



BANDERA COUNTY



# THE SCOOP AT SILVER SAGE

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



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590

Store hours (Temp. hours):  
Tues-Thurs 10:00am-3:00pm

## 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.

Performers this month are: **Linda Wilder and Vickie Gillespie**



A Community For Active Seniors



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MONTHLY MENU PAGE 13



## THE SILVER SAGE BUS PROGRAM PAGE 18

is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

**9/2 - HEB \* 9/9 - Herman Son's Steak House \* 9/16 - WALMART**

Contact Lisa for more info @ [lisa@silversage.org](mailto:lisa@silversage.org) - 830-850-0930



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Suite 1-D  
Bandera, Texas

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Bandera location, call 830.522.2002



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Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek  
Bandera, TX 78003



By Lisa Crawford

Check out our Monthly Menu!



## 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

5. **Article Sponosred by Alamo Hospice and Written by Monica Zuniga:**  
“Sometimes remembrance can be sad, because of the circumstances or for the idea of the overall loss, but other times, remembrance can be therapeutic, healing, and invoke good memories...”
6. **Through The Eyes Of A Driver by Mary Allyce:** “At the Silver Sage the folks (both men and women) in the kitchen definitely understand a Texas approach to meals. We’ve all experienced “institutional food”. If that’s how you picture Meals On Wheels or the daily lunches served here, you couldn’t be more wrong...”
16. **Betty, It’s a Crock-er by Mikie Baker**  
“Ladies, come with me on a journey back in time. 1961, to be precise. You’ll be amazed at how lucky you are. This waltz down memory lane comes straight out of an ancient Betty Crocker Cookbook...”

*Our Mission:  
Enriching Life For Seniors*  
3

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**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**

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

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

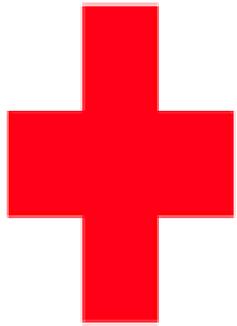
**ART Bus 1-866-889-7433**

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**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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# The Power of a Remembrance

By Monica Zuniga, Alamo Hospice

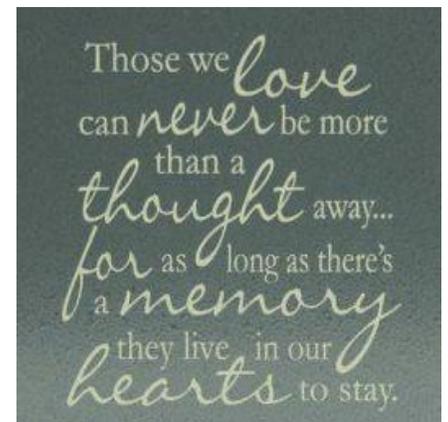
September, for the last 20 years, has been the time we remember what happened on 9/11. “We Will Never Forget” were words that have reverberated all this time. The loss of life we felt as a nation that day and the pain of the families who lost their loved ones will never be forgotten; nor will the sacrifices made by first responders and everyone who was involved. We remember.



Memorials and stories of remembrance are top of mind to those of us who work in hospice. Our focus is on someone’s life. For the time, it is giving them the best quality of life while we have them in our care, but it is also getting to know them as a person, who they are, and what makes them tick. One of the questions we ask the family is, “are there any important dates we can remember that are meaningful to your loved one?” We ask because many times, those dates and times of celebration bring to them good memories and feelings.

Sometimes remembrance can be sad, because of the circumstances or for the idea of the overall loss, but other times, remembrance can be therapeutic, healing, and invoke good memories.

“The power of remembrance surrounds us all the time,” says Rev. Dr. James B. Lemler of Christ Church Greenwich. “We recall people and events that have been important to us and to our community. We examine history to learn its lessons. We gather for memorial occasions, because we experience connections with those who have gone to the next life, and this helps us to feel connected to those whom we have loved. There are so many actions of remembrance that sustain us in our living.”



Sustaining us in life is really the point. We remember so we can move on, so we can make decisions that impact our future in positive ways, so we can honor those we are remembering.





