



MEALS ON WHEELS AMERICA
2019 MEMBER



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall (830) 796-3590
Store hours:
Monday-Friday
10:00am-3:00pm
See more on page 18



A Community For Active Seniors

Senior Living/Small House Community Project is in the making for 2020!

Wed. Dec. 18th



LUNCH & LEARN
Bandera Rehab
Wed. Dec. 11th

CHRISTMAS LUNCH
DECEMBER 18th
11:30am-12:30pm



VOL. 1 ISSUE 3 WWW.SILVERSAGE.ORG DECEMBER 2019

BANDERA COUNTY



THE SCOOP AT SILVER SAGE

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

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. Artists donate their time and talents to benefit our Meals On Wheels.



Silver Sage Annual Christmas Concert
Friday, December 13th
Presented By The Western Heritage Cowboy Church
Door Open at 6pm, Music at 7pm
(Admission \$10 plus bag of dog/cat food -or- jar of peanut butter).

Managing Publisher/Designer:
Karyn Utterback-Executive Assistant
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Sales/Marketing Director:
Karyn Lyn & Mikie Baker

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

HOURS:

SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
CLOSED WEEKENDS AND MAJOR HOLIDAYS.
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WHAT'S INSIDE



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*"Through The Eyes
Of A Driver"*
by Mary Allyce



**Featured
Recipe:
Pumpkin
Crunch**

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Alfred Anderwald



» p.11

**Check out our
Monthly Menu!**

4. **Our Featured Silver Sage Senior Citizen, Alfred Anderwald:** Bandera High School student, Luke Bitzkie, tries on many hats as he ventures into Mr. Anderwald's trail of life. Anderwald descends from the original 16 Polish Catholic families to settle the town of Bandera back in 1855 and founded St. Stanislaus parish.
7. **Holiday Recipes:** Get out your hot pads and baking dishes and try out our recipes provided by our Silver Sage patrons: Pumpkin Crunch and Mexican Cornbread will sure be a nice addition to your holidays!
9. **How did I get this old and what do I do next?** Have you ever asked yourself that? Coming in January, a FREE, informative series concerning topics for the 50+ begins at the Silver Sage, hosted by John & Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty.



GET FIT!!!

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*Our Mission:
Enriching Life For Seniors*



EMERGENCY 911

Bandera County Sheriff (830) 796-3771

City Marshall (830) 460-7172

Bandera Fire Department (830) 796-3777

Poison Emergency 1-800-222-1222

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John Cressey-Neely (Chief Operations Officer) (540) 840-5550

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Bandera Pharmacy (830) 796-3111

ART Bus 1-866-889-7433

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Texas Health and Human Services (830) 796-3739

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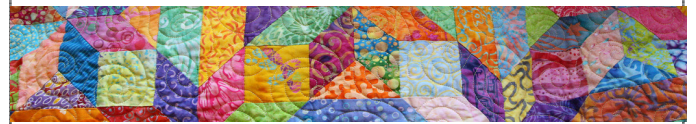


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The Quilting Corner:

**USE WATER-SOLUBLE
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SHEETS INSTEAD OF
PINNING**

Pinning is time consuming and sometimes unreliable. By using water-soluble glue, you can line up your pieces precisely and quickly. When finished, just wash your quilt and the glue will be gone! You can use pressing sheets to iron fabrics together, which will also wash out afterwards.



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Seniors Writing for Seniors

“A Man Of Many Hats” by Luke Bitzkie

Upon entering the quiet home of **MR. ALFRED ANDERWALD**, I began to see his life displayed on the walls of the room in which he resided. Without even one word being spoken, a story began to tell itself as soon as I passed through his doorframe. However, despite the abundance of photographs and momentos displayed upon his walls, one item in particular immediately began to stand out from among the rest: Mr. Anderwald's Hat Stand. On the stand, lay the many hats which Mr. Anderwald has worn throughout the various periods of his life, and as I sat down to begin our conversation, Mr. Anderwald began to inform me of the very life which had led him to the acquisition of the hats that lay on his humble display.

On June 19th, 1927, Mr. Alfred Anderwald was born under the shade of a lone elm tree in Medina County. Shortly after, his family packed up and moved to a ranch in nearby Bandera. After moving, many aspects of Mr. Anderwald's life changed forever, and the most prevalent of these was the loss of vision in his right eye. At the age of 5, Mr. Anderwald poked out his right eye with a knife while playing with a piece of string. Although many people would assume this to be a major setback and challenge in his life, Mr. Anderwald has always seen this as a reality and reliably acted as such.

