



**Our Silver Sage Thrift Store is located at 660 Hwy 16 South**  
**Store hours Tues-Thurs 10:00am-3:00pm**  
**Friday - 10am-2pm**  
**Proceeds benefit Meals On Wheels**



**MERRY CHRISTMAS**

**MONTHLY MENU**  
**PAGE 14 & 15**



VOL. 5 ISSUE 2 WWW.SILVERSAGE.ORG DECEMBER 2023

**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. Call us at (830) 796-4969

## Cowboy Capital Opry

Our Opry is always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is:

**December 5th**  
**Phil Brush**

## VETERAN SERVICES!!! Pg 27

**There will be THREE Food Distributions this Month!**  
**See pg 28**

**Bus Trips! Monday, December 4th at 9:30AM** we'll make the short drive to Camp Verde General Store/Restaurant for breakfast.  
**Thursday, December 14th at 10:00** we will drive to Boerne again to have a light breakfast at Bakery Lorraine and then to the AMC Theater for a movie Matinee. See pg 10





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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**.

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Suite 1-D  
Bandera, Texas

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





Managing Publisher/Designer:

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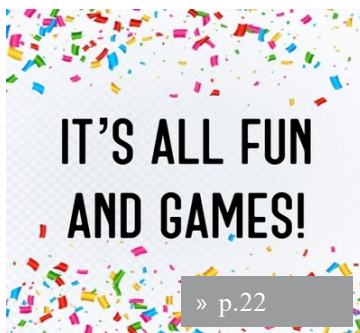
Silver Sage-803 Buck Creek  
Bandera, TX 78003  
(830) 796-4969  
P.O. Box 1416

HOURS:  
SILVER SAGE HOURS:  
MON-THURS 8:00AM- 3:00PM  
FRIDAY 8:00AM TO 2:00PM.

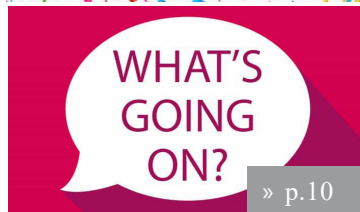
CLOSED WEEKENDS AND MAJOR HOLIDAYS.

[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

## WHAT'S INSIDE



7. Through the Eyes Of A Driver, by Mary Allyce:  
"It's going to be a fabulous Christmas. I'm certain because I found Betty Crocker Gingerbread Cookie Mix at the grocery store. It may not sound like a big thing to some folks but since moving to Texas, I've often had to go on a long, futile search for gingerbread mix..."



Check out our  
Monthly  
Menu!



10. Activities, by Lisa Beck - "LET'S SHOP!!! Monday, **December 18th** will be the last opportunity to pick up those last-minute Christmas gifts as we head to shop at Target and Kohls in Helotes. We will leave at 8:00 and stop for breakfast at Bill Miller BBQ, then to Kohls and lastly Target.

By Lisa Crawford



**Wednesday, December 20th** we go to Café at the Ridge in Kerrville for dinner and music by Dave Kemp. After dinner we will drive out I-10 to the Crumbling Castle drive through light display. You will be responsible for purchasing your own meal of course, but the entrance fee to the light display has been donated so there is no fee for that. This trip will fill up extremely fast, so don't wait to sign up.

### Quilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

*Our Mission: Enriching Life*

## **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**

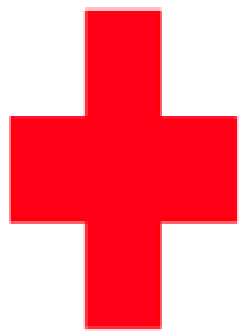
**ART Bus 1-866-889-7433**

**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**



**American  
Red Cross**

**redcross.org**

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Glass Blown Items  
Cold Process Soaps  
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Pins  
& Many More Crafty Items

*Brought to you courtesy of our  
treasured volunteer quilters the  
Silver Sage Humpday Hooligans*

