



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 22



A Community For Active Seniors

Senior Living/Small House Community Project is in the making for 2020! Donate now: [silversage.org/donate](http://silversage.org/donate)



**MARDI GRAS BIRTHDAY POTLUCK**  
Tuesday, Feb. 25th,  
11:30am - Bring a covered dish to share!

**MONTHLY MENU**  
Page. 13



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 benefiting Meals On Wheels.

**FEB. 4th Vicki Gillespie & Lanette Pennell.**

# Valentine's Day Ice Cream & Cake Social Feb. 14th 12:20pm



elevatinghealth



expanding our reach.  
**serving the Bandera community.**

Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're **Elevating Health.**

**Peterson Medical Associates**  
3540 SH 16 S  
Suite 1-D  
Bandera, Texas

**To schedule your appointment at our new  
Bandera location, call 830.522.2002**

  
**PETERSON**  
Medical Associates

**Managing Publisher/Designer:**  
**Karyn Utterback-Executuve Assistant**  
**Email: karyn@silversage.org**

**Sales/Marketing Director:**  
**Mikie Baker & Karyn Lyn**

**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.**  
**WWW.SILVERSAGE.ORG**



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*Through the Eyes of a Driver, by Mary Allyce*



**Featured Recipes:**  
**Salad Dressing, & Sheet-cake Sugar Cookies**

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**the Cottages**  
of  
Silver Sage  
A Community For Active Seniors

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**The Cottages Fundraiser**  
**February 16th,**  
hosted by the Bandera Cowgirls.



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**Check out our Monthly Menu!**



**GET FIT!!!**

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## WHAT'S INSIDE

9. **WELCOME MIKIE BAKER!!!**  
Mikie Baker has been named Development Director for the Silver Sage of Bandera County, and we are glad to have her aboard!
18. **How did I get this old and what do I do next?** Have you ever asked yourself that? Join us for a FREE, informative series concerning topics for the 50+. Hosted by John & Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. Next session-February 19th, 2020.
19. **Preparing meals for one or two? Want to boost your mood naturally? Check out these healthy tips!**

*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**

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

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

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

**Arthur Nagel Community Clinic (830) 796-3448**

**CVS Pharmacy (830) 460-7701**

**Bandera Pharmacy (830) 796-3111**

**ART Bus 1-866-889-7433**

**Silver Sage Thrift Store (830) 796-3590**

**Texas Abuse Hotline 1-800-252-5400**

**Texas Health and Human Services (830) 796-3739**

**South Texas Alzheimer's Assoc. (210) 822-6449**



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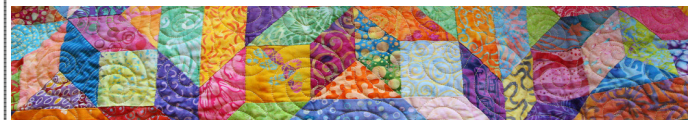
[www.banderabank.com](http://www.banderabank.com) (830) 796-3711

## The Quilting Corner:

Batting Not Quite Big Enough?  
You can add a strip to cotton or  
Hobbs Heirloom batting.

Make sure the edges you wish  
to join are straight. Butt the two  
strips together without overlap-  
ping, and sew together using a  
medium/large zig zag stitch.  
Be careful not to stretch either  
edge.

You can add to polyester batting  
by butting another piece up to it  
and hand stitching it together with  
big stitches. Do Not Overlap.



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A member of the Hospice Partners family



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Vision

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*\*Hablamos Español*

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## **SENIORS PROGRAM**

2305 Roosevelt Avenue

San Antonio, TX 78210

Phone: 210-531-1547

Fax: 210-533-5194

# Seniors Program

*Mission:*

*Providing seniors with vision loss the skills, tools, and resources  
needed for maintaining independence in their homes and the  
community.*

## OUR SERVICES

Our goal is to help people maintain their  
independence in their homes despite vision loss.

We target low income senior citizens to  
participate in our services.

We provide ***five free*** services:

- 1. In Home—Independent Living Skills  
Training**
- 2. In Home—Orientation & Mobility Training**
- 3. In Home—Counseling Sessions**
- 4. Low Vision Clinic Eye Evaluation**
- 5. Low Vision Clinic Devices**

These services not only restore confidence and  
self-worth but enhance the quality of life and allow  
participants to reach their maximum potential.