As he began schooling at St. Joseph's School across from St. Stanislaus Catholic Church in Bandera, Mr. Anderwald faced a new challenge in his life, the discrimination he faced as a Polish Catholic. Although he was born in Medina County, Mr. Anderwald's ancestors were part of the original 16 Polish Catholic families to settle the town of Bandera back in 1855 and founded St. Stanislaus parish. Even though he, and Catholicism, held root in the town, Mr. Anderwald recounts stories of discrimination and the countless days he had to walk in the middle of the road to avoid the rocks which were thrown at him.

After the end of his tenure at St. Joseph's School, Mr. Anderwald began and concluded the whole of his secondary education at Bandera High School. He was drafted into the Army shortly after his graduation in 1945. After a short stint with the Army, Mr. Anderwald began his new career as a bus driver for one of Bandera's two school busses. He recounts the career with memories of the still present discrimination of the day, but also with appreciation as the starting point of his career as a “Jack Of All Trades” in the workforce of Bandera County.

Throughout the years he spent in the workforce working as a bus driver, bulldozer operator, a ranch hand, or any of the other countless jobs he labored in, the pride of his life, up until this point, was that of the rodeo. Mr. Anderwald was a champion bull rider who conquered the most feared bull in Bandera County, and possibly that of the whole state of Texas: High Lonesome. This bull was feared and named for the very reason that he would go up “High” and would always, without a doubt, come down “Lonesome.” Through constant practice and many rodeos, Mr. Anderwald was able to physically and mentally overcome the challenge of “High Lonesome” through his physical ability to ride and the new strategy of riding which he devised particularly for this bull. He became the 1948 High Lonesome Stompede Champion.

However, something came along which made Mr. Anderwald put away his spurs away for good: the beginning of his family. Above all else, Mr. Anderwald is a family man. Throughout the almost 50 years of his marriage and the upbringing of his son, he never once questioned how much he valued the care and love he gave to his family. Now 92-years-old, Mr. Anderwald resides in his quaint home on Sycamore Street among the presence of all the “hats” he has worn throughout his life. Although he resides among the memories of his times wearing the “hat” of a Polish Catholic student in Bandera, the “hat” of a hard working member of the Bandera County workforce, and the “hat” of one of the most revered Texan bull riders of the late 1940's, the “hat” which Mr. Anderwald values the most is that of a true family man, who has always valued his family above all else.



Funny Bone

LISTEN TO YOUR DOCTOR:

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, “You’re really doing great, aren’t you?” Morris replied, “Just doing what you said, Doc: “Get a hot mamma and be cheerful.” The doctor said, “I didn’t say that. I said, “You’ve got a heart murmur. Be careful.”..ooh!

Q. How are stars like false teeth?

A. They both come out at night!



The sight of my mother cleaning her dentures fascinated my young son. He sat riveted as she carefully took them out, brushed and rinsed them, and then popped them back in. “Cool, Grandma!” he said. “Now take off your arm.”

“Oh God,” sighed the wife one morning, “I’m convinced my mind is almost completely gone!” Her husband looked up from the newspaper and commented, “I’m not surprised: You’ve been giving me a piece of it every day for thirty years!”

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising.... I decided to take and aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

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.



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Pumpkin Crunch By Leslie Andrade:

- 1 29oz can pumpkin
- 1 12 oz can evaporated milk
- 1 Cup sugar
- 1 Tsp vanilla extract
- 3 Eggs
- 1 Tsp cinnamon
- 1 Box yellow cake mix
- 1 Cup melted butter (2 sticks)



- Mix first 6 ingredients and pour into a greased, parchment lined 9x13 cake pan. Spread half the cake mix (dry) over batter, sprinkle with nuts and remaining cake mix.*
- Pour melted butter over top.*
- Bake 350 degrees for 50-60 minutes.*
- When cooled, loosen pumpkin crunch from side of the pan with a knife. Invert pan onto a platter (the top becomes the crust).*
- Top with sweetened cream cheese and cool whip.*

Mexican Cornbread By Ann Burch:

- 1 1/2 Cup yellow cornmeal
- 1/2 Cup flour
- 1/2 Tsp salt, 3 heaping Tsp of baking powder
- 1 Cup milk, 2 eggs, 1 Tbsp sugar
- 1 Cup canned creamed corn
- 4 Slices raw bacon
- 1 Onion, 2 peppers, 4oz can of pimentos
- 8oz Cream cheese



- Bake at 375 degrees for 40 mins until golden brown on top.*

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'Tis the Early Season

Written by Mikie Baker

Just in the middle of my shopping, baking and wrapping for the holiday season, the natives began getting restless.

