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A Community For Active Seniors



MONTHLY MENU
PAGE 14 & 15



THE SCOOP AT SILVER SAGE

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Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help. 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: **Tuesday August 2nd- Terri Bussik**

Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide access to Covid-19 Vaccines. See More On Page 5.

- Silver Sage BUS TRIPS - 1. Golden Corral in Helotes for lunch, Thursday, August 11th, leaving the center at 11:00 a.m.**
- 2. Los Dos Amigos in Center Point for dinner, Thursday, August 25th, leaving the center at 5:30 p.m. Page 10**

MEET NEW MEMBERS OF OUR TEAM!! Page 27



National Senior Citizens Day!



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Karyn Utterback
Executive Assistant

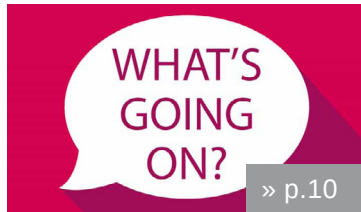
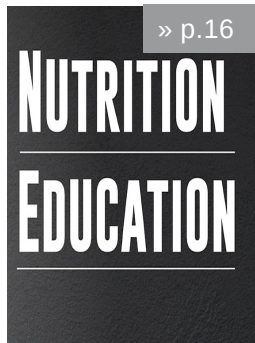
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Development Director:

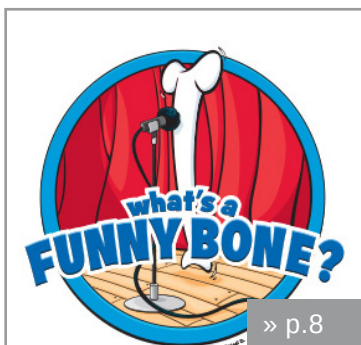
Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



HOURS:

SILVER SAGE HOURS:

MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE

5. **VaccinateBandera.org** is a non-profit, Community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/trusted science.
7. **Through the Eyes Of A Driver**, by Mary Allyce: “If you see something it must be true. If you come to a gate with a chain and lock and the lock is fastened, it’s reasonable to determine the gate is locked. Right? Right – or not.”
10. **Activities**, by Lisa Beck - Bus trips, movie matinees, corn-hole, rock painting, shawl stitching and so much more this month!
16. **Nutrition, Health, and Wellness: Protein!** Protein in both plant and animal sources to help you reduce your appetite and promote bone health...”
21. **“Men, Men, Men”** by Mikie Baker: “It’s great to be on a ship with men and sail across the sea-o, Cause men can sweat, and men can stink, and no one seems to care-o. We’ll throw the dishes in the sink and clog the drain with hair-o. Men, Men, Men...”

*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

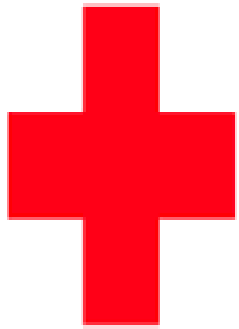
ART Bus 1-866-889-7433

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



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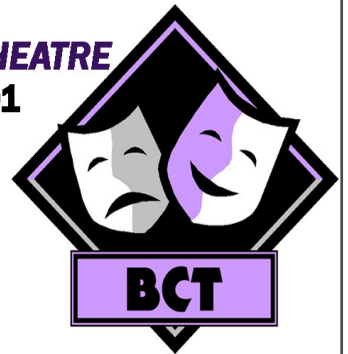
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COVID-19 VACCINE INFO



VACCINATEBANDERA.ORG

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 **Protect Our Future Bandera**

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 **vaccinatebandera**

QUESTIONS? CALL:

833-8-VACCINATE | 833-882-2246

VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they're free and widely available - and an opportunity to fulfill it. Well, you all know what happens when Art Crawford sees a problem and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to May 31, 2022, VaccinateBandera.org provided access to 58 Primary doses and 355 Booster doses. Educational campaigns reached approximately 4,350 people.

SILVER SAGE APPROVED FOR ROUND 2 OF THE TEXAS VACCINE AND OUTREACH GRANT

Round 2 of the Texas Vaccine Outreach and Education Grant is a 1-year long initiative that will focus on education and outreach to demographics with lower Covid-19 vaccination rates such as our communities of color and families with children. The Silver Sage has hired four new employees for Round 2- Anna Montague, Rebeca Gibson, Karla Presa, and Graciela (Chela) Dubbs. They will be engaging directly with the community by attending community events and conducting door-to-door, phone, and social media outreach.

6 MONTHS – 4 YEAR OLDS CAN RECEIVE COVID-19 VACCINE

The FDA and CDC both gave the green light in June for both Moderna's and Pfizer/BioNTech's Covid-19 vaccines for children as young as 6 months. The vaccines were rigorously evaluated and have proven to be safe and effective and preventing severe disease and death from Covid-19. Moderna's mRNA vaccine is a 2-dose series taken one month apart. Immunocompromised people can take a third dose at least one month after the second dose. Pfizer/BioNTech's mRNA vaccine is a 3-dose series. The first two doses are taken three weeks apart, and the third is taken at least 8 weeks after the second dose.

Search for Dessert Words

F H O M Q H Z C G C G Z N M T Y C S
H N E P O W H D T E A J K A R C U T
D X M C Z U C R S I L R F P I A S P
C X V V S T S C B S R A A N F N T A
U F L M C E K S U I U A T M L N A R
P A S T R I E S E P S N M O E O R F
I J E L L O F D F C C C D I E L D A
W C C O O K I E S I R A O A S I F I
R U S T R U D E L C X E K T E U I T
T Q S O U F F L E M Z P A E T X Z Y
V Y P A V L O V A K F L M M Q O A Y
J O W Y B R O W N I E E C L A I R H

Cream Strudel Parfait Cupcake
Pastries Sundae Brownie
Eclair Tiramisu Trifle Custard
Biscotto Gelato Caramel
Pavlova Souffle Mousse Jello
Cookies Cannoli



THROUGH THE EYES OF A DRIVER

By Mary Allyce



If you see something it must be true. If you come to a gate with a chain and lock and the lock is fastened, it's reasonable to determine the gate is locked. Right? Right – or not.

“Occum’s Razor” says: The simple conclusion is always better than the complex explanation. It’s a

guideline used by scientists. Medical doctors use a variation to form diagnoses. In today’s conspiracy theory driven world, it’s gotten somewhat lost, but a recent weekend proved Occum’s Razor is a gem of wisdom, worthy of tucking into our mental trivia bank. And yes, it relates directly to my gate, chain and lock.

Some weekends, I occupy my little chunk of the Hill Country in solitary splendor. There are the horses, goat, chickens, my Australian Shepherd, Red, but as humans go it’s just me and the critters. I also have full custody of the TV remote. I eat what I want, get up when I wake up, come and go as I please. I do keep the front gate closed with simple rope loop. It’s there to keep loose livestock from wandering onto my property.

Once a herd of Dexter cattle found my open gate and had a fine time exploring the feed trailer and stored hay. They were sedate runaways and far more polite than the four Angus bulls who showed up another time and proceeded to give me and Red plenty of attitude, broke a faucet and a screen, and overturned the birdbath before they were escorted home. Life in the country can get too exciting, so I keep the gate latched when I’m here alone. Recently more disturbing events have occurred in our beautiful, bucolic Bandera, but I’m not a fearful person. I survived living in New York City and south Florida. Even “The Fugitive of Schmidtke Road”, my term for an escaped prisoner who eluded LEO for over a week, running amok on my home road, didn’t scare me. I did think one of our local musicians might write a song about that bad boy and I’m still hopeful. Situational awareness, my cell phone, door locks and a rope loop on the gate secure my peace of mind, but I

am mindful of recent events.

So, on Friday, as a solitary weekend beckoned, I looped the gate shut, gathered up the dog, made a simple supper, and watched a quirky movie on Netflix. I slept like a log, spent Saturday puttering through odd jobs, and writing. More simple meals, more quirky movies, another solid sleep and on Sunday, after coffee, I planned a trip to town.

The gate loop was in place, but the chain and lock that usually hangs on the fence was now wrapped around the gate post and the lock was fixed and seated on the chain. I was locked in. I was unaware of anyone coming in or out and Red alerts loudly of vehicles, even those he knows well. No one showed up at the door or in the yard. Red is also unhappy with foot traffic. I would have known. Clearly, I didn’t fasten and seat the lock. I have no key! We never use the darn lock and I can’t even remember when I last had a key. So who did this dastardly deed and why?

I’d be rescued Monday morning and friends offered to show up with bolt cutters. There was no panic, but theories abounded.

It was a local prankster. I was not amused.

The sheriff should be notified. I took pictures of the “crime scene”.

Had someone come onto the property while Red and I slept? An unsettling possibility because it had happened before. Oh-oh!

Red’s bedtime bathroom break was a short one. I double locked the doors.

Monday morning, my rescuer returned, opened the gate and drove in.

No key was needed, nor bolt cutters. The chain, it turns out, was only wrapped around the post, not the gate itself, although from a certain angle that’s exactly how it looked. I swear. Thankfully, I never called the sheriff.

Lesson:

Consult Occum’s Razor.

Don’t panic.

Wear your glasses. And stay cool!



Funny Bone

Diner Counter Confusion

Nelson Love sat at the diner counter and watched the waitress refill his coffee cup. The waitress unscrewed the lid on the saltshaker and the maple syrup dispenser. She turned from the counter to get the salt container and syrup container to refill them when Love reached for the saltshaker.

She stood there watching in disbelief when he poured the salt into his cup of coffee. Love stirred the coffee with a spoon and then reached for the maple syrup dispenser grabbing it by the handle.

Before the waitress could stop him, Love had poured it into the coffee cup.

“What on earth?” One of the wait staff whispered beside her. “Did Nelson Love just put salt and pancake syrup in his coffee?”

“He sure did!”

“Why did he do that?”

“‘Cause Love is blind.”

Mother-In Law

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



Bandera Writers Group, August 4th

in the Great Room 2pm-4pm!

The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089



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HEY, WHAT'S GOING ON? By Lisa Crawford (Activities Director)



MUSIC: The Cowboy Capital Opry guest this month is Terri Busic. Terri always brings us her best and we are looking forward to hearing her again. We send out our heartfelt “Thank You” to the house band that always volunteers their time each month for this event and gives all the proceeds to the Silver Sage to help fund our Meals on Wheels program. The house band consists of Gerry Payne, Mark Wright, Vicki Gillespie, Lanette Pennell and Dave Kemp. We would also like to recognize and thank Roy Dugosh and Arthur Kurio, our volunteers that set up and take down the chairs each month as well as Levin Crawford who is always willing to jump in when they can’t make it. We also want to mention Janice Beaton who has been a tremendous help with making the popcorn and helping with clean-up at the end of the night. It truly takes

a lot of manpower to put on the Opry every month, and we so appreciate all of you who pitch in to make it work. **MUSIC JAM** is always the last Monday of each month at 12:30 until 2 p.m. All ages and abilities welcome.

BUS TRIPS: Golden Corral in Helotes for lunch on Thursday, August 11th, leaving the center at 11:00 a.m. I have been told the lunch buffet cost is \$11.19 and includes your drink. This is an all you care to eat buffet and also includes salads and deserts as well as the main and side dishes. Let’s just say “if you leave hungry, it’s your own fault”.

Los Dos Amigos in Center Point for dinner on Thursday, August 25th, leaving the center at 5:30 p.m. They’re always busy and I’ve heard the food is wonderful.

HEB and WALMART trips will both be the normal scheduled days and times. Please see the calendar.

*Please remember you need to sign up in advance to guarantee a seat on the bus. *If you have never joined us on a bus outing, you will need to arrive at least 15 minutes before departure to fill out a medical information form. *There is a \$5 donation for the bus ride. *The bus rides are intended for seniors.

LET’S TALK: Medicare Q & A with Victor Haro Wednesday, August 24th at 12:00 p.m.
Nutrition with Susan Broa Wednesday, August 31st at 12:00 p.m.

MOVIE MATINEE: We will be showing movies at 2 p.m. in the DINING ROOM twice this month. The first will be on August 9th and the movie will be STEEL MAGNOLIAS. The second will be August 23rd and the movie will be Something’s Gotta Give. If you would like to make a movie suggestion, I welcome them whole heartedly, but please write it down and give it to LISA.

GAMES: I’ve had a good many people asking to play cornhole (also known as bean bag toss) on a regular basis instead of just on special occasions. So, every Wednesday at 12:30 in the GREAT ROOM the cornhole game will be set up and ready to go. Anyone who wants to play will need to meet in the great room. I won’t be able to stay and play every time but will when I can for sure. It’s such a fun game! If I forget to leave a score tablet and pencil, please remind me, or ask someone at the front desk to provide it if I’m not there.

CRAFTS: Our first ROCK PAINTING adventure was fabulous, so we’re going to continue through August. Some of us learned a lot and some were more experienced. I personally learned that the paints I purchased won’t last for long if we continue to have such a great turnout (and I hope we do), which means I’ll need to charge a \$3 per class, per person fee to be able to continue to purchase paint pens as needed. If you bring and use your own paint pens, you won’t need to pay the fee. If you do wish to purchase your own paint pens Tiffany can be a big help with recommendations on brands. Also, PLEASE bring at least 3 rocks for you to paint. You will need to wash and scrub them and let them dry before painting on them, so do it a day or two before class and try to pick smooth rocks! These things will help tremendously to keep our paint pens in good working condition. Another thing I learned is the craft room is too small to get around comfortably when we have such a great turnout. Therefore we will set up in the great room for this class where we will have lots of room and all sides of tables will be easily accessible.

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What's Happening Continued...

DRAGONFLY SHAWL... I mean who doesn't need one? If you don't know Sarah Siminski, let me tell you a little bit about her. Sarah works in the Silver Sage kitchen as Kitchen Assistant. She does things like meal prep, cleaning, helps with getting out Meals On Wheels and whatever else needs to be done. She's an all-around gal and a big help in general. She's smart and cute as a bug. She has a beautiful and infectious smile. She likes to roller skate and crochet. All of us at the Silver Sage have admired some of the beautiful things she has crocheted. A dragonfly shawl, in particular, caught my eye and I decided that she simply must teach us how to make our own. So, every Friday in August at 1:00 p.m. in the craft room, Sarah will share her knowledge of how to make your own dragonfly shawl, including how to get started, how to make the "Dragonfly" stitch and all the other important things you'll need to know. For this class you should at least know the basic chain stitch. The class is FREE, but you will need to purchase and bring with you the following items:

1. Between 575 to 600 yards of worsted weight yarn.
2. Any size crochet hook between 4mm and 6mm should work for that yarn weight (The wrapping on the yarn will tell you what size hook to use) How the shawl will drape depends on how thick or how thin of yarn you choose. I will be joining in on this class and I am really excited about it. I hope you will join us.

cascadehealthservices.org

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AUGUST ACTIVITIES 2022

Activities Director, Lisa Crawford

Phone: (830) 850-0930 Email: lisa@silversage.org




Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train 1:00 Rock Painting	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen 12:30 Mexican Train <u>7:00</u> Cowboy Capital Opry w/ Terri Busic	<u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 1:00 Cornhole	12:30 HEB <u>2-4</u> Writer's Group	<u>8:00</u> Video Exercise 1:00 Crochet a Dragonfly Shawl w/Sarah
8	9	10	11	12
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 2:00 Movie Matinee: Steel Magnolias	<u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 1:00 Cornhole	11:00 Golden Corral	<u>8:00</u> Video Exercise 1:00 Crochet a Dragonfly Shawl w/Sarah
15	16	17	18	19
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train 1:00 Rock Painting	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train	<u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 1:00 Cornhole	<u>12:30</u> Walmart	<u>8:00</u> Video Exercise 1:00 Crochet a Dragonfly Shawl w/Sarah
22	23	24	25	26
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 2:00 Movie Matinee: Our Souls At Night	<u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 1:00 Cornhole	12:30 Mexican Train 5:30 Los Dos Amigos	<u>8:00</u> Video Exercise 1:00 Crochet a Dragonfly Shawl w/Sarah
29	30	Sept 1	Sept 1	2
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Monthly Music Jam 1:00 Rock Painting	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train <u>12:00-1:00</u> Birthday Bash	<u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 1:00 Cornhole	12:30 HEB	<u>8:00</u> Video Exercise

Silver Sage ~ AUGUST 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chuletas De Cerdo Con Salsa Puré de patatas Hojas de nabo</p>	<p>2 Albóndigas agridulces Arroz jazmín Mezcla de verduras salteadas</p>	<p>3 Pollo parmesano calabaza de verano ~Ensalada Elegida del Chef~</p>	<p>4 Caserola de Atun y Fideos Pan de ajo</p>	<p>5 Hamburguesas con todos los acompañamientos Papas fritas</p>
<p>8 Filete De Pollo Frito Papas gratinadas Verduras asadas</p>	<p>9 Costillas De Cerdo crema de maíz Frijoles Horneados</p>	<p>10 Stroganoff de ternera Fideos de huevo Tomates cocidos</p>	<p>11 Frijoles rojos y arroz Quimbombó frito Pan de maíz con queso del Chef James</p>	<p>12 Perros De Chile Patatas dulces fritas</p>
<p>15 Bruschettas de pollo Pasta cabello de ángel Espinaca</p>	<p>16 jamón Coles de Bruselas zanahorias con mantequilla</p>	<p>17 Pastel de carne con puré de patatas y salsa marrón Brócoli ~Ensalada Elegida del Chef~</p>	<p>18 Cazuela De Pollo Y Arroz pan de maíz</p>	<p>19 Ensalada de pasta Bowtie con queso feta y pepperoni</p>
<p>22 Filete de hamburguesa salsa de cebolla Patatas dulces</p>	<p>23 Huevo, Queso, Espinacas Cazuela croquetas de patata Salsa de salchichas y galletas</p>	<p>24 Espaguetis con Salsa Boloñesa Brócoli Palitos de pan de ajo ~Ensalada Elegida del Chef~</p>	<p>25 Tazón de pollo al suroeste</p>	<p>26 Ensalada de pavo y arándanos sobre una cama de verduras de primavera con pan de pistacho y arándanos</p>
<p>29 Tiras de pollo y salsa maíz vaquero Patatas dulces fritas</p>	<p>30 Lomo De Cerdo Asado cazuela de judías verdes papas alevines FIESTA DE CUMPLEAÑOS</p>	<p>31 Pollo King Ranch Frijoles pintos ~Ensalada Elegida del Chef~</p>	<p>28</p>	<p>29 Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>



Silver Sage ~ August 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chops with Gravy Mashed Potatoes Turnip Greens	2 Sweet and Sour Meatballs Jasmin Rice Stir Fry Veggie Blend	3 Chicken Parmesan Summer Squash ~Chef Choice Salad~	4 Tuna Noodle Casserole Garlic Bread	5 Burgers with all the fixins' French Fries
8 Chicken Fried Steak Potatoes Au Gratin Roasted Veggies	9 Pork Riblets Creamed Corn Baked Beans	10 Beef Stroganoff Egg Noodles Stewed Tomatoes	11 Red Beans and Rice Fried Okra Chef James Cheesy Corn- bread	12 Chili Dogs Sweet Potato Fries
15 Chicken Bruschetta Angel Hair Pasta Spinach	16 Ham Brussel Spouts Buttered Carrots	17 Meatloaf with Mashed Potatoes and Brown Gravy Broccoli ~Chef Choice Salad~	18 Chicken & Rice Casserole Cornbread	19 Bowie Pasta Salad with Feta Cheese and Pepperoni
22 Hamburger Steak Onion Gravy Sweet Potatoes	23 Egg, Cheese, Spinach Casserole Hash browns Biscuit and Sausage Gravy	24 Spaghetti with Bolognese Sauce Broccoli Garlic Bread Stick ~Chef Choice Salad~	25 Southwest Chicken Bowl  <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	26 Cranberry Turkey Salad on a bed of Spring Greens with Cranberry Pistachio Bread
29 Chicken Strips and Gravy Cowboy Corn Sweet Potato Fries	30 Roasted Pork Loin Green Bean Casserole Fingerling Potatoes BIRTHDAY BASH	31 King Ranch Chicken Pinto Beans ~Chef Choice Salad~	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change according to availability	 AACOG Alamo Area Council Of Governments  San Antonio FOOD BANK SERVING SOUTHWEST TEXAS

Topic of the Day

Protein



ANIMAL SOURCES

Options

- Poultry: chicken, turkey, duck, quail
- Fish: tuna, salmon, trout, sardines, cod, pollock, tilapia, herring, flounder, etc.
- Shellfish: shrimp, clams, mussels, oysters, crab, lobster, scallops
- Dairy: milk, yogurt, cheese, cottage cheese
- Pork: ham, tenderloin, chops, bacon, roast
- Beef
- Eggs
- Lamb
- Bison
- Venison

Benefits

- Lowers cognitive decline
- Reduces overall muscle loss
- Provides all 9 essential amino acids
- Nutrients: Vit. B12, Vit. D, Vit. A, heme iron, zinc, omega-3, folate, riboflavin, calcium, phosphorus, iodine, selenium, potassium, niacin, and magnesium

PLANT SOURCES

Options

- Beans/Legumes: black, kidney, pinto, navy/white, cannellini, garbanzo, lentils, peanuts, edamame (soy beans), peas
- Tree nuts: almonds, pecans, walnuts, brazil, pistachios, cashews, hazelnuts
- Seeds: pumpkin (pepitas), chia, flax, sunflower, hemp, sesame
- Grains: brown rice, quinoa, whole wheat, corn, oats, fortified grains
- Soy milk, non-dairy yogurt and cheeses
- Other: mushrooms, potatoes, broccoli, kale, asparagus, spirulina, spinach

Benefits

- Lowers blood pressure, cholesterol levels, Type 2 diabetes risk, and overall disease risk
- Provides most, if not all, essential amino acids
- Nutrients: fiber, non-heme iron, calcium, B vitamins, Vit. A, Vit. E, iodine, selenium, zinc, potassium, phosphorus, omega-3, -6, and -9, and magnesium

BENEFITS OF BOTH

Reduces appetite and hunger levels, increases muscle mass and strength, promotes bone health, helps maintain weight loss, helps your body repair itself after injury, and helps us stay fit as we age.

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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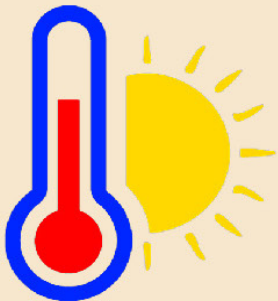
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FIVE SUMMERTIME PET SAFETY TIPS

1 WATCH WHERE YOU WALK

Even when the outside air temperature is a balmy 75°, asphalt under a summer sun can reach a painful 125°. On hotter days, it can hit 135° or higher. If it's hot enough to fry an egg, it will surely sizzle your pet's paws!



2 HEAT CAN KILL

Speaking of summer sun, don't forget that your pets get thirsty too. Hydration is key. Make sure they have plenty of fresh water indoors and out, and keep them in the shade as much as possible. And NEVER leave your dog or cat locked in a car: it takes less than 10 minutes for them to die of heat stroke.

3 DON'T LET PARASITES PICNIC ON YOUR PET

Fleas, ticks, mosquitoes and other pests, which thrive in summertime, can carry tapeworms, heartworms, and diseases like Lyme and Bartonella. Ask your vet what preventative measures you can take to keep your pet safe from them.

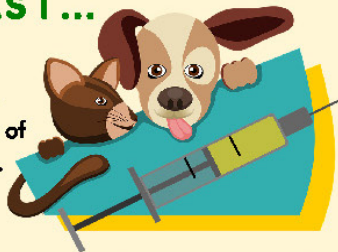


4 NAME YOUR POISON

Not all grass is created equal: some is doused in fertilizer and pesticides, which can be toxic to dogs and cats that lie or play in it. Likewise, some types of plants (such as tulips, hyacinths, certain lilies, and daffodils) can make your pet ill or even die if it is ingested. Be cautious about where you let your pet wander!

5 LAST BUT NOT LEAST... VACCINATE!

Summer is the peak season for rabies, since warm weather increases the risk of encounters with wild infected animals. Protect your pets by making sure their rabies inoculations are up-to-date.



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**



Men, Men, Men By Mikie Baker

A former flirtatious amour, Martin Mull, once wrote a song entitled “Men”. Please, sing along.

“It’s great to be on a ship with men and sail across the sea-o,

Cause men can sweat, and men can stink, and no one seems to care-o.

We’ll throw the dishes in the sink and clog the drain with hair-o.

Men, Men, Men,

It’s a ship all filled with men.

So, batten down the ladies’ room, there’s no one here but men.”

As I’ve mentioned, My Future Husband, had a major surgery just a few months ago, leaving his balance and coordination in questionable condition. He’s been hitting the physical therapy hard and making progress. Sort of.

Six days ago, he kinda missed the curve driving around the gate. It left his truck with a few scrapes and a flat tire. Being a typical man, he announced he was going to change the tire, and all would be well. I told him that was a great idea, but I couldn’t help because I never learned to fix a flat. I mean, it’s the perfect way to meet nice men.

And then I suggested what any single women would do if she came outside of her house and saw a flat tire. She’d call the number on her insurance card and have them send out a nice man to change her tire. Easy peasy.

But not a MAN. He’s MANLY. He don’t need no stinkin’ help. Though we women are indentured servants when it comes to cooking all the meals, we don’t have to fix anything! It might break a nail, you know.

And other than “I’m going to be a MAN and change this tire even though I still use a cane to get around,”

I’d like to tell you about his manly adventure during the hottest week of the year with a truck parked in the full sun. Sigh.

Day One

Assemble everything you need. Well, not everything, but isn’t part of the fun going back and forth to the garage in this heat looking for all your tools? Evidently. Request a Gatorade with ice and a bandana for all the sweat.

Day Two

Find the directions to change a tire on your truck. Locate parts. Go back and forth to the garage to get more supplies. Call for more Gatorade. Sweat a whole bunch and then come inside and discuss every moment of the Tire Event.

Day Three

Go under the truck and get out the spare. Get a special jack to crank up the truck because you don’t like the one provided by the automaker. Call the house for help on getting back up. Then, Gatorade.

Day Four

Remove the flat tire. This requires running cable and some fancy drill thingy that’s aerodynamic or something. Parts are scattered all over the yard. Dogs even get bored. Hits the house and demands lots of Gatorade from the peanut gallery.

Day Five

Asks for my help in rolling the spare tire around the side of the truck. It went well. I didn’t break a nail. Then call a neighbor and ask for his help. (Note: a man will only give up to another man who thinks he’s even a better man because he can come help his friend.) Everything’s done in fifteen minutes. Demands all the Gatorade available and goes for a nap.

So, Martin, here you go:

“It’s great to be a woman with a working, charged up phone-o.

We call and get men to do what we need on the land-o.

Ladies don’t sweat or stink though everyone seems to care-o.

Women, women, women.

It’s a world filled with women.

So, batten down the hatches, boys, and let we women take charge-o.”

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Alamo Regional Transit Service Area:

Alamo Regional Transit (ART) serves 12 rural counties - Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, Medina, McMullen, and Wilson.

Transportation Services:

ART provides public transportation bus service to all residents in the service region. Service to and from Bexar County and San Antonio is also provided. ART provides demand response, curb-to-curb transportation service. Door-to-door service may be requested for those customers needing additional mobility assistance.

The following are types of transportation services provided: Adult day care, Nutrition, Family Visits, Medical, Shopping, Work, School.

Hours of Operation:

ART operates weekly Monday-Friday, from 7:00 a.m. to 6:00 p.m.

Bus Fares: In-Town - \$2, In Same County - \$6
One County Over - \$8, Two Counties Over - \$12

Step No. 1

Call the ART Dispatch Center at 1-866-889-7433. Reservations must be made by noon the day before you need to travel. You may schedule up to 30 days in advance. Please schedule your ride as early as possible as reservations are on a first come, first served basis. Upon scheduling your reservation, the ART Dispatch Center will provide you with an approximate pick up time.

Step No. 2

Be ready to meet the ART driver at the agreed pick up location. ART drivers will wait for 10 minutes after arrival. Once boarding the ART bus, pay the driver the exact fare and you are on your way to your destination! Please note that ART drivers are not allowed to give change or enter the customer's home.

Step No. 3

The third and final step is to schedule your return trip. Your return trip must be scheduled after your initial reservation or appointment for your first ride. To schedule your return trip, please call the ART Dispatch Center at 1-866-889-7433. You will be picked up within one hour. Please note that drivers are not expected to look for passengers who are not at the agreed pick up location.

Other Helpful Information:

ART drivers may assist with small packages and may escort passengers to and from the front door of their home or destination within reason. Drivers may also assist passengers up and down the stairs of the ART bus.

1-866-899-7433

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1. **Garlic** is natural medicine for treating high blood pressure.
2. **Don't add salt.**
3. Regular physical activity — at least 30 to 60 minutes
4. **Apple cider vinegar:** Vinegar alkalizes the body and lowers your blood pressure
5. **Avoid Coffee.**
6. **Cucumber:** Eat 2 fresh cucumbers every day for 2 weeks.



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At 9:30am on Tuesdays

Ida will be teaching a comprehensive, balanced, traditional style of yoga class with each session starting with a centering breath, meditation, flowing sun salutations, relaxation between poses, and guided instruction throughout. As everyone becomes comfortable with the work, new exercises and poses are introduced and others will be held longer to deepen the experience.



Stretch and Strengthen with Ida will follow

at 10:30am and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. \$8 per class.



WANTED DANCERS

EVERY FRIDAY!!

LINE DANCE CLASSES

9:30-10:30

TWO-STEP CLASSES

11:00-12:00

\$8 per class - Dance Classes Led By
The *Legendary Clifton Fifer*
Call Lisa To Sign Up: (830)850-0930

Dance Classes are led by Clifton Fifer Jr., a fourth-generation Texan, who brings history to life via storytelling, poetry, music and dance. Fifer is a retired school teacher, coach, storyteller and historical interpreter. He serves on multiple boards, including the Doyle Community Center, where he attended school in the 1960s when it was still a public school. He was named as Kerrville's Citizen of the Year at the Kerrville Chamber of Commerce Choice Awards Banquet in October 2021.



Jillian Bartow-Social Services Coordinator



“I was raised in Laverne, OK and graduated in 2004. I completed my vocal and piano minor at NWOSU in 2007 and completed my bachelor’s degree in Psychology from SWOSU in 2010. I began my social services career working under the supervision of an LPC to provide behaviour rehabilitation to children that were involved in the CPS system for several counties in Western Oklahoma. In 2012 I started with juvenile probation and parole for Beckham, Roger Mills and Washita counties for the state of Oklahoma. In 2019 my husband and I, along with our 2 children moved to Bandera. I started as a service coordinator for

IDD services in Kerrville and served multiple counties in the Hill Country. I was blessed to find my current position as the Social Services Coordinator for Silver Sage earlier this year. I have met many wonderful Bandera County residents and look forward to continuing to serve our most at-risk citizens. As the Social Services Coordinator for the Silver Sage I will be working with our clients in filling out applications for benefits like SNAP, utility assistance, and medical coverage as well as linking clients with other agencies that can assist with meeting their needs.” Call (830) 796-4969 if you have any questions or you can send an email @jillian@silversage.org

Rhonda Landon - Program Assistant/Front Desk Receptionist



“My name is Rhonda and I originate out of the West Texas town of San Angelo. I moved to San Antonio in the late 80’s and began teaching at the high school level a few years later. After 18 years I retired from teaching and soon, thereafter, I moved to my forever home in Bandera. In 2019 I started working at Gringo’s Burritos (now closed) and began meeting my fellow community members. I was blessed to be able to navigate over to The Silver Sage and worked behind the scenes for about a year. In April of this year, I was hired on full-time at The Silver Sage with an office position that fits my personality so perfectly!

It’s an honor to work with such a wonderful group of people here at the Sage and to get to intermingle with the awesome active adult community we have here at The Silver Sage!”

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Mark Wright)