For info call : (830) 796-4969

803 Buck Creek Drive  
Bandera, TX





**Save the Date**  
**JOIN US FOR OUR**

# Ladies Christmas Tea

Featuring NY Times bestselling author,  
**JODI THOMAS**, and storytellers,  
Linda Barton and Colleen Nicholas.  
Music provided by Darlene & Elise

**12**  
December

at 2PM  
Medina Community Library  
(reservation required  
(830-589-2825))



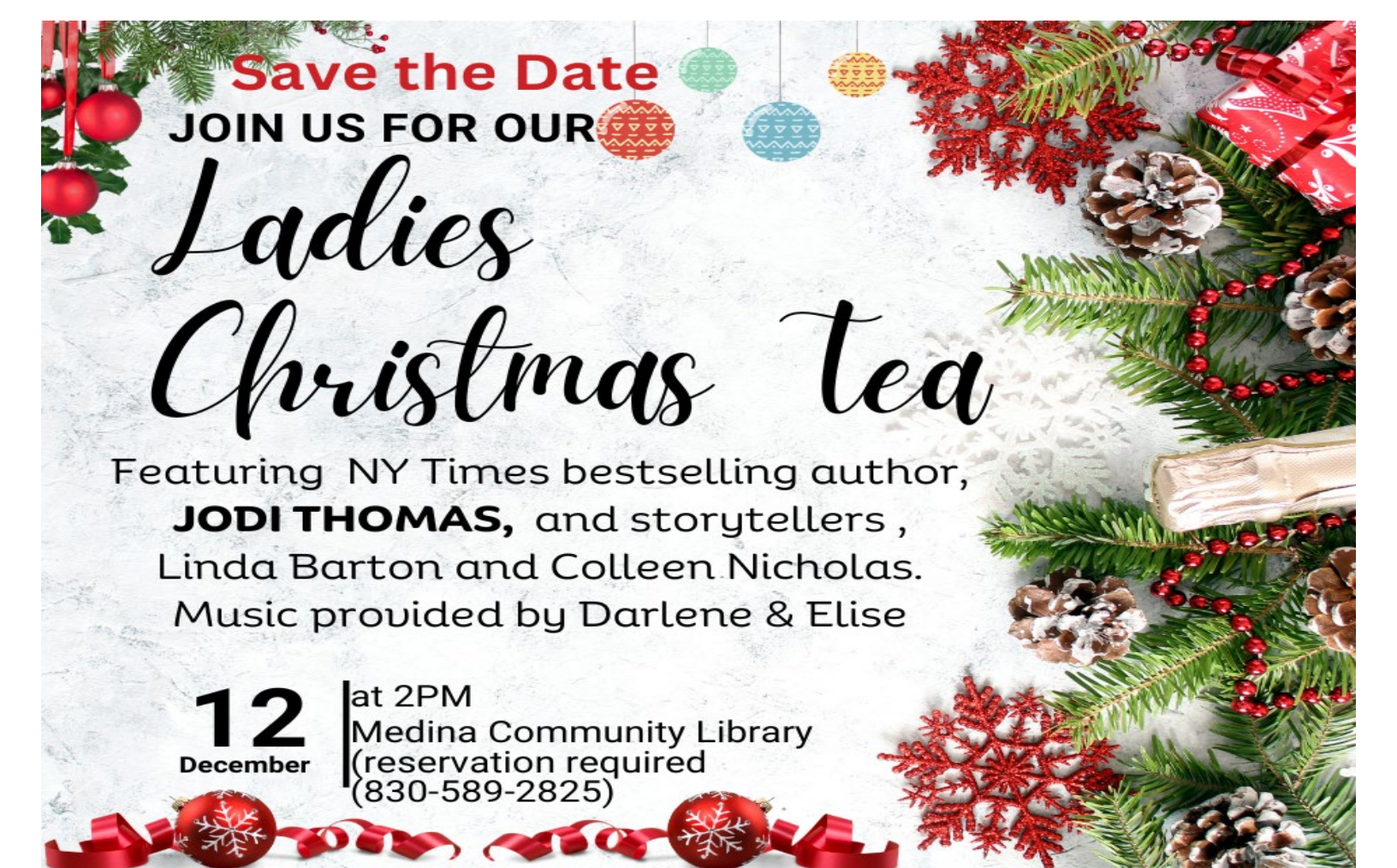
## WRITER'S WORKSHOP

BY NY TIMES BESTSELLER JODI THOMAS

WEDNESDAY, DEC. 13TH 9:00 AM  
MEDINA COMMUNITY LIBRARY

This is a free workshop but please sign  
up 830.589.2825

A light breakfast will be provided.







# THROUGH THE EYES OF A DRIVER

*By Mary Allyce*

It's going to be a fabulous Christmas. I'm certain because I found Betty Crocker Gingerbread Cookie Mix at the grocery store.

It may not sound like a big thing to some folks but since moving to Texas, I've often had to go on a long, futile search for gingerbread mix. Yes, yes, I can make it from scratch and a number of times it was the only option when there was no mix to be found. It was easier to just make a scratch batch, not to mention the time I wasted running from store to store and town to town on unsuccessful gingerbread hunts.

But making it from old recipes is also time consuming. And messy. Measuring molasses is hard to describe but if you've ever done it, you understand. Gathering and measuring spices – ground cinnamon, nutmeg, ginger, and cloves - is crucial and specific. If that spice list sounds suspiciously similar to our October/November friend, pumpkin spice, it is, but this is the December version. It's pumpkin spice on steroids and in my family, it's not December without gingerbread, whether from a mix or a recipe. For me, the aroma of gingerbread invokes Christmas – strong and pure, deep and dark, warm and comforting.

Gingerbread's documented history includes a 1444 reference when Swedish nuns from the Vadstena Abbey baked gingerbread to ease digestion. Even today, ginger is a remedy for tummy upsets and once upon a time it was even touted as a token of fertility. The Brothers Grimm likely inspired the prototype of the popular Gingerbread House with their tale of Hansel and Gretel and the witch's cottage made of cookies and candy. German immigrants, including my parents' ancestors, brought their version of gingerbread, "Lebkuchen", to America and the Christmas tradition of making gingerbread was born in the late 17th century.

Every year during the first weekend of December,

my mother did her Christmas cookie baking. To keep me and my brother busy and out of her hair, she took out a big chunk of previously prepared gingerbread dough from the refrigerator where it rested, flavors deepening and melding. She rolled it out and ceremoniously laid it on the kitchen table where my brother and I waited, cookie cutters at hand. We cut out stars and snowmen, gingerbread boys and girls, whatever shapes caught our fancy. While my mother and grandmother mixed, shaped, baked and decorated the grown up cookies – rum and brandy balls, spritz, springerle, pfeffernusse – my brother and I cut out gingerbread cookies. When they were baked, we were presented with trays of cookies to be decorated.

It was better than fingerpainting. There were bowls of red, green and white icing and all kinds of candy sprinkles and colored sugar to make a beautiful, festive mess. There were snips of gingerbread cookie dough to eat, bits of candy décor and frosting to lick off our fingers and the aroma of baked gingerbread bathed the entire kitchen.

It was and remains for me to this day an intoxicating sense memory. It's why I bake gingerbread every year, whether from scratch or from my friend, Betty Crocker's Mix. That rich, spicy aroma takes me back to my mother's kitchen in our family home on 90th Street in Wauwatosa, Wisconsin. I'm right back there each year, making a big, sticky, wonderful mess at the kitchen table, with my brother.

And I wish for you your own gingerbread memories, whatever they are and wherever they take you. Merry, Blessed, Peaceful Christmas or whatever tradition you celebrate.

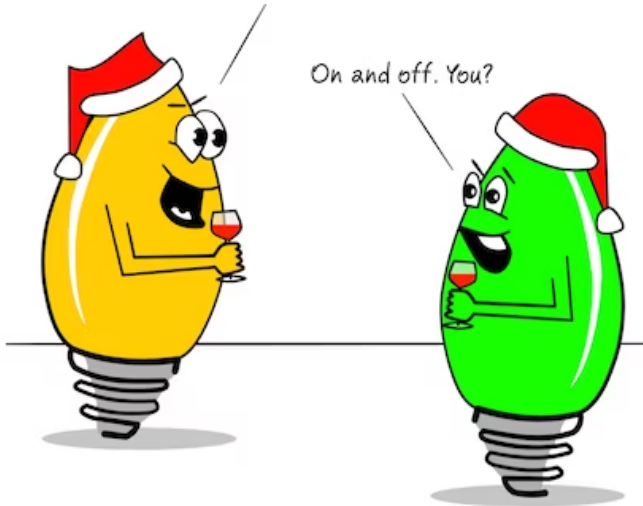
See you next year!



# Funny Bone

Are you working this Christmas?

On and off. You?



Did you hear that  
**Santa** knows karate?



**He has a Black Belt.**

What do  
snowmen  
eat for lunch?

Iceburgers!





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*Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.*

**PLEASE JOIN THE BANDERA LIONS:**

**1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.**

**For More Info, Contact Rene Leith (210) 844-6910  
-or- Bruce @ (210) 396-6932**



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Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490



[texashillcountrybank.com](http://texashillcountrybank.com)



# **HEY, WHAT'S HAPPENING?**

**By Lisa Crawford (Activities Director)**

November was absolutely glorious! The cold snap and then the beautiful rain followed by days of wonderful fall temperatures. I hope you have enjoyed it as much as I have. I am **THANKFUL** for every single day.

**Music:** Tuesday, December 5th our Cowboy Capital Opry guest will be Phillip Brush back by popular demand. He was very well received when he was our guest in January this year. As always, we truly appreciate all our musicians who donate their time and talents to this wonderful Meals on Wheels fundraising event. We certainly could not do this without them. Our house band will be Gerry Payne, Dave Kemp and Laurie and Sally Gibson. Please be sure to let them know how much you enjoy their show and their efforts.

**Bus Trips:** Monday, December 4th at 9:30 AM we'll make the short drive to Camp Verde General Store and Restaurant for breakfast. They have something in everyone's price range. From breakfast tacos to breakfast plates. After breakfast we will spend a little time in the general store before heading back to the Silver Sage.

Tuesday, December 12th at 9:30 AM we will leave for Christmas Shopping along the Main Street in Boerne, TX. They have some really nice shops, and we will spend a few hours looking for that special gift before heading over to Hungry Horse for lunch.

Thursday, December 14th at 10:00 we will drive to Boerne again to have a light breakfast at Bakery Lorraine and then to the AMC Theater for a movie Matinee. I am hoping to see **JOURNEY TO BETHLEHEM**, but the movies and times aren't listed until that Wednesday, so please be flexible. We may have to see a different movie, but hopefully they will have some other great choices. As a side note Bakery Lorraine has been, for the past few months, donating to us their leftover treats and breads each week, which we in turn serve at lunch. This visit to their bakery is our way of helping support them as well. You can look up their menu online or see the menu attached to the sign-up sheet.

Monday, December 18th will be the last opportunity to pick up those last-minute Christmas gifts as we head to shop at Target and Kohls in Helotes. We will leave at 8:00 and stop for breakfast at Bill Miller BBQ, then to Kohls and lastly Target.

Wednesday, December 20th we go to Café at the Ridge in Kerrville for dinner and music by Dave Kemp. After dinner we will drive out I-10 to the Crumbling Castle drive through light display. You will be responsible for purchasing your own meal of course, but the entrance fee to the light display has been donated so there is no fee for that. This trip will fill up extremely fast, so don't wait to sign up.

Please see the calendar for the HEB and Walmart dates.

I hope you all have a most wonderful December and a very Happy Christmas and Holiday time.



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# Christmas

## A to Z

*Write a Christmas-related word that starts with each letter from A to Z.  
The first one to finish wins. Do your best and enjoy the game!*

A

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B

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C

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D

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E

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F

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G

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H

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I

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J

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Y

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# CHRISTMAS WORD SCRAMBLE



1. **dnorewadnl**
2. **escrogo**
3. **asnat lacsu**
4. **teesrnsp**
5. **uhrdplo**
6. **ejssu**
7. **mashcrist eert**
8. **bwos**
9. **enol**
10. **wnmosan**
11. **rwehta**
12. **ndyca ance**
13. **yollh**
14. **ftgis**
15. **nirgch**
16. **emryr**
17. **ngtsoikc**
18. **gnwraipp**
19. **tooeicadrsn**
20. **eblls**

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# Silver Sage ~ Diciembre de 2023 Almuerzo servido de 11:30 a. m. a 1 p. m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				
4 Buñuelos de cerdo empanizados con salsa de ojos rojos Patatas dulces Verduras mezcladas alemanas	5 Queso con chile tamaño Texas picante Perro Frijoles Horneados a la barbecue melocotón quebradizo	6 Lasaña de Carne Calabacín calabaza Pan con queso del chef James	7 César De Pollo A La Parrilla Ensalada con parmesano Queso aderezo César Crutones	1 Ensalada De Pasta Con Atún Guisantes en una cama de bebé Espinaca galletas saladas
11 Pollo General Tso Arroz Blanco Al Vapor pegatinas	12 pastel de carne Patatas nuevas asadas Guisantes y zanahorias Fruta fresca	13 Lomo de cerdo untado con especias Verduras de raíz asadas pan de maíz	14 Ensalada Chef Con Duro Huevo cocido sobre cama de Espinacas tiernas Aderezo ranch galletas saladas	15 Pollo Cremoso Cordon Bleu horneado Verduras Toscanas
18 Filete De Pollo Frito Y Salsa Puré de patatas Judías verdes	19 Al Pastor Horneado con frijoles negros, arroz y suroeste maíz Postre elegido por el chef	20 Cena de Navidad congregada MOW: Ensalada De Salmón Y Pasta	21 Centro Cerrado MOW: Cena de Navidad Pollo Rancho Rey	22 CENTRO CERRADO
25 Centro Cerrado día de Navidad	26 Sándwich de pollo crujiente con pepinillos Papas fritas Manzana Caramelizada Al Horno	27 Espaguetis de jardín con tierra Carne de res, verduras de la huerta y Hierbas frescas Pan de ajo	28 Ensalada picante de tacos con Chips de maíz, aderezo ranchero y salsa casera  <b>Menú sujeto a cambios según disponibilidad.</b>	29 Pollo abundante y albóndigas  Joyce D. Lamilla, LD Llame a entrega de Meals On Wheels (830) 796-4969



# Silver Sage ~ December 2023 Lunch served from 11:30am-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4 Breaded Pork Fritters with red eyed Gravy Sweet Potatoes German Blend Veggies	 5 Texas Sized Chili Cheese Hot Dog BBQ Baked Beans Peach Crisp	 6 Meat Lasagna Zucchini & Squash Chef James Cheesy Bread	7 Grilled Chicken Caesar Salad with Parmesan Cheese Caesar Dressing Croutons	1 Tuna Pasta Salad with Peas on a Bed of Baby Spinach Crackers
11 General Tso Chicken Steam White Rice Potstickers	12 Meatloaf Roasted New Potatoes Peas & Carrots Fresh Fruit	13 Spice-Rubbed Pork Tenderloin Roasted Root Veggies Cornbread	14 Chef Salad with Hard Boiled Egg on a bed of Baby Spinach Ranch Dressing Crackers	15 Creamy Chicken Cordon Bleu Bake Tuscan Veggies
18 Chicken Fried Steak & Gravy Mashed Potatoes Green Beans	19 Al Pastor Bake with black beans, rice and southwest corn Chef Choice Dessert	20 Congregate Christmas Dinner MOW: Salmon and Pasta Salad	21 Center Closed MOW: Christmas Dinner King Ranch Chicken	22 <b>CENTER CLOSED</b>
25 Center Closed Christmas Day	26 Crunchy Chicken Sandwich with Pickles Chips Baked Caramel Apple	27 Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Garlic Bread	28 Zesty Taco Salad with Corn Chips, Ranch Dressing, and Homemade Salsa	29 Hearty Chicken And Dumplings Joyce D. Lammila, LD Call Meals On Wheels delivery (830) 796-4969

**Menu subject to change according to availability**



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for Americans

## Vary your protein routine

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day depending on overall calorie needs.