**SILVER SAGE ANNOUNCES,  
“OLD COOTS GIVING SAGE ADVICE” FUNDRAISER ON  
MARDI GRAS WEEKEND**

**GET SAGE ADVICE FROM A BUNCH OF OLD COOTS AND  
SUPPORT THE COTTAGES OF SILVER SAGE**

**January 28, 2020 – The Silver Sage of Bandera County announces a new fundraiser for the Cottages of Silver Sage. “Old Coots Giving Sage Advice” gathers a group of men from Bandera County who think they know a thing or two more than you do. Since there’s no better teacher than experience, and these experts are really old, we think they can offer sage advice to anyone seeking to make a well-informed decision.**

**The panel of experts include Art Crawford, Glenn Clark, Dennis Allyn and George DeWolf. Obviously, these folks know their stuff – in fact, they have more than 250 years of combined experience in all life’s little problems.**

**The Old Coots have spared no expense in their quest to give you great, sage advice. Beginning with the Bandera Mardi Gras Parade, the Coots will be featured in an antique truck, the consummate classic ride lollygagging down the main street of town. After the parade on Saturday, February 15, armed with a folding table, chairs and a place at the Gumbo Cookoff on 11th Street, they plan to give advice to anyone seeking answers to life’s most pressing questions from 1pm-3pm.**

**How to fix that humming sound in your tractor? What kind of boots to wear out boot scootin’ on Saturday night? When do the cows actually come home? All this plus sage wisdom is available to those seeking advice from the Old Coots.**

**If you like the sage advice given, feel free to leave a donation for the Cottages of Silver Sage, Bandera’s newest initiative to help the seniors of Bandera County. The Silver Sage has committed to building 46 cottages to house Active Seniors who live in the county and are looking to downsize from ranch life to living in town with more access to services and community involvement. All donations made will go directly to the fundraising efforts to build the cottages adjacent to the Silver Sage. The project is slated to get underway later this year.**

# **She Ain't Heavy, She's My Purse** *by Mikie Baker*

Listen up men! This is all you need to know about women. There are three types of us – the Minimalists, the Fashionistas and the Incurables. Read on, grasshopper.

Women aren't born with purses but we each secretly want one from birth. Where else are you supposed to keep an extra bottle, a pair of diapers and some baby bottom cream, after all? Females must carry things around and since the fashion gods decided that only men should have pockets, women need purses.

Over the years, I've bought hundreds of hand-bags. Some big, some very small, some that match only one outfit, but it's an exact match. Certainly, we all own our variety of purses but what we carry in those purses is far more telling. This attribute separates the girls from the women.

*Here are those three types of women:*

## **The Minimalists**

This is the magician that can somehow tuck everything she needs to survive into a tiny, compact little bag that's nearly light as a feather. My friend, Hippy Yuppie Sister has one of those. It's a Coach bag and I think the only reason she could afford it was because it was so small. Somehow she manages to contain all that she needs in a bag the size of a men's wallet. I'm certain she's using mirrors for part of the trick.

## **The Fashionistas**

The group consists of women who understand that your purse is an extension of yourself, thus it needs to match your outfit. Size doesn't matter nearly as much as the "hue" or the compliments. This goal of the Fashionistas is to constantly hear, "Oh! I love your purse!" Inside this fashion statement are the standard items –

wallet, checkbook, makeup. Maybe some mints. We wouldn't want to get our purses so full, they bulged and didn't look cute, now would we?

## **The Incurables**

You know her. Her bag weighs more than 25 pounds. When she asks you to hand her purse to her, you dislocate a shoulder. Men, do you know what it's so heavy? Because contained inside is everything you need to survive on a deserted island for more than a year. I promise you. Plus you'll have leftovers.

Just last week, I went to another town for a local Chamber of Commerce event, and spent the night with a girlfriend. When we got back to the house and sat down, she asked me to hand her purse over. I'm still having trouble making a fist. It was heavy. And I mean heavy. It was also dark blue and plain. There was no fashion statement there because those heavy purse gals try to run under the radar so you won't notice how much stuff they are lugging around on one shoulder.

