



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



MONTHLY MENU
PAGE 14 & 15



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: **Tuesday Sept. 6th - Homer Whisenant.**

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 TRIP - Saturday, September 10th
Jimmie Rodgers Tribute Show: Leaving the center at 5:50, show starts at 7:00 p.m. The Munchies Food Truck will be on site and we will plan on eating dinner with them. We are being provided with 2 VIP tables by Café At The Ridge!

EAT LOCAL WITH US!! TJ's at the Old Forge in Bandera on September 22nd at 5:00 P.M. If you want to join and be a part of this we would like for you to sign up in advance at the Silver Sage so we will have a headcount for the number of reservations needed. Page 10



Happy Labor Day
Sept. 5th (Our Center Will Be Closed)

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Bandera, Texas

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Bandera location, call 830.522.2002



Managing Publisher/Designer:

Karyn Utterback
Executive Assistant

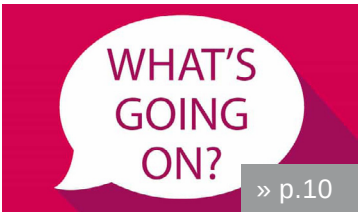
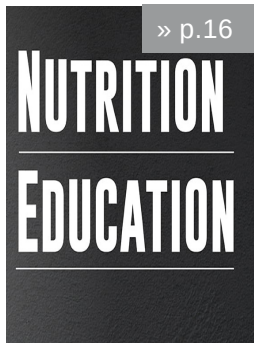
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



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SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
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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.
- 7. **Through the Eyes Of A Driver, by Mary Allyce:** “It’s hard to find a single topic people agree on these days. But for anyone associated with Silver Sage, clients, staff, visitors, there’s one subject virtually everyone agrees on...”
- 10. **Activities, by Lisa Beck** - Bus trips, movie matinees, corn-hole, rock painting, crocheting, walking groups, nutrition talks, eating out locally, 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. **The History of Labor Day** Have you ever wondered why we celebrate Labor Day? It was created by the labor movement in the late 19th century and became a federal holiday in 1894...

*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

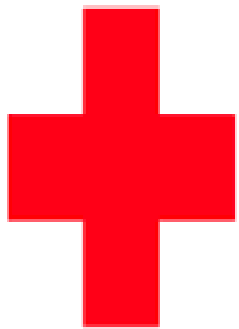
ART Bus 1-866-889-7433

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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We'd love to see you in our seats!

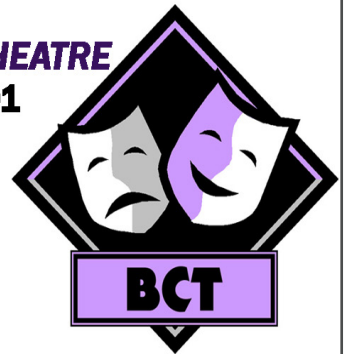
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COVID-19 VACCINE INFO



VACCINATE BANDERA.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 August 30, 2022, VaccinateBandera.org provided access to 72 Primary doses and 419 Booster doses. Educational campaigns reached approximately 5,550 people.

ROUND 2

In August we wrapped up Round 1 operations with a mobile clinic for Meals on Wheels clients still needing primary doses. We participated in both Silver Sage food distributions, the Medina Food Pantry and Boys & Girls Club's Final Fun Friday for the summer; spoke at Commissioners Court; and attended Utopia, Medina, and Bandera ISD meetings to invite them to collaborate with VaccinateBandera.org and the Bandera County Interagency Coalition (BCIC).

COMMUNITY CONVERSATION

On Tuesday September 6, 3:30pm-4:30pm, there will be a Community Conversation at the Medina Community Library – Rodney Camp Pavilion. We have invited a medical panel to participate in a structured discussion about COVID-19 vaccines and then take questions from the public. The panel consists of Sandra Haldeman, MD, Gynecologist at Arthur Nagel Community Clinic; Lillian Ringsdorf, MD, MPH, Regional Medical Director at TX DSHS Public Health Region 8; and Laurie Henefey, Immunizations Manager at TX DSHS Public Health Region 8.

STAY UP-TO-DATE!

Check <https://vaccinatebandera.org/vaccines-here> OR follow "Protect Our Future Bandera" on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events. You can also call to pre-register for any of our clinics to save time.