# **THROUGH THE EYES OF A DRIVER**

*By Mary Alyce*

In a column I called “Bandera Banter”, for another publication, I talked about Texas food and how Texans, specifically my women friends, loved to eat all of it. I’d arrived here from North Palm Beach, Florida, where I said, “Women push four skinny green beans and a piece of dry fish the size of matchbook around their plates whispering, ‘I am soooo full!’ and asking for a to-go box.” It was only a slight overstatement.

At least in this part of Texas, I found women who tucked into a big chicken fried steak with gusto, who thought ranch dressing was the perfect accompaniment to just about anything, and who asked for the best part of a juicy brisket – the part with some fat on it. I was charmed, fascinated, and best of all, I was no longer hungry when I finished a meal!

As far as food is concerned, Texas and her sons and daughters get five gold stars in my book.

Of course there was the cowboy who informed me, “Texas men all cook ‘cuz women can’t.” Before I fully recovered he dug deeper. “Oh, they’re okay for desserts and salads and stuff like that,” he plowed on, “But if you want meat cooked right, a man’s got to do it.” I should point out this was almost 20 years ago, so it’s possible he’s softened his opinions. Not likely, but possible, and there are more than a couple of Texas women who can cook a mean brisket!

At the Silver Sage the folks (both men and women) in the kitchen definitely understand a Texas approach to meals. We’ve all experienced “institutional food”. If that’s how you picture Meals On Wheels or the daily lunches served here, you couldn’t be more wrong. When I began driving a MOW route, the hardest part was being surrounded in my vehicle by the intoxicating aroma of the

hot meals I delivered to clients. Spaghetti and garlic bread, meatloaf, Tuscan chicken, turkey and dressing – if I wasn’t hungry starting my drive, I definitely was by the time I finished.

In the last month, lunches in the dining room have included Art Crawford’s famous liver and onions, pizza with assorted toppings, a build your own taco bar, and a sophisticated teriyaki salmon. John Vandergriff and his kitchen staff – Patti Pisarz, David Montgomery, and new executive chef, James Moore, cook with imagination and gusto.

The staff will even tweak individual meals if possible. “We try to accommodate special dietary needs both for MOW and here in the dining room for lunch,” Vandergriff says.

A recent addition to the regular menus is the popular “Mystery Monday” where chefs take turns to create an alternate choice to the regular meal. The assorted pizzas, the highly rated taco bar, and a recent celebration of Banana Split Day with you guessed it – a banana split bar, have all been welcome additions.

Local “ladies who lunch” daily at the Silver Sage give all of it their stamp of approval from the self-proclaimed “Queen’s Table”. Wishing to remain anonymous, they all agreed the food is amazing.

One of my MOW clients put it a bit differently. She asked what was being delivered the next day. “I’ll have to check,” I apologized. She waved it off. “It doesn’t matter,” she said. “Whatever it is, it’ll be good!”

Good, creative, fun and just plain delicious food - it’s what’s for lunch at the Silver Sage.

See you in October.

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# Funny Bone

## Corny Jokes:

- “I’m afraid for the calendar. Its days are numbered.”
- “My wife said I should do lunges to stay in shape. That would be a big step forward.”
- “Why do fathers take an extra pair of socks when they go golfing?” “In case they get a hole in one!”
- “Singing in the shower is fun until you get soap in your mouth. Then it’s a soap opera.”
- “What do a tick and the Eiffel Tower have in common?” “They’re both Paris sites.”
- “What do you call a fish wearing a bowtie?” “Sofishticated.”
- “I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.”
- Why did the scarecrow win an award? Because he was outstanding in his field.
- Why did the melon jump into the lake? It wanted to be a water-melon.
- What did the duck say when it bought lipstick? “Put it on my bill.”
- What do you call a pig that does karate? A pork chop.

## Teacher speaking to her Class

**Teacher: “Anyone who thinks he’s stupid may stand up!”**

**\*Nobody stands up\***

**Teacher: “Im sure there are some stupid students over here!!”**

**\*Little Johnny stands up\***

**Teacher: “Ohh, Johnny you think you’re stupid?”**

**Little Johnny: “No... i just feel bad that you’re standing alone...”**

**Knock Knock! Who’s there? Beets!  
Beets who? Beets me.**

**Did you hear  
about the guy  
who cut off  
the left side  
of his body?**



**He’s all  
right now**

My wife told  
me to stop  
impersonating  
a flamingo.

I had to put  
my foot down.

---

Russian dolls  
are so full of  
themselves.

---

6:30 is the  
best time  
on a clock,  
hands down.

# Bandera Writers Group, Sept. 9th

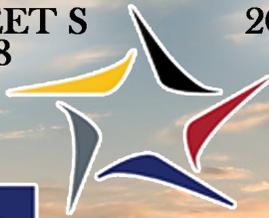
in the Great Room 2pm-4pm!

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 MONDAY HAM JAM

The Monday Ham Jam has been a lot of fun and we're starting to get regular musicians showing up as well as listeners and even a few dancers. If you know a musician that might enjoy sitting in with us then by all means please invite them to come on Monday's. Be sure to tell them that we will feed them lunch if they come early enough. Lunch served 11:30 to 1 and the music jam is 12:30. to 2:30. Lunch is free but donations are GREATLY appreciated.

## FREE HAIRCUTS

Mimi Whitehouse came and gave free haircuts last month and did a fantastic job. We are thrilled to have her volunteering her time and expertise. Everyone who got a cut said they were really happy with it. I know I am very pleased with my cut. Mimi will return for free haircuts on September 29th offering 30 minute slots from 10 a.m. until the last appointment taken at 2:30 p.m. There will be a sign up sheet at the front desk the week before. Appointment times are first come first serve. Please remember Mimi is volunteering her time and be kind.

## BUS TRIPS

In August we took a full bus load to Smashin'Crab, the Witte Museum and Good Time Charlie's. Every trip we've made has been full of adventure, new friendships, lots of laughter and so much fun. I just wish I had a bigger bud to take more people every trip.



Starting in September our bus trip to HEB will always be the first Thursday each month and Walmart trips will be the third Thursday each month.



Our dinner trip this month will be to Hermann Sons Steakhouse in Hondo on September 9th. The bus will leave at 4 p.m. from the Silver Sage and return when everyone is ready. Please come by the Silver Sage to sign up or call and ask for Lisa.

Remember to keep your eyes on the website calendar or our monthly newsletter the SCOOP for all future outings and in house events.

Stay safe out there friends.  
Lisa Beck Crawford

*That's what's going on!*



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

**Please consider  
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the Silver Sage.**

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# September ACTIVITIES 2021

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
		1 <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>1:00</u> BINGO	2 <u>9:00</u> Bridge <u>12:30</u> HEB Bus Trip <u>1:00-4:00</u> 42	3 <u>8:00</u> Indoor Exercise
6 <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> MUSIC HAM JAM MONDAY	7 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>7:00</u> Cowboy Capital Opry w/Linda Wilder & Vickie Gillespie	8 <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> BINGO Nutrition Lunch & Learn w/Susan Broa- benefits of drinking water.	9 <u>9:00</u> Bridge <u>1:00-4:00</u> 42 <u>4:00</u> Herman Sons Steakhouse Bus Trip	10 <u>8:00</u> Indoor Exercise
13 <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> MUSIC HAM JAM MONDAY	14 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	15 <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> BINGO	16 <u>9:00</u> Bridge <u>12:30</u> Walmart Bus Trip <u>1:00-4:00</u> 42	17 <u>8:00</u> Indoor Exercise
20 <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> MUSIC HAM JAM MONDAY	21 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	22 <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> Lunch & Learn w/Monica Zuniga on Healthcare Decisions <u>1:00</u> Bingo	23 <u>9:00</u> Bridge <u>1:00-4:00</u> 42	24 <u>8:00</u> Indoor Exercise
27 <u>8:00</u> Exercise <u>10-11:15</u> Yoga w/Willy <u>12:30-2:30</u> MUSIC HAM JAM MONDAY	28 <u>10:30</u> -Stretch & Strengthen <u>12:00</u> Monthly <b>Birthday Bash</b> <u>12:30</u> Mexican Train	29 <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>10:00-3:00</u> Mimi's Free Hair Cuts <u>12:30</u> BINGO	30 <u>9:00</u> Bridge <u>1:00-4:00pm</u> 42	

