MEALS ON WHEELS AMERICA
2020 MEMBER

Silver Sage Thrift Store:
660 Hwy 16 South in the strip mall **(830) 796-3590**
Store hours (Covid hours):
Tues-Thurs 10:00am-3:00pm
See more on page 22

the Cottages of Silver Sage
A Community For Active Seniors

Senior Living/Small House Community Project Page 24
Donate now: silversage.org/donate

on the MENU

MONTHLY MENU
Page. 13

VOL. 2 ISSUE 1 WWW.SILVERSAGE.ORG NOVEMBER 2020

BANDERA COUNTY

THE SCOOP AT SILVER SAGE

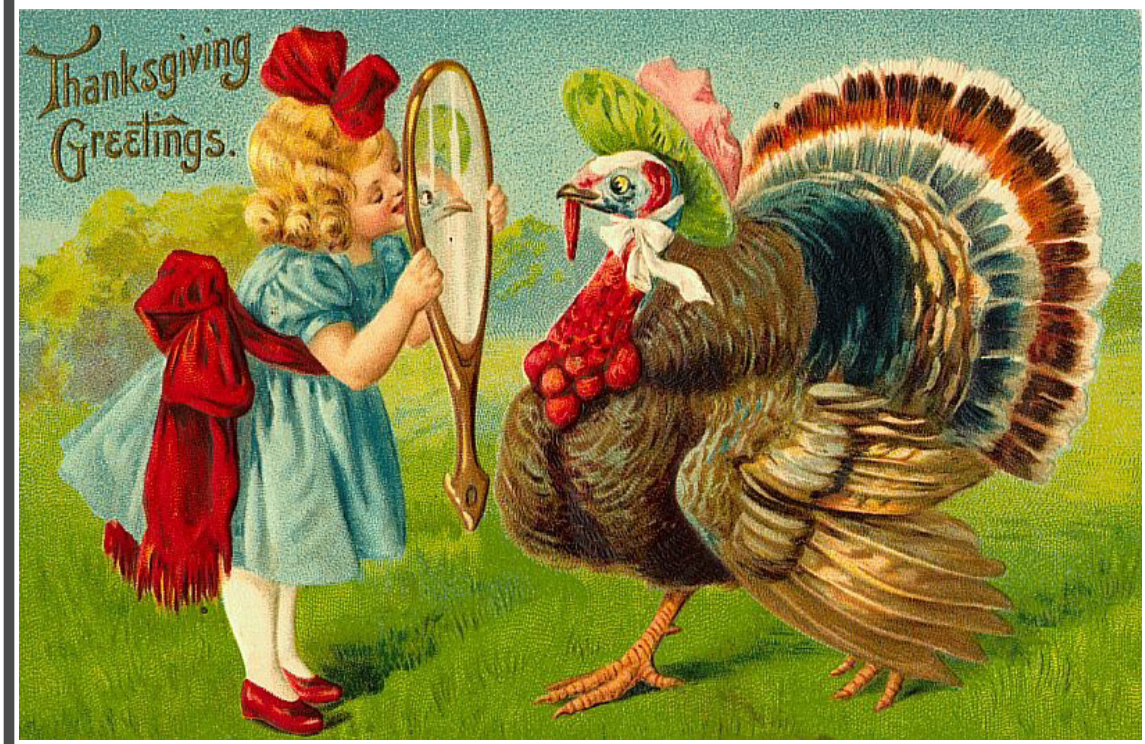
803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

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.
OPRY CANCELLED THIS MONTH.



COMMUNITY THANKSGIVING DINNER DRIVE-THRU!!

10:30AM-1:30PM - AT THE SILVER SAGE TUESDAY, NOVEMBER 24TH

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

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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

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

Check out our Monthly Menu!

WHAT'S INSIDE

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) (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
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

Raising Awareness of the Benefits of Hospice and Palliative Care

Alamo Hospice, Celebrates November's National Hospice and Palliative Care Month and Veteran's Day

Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization." Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed. This is one reason that the national "It's About How You Live" Campaign was launched this year.

Every year, nearly 1.5 million Medicare beneficiaries receive care from hospices in this country, reports NHPCO. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their family caregivers when a cure is not possible.

In addition to raising awareness about the care we provide, we will also join our nation in celebrating Veteran's Day. Often those who were the first to answer our nation's call for help are among the last to seek help when they need it. Because of their unique and often traumatic experiences during their service, veterans frequently have special needs at the end of life. The emotional and spiritual components of hospice care can be especially meaningful to those who served our country so valiantly. However, like 90% of all Americans, most veterans do not know that hospice support can begin months before death.

At Alamo Hospice we focus on the veteran population and are committed to providing compassionate care to terminally ill veterans and their families. We understand the selfless service and sacrifices that our veterans made while serving our country. At the center of our care is our pledge to provide comfort and support at the end of life.

More than 1800 veterans die every day – approximately 1 in 4 of America's total deaths. We routinely provide care for a large number of veterans. Our care professionals have received specialized training in the areas of veterans' needs, as well as providing special recognition for veterans on our service. Our Volunteer Program includes additional training for veteran services and we actively recruit veterans as hospice volunteers. Additionally, we provide outreach and education to veteran groups and community providers to increase awareness and earlier access to hospice care for veterans.

Alamo Hospice is located at 1232 Bandera Hwy, in Kerrville, Texas and has been serving the Hill Country for over 10 years, with a local team providing care and support wherever you feel most comfortable - whether that is your home or a facility. It is your choice to decide when hospice is right and what agency will care for you. Alamo Hospice is always available to help 24 hours a day 7 days a week.

Our Philosophy is ***doing whatever it takes when it matters most***! Throughout the month of November, Alamo Hospice will be joining organizations across the nation hosting activities that will help the community understand how important hospice and palliative care can be. We will also be hosting a virtual pinning service to honor our veterans. More information about hospice, palliative care, veteran care, and advance care planning is available from Alamo Hospice, **830-816-5024** or from NHPCO's CaringInfo.org.

Alamo Hospice
— AN ADDUS HOMECARE COMPANY —

We Honor Veterans

THROUGH THE EYES OF A DRIVER

By Mary Allyce

November. The month of Thanksgiving – the one with a capital "T" and a lower case "t". This year it's been a stretch to embrace either one. Is it just me or does 2020 feel more like a decade than a single year?

I remember January and February, but they feel awfully far away, part of the past – like a childhood memory that's a little fuzzy around the edges, but warm and cozy and a place we'd like to visit again. Maybe that's a little too sentimental because nothing is ever as idyllic as what we recreate in our mind. I remember the wonderful early Wisconsin mornings when I woke up to a blizzard. Big, fat, wet snowflakes meant a blizzard which meant a snow day off from school. Or not. We walked to school – not ten miles, but several blocks and Wisconsin is used to blizzards and prepared to deal with them. There were the occasional no-school mornings, snuggling back under the warm comforter, mom making hot cocoa and cinnamon toast. There were a lot more mornings mummified in a snowsuit, half asleep, trudging off through the elements, icy cold toes and red, runny nose, on my way to Mckinley Grade School.

2020 has been like one of those days. Except it's been almost a year, not a day here and there. Then there's the capriciousness of it all. We were locked down, masked, and washing our hands like neurosurgeons and then just in time for Memorial Day we went back to almost normal, not to be confused with truly normal, whatever that is. Then everything shut down again before we had a chance to celebrate the 4th of July. Then things sort of relaxed in time for Labor Day, but it was confusing. Masks or not? Want a beer? Better order a burger. Is dancing dangerous? Exactly how far apart is 6 feet? Is 6 feet far enough? Should kids be back in school? We still have more questions than answers.

Halloween was trickier than usual. On the upside, treats were more creative and wearing a mask was expected and accepted. Did I just use the word "upside"? There is always an upside. Always something for which to be grateful, thankful.

I'm thankful for much, starting with our MOW clients. When I couldn't remember what was for lunch, one of my favorite ladies smiled and said, "It doesn't matter. It will be something good!" She reminds me a positive attitude will take you a long way in life and hers has taken her well into her eighties. I'm thankful for the folks who prepare those meals, for the amazing Silver Sage staff who always have a smiling welcome, for my fellow drivers and our "jumper" helpers. Thanks to everyone from clients to staff, the lockdowns, the distancing was a lot less isolating.

Like everything else, Thanksgiving might look and feel different this year, but it doesn't have to be any less thankful or grateful. Repeat after my beautiful client, "It will be something good!" And it will.

Happy Thankgiving, y'all!

BANDERA COUNTY
SILVER SAGE
ENRICHING LIFE FOR SENIORS

Presents

COMMUNITY
THANKSGIVING MEAL

Drive-Thru

for Bandera County

Tuesday, November 24th
10:30am-1:30pm
803 Buck Creek, Bandera, Texas

Call (830) 796-4969 to reserve your meal.

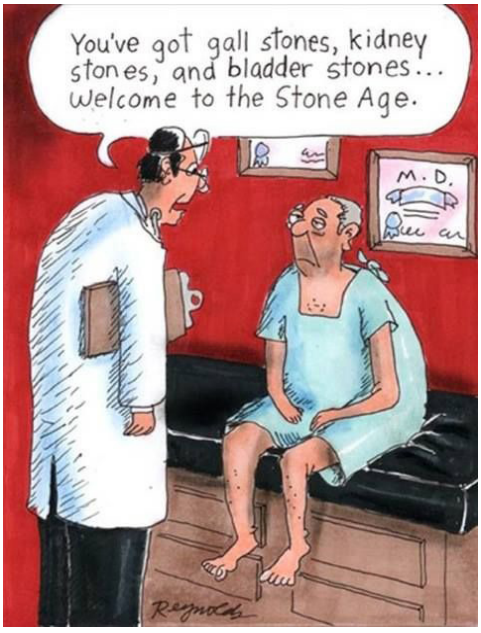
Funny Bone

SENIOR FUN AND GAMES

Sag, You're it.
Pin the Toupee on the Bald Guy.
Questions Shouted into your Good Ear.
Kick the Bucket.
Red Rover, Red Rover, The Nurse Says Bend Over.
Doc, Doc Goose.
Simon Says Something Incoherent.
Hide and Go Pee
Spin the Bottle of Mylanta
Musical Recliners

Don't Forget

The old couple was sitting in the living room and the man asked his wife to "Make him a peanut butter sandwich with grape jelly and to make sure she used grape jelly and not the peach". She replied she would and asked did he want one slices or two. He replied two slices and make sure you use the grape jelly not the peach." He continued, as forgetful as you are would you write it down so you won't forget!" She said: "I don't need to write it down because I will remember grape jelly and not peach. After a while she came out with two eggs scrambled, a bowl of grits, two pieces of toast and a cup of coffee. He looked at his meal and said:"I knew it. I knew it. I asked you to write it down because I knew you would forget the biscuits!"



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Cheesy Sausage and Sage Stuffing

2 tablespoons unsalted butter, plus more
1 medium boule sourdough, cut into 1-inch pieces (9–10 cups), dried out overnight
2 tablespoons olive oil
1 pound sweet or spicy Italian sausage, casings removed
2 large onions, finely chopped
3 celery stalks, chopped
¼ cup finely chopped sage
Kosher salt, freshly ground pepper
1 cup dry white wine
2 large eggs, beaten to blend
1 cup low-sodium chicken broth
2 cups half-and-half
1 pound aged cheddar, grated (about 5 cups), divided

DIRECTIONS: Makes 12 servings, cut in half if desired)

Preheat oven to 300°. Butter a shallow 13x9" baking dish and a large piece of foil. Place 9 cups bread in a large bowl.

Heat oil in a large skillet over medium-high. Cook sausage, stirring occasionally and breaking into small pieces with a wooden spoon, until browned and cooked through, 7–10 minutes. Transfer to bowl with bread.

Place onions, celery, sage, and 2 Tbsp. butter in same skillet; season with salt and pepper. Cook, stirring often, until onions are golden brown and soft, 10–12 minutes. Add wine and cook, stirring occasionally, until almost completely evaporated, about 5 minutes; scrape into bowl with bread and sausage.

Whisk eggs and broth in a medium bowl until smooth, then pour over bread mixture. Pour in half-and-half and add 3 cups cheese; toss to combine. Season with salt and pepper. Transfer to prepared baking dish and cover with foil, buttered side down. Bake until a paring knife inserted into the center comes out hot, 40–50 minutes .

Heat broiler. Uncover stuffing and top with remaining cheese. Broil until top is golden and bubbling, about 4 minutes. Let sit at least 10 minutes and up to 30 before serving.

LOW-FAT BROCCOLI SOUP

(PROVIDED BY SUSAN BROA)

Don't let the "low-fat" label of this soup recipe turn you off. It's just as creamy as higher-fat versions and satisfying any time of year on its own for lunch or as a starter to a complete meal.

The trick to adding body to low-fat soups is by using potato and some low-fat or nonfat milk and then whizzing it in a blender. 2 slices thick cut bacon diced

2 teaspoons olive oil
1/2 medium onion, chopped (about 3/4 cup)
1 stalk celery, chopped
1 medium Yukon Gold potato, peeled and cubed
4 cups fresh broccoli, including stems, chopped
2 cups low-sodium, fat-free chicken broth (or vegetable broth)
1 1/2 cups non-fat milk

DIRECTIONS:

Heat oil on medium heat in a soup pot or Dutch oven.

Gently sauté onion and celery for 3 to 4 minutes, until onion is softened.

Add potato and chopped broccoli, followed by the broth and milk.

Bring to a boil, then reduce heat, cover, and simmer for 20 minutes, or until vegetables are tender.

Allow soup to cool slightly, then transfer to a blender in 2 to 3 batches, and blend until smooth. Return soup to pot and heat gently until ready to serve. Place in bowls and enjoy!

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

DONATE BLOOD

Saturday-November 14th

10 a.m. – 3 p.m.

Silver Sage Community Center

803 Buck Creek Drive, Bandera

By Appointment Only

Or go online at

https://donor.southtexasblood.org/donor/schedules/drive_schedule/123194

Hosted by: Bandera American Legion Post 157

All donors can choose from hundreds of gift cards, including:

- Uber Eats
- Hulu
- Dominos
- *Many more*

South Texas Blood & Tissue Center

A SUBSIDIARY OF BIOBRIDGE GLOBAL

SouthTexasBlood.org

@connectforlife

Silver Sage ~ November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2. Cheese Steak w/Brown Gravy Hominy Green Beans	3. Monterey Chicken Warm Bean Salad Tuscan Veggies Dessert	4. Ham Mac & Cheese Pineapple Casserole Chef Salad	5. Hamburger w/all the Fixins' Baked Beans Dessert	6. Chicken & Dumplings Creamed Corn
9. Breaded Pork Chop Black Eyed Peas Carrots	10. Grilled Corn Beef Hash, Potatoes & Onions Greens Dessert	11. Creamy Tuscan Garlic Chicken over Noodles Squash ~ Garlic Bread Caesar Salad	12. Hearty Beef Stew Cornbread Dessert	13. Bratwurst Dog w/Mustard and Sauerkraut German Potato Salad
16. Chicken Fried Steak Mashed Potatoes & Gravy Steamed Veggies	17. Salmon Patty Rice Pilaf w/Chef's Sauce Brussel Sprouts Dessert	18. Bruschetta Chicken Sauteed Squash Mac & Cheese Broccoli Salad	19. Beef Stroganoff Beet Salad Corn Dessert	20. Roast Pork & Vegetables Cornbead
23. Chicken Strips Mashed Potatoes & Gravy Cole Slaw	24. Drive-By Thanksgiving MOW - Garden Spaghetti	*Meals on Wheels only* 25. Turkey & Dressing Sweet Potato Casserole Green Bean Casserole Dinner Roll & Dessert	26. 	*Meals on Wheels only* 27. Turkey Tetrazzini
30. Chicken & Rice Skillet				

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

Silver Sage
(830) 796-4969

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

Menu subject to change according to availability

Find the words in the puzzle, and write them under the appropriate picture.

HAPPY THANKSGIVING

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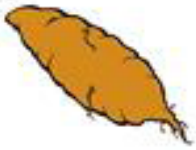
12 

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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

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.

THANKSGIVING TRIVIA

The first Thanksgiving lasted:
1. One day
2. Two days
3. Three days

Which of the following was NOT served at the Pilgrims Thanksgiving meal?
1. Cranberries, corn, and mashed potatoes
2. Rabbit, chicken, wild turkey, and dried fruit
3. Venison (deer meat), fish, goose

Which Indian tribe taught the Pilgrims how to cultivate the land and were invited to the Thanksgiving meal?
1. Apache
2. Wampanoag
3. Cherokee

Approximately how many turkeys are eaten each year on Thanksgiving in the U.S.?
1. 100 million
2. 280 million
3. 500 million

What is a snood?
1. The loose skin under a male turkey's neck.
2. A hat worn by a Pilgrim
3. A hot cider drink served at Thanksgiving.

What utensil was not used by the Pilgrims to eat Thanksgiving dinner?
1. Knife
2. Fork
3. Spoon

The best place to put the meat thermometer in the turkey is:
1. The breast
2. The middle of the back
3. The thigh

Which president is believed to be the first to pardon a turkey and start this annual tradition?
1. President Lincoln in 1863
2. President Roosevelt in 1939
3. President Harry Truman in 1947

Answers on the next page (page 20)

THANKSGIVING TRIVIA ANSWERS: 3,1,2,2,1,2,3,3

BANDERA COUNTY SILVER SAGE
ENRICHING LIFE FOR SENIORS

&

San Antonio FOOD BANK
SERVING SOUTHWEST TEXAS

SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

AT MANSFIELD PARK 11AM

MONDAY NOVEMBER 23RD
MONDAY DECEMBER 14TH





CALL TO PRE-REGISTER, @ THE SILVER SAGE (830) 796-4969

****ONLY IF YOU AREN'T ON THE PREVIOUS LIST ALREADY**

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.

35 YEARS Est. 1984

BANDERA COUNTY
SILVER SAGE
ENRICHING LIFE FOR SENIORS

Honoring the past, Inspiring the future.