BANDERA INTERAGENCY COALITION

In August, the Bandera County Interagency Coalition was hosted at the Village of Hope by Helping Hand and Arthur Nagel Community Clinic, where we learned about valuable resources available to Bandera County residents like 211-Texas "Option 1" (24-hour local resource directory), CentroMed/EnrollSA (healthcare clinics and free insurance marketplace assistance), and Arthur Nagel Community Clinic (free medical services for patients who are uninsured, economically disadvantaged, and aged 18-64). We have a tour of San Antonio Food Bank scheduled for our September meeting.



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MON. SEPT. 12TH, 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MON. SEPT. 19TH, 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**



Registration will be done on-site

QUESTIONS: (830) 796-4969

THROUGH THE EYES OF A DRIVER

By Mary Allyce



It's hard to find a single topic people agree on these days. But for anyone associated with Silver Sage, clients, staff, visitors, there's one subject virtually everyone agrees on. The Meals On Wheels program, MOW for short, is a winner by everyone's standard.

"It's the best thing I've ever done," says veteran MOW driver Debra Owen.

You'd be hard pressed to find anyone who has been a program driver who disagrees. When I started this column a few years ago, I was a driver myself. Hence the title. I've had to scale back due to health issues, and I miss driving for MOW. I miss being out in the beauty of the Hill Country for a few hours delivering meals. I miss my clients who brightened my day with smiles and welcomes, miss getting to know them and calling them and their families friends.

Given all the praise heaped on MOW makes it all the more puzzling why there is a constant need to recruit drivers. "The need is always there," says MOW Program Coordinator, David Montgomery. "We appreciate our drivers who do so much for us," he adds. "And we have very flexible schedules to accommodate people's busy lives, vacations, and time."

Rhonda Landon, Program Assistant, who also calls herself the "Meet 'n Greet" lady, the Silver Sage's own "Concierge" says, "I applaud all the drivers and I try to acknowledge each and every one when they come into the building."

Silver Sage has a full fleet of Jeeps for drivers' use. No need to put miles on your own vehicle. You'll receive training in procedures and there's always someone ready to help answer questions and solve problems that might come up.

Debra Owen trained me when I began driving. Her years of experience and encyclopedic knowledge of the clients was invaluable. I was a bit apprehensive at first. Not knowing exactly what I would find at the residences was a worry

and I know it's a common concern among those considering driving. "Most of our clients are elderly," Debra reassured me, demystifying the visits. "They just can no longer drive and they're lonely."

The time, however brief, a driver spends while delivering a meal is as important as the food. The visits serve as a welfare check on people who are often isolated and alone and are a vital social contact. Those visits and connections were important to me, as well. Especially during the long months of lockdown during 2020, my deliveries and visits with clients helped me through that trying time. Drivers get lonely, too! Drivers truly look forward to seeing clients, develop friendships and deep fondness for them.

Of course the experience also educates. MOW Coordinator Montgomery says, "It really opens up people's eyes to the need for a program like this and the difficult conditions under which some people live."

Yes, it does. Times are tough for everyone. For the homebound elderly, those in poor health, and those for whom money is tight, it's gotten tougher.

"We are to feed, shelter, take care of each other," Debra Owen says, echoing the Silver Sage philosophy. "MOW is easy," she adds. "It gives me purpose and satisfaction. It's the easiest way for me to do what God asks us to do."

I don't want to forget a shout out to the energetic and dedicated crew in the kitchen who prepare, package, and get the meals out to drivers for deliveries. They will have their own spotlight in this column later this year.

A newer member of the Silver Sage team is Jillian Bartow, a Case Manager who is available to any Silver Sage client. She can help folks wend their way through benefits available as a community partner with HSSE.

Stop in and meet the people who administer and support MOW and its volunteer drivers. It's a fun, capable group and your help will be fully appreciated. You'll be amazed by how much making a difference for others makes a difference for you!

Have a lovely September & see you in October!



Funny Bone

Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days afterward, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc - 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur - be careful.'"

Wintery Day - On a wintry day, my 90-year-old father was in the supermarket trying to pay for his groceries. Bundled up against the cold, his gloved hands were having trouble retrieving and counting the exact change.

The transaction evidently took too long for the man behind him in line, who muttered a curse.

Dad stopped counting, turned around, and warned, "Be quiet or I'll write a check."

SURGEON - An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me. Your mother is going to come and live with you and your wife...."



A man and his ever-nagging wife went on vacation to Jerusalem. While they were there, the wife passed away. The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for \$150." The man thought about it and told him he would just have her shipped home. The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man died here, was buried here, and three days later he rose from the dead. I just can't take that chance.."



COOLEST WHEELCHAIR EVER!

Bandera Writers Group, Thursday Sept. 8th

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 will be Homer Whisenant. Homer is a Hill Country Musician who started playing and singing at an early age, songs learned from jukeboxes, dance hall bands, and a 78 rpm record collection as well as country radio and blues records. This will be his first time playing the Cowboy Opry but we hope it won't be his last. As always, we appreciate our house band musicians for generously donating their time and talents. This monthly event could never happen without them or YOU. Your continued support for this MEALS ON WHEELS fundraising event is also greatly appreciated. We hope you enjoy the level of talent we bring you each month. The Cowboy Capital Opry takes place on the first Tuesday

every month at 7 p.m. Doors open at 6:30. We will have fresh popped popcorn available for sale as well as water and sodas.

Saturday, September 10th Jimmie Rodgers Tribute Show: We will leave the center at 5:50 in order to get settled in before the show starts at 7:00 p.m. The Munchies Food Truck will be on site and we will plan on eating dinner with them. We are being provided with 2 VIP tables by Café At The Ridge. I only have room for up to 14 seniors 60 yo and over on the bus, so signing up in advance is absolutely a must. I am really excited about this and hope you will be too

EAT LOCAL: This month we will meet up at TJ's at the Old Forge in Bandera on September 22nd at 5:00 P.M. If you want to join and be a part of this we would like for you to sign up in advance at the Silver Sage so we will have a headcount for the number of reservations needed. This will NOT be a bus trip. Each person will be responsible for getting to the restaurant on their own as well as purchasing their own meal and any gratuities you wish to leave.

LET'S TALK: NUTRITION with Jessica Faubion Wednesday, September 7th at 12:00 p.m. in the dining room

FALL AWARENESS LENGTHENS LIVES presented by Kim Beasley AACOG September 20th at 1:00 P.M. in the dining room. You MUST sign up for this presentation to attend. Limited space - Need at least 8 and no more than 15 people to sign up.

MOVIE TIME: Tuesday, September 13th 2:00 P.M. in the dining room, **Dreamer:** Inspired by a True Story rides into our hearts and minds in such a winning way thanks to the strong performances by Dakota Fanning as an indomitable little girl with a big dream, Kurt Russell as a defeated man who reconnects with his daughter, Kris Kristofferson as a crusty grandfather who gives his granddaughter just what she needs, and Freddy Rodriguez as a washed up jockey who finds the courage to do what he does best when the right time comes. **Tuesday, September 27TH 2:00 P.M.** in the dining room, **Bucket List:** Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

*We ask that if you stay to watch the movie you refrain from any conversation as it can be distracting to others trying to hear the movie. We will have fresh popped popcorn available for anyone who wants it. The movie showing is FREE but intended for our Silver Sage Senior clients.

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What's Happening Continued...

CRAFTS: Rock Painting Time will be changed to 12:30 P.M and September dates are the 12th and the 26th.

We are continuing our Crochet with Sarah class through the end of September every Friday at 1:00 P.M. in the craft room.

WALK WITH LISA is BACK! Starting on Tuesday, September 6th at 8:00 A.M. we will meet at the BANDERA CITY PARK near the entrance closest to the Boys and Girls Club. We will meet at the same place to walk every Tuesday, Wednesday, and Thursday in September and October except for Thursday, September 8th I will be out of town. You are all welcome to meet and walk on your own of course. Also, If it's raining there will be no walk that day.

***PLEASE REMEMBER ALL CALENDER EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CALL IN ADVANCE IF YOU ARE UNSURE ABOUT AN EVENT.**