**\*FOOD BANK DISRTIBUTIONS:**

**Lakehills Civic Center: Monday Sept. 13<sup>th</sup>**

**Mansfield Park, Bandera: Wednesday, Sept. 22<sup>nd</sup>.**

# Silver Sage ~ September 2021 Lunch served from 11:30pm-1pm

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

  	<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>Pork Ribslets</b> Ranch House Beans Texas Potato Salad Chef Salad</p>	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Garden Spaghetti</b> Garlic Bread</p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>King Ranch Chicken</b> Spanish Rice Texas Caviar</p>
<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b>Salisbury Steak w/Gravy</b> Scalloped Potatoes Green Beans</p>	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b>Smoked Pork Butt</b> Baked Mac n' Cheese Light Roasted Broccoli Fresh Fruit Salad</p>	<p style="text-align: center;"><b>9</b></p> <p style="text-align: center;"><b>Chicken Strips w/Gravy</b> Tater Tots Corn</p>
<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;"><b>Country Fried Steak/ Gravy</b> Hominy Stewed Tomatoes</p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b>Chicken Florentine on a Bed of Fresh Spinach</b> Creamy Lemon Egg Noodles Warm Cherry Tomato and Basil Salad</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;"><b>Meatloaf</b> Oven Roasted Potatoes Brussel Sprouts Broccoli Salad</p>	<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Blackened Chicken</b> Dirty Rice Fresh Sautéed Green Beans w/Garlic and Onion</p>
<p style="text-align: center;"><b>20</b></p> <p style="text-align: center;"><b>Honey Glazed Pork Chop</b> Sweet Potato Casserole Toasted Cauliflower</p>	<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b>Chicken Bruschetta</b> Scalloped Potatoes Toasted Broccoli</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Three Meat Lasagna</b> Garlic Bread Caesar Salad</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>BBQ Chicken</b> Beans Cheesy Grits</p>
<p style="text-align: center;"><b>27</b></p> <p style="text-align: center;"><b>Chopped Steak/Gravy</b> Homemade Steak Fries Turnip Greens</p>	<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><b>Egg, Bacon, and Cheese Casserole</b> Biscuits and Sausage Gravy</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b>Taco Bake</b> Tex-Mex Salad</p>	<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;"><b>Greek Gyro Casserole</b> Greek Potato Hash Swiss Chard with Lemon</p>

Joyce D. Lamilla, LD  
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**Menu subject to change  
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## **MYSTERY MENU MONDAYS**

For those of joining us at The Silver Sage for lunch during the week, we have some exciting news. Every Monday we will be having a Mystery Chef prepare a second option for your dine in experience. You may choose to enjoy what is on the regular menu or have the Mystery Menu.

The week prior to each Monday our dine in guests will be given clues as to who the Mystery Chef is and what the Mystery Menu is. The Mystery Menu will be announced on the Friday before each Monday.

Of course, Art Crawford will be prepare his Liver and Onions a Monday now and again, but who else will be cooking for you? What will they be making? Make a date, mark your calendar, and come on down to The Silver Sage and join in the fun and food. As always, there is no costs for our meals. If you wish to donate it will be greatly appreciated.

# Stretch & Strengthen *with Ida Hardy* Every Tuesday 10:30am

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be \$8 per person each week (\$5 going to Ida Hardy and \$3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.



Please contact Lisa to sign up: [lisa@silversage.org](mailto:lisa@silversage.org) (830) 850-0930

MEALS ON WHEELS

**VOLUNTEER**  
AND MAKE HIS DAY

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Our greatest need is for drivers and driver assistants to help with the Meals On Wheels program.

If you have a few hours once a week

to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughout Bandera County. The Silver Sage provides vehicles and gas for deliveries. What a special feeling it is knowing that you have made such a difference in someone's life! Please call us at (830) 796-4969 and ask for Amy. Our volunteer application form is available at: [silversage.org/volunteer](http://silversage.org/volunteer)

# THE SILVER SAGE BUS PROGRAM

is intended to *enrich the lives of senior citizens* in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.