As always, it started with Dearly Demented Mom. When it comes to gifts, she is finally a no-brainer. All she needs is long-sleeved nightgowns. No diamond rings, no dancing shoes, no demitasse cups. Just nightgowns and her yearly Yuletide push button toy – most anything as long as it lights up, wiggles and sings.

So this year I found her a reindeer whose nose turns red, he shakes his antlers and he sings “Grandma got run over by a reindeer.” To get her in the spirit of Christmas, I felt it my duty to go ahead and give her this present early.

The song was funny the first day. The second day it startled me. The third day I was already sick of it and by the end of the week, I was looking for a reindeer to run over Dearly Demented Mom. And a Merry Christmas to you Adult Protective Services.

Then there was the Teenage Eating Machine issue. I swear children have ESP about their presents. Promptly on December 1st, he began complaining about his cell phone. Battery wouldn't stay charged, not enough memory, could only hold 4 pictures now. I ignored it knowing that in a mere 24 days, under the tree he would find a new iPhone and would love me once again. Even if it was for only 10 minutes.

By the third of the month, I was ready to find a reindeer to run over him too, I was so sick of hearing it. Luckily, fate stepped in – in the form of TEM's size 13 foot. He stepped on his charger, smashed it to smithereens and the end was at hand.

I stewed for an hour watching him fall nearly unconscious because he could no longer text. I gave up. I dragged him into the living room, made him sit down and then said, “Here. This is your BIG Christmas present, but I guess you'll have to get it early. It's a box of duck tape.”

I handed him the beautifully wrapped box and within one nanosecond he was texting someone on his new phone. He actually took time out to look up and tell me how wonderful I was. He might have said something more, but I missed it. I had already fainted.

Since that moment, I have not seen his eyes, his nose, nor his mouth. All I see is the top of his head. His face is buried in the iPhone making it do tricks, texting and screaming, “Cool! Look at this!”

He's no longer in my face wanting something else to eat. Maybe celebrating early isn't that bad after all.

And then there's Handsome Handy Man's youngest. She's 6 and decided to give us an early present. She lost her two front teeth. Excuse me, but why do all children lose their front teeth right before Christmas? Guess so they can sing that two front teeth song.

I may have to change the Christmas dinner up a bit, or just puree hers and hand her a straw, but think of what cute pictures that will make 'round the tree. At least I'll have blackmail ready to go when she hits her teenage dating years.

Even the Christmas tree is ready for the season to be over. It fell over yesterday. I didn't bat an eye, just went over and picked it up. I said, “Sorry Bud, you can't quit early. Stand right back up – just consider it an early Christmas present for me.”

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HOW DID I GET THIS OLD AND WHAT DO I DO NEXT

How did I get this old and what do I do next? Have you ever asked yourself that? This January, a **FREE**, informative series concerning topics for the 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage lender, senior services, tax consultant and more. The series is set for the third Wednesday of every month in 2020, 12:45–2 pm. Many questions arise as we live longer and we need answers.

- How do I maintain a good standard of living as I get older?
- Should I age in place? How should my home be modified to accommodate me in the next few years?
- Should I downsize or upsize? If so, where would be the best location for me to live?
- Is a senior's community right for me?
- What can I do to make sure I can afford to do what I want?
- What are some options to help me finance a move if I so desire?

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- What can I do to make sure my wishes are respected and that I make my own decisions concerning my future living arrangements and care?
- What resources are available to help me? Who do I talk to and what will that cost?

Door prizes will be awarded. Bring your caregiver, family, & friends. Hosted by: JOHN & LANETTE PENNELL, Designated Seniors Real Estate Specialists, of Keller Williams Realty.