So I said to her, "What the heck have you got in here?" It took her nearly ten minutes to unload it and I took photos so I could tell you what all she packed in there: a makeup bag, a compact with no powder left, a diabetes kit, an inhaler, aspirin, a flash light, readers in a large case, two checkbooks, a business card holder, dental floss, a phone charger, perfume, pens, pencils, a business card holder, a variety of medications, Altoids, a knife, 3 safety pins, a straw, a coin purse, a first aid kit and the Prime Minister of Canada. Okay maybe it was only a photo of him.

I felt safe knowing that wherever we might go, I was armed with a friend and a survival kit. But it still doesn't match her outfit.



# Funny Bone

Amanda is chatting with her friend Sandy...

*My memory is gone Sandy. So I changed my password to "Inccorrect." That was when I try and log in and type the wrong password, the computer will tell me, "your password is innccorrect."*

**My wife woke up with a huge smile on her face. I love Sharpies.**

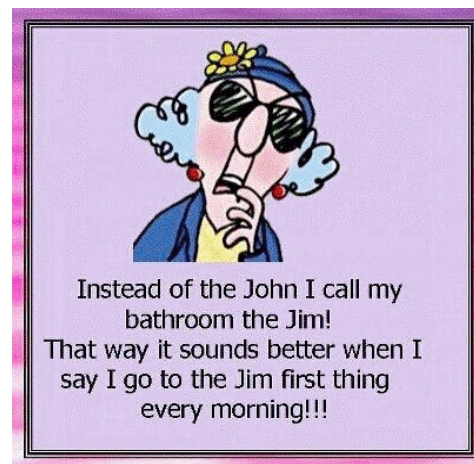
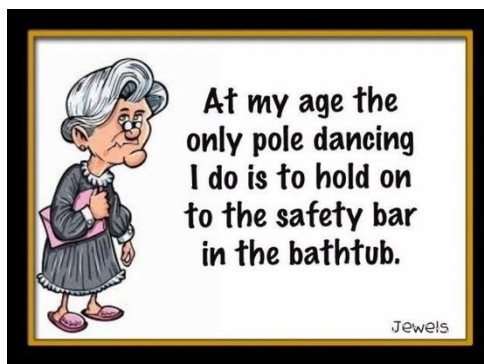
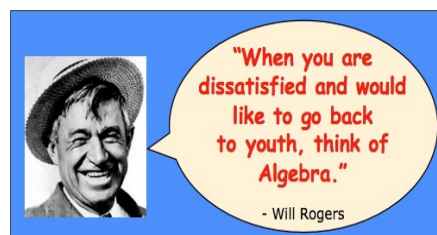
**You know you are old when you hear your favorite songs in an elevator.**

**You know you are old when you're told to slow down by your doctor and not the police.**

**If you lose something, don't stop until you've searched every nook and granny.**



The Retirement Village People





**WELCOME MIKIE BAKER!!!** Mikie Baker has been named Development Director for the Silver Sage of Bandera County. Baker began her career in radio at KLIF Radio in Dallas as a DJ and Music Director, earning her 10 gold records for her musical ability to pick the next “hit” record. She then spent 11 years with T.G.I. Friday’s, creating custom music for the restaurants as well as creating the company’s Creative Arts department. Baker oversaw marketing, food photography, audio/visual, video production, menu design and advertising, winning several awards for her work. In 1990, Baker formed The Baker Agency, a firm on the cutting edge of design for the hospitality industry. After moving to the Hill Country to take care of her aging mother in 2004, Baker wrote the humor column, “Mikie Baker’s Gone Country” for the Bandera Courier for 10 years. She was voted a Top Ten Columnist in the state by the Texas Press Association. In 2013, after her mother’s passing, Baker became the Community Liaison for Texas Public Radio. She was in charge of five radio stations doing sales, marketing, outreach, events and community involvement. Today she turns her talents to raising money for the Seniors of Bandera County through outreach, grant writing and fundraising. **If you’d like to get involved with the Silver Sage, contact Mikie at 830-460-0077 or [mikie@silversage.com](mailto:mikie@silversage.com)**



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## Duck Inn Salad Dressing By Amy Dee Hawley

From The Duck Inn, Camden Arkansas. BEST salad dressing ever!!!!