This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

**Sept. 2nd - HEB**

**Sept. 9th - Herman Son's Steak House**

**Sept. 16th - WALMART**



All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You **MUST** sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling That information will be given to medical personnel in case of an emergency concerning you. This information won't be shared with anyone other than medical personnel and only in an emergency situation that concerns you.

\*A suggested \$5 donation for trips.

\*For liability reasons all guests riding the bus **MUST** be physically able to load and unload from the bus without any assistance.

\*We will not make unscheduled stops unless it's an emergency.

\*Your ideas for outings are always welcome and I will do my best to make them happen when possible. Please keep in mind the physical limitations of many of our seniors when making suggestions.

Contact Lisa for more info @ [lisa@silversage.org](mailto:lisa@silversage.org) - 830-850-0930 18



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# Get Fit at The Silver Sage!



## YOGA WITH WILLY EVERY MONDAY

- Location: Great Room - 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; 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.

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**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 8:00 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.

# Betty, It's a Crock-er

By Mikie Baker

Ladies, come with me on a journey back in time. 1961, to be precise. You'll be amazed at how lucky you are.

This waltz down memory lane comes straight out of an ancient Betty Crocker Cookbook published in 1961 that landed on my desk at work just the other day. I never got past Page 5 which is entitled, "Kitchen Know-How." Here's Betty's hints for you homemakers out there.

## Plan Ahead

Betty's already lost me, but okay, I'll bite. Here's what she says to do, "Write menus for a week's meals at a time. Shop for staples once a week, fresh fruits and vegetables twice weekly." I'm already beginning to feel like a Stepford Wife. But she goes on, "If you have a freezer, make several cakes, pies, cookies, main dishes and sandwiches at a time and freeze some for future use." I'm sorry, but if I'm so organized by writing menus and shopping twice a week, why would I ever need to freeze a thing?

But, back to Betty.

## Combine Jobs

"Bake cakes or cookies while washing dishes or cooking dinner. Pare vegetables while meat is browning. Plan and organize daily work while working with hands (peeling potatoes, sweeping floor, etc.)" Betty! Knock it off! No wonder we drink – the pressure! I would do all this, but I'm still waiting for the robot that's going to clean my house.

But wait, there's more!

## Refresh Your Spirits

See, she's about to talk about vodka, isn't she? No, no, she isn't. "Every morning before breakfast, comb hair, apply makeup and a dash of cologne. Does wonders for your morale and your family's, too!" No, Betty, vodka does that. "Think pleasant thoughts while working and a chore will become a labor of love." She doesn't bother to mention if a bra is a requirement.

"Have a hobby. Garden, paint pictures, look through

magazines for home planning ideas, read a good book or attend club meetings. Be interested – and you'll always be interesting! Oh, and if you have a spare moment, sit down, close your eyes and just relax." A spare moment? No, I haven't finished peeling potatoes, composting the skins and starting a garden.

Hold on, Betty's not done.

## Organize Work

"Have a weekly plan for scheduling such tasks as washing, ironing, baking, shopping, cleaning the refrigerator or washing floors. One task done each day provides a sense of accomplishment and keeps work from piling up." Isn't anybody going to help me?!?

Sure, Betty is with some more sage advice.

## Be Comfortable

Oh good, this is where she must mention taking off your bra. "Wear comfortable shoes and easy fitting clothes while working. Stand erect. Good posture prevents fatigue." Lady, after the list of requirements you've given for me to be the perfect housewife, I'm already fatigued just reading your suggestions. At least Betty is looking out for our health. "Have sink, work table, counter tops at height that is comfortable to eliminate strain. If dishpan is too low, set it on a box." And there you have it. Yes, Betty I'm about to stand on my soap box!

Betty, I think I'll leave your advice at the door. I'm going to sit down at my trusty computer, order my groceries online and have them delivered, find a good maid service and throw my dirty dishes into my super quiet dishwasher. And I've got frozen pizzas in the freezer compliments of my Italian friend, DiGiorno.



Now I understand why my mother acted the way she did. It was because of Betty's "Kitchen Know-How" or the 2021 version: "How to Become Certifiably Insane in

Only One Week after spending time with Betty."

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&



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the  
Date!**

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