### 1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

### 2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

### 4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

### 5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



### 6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

### 10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.



# YOGA WITH WILLY EVERY MONDAY

Location: Great Room @ the Silver Sage - Time: 10:00am



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. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. \$8 per class.

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**Levi Hay 210-365-8122**

**Email Levi\_Hay@outlook.com**

P.S. I am 100% independent and not  
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**BANDERAVETCLINIC.COM** 18





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

**Please consider  
donating them to  
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Contact:  
John Cressey-Neely  
(830) 796-4969**

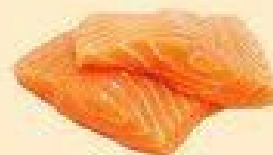


## **POTASSIUM RICH FOODS TO CONTROL HIGH BLOOD PRESSURE**



One medium banana is high in potassium, providing 9% of the Recommended Daily Intake (RDI).

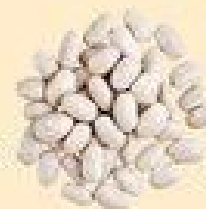
Avocados are a rich source of potassium. A 100 gram serve of avocado provides about 485 mg of potassium.



Salmon is a good source of potassium. It's also an excellent source of Omega-3 fatty acids which have anti-inflammatory effect.



The white potato is a good source of potassium, particularly when the skin is left on.



Beans are potassium rich foods. They are also a good source of protein and contain the essential amino acid lysine.



Tomato products such as tomato paste, puree and juice are particularly good source of potassium. Tomato products may also help fight cancer.



Yogurt is very high in potassium, protein, phosphorous and calcium. Some yogurt contains probiotics (live bacteria) that also have health benefits.

Dried apricots contain 378mg of potassium in a typical serving. But they are not the best choice if you have issues with blood sugar control.



A 100 gram serve of sweet potato is providing 475 mg plus 100% of the RDI for Vitamin A.



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Licensed Sales Agent  
Golden Outlook Insurance Services LLC  
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X A X F T Z H R D S D L A N J V E S Z U L O S J A X W M T R  
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Christmas Snow Snowflake Snow Globe Present Ornament  
 Rudolph Gift Tree Star Lights Elf Santa Toys Reindeer  
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D N S Z V B N S P N A F D Y A P O R K N D Y M Y K Z C D A Z  
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Peppermint  
 Cookies  
 Chocolate  
 Manger  
 Sleigh

Snowman  
 Wreath  
 Bells  
 Green  
 Red

Silver  
 Gold  
 Cards  
 Giving  
 Greetings

Holiday  
 Merry  
 Noel  
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Candles  
 Season  
 Cold  
 Chilly  
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**Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!**



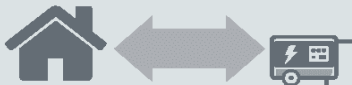
**Half of all home heating fires** occur in December, January and February.



**1 in every 7** home fires and **1 in every 5** home fire deaths involves heating equipment.



Keep anything that can burn **at least 3 feet** from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators **outside, away from windows, and as far away** from your home as possible.



Install and test carbon monoxide alarms **at least once a month.**



Plug only **1 heat-producing appliance** (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents **every year.**



Store cooled ashes in a tightly covered metal container, and keep it **outside at least 10 feet** from your home and any nearby buildings.



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If you know of a Veteran in need visit [silversage.org/veteran-services](http://silversage.org/veteran-services) or reach out to Victor Polanco, the Veteran Service Coordinator at 830-328-6355. Victor is excited to see this type of resource available to the Veterans in need and is ready to support as many Veterans as possible.





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