1 bottle of ketchup  
3/4 gallon of salad dressing (Miracle Whip)  
1 bottle of water  
3 tsp of salt  
1 tsp of pepper  
1 tsp of garlic  
Mix together.



*Start with ketchup, add Miracle Whip, add water to thin, add salt, pepper, and garlic for a small batch.*

*“The Duck Inn was one of the most popular restaurants in my hometown. It was the best place to go after church. They were known for this salad dressing! It was always bottled in a Grapette syrup clown or elephant glass jar.”  
- Amy*

## Sheetcake Sugar Cookies By Liz Palmer

1 C butter, room temp, no substitutions  
8oz cream cheese, softened  
1/2 tsp vanilla  
1tsp almond extract  
1 C sugar  
2 eggs  
1/2 tsp soda  
1/2 tsp baking powder  
2 3/4 C flour

*Preheat oven to 375. Cream first four ingredients until light and fluffy. Add sugar and eggs, mix well. Add dry ingredients, DO NOT OVERMIX. Spray 10x15 sheet cake pan. Spread mixture in pan. Bake 18 mins. Frost with your favorite buttercream frosting flavored with almond extract and sprinkle preference.*

[cascadehealthservices.org](http://cascadehealthservices.org)



# CIBOLO CREEK

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***Do you have***  
**walkers, wheel chairs,**  
**shower chairs, commode**  
**chair, canes,**  
**etc. that you don't**  
**use/need?**

**Please consider**  
**donating them to**  
**the Silver Sage.**

**Contact:**  
**John Cressey-Neely**  
**(830) 796-4969**



**new**  
**hope**

counseling services

[www.newhopecounselingtx.org](http://www.newhopecounselingtx.org)

**Center Hours:**

Monday - Thursday  
8:00 am - 3:00 pm

Friday

8:00 am - 2:00pm

# Silver Sage ~ February 2020



**Center CLOSED**  
**President's Day**  
**Feb. 17**

Lunch & Learn  
Mary Lou Howell  
Cibolo Creek Hospice  
Wed., Feb. 26 ~ 11:15 AM

**WEEKLY ACTIVITIES**

- Monday
- Indoor Exercise 8:00 AM
  - Craft & Chat 10:00 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
  - Mexican Train 1:00 PM

- Thursday
- Bridge 9:00 AM
  - Dominoes/42 12:30 PM
  - Bingo 1:00 PM

- Friday
- Indoor Exercise 8:00 AM

**Bandera Sister City Partnership Opry**  
**Tuesday, Feb. 18**  
Doors open at 6:30 pm  
Music at 7:00 pm  
**Guest Performers:**  
**Fred Smith**  
**Kenny James Pearsall**  
**Reserved seats & admission \$10**

**Craft & Chat**

**Mondays at 10:00 AM**

Bring a craft project to work on while visiting and making new friends.

**Valentine's Day**  
**Ice Cream & Cake Social**  
**Friday, Feb. 14 - 12:20 PM**



**Mardi Gras Birthday Potluck**  
Tuesday, Feb. 25, 11:30 AM  
Bring covered dish to share



**Fundraiser for the Cottages of Silver Sage**  
**Sunday, Feb. 16,**  
**11AM - 3 PM**  
Live Music, Raffle, Silent Auction,  
Polish & German Cuisine,  
Hosted by the Bandera Cowgirls

**HOW DID I GET THIS OLD**  
**AND WHAT DO I DO NEXT?**  
**Wednesday, Feb. 19, at 12:45**

**Silver Sage Great Room**

A free, informative series concerning topics for those 50+ on the third Wed. of every month in 2020. This series is presented by John & Lanette Pennell, Designated Seniors Real Estate Specialists.  
Guest speakers & door prizes!