Sweet Potato Shepard's Pie

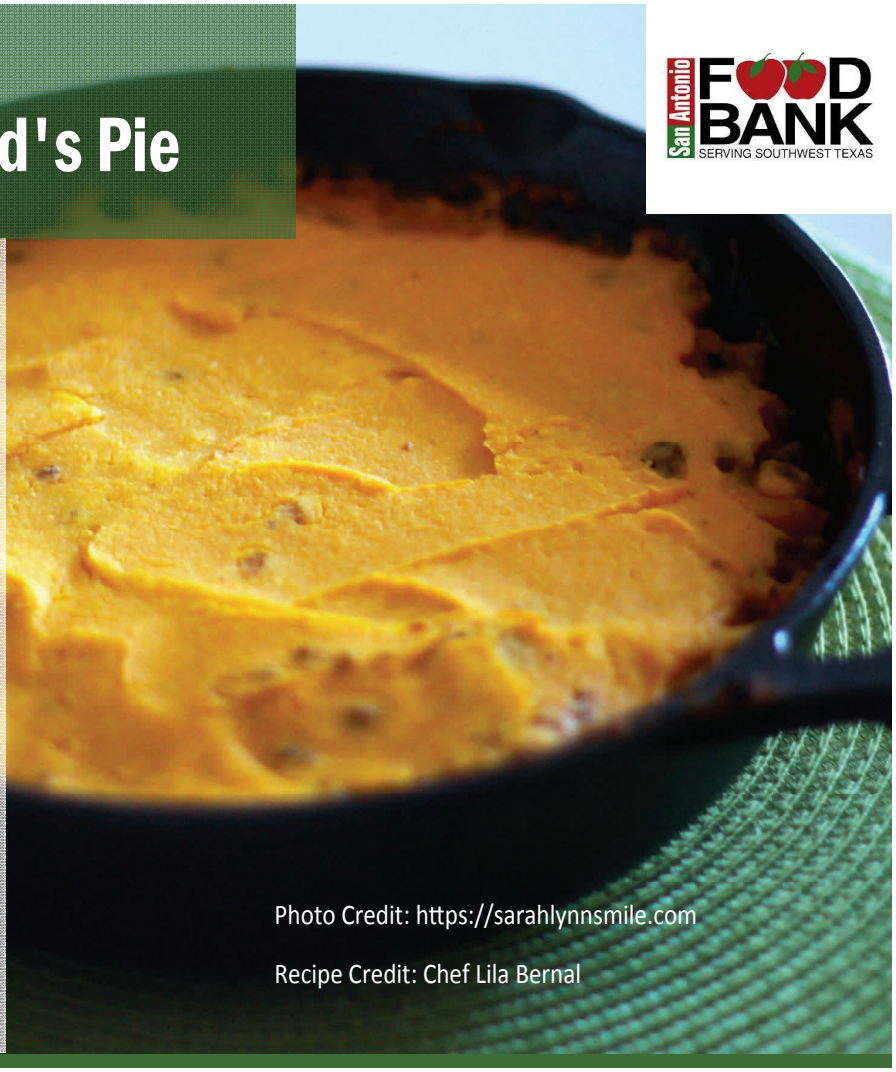

Photo Credit: https://sarahlynnsmile.com

Recipe Credit: Chef Lila Bernal

Ingredients:

Makes: 1 casserole (1/4)

- 1 pound lean ground beef
- 2 medium carrots, chopped
- 1 small green bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp Rosemary, chopped
- 1 TBSP Chili powder
- 1/4 tsp Salt
- 1/4 tsp Black pepper
- 3 ounces tomato paste , low sodium
- 3 Medium sweet potatoes, peeled, cooked and mashed

Method:

- Pre heat oven to 375 degrees F.
- Heat a skillet on medium heat. Begin to brown ground beef.
- Once partially browned add carrots, onions, pepper, and garlic . Cook till soft about 10 minutes.
- Add tomato paste and seasonings set add spice.
- In a mixing bowl add sweet potato and chili powder.
- Place meat mixture into baking dish and top with sweet potato.
- Bake for 15 minutes and serve .

Nutrition Facts

4 servings per container

Serving size 1/4 of casserole

Amount Per Serving

Calories 260

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 55mg	18%
Sodium 280mg	12%
Total Carbohydrate 31g	12%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 21g	38%
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2mg	10%
Potassium 1041mg	20%

*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.

Tips on Sweet potato

This institution is an equal opportunity provider.

How To Store:
Store in dark dry place.

How To Use:
Bake, boil, or stewed
Can be eaten with or without peel

Health Benefits:
Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy

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