDE!

Below are some spots where germs like to hide.

CAUTION: Never mix bleach and vinegar together, as this is toxic and may cause your harm.

Vinegar Solution

- Cutting Boards
- Microwave
- Refrigerator
- Knife Block
- Countertops

Bleach Solution

- Floors
- Walls
- Sink
- Tile
- Handles

Coming Soon

the 
Cottages
of
Silver Sage

A Community For Active Seniors

What are the Cottages of Silver Sage?

- A Community for Active Seniors
- 46 units ranging from 600 sq ft to 980 sq ft
- Rent based on Income
- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE. (830) 796-4969
SILVERSAGE.ORG