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Center Hours:
Monday - Thursday
8:00 am - 3:00 pm
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WEEKLY ACTIVITIES

- Monday
- Indoor Exercise 8:00 AM
- Yoga 10:00 - 11:15 AM
*\$8 per class
- Bingo 1:00 PM
- Tuesday
- Mexican Train 1:00 PM
- Wednesday
- Indoor Exercise 8:00 AM
- Quilting 9:30 AM
- Thursday
- Bridge 9:00 AM
- Dominoes/42 12:30 PM
- Mexican Train 1:00 PM
- Friday
- Indoor Exercise 8:00 AM
- Bingo 12:30 PM

Silver Sage ~ December 2019

SA Food Bank

December 4

Dec. 18

**Christmas Meal at
Silver Sage**

Center CLOSED

**Dec. 24, 25, 26, 27,
30, 31, Jan. 1**



**Wednesday,
Dec. 18.
Ugly Sweater
Contest!**

**Lunch & Learn
Bandera Rehab
Wed., Dec. 11**

**Brown Hearing
Thursday, Dec. 17**

**Please call 1-800-392-1041
to make an appointment.**



SPECIAL CHRISTMAS

**MUSIC by the
Western Heritage
Cowboy Church**

**Friday, Dec. 13
Doors open at 6:00
Music at 7:00**

**Admission \$10 and a bag of dog or
cat food, or a jar of
peanut butter.**



Special Music

Tuesdays, Dec. 10 & 17
 Curtis Kosub will be in the
 dining room after lunch
 playing guitar and leading the
 group in Christmas carols.

www.SilverSage.org



**803 Buck Creek Dr.
P.O. Box 1416
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Cowboy Capital Opry

**First Tuesday
Dec. 3, 2019
Doc & Dave
Cindy & Chris
Gonzales**

**Doors open at 6:30 pm ~
Music begins at 7:00 pm
Admission ~ \$5
Reserved Seats ~\$5**

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 10:00 AM to 3:00 PM
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**All proceeds from
Cowboy Capital Opry &
The Thrift Store
support Meals On Wheels**

Silver Sage ~ December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. <u>OPRY</u> Chicken Fried Steak Mashed Potatoes & Gravy Corn Medley	3. <u>SAFB Market</u> Grilled Bone-in Pork Chop Vegetable Fried Rice Brussel Sprouts Salad	4. <u>SAFB Market</u> Grilled Bone-in Pork Chop Vegetable Fried Rice Brussel Sprouts Salad	5. Garden Spaghetti Salad Garlic Bread	6. Shaved Roast Beef Slider Sweet Potato Fries
9. Double Crunch Honey Glazed Pork Chops Carrots Peas	10. Prime Rib Twice Baked Potatoes Squash Salad	11. Pineapple BBQ Pork Baked Beans Citrus Vinaigrette Slaw <i>Liver & Onions—Congregate</i>	12. Creamy Garlic Parmesan Chicken Green Beans Corn ~ Salad	13. Hamburger Tater Tots
16. Salisbury Steak Mashed Potatoes & Gravy Green Beans	17. Chicken Pot Pie Salad	18. <i>Christmas Lunch at Center</i> <u>Meals on Wheels</u> Old Fashioned Beef Stew Cornbread	19. Breakfast for Lunch Scrambled Eggs Sausage Biscuits & Gravy Jelly	20. Chili Dog Fritos
23. Fish Sandwich Tater Tots Coleslaw	24. <u>Meals on Wheels ONLY</u> Christmas Lunch Ham & all the Fixin's (Center Closed)			27. <u>Meals on Wheels ONLY</u> Ham Salad Sliders Deviled Eggs ~ Chips (Center Closed)
30. <u>Meals on Wheels ONLY</u> Sausage Potato Hash Flour Tortillas (Center Closed)	31. <u>Meals on Wheels ONLY</u> Salisbury Steak Mashed Potatoes & Gravy Black-Eyed Peas (Center Closed)			

Joyce D. Lamilla, LD
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BACK IN MY DAY
THE ONLY CHOICE WAS
INCANDESCENT!



DENNIS ALLYN 12-3-19

THROUGH THE EYES OF A DRIVER

By Mary Allyce

I don't know about you, but I love December. Yes, it can be stressful, cold, and over commercialized. It's dismaying to see Christmas decorations in stores before Halloween - and yet, there is something wonderful about Christmas, anytime. The memories it evokes, the colors and lights, gingerbread, ugly Christmas sweaters. . . And what a relief to be surrounded by the scent of crisp pine and leave pumpkin spice behind for another year!

Christmas feels like a prize at the end of December, a reward for the fuss and hassle, the stress and preparation of the season. You have to run the gauntlet – crazed shopping, cooking, cleaning, decorating, and even the fun part - parties that crowd the calendar, various parades and events, but the payoff for me, is Christmas Eve.

In my Wisconsin German family, Christmas Eve was reserved for church to remind us why we celebrate, then home to open gifts. Traditional Christmas stollen, fragrant with cardamom and those love-'em-or-hate-'em candied fruits, was on every cookie tray alongside gingerbread cookies. My mother made the gingerbread dough, rolled it out, and my brother and I cut out shapes, then decorated them after baking. The result wouldn't have won any prizes on the Food Channel, but they tasted great. Stollen has largely fallen out of favor in my family and I'm sad about that. There's something therapeutic about kneading dough in a flour dusted kitchen. Fortunately, we all still love gingerbread and my kitchen is still dusted with flour and tradition in late December.

We still open gifts on Christmas Eve and there's a big dinner to cook on Christmas Day – my family loves a redo of Thanksgiving – so it's a busy time, but there's something peacefully magical about Christmas Eve. It's like a benediction, a sweet, soft sigh as the year winds down and we reflect on the past while looking ahead to the promise of a new year. It's simply my favorite day.

So you can imagine my delight discovering my Meals On Wheels (MOW) route includes a client I call "The Christmas Lady". This soul sister of mine has a charming little Christmas tree, all decorated and lit, at the foot of her bed year 'round. I began driving in May, but that tree lifted my spirits and transported me directly to Christmas Eve!

We talked about how Christmas and its significance was a good thing to focus on all year long. I left with a smile, renewed energy and optimism. The rest of the route was a piece of cake - gingerbread, please - and The Christmas Lady remains one of my favorite clients. It's no surprise to me that despite her limitations, she has her priorities straight and the Christmas tree in her room is an emblem of her wonderful attitude.

I receive a lot from my MOW clients. I bring them a hot meal and they give me perspective, the embodiment of gratitude, life lessons, and Christmas every week! To all of them and all of you – happy December, and Blessed Christmas - every single day!

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Get Fit at The Silver Sage!



YOGA WITH WILLY - Location: Great Room - Time: 10:00

Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages; participants are encouraged to do what they can. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Class meets at 10:00 AM on Monday mornings in the Great Room with the entrance on Buck Creek Drive. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. Willie's eclectic style of Yoga and his warm, caring creativity endear him to his students. \$8 per class.

Video-Led Exercise Location: Great Room Time: 8:00 AM Monday, Wednesday, Friday mornings

Participate in one hour of video-led indoor exercise. This class is offered every Monday, Wednesday, and Friday mornings at 8:30 a.m. Appropriate for those who don't want to participate in more strenuous exercises. This exercise time is perfect for stretching and limbering up aging joints and muscles. The pace of the video-led exercise group is slow and steady. Some of the participants sit on chairs to do their exercises. No fee but donations are appreciated.

REACH THE SENIOR MARKET!

Would you like to become a sponsor in our newsletter?

Varying levels of sponsorship gives your company/organization an opportunity to be promoted in a multitude of ways including print advertisements through our monthly newsletter

“The Scoop at Silver Sage:” Website exposure, press releases, as well as a presence through display materials at our facility. Sponsorship agreements also provide for your company/organization on-site opportunities--an incredible and effective way to connect with your target: The Senior Population.

For more info, contact Karyn Lyn: 830.796.4969
You can also view details on our website: silversage.org



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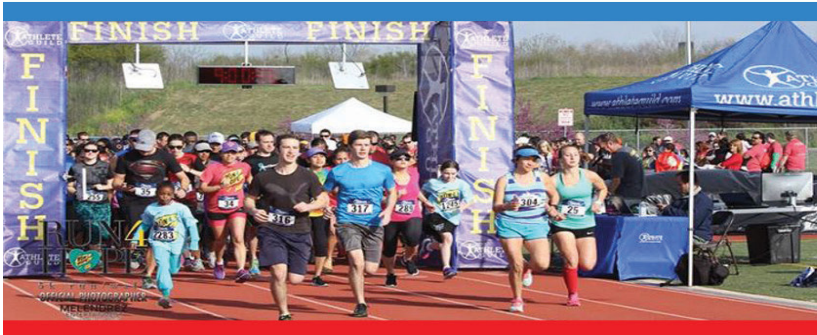


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Improve Bandera County health by providing medical care to eligible residents and promoting health education

Vision:

Healthier lives across Bandera County



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The Arthur Nagel Community Clinic is proud to be a funded partner of the METHODIST HEALTHCARE MINISTRIES of South Texas, Inc.



RiskBusters



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 Paps Restaurant. 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.*



Spotlights at SILVER SAGE



Silver Sage  Senior Center
Christmas Lunch

11:30am - 12:30pm

Wednesday Dec. 18th