**www.SilverSage.org**

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

**Cowboy Capital Opry**

First Tuesday  
**Feb. 4, 2020**  
**Vicki Gillespie**  
**Lanette Pennell**  
Doors open at 6:30 pm ~  
Music begins at 7:00 pm  
Admission ~\$5  
Reserved Seats ~\$5  
**HIGH RECOMMENDED!**

**Thrift Store**  
Monday thru Friday  
10:00 AM to 3:00 PM  
**Hwy 16 S**  
**(near Snowflake Donuts)**  
**830-796-3590**

All proceeds from  
Cowboy Capital Opry &  
The Thrift Store  
support Meals On Wheels

# Silver Sage ~ February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. BBQ Chicken Baked Beans Coleslaw	4. <u>OPRY</u> Beef Stir Fry Loaded w/Veggies Tortilla	5. Mac & Cheese w/Ham Casserole Salad ~ Dessert	6. Chicken Fajita Casserole Refried Beans Spanish Rice Salad ~ Dessert	7. Roast Beef Sliders Sweet Potato Fries
10. Beef Casserole Brussel Sprouts Stewed Tomatoes	11. Spiral Cut Ham & Pineapple Casserole Au gratin Potatoes Salad ~ Dessert	12. Chicken Cordon Bleu Roasted Provincial Veggies Sweet Potato Casserole	13. Shepard's Pie Dinner Roll Salad ~ Dessert	14. <u>Ice Cream &amp; Cake Social</u> Ham Salad on a bed of Spring Mix Salad Deviled Eggs
17.  <b>CLOSED</b>	18. Meatloaf Oven Roasted Potatoes Broccoli Salad Dinner Roll Dessert	19. Chicken Marsala over Noodles Squash Casserole Salad ~ Dessert <u>Optional:</u> <u>Liver &amp; Onions</u>	20. Savory Sliced Beef on a bed of Wild Rice Tangy Red Cabbage and Carrot Salad	21. Chef Salad Dessert
24. Country Fried Steak Mashed Potatoes & Gravy Green Beans Dinner Roll	25. <u>Birthday Potluck</u> Broccoli, Ham & Cheese Casserole Salad Dessert 	26. Hamburger with all the Fixin's Tater Tots	27. Chili Southern Style Cornbread Salad Dessert	28. Fish Sticks w/Lemon Caper Sauce Pasta & Veggie Salad
 AACOG Alamo Area Council Of Governments	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	 San Antonio FOOD BANK SERVING SOUTHWEST TEXAS	 PETERSON HEALTH	 ..... HAPPY ..... Valentines Day

Joyce D. Lamilla, LD  
Call Meals On Wheels delivery  
(830) 796-4969

Lunch served  
from 11:30 AM to 12:30 PM  
Please call 796-4969 to make  
lunch reservations before 9:30

All meals will meet the 1/3 RDA  
of Federal guidelines

Menu subject to change according to availability



Providing seniors with vision loss the skills, tools and resources needed for maintaining independence in their homes and the community.

210-531-1547 · www.salighthouse.org

# MARKET DAYS

The San Antonio Food Bank **WILL NOT BE DELIVERED in February.**

To qualify for the Food Bank distribution, you must meet the guidelines to participate. An application must be completed once a year.

Go to [safoodbank.org](http://safoodbank.org) and click Agency Resources, find the Client Intake section, then click "Pantry Family Intake Form B" or ask us to help you!



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# BANDERA

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**SILVERSAGE.ORG**

  
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**Dr. Mark Richardson,  
Dr. Jennifer Knight, and Associates**

**830-796-3003**

**1989 TX-16 N, Bandera, TX 78003**

**BANDERAVETCLINIC.COM**

# 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](http://silversage.org)**

## **BANDERA SISTER CITY PARTNERSHIP OPRY**

**Tuesday Feb 8th, 2020**

**Doors open at 6:30pm, Music at 7pm**

**Guest Performers: Fred Smith & Kenny James Pearsall**

**Center Closed President's Day Febraury 17th.**



**830-331-8496 VISITINGANGELS.COM**  
**124 E Bandera Rd #406, Boerne, TX 78006**

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

Have you ever asked yourself, “How did I get this old and what do I do next?” This January, a **FREE**, informative series concerning topics for those 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage specialist, 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?
- 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! Bring your care giver, family members and friends. Hosted by John and Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. 210-844-8549 [lpennell@kw.com](mailto:lpennell@kw.com)

2020 SERIES DATES.....

JAN 15	MAY 20	SEPT 16
FEB 19	JUNE 17	OCT 21
MAR 18	JULY 15	NOV 18
APRIL 15	AUG 19	DEC 16



# Preparing Meals for One or Two



## Shopping

- Only buy what you can **use** and **store** safely - it's not a deal if you have to throw it away!
- Keep **canned and frozen** fruits and vegetables on hand for easy sides that won't go bad quickly.
- Buy larger packages of **meat** when they are on sale, divide into smaller portions, and freeze for later use.



## Cooking

- Use the **microwave** to make small meals like omelets or soup.
- Cook a pot of chili or a large casserole and **freeze** in small portions for easy meals later.
- **"Planned-overs"** allow you to make multiple meals out of one dish. Cook a roast on Sunday and use the leftover meat for shepherd's pie on Monday, a sandwich on Tuesday, etc.



# BOOST YOUR MOOD NATURALLY

## ORANGES

vitamin C  
reduces  
the stress  
hormone cortisol



## BANANAS

B6 and  
tryptophan  
make  
serotonin



## LEAFY GREENS

magnesium  
for serotonin  
folate for  
dopamine



## AVOCADO

folate turns into  
dopamine  
reducing  
depression



## SALMON

omega-3 fatty acids  
reduce depression  
symptoms  
up to 50%



## BLUEBERRY

anthocyanin  
a powerful  
antioxidant  
produces dopamine



## NUTS

walnuts can  
boost your  
mood by  
28%.



## GREEN TEA

L-theanine  
promotes  
calm



## YOGURT

live lactobacillus  
in yogurt  
reduces  
inflammation



TWO GREAT LOCATIONS!

# BANDERA & LAKEHILLS

# True Value®

1002 Main St, Bandera, TX 78003 - [banderatruevalue.com](http://banderatruevalue.com)

Veterans 10% discount Every Thursday

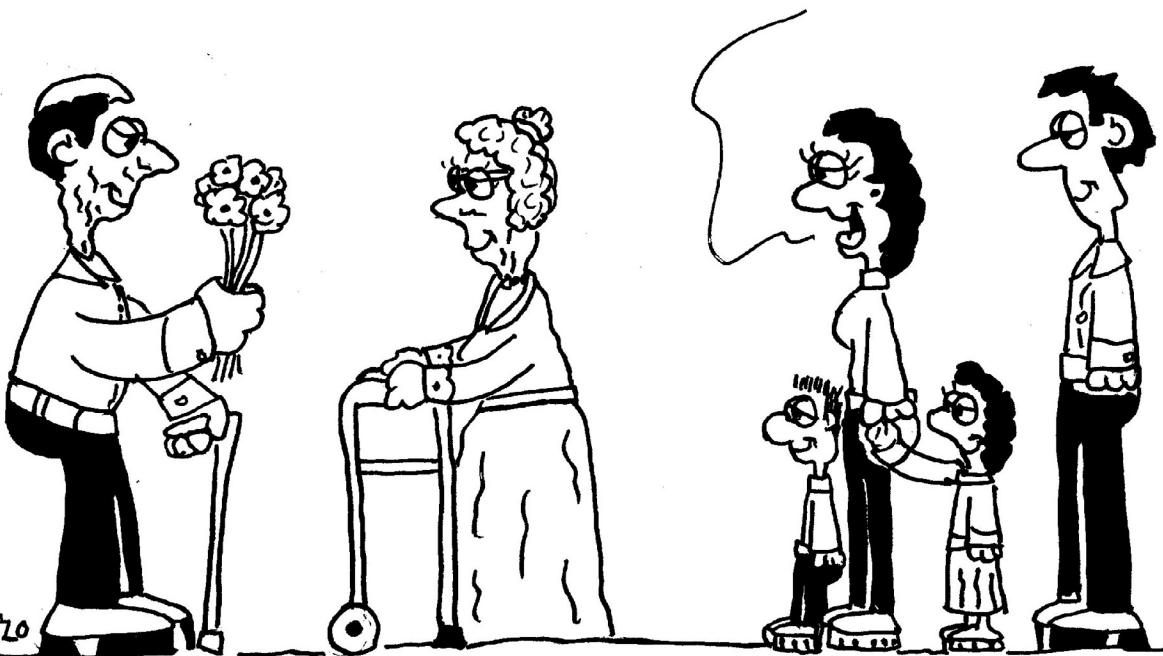


8950 FM1283, Lakehills, TX 78063 - [lakehillstruevalue.com](http://lakehillstruevalue.com)

Veterans 10% discount Every Tuesday

HAPPY VALENTINE'S DAY!

THAT'S WHAT I  
AM TALKING ABOUT!



DENNIS ALLYN '20

# THROUGH THE EYES OF A DRIVER

By Mary Allyce

Driving for Meals On Wheels (MOW) was on my “To-Do List” for years. The increasing need for drivers eroded my increasingly weak excuses and I took a modest once a week route. My first day riding with an experienced driver felt like racing through a maze, wearing a blindfold!

I was positive I’d never etch that route into my head and since we have a three hour window to complete deliveries, wandering in a leisurely, foggy haze is not an option. My sons will tell you I have absolutely no sense of direction, but there’s always the GPS. By my second delivery day, I wasn’t having to backtrack more than three or four times. Yay! Art Crawford did comment when I staggered through the door late and befuddled, “We were about to send out a search party,” but that’s Art, so I ignored him!

On my third trip as a driver, I was assigned a new couple to train. Yep. Train. Me. We got ‘er done and I surprised myself with remembered markers and tidbits of information about the clients. “This one likes to chat a bit.” This family has two dogs, so we need to take dog treats.” “This gentleman is very hard of hearing, so knock loud!”

The impossible was becoming possible and the need is great. Since my first drive, my route has nearly doubled and so has my ability to get those deliveries made. It’s a treat to see the clients and a pleasure taking a few minutes to talk with them and find out how their day is going. I think they give me more than I give them. One is even a former MOW driver herself.

It would be hard to find a more rewarding activity than bringing a warm, nutritious meal to someone who can’t get out and about easily anymore. And those meals smell so good as I drive along through the gorgeous Texas Hill Country!

Please consider being a driver. You can drive as a team with a spouse, partner or friend. You use MOW vehicles. The MOW team from the front desk to the kitchen is a great, supportive group. And I’ve only used the GPS once in the last month.

***You can do it and MOW needs you!***



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

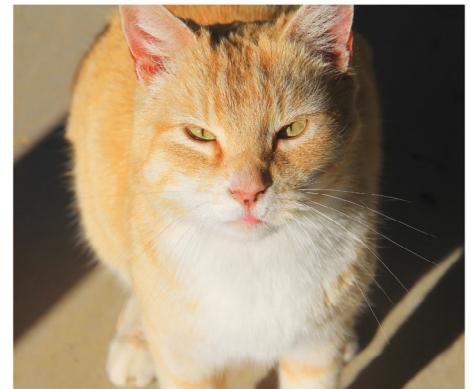
If you wish to volunteer, please come to Silver Sage at 803 Buck Creek Drive to fill out the volunteer form or call (830) 796-4969.



*Honoring the past,  
Inspiring the future.*



# Spotlights at SILVER SAGE





**YOU'RE  
INVITED!**

*Fundraiser For*



the   
**Cottages**



*of*  
**Silver Sage**

**A Community For Active Seniors**

**February 16th, Sunday 11am-3pm**  
*at the Silver Sage*

**803 Buck Creek Bandera, Texas (830) 796-4969**

**Live Music \$25 per person**

**Bloody Mary Bar \* Craft Beer**  
**Raffle \* Silent Auction**

**POLISH & GERMAN CUISINE \* EMBRACING BANDERA'S HERITAGE**

**Tickets Available at the Silver Sage, Bandera General Store, True Value  
Texas Hill Country Bank, Spirit of Texas, & Prairie Song Upscale Resale.**

**Call Karen Osman for additional info: (210) 846-4116**

**SILVERSAGE.ORG**

*Hosted By:*

*Bandera  
Cowgirls*