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MOVIE MATINEE

**Sept 13th -Dreamer
Sept. 27th -Bucket List
In the Dining Room.**



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SEPTEMBER ACTIVITIES 2022

Activities Director, Lisa Crawford


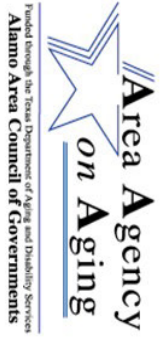
Phone: (830) 850-0028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
Aug 29 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train 1:00 Rock Painting	30 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen <u>12:00-1:00</u> Birthday Bash 12:30 Mexican Train	31 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 12:30 Cornhole	Sep. 1 <u>12:30</u> HEB <u>2-4</u> Writer's Group	2 <u>8:00</u> Video Exercise 1:00 Crochet w/Sarah
5 <u>CENTER CLOSED</u> <u>For Labor Day</u> <u>10:00</u> Yoga w/Willy	6 <u>8:00</u> Walk w/Lisa <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train <u>7:00</u> Cowboy Capital Opry w special guest Homer Whisenant	7 <u>8:00</u> Walk w/Lisa <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:00 Let's Talk Nutrition w/Jessica Faubion 12:30 Mexican Train 12:30 Cornhole	8 NO Walk w/Lisa	9 <u>8:00</u> Video Exercise 1:00 Crochet w/Sarah
12 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy 12:30 Mexican Train 12:30 Rock Painting	13 <u>8:00</u> Walk w/Lisa <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train <u>2:00</u> Movie Time- DREAMER	14 <u>8:00</u> Walk w/Lisa <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 12:30 Cornhole	15 <u>8:00</u> Walk w/Lisa <u>12:30</u> WALMART	16 <u>8:00</u> Video Exercise 1:00 Crochet w/Sarah
19 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy 12:30 Mexican Train	20 <u>8:00</u> Walk w/Lisa <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>1:00</u> Fall Awareness Lengthens Lives (Must pre-register. Limited seating)	21 <u>8:00</u> Walk w/Lisa <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 12:30 Cornhole	22 <u>8:00</u> Walk w/Lisa 12:30 Mexican Train <u>5:00</u> TJ's at the Olde Forge Bandera meet for Dinner	23 <u>8:00</u> Video Exercise 1:00 Crochet w/Sarah
26 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy 12:30 Rock Painting <u>12:30</u> Music Jam	27 <u>8:00</u> Walk w/Lisa <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train <u>12:00</u> Birthday Bash <u>2:00</u> Movie Time- BUCKET LIST	28 <u>8:00</u> Walk w/Lisa <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Mexican Train 12:30 Cornhole	29 <u>8:00</u> Walk w/Lisa 12:30 Mexican Train	30 <u>8:00</u> Video Exercise 1:00 Crochet w/Sarah
				13

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5 CERRADA</p>	 <p>6 Consejos de carne con salsa de champiñones sobre zanahorias con mantequilla de arroz Black Eyed Peas</p>	 <p>7 Pastor De Cerdo Con Tortillas Y Arroz Español Pico Suave Ensalada</p>	<p>1 Asado de carne de res cocido a fuego lento con panecillo de verduras cargadas</p>	<p>2 Ensalada de atún sobre una cama de galletas verdes</p>
<p>12 Filete De Pollo Frito Puré de papas y calabaza de verano con salsa marron DISTRIBUCIÓN DE ALIMENTOS DE LAKEHILLS</p>	<p>13 Lomo De Cerdo Asado Judías verdes con ajo fresco y batatas con pimientos rojos</p>	<p>14 Pollo Teriyaki sobre Arroz Jazmin con Verduras salteadas Ensalada</p>	<p>15 Horneado de fideos de atún con queso Panecillo</p>	<p>16 Carne molida Ensalada de taco</p>
<p>19 Fajitas de pollo Puré de patatas/salsa Maíz DISTRIBUCIÓN DE ALIMENTOS EN EL MUELLE DE WHARTONS</p>	<p>20 desayuno para el almuerzo Biscuit de quiche de espinacas, huevo y queso con salsa de salchicha</p>	<p>21 Ternera Bourguignon sobre fideos de huevo Brócoli ligeramente tostado Ensalada</p>	<p>22 Tazón de pollo al suroeste</p>	<p>23 Ensalada De Semillas De Amapola Y Fresas Con Pollo</p>
<p>26 Chuleta De Cerdo Empanizada Tomates cocidos Maiz molido</p>	<p>27 Albóndigas agrdulces sobre arroz Mezcla de Verduras Asiáticas FIESTA DE CUMPLEAÑOS</p>	<p>28 Pollo King Ranch Frijoles rojos Ensalada Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>	<p>29 Envoltura De Salchicha Repollo A La Parrilla Patatas fritas</p>	<p>30 Deslizadores De Ensalada De Pollo Pepinillo Cóctel de frutas Menu subject to change according to availability</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Slow Cooked Beef Chuck Roast w/Loaded Vegetables Dinner Roll</p>	<p>2 Tuna Salad on a Bed of Greens Crackers</p>
<p>5 CLOSED</p>	<p>6 Beef Tips with Mushroom Gravy over Rice Buttered Carrots Black Eyed Peas</p>	<p>7 Pork Pastor w/ Tortillas and Mild Pico Spanish Rice Salad</p>	<p>8 Chili Mac Chef James' Cheesy Bread</p>	<p>9 Grilled Chicken Mixed Green Salad w/ CROUTONS and Ranch Dressing</p>
<p>12 Chicken Fried Steak with Mashed Potatoes and Brown Gravy Summer Squash</p>	<p>13 Roasted Pork Loin Fresh Garlic Green Beans with Red Peppers Sweet Potatoes</p>	<p>14 Teriyaki Chicken over Jas- min Rice with Stir Fry Vegetables Salad</p>	<p>15 Cheesy Tuna Noodle Bake Dinner Roll</p>	<p>16 Ground Beef Taco Salad</p>
<p>LAKEHILLS FOOD DIS- TRIBUTION</p>	<p>20 Breakfast for Lunch Spinach, Egg, and Cheese Quiche Biscuit with Sausage Gravy</p>	<p>21 Beef Bourguignon over Egg Noodles Lightly Toasted Broccoli Salad</p>	<p>22 Riblets Potato Salad Baked Beans</p>	<p>23 Strawberry Poppy Seed Salad with Chicken</p>
<p>WHARTONS DOCK FOOD DISTRIBUTION</p>	<p>27 Sweet and Sour Meatballs over Rice Asian Blend Vegetables</p>	<p>28 King Ranch Chicken Red Beans Salad</p>	<p>29 Sausage Wrap Grilled Cabbage Sidewinder Fries</p>	<p>30 Chicken Salad Sliders Pickle Fruit Cocktail</p>
<p>26 Breaded Pork Chop Stewed Tomatoes Hominy</p>	<p>BIRTHDAY BASH</p>	<p>Menu subject to change according to availability</p>	<p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>	

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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vitamin C reduces the stress hormone cortisol



BANANAS

B6 and tryptophan make serotonin



CHOCOLATE

flavanols reduce the stress hormone cortisol



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folate turns into dopamine reducing depression



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



BLUEBERRY

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GREEN TEA

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YOGURT

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Top
10

Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health.
Here are 10 ways to improve your mental health!

1. Get enough sleep.

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise.

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone.

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be mindful.

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

5. Deal with stress.

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.



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

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the Silver Sage.**

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The History of Labor Day

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans, and is celebrated with parties, street parades and athletic events.

Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.



As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later, when a watershed moment in American labor history brought workers' rights squarely into the public's view. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago went on strike to protest wage cuts and the firing of union representatives.

On June 26, the American Railroad Union, led by Eugene V. Debs, called for a boycott of all Pullman railway cars, crippling railroad traffic nationwide. To break the Pullman strike, the federal government dispatched troops to Chicago, unleashing a wave of riots that resulted in the deaths of more than a dozen workers.

Who Created Labor Day?

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President Grover Cleveland signed it into law. More than a century later, the true founder of Labor Day has yet to be identified.

Many credit Peter J. McGuire, cofounder of the American Federation of Labor, while others have suggested that Matthew Maguire, a secretary of the Central Labor Union, first proposed the holiday.

Holidays That Fall on Mondays

The Uniform Monday Holiday Act of 1968 changed several holidays to ensure they would always be observed on Mondays so that federal employees could have more three-day weekends. The Act, signed into law on June 28, 1968, moved Washington's Birthday Memorial Day, and Columbus Day to fixed Mondays each year.

Labor Day is in good company; other holidays that always fall on Mondays include: Martin Luther King, Jr. Day, George Washington's Birthday (or "President's Day"), Memorial Day and Columbus Day. Credit: <https://www.history.com/topics/holidays/labor-day-1>

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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.

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Please provide info when scheduling a ride if using w/c, walker, cane, scooter, etc. 24

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3. Regular physical activity — at least 30 to 60 minutes
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6. **Cucumber:** Eat 2 fresh cucumbers every day for 2 weeks.



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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.



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Questions: (830) 796-4969**



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*(Lanette Pennell, , Vickie Gillespie, Dave Kemp,
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