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Senior Living/Small House Community
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MONTHLY MENU
 Page. 13



BANDERA COUNTY



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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. Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

Cowboy Opry

The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels. **OPRY CANCELLED THIS MONTH.**



In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."



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Silver Sage-803 Buck Creek
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**NUTRITION, HEALTH &
WELLNESS**



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**Featured
Recipes:
Fruit
Cobbler &
Quesadillas**

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**Check out our
Monthly Menu!**

HOURS:

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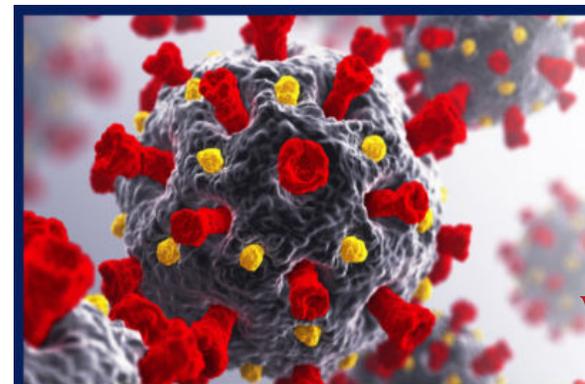
Closed due to Covid-19

WHAT'S INSIDE

5. **Frozen Dog Treats:** The August heat in Texas is blistering and your pups might like a cold treat that's easy to make! We like cold treats, and so do they!
7. **Summer Recipes:** Try out this easy-step-cobbler recipe that uses any kind of fruit! Also, a simple quesadilla recipe
19. **Trivia:** Do you know if all the Kings in a standard deck of cards have a mustache, or how many dimples a golf ball has? Try out your trivia talent!

Our Mission:

Enriching Life For Seniors



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Frozen Dog Bones

You can use a regular ice tray for the treats!

Ingredients

- dog bone shaped cookie cutter
- mini dog treats
- 1 banana
- 1/2 of a 15 oz canned pumpkin
- 12 oz plain greek yogurt
- 8 oz apple sauce
- 1/3 cup water

Instructions

- 1 Blend all ingredients
- 2 Pour into a nonstick shallow pan
- 3 Plan out and place the mini dog treats to fit within your cookie cutter shape
- 4 Freeze pan (approx. 2 hours)
- 5 Let pan thaw approx. 10 minutes for ease of cutting
- 6 Use cookie cutter to cut out the dog bones
- 7 Keep treats frozen until ready to enjoy!



THROUGH THE EYES OF A DRIVER

By Mary Allyce

Everyone agrees the Meals On Wheels (MOW) program is a good one. Providing hot, nutritious meals, salads, milk, something for the sweet tooth, a visit, a kind word, is a needed and appreciated community service. Getting those meals to the clients takes a crew of people, starting in the Silver Sage kitchen. My job as a driver begins about 10:00 a.m., but the folks who create, cook and package the meals, start much earlier and according to John Vandergriff, Director of Food Services, “It’s a team effort.”

Vandergriff and Angel Alexander, who trained as chef, arrive at 4:30 a.m. to prep ingredients for the day’s menu. Food is purchased through restaurant supplier Ben E. Keith and from the San Antonio Food Bank.

Ben E. Keith also offers the services of a dietician to help plan meals. Three times a year Vandergriff and the heads of other MOW programs meet to learn about nutritious menus and how to alter menus for clients who have special needs like low sodium diets.

Angel and John work together preparing and cooking the meal of the day. Angel portions meals into delivery trays and machine seals them with plastic to protect them during the trip to clients. Meal containers are loaded onto trays for MOW or the meals picked up at the front door by folks who used to have lunch at the Silver Sage before Covid-19 closed the dining room.

“We do around 160 regular meals, 20 special meals and 30 – 40 for pick up every day,” Angel says. Delicious, special dinners for Thanksgiving and Christmas and a Volunteer Appreciation Dinner round out an already full schedule.

Patty Pizarz, third member of the prep/cook team arrives at 6:30 a.m. and begins her day by assembling salads, desserts, whatever is going out with the day’s hot meal. The team calls her an “expedi-

tor”, which means she jumps in and helps anywhere and everywhere.

The newest member of the kitchen staff is David Montgomery. John Vandergriff says, “David assists in the kitchen wherever he’s needed.” I’ve seen David sweeping, carrying trays, cleaning up cooking utensils, and generally staying busy with the unending tasks it takes to keep MOW moving.

Have I mentioned how much fun these folks are? Until I researched this column I had no idea how long they’d been at work when I roll in to make deliveries. Welcoming smiles and lighthearted banter abound. “We have a good time,” Vandergriff confirms.

Drivers are called into the kitchen with our scheduled client lists for the day. We give Patty a count of meals – how many hot, how many cold, how many special meals. Trays come out of refrigeration or warmers. We all count as meals are loaded into either ice chests or insulated warm carriers. If there are salads, or desserts, or frozen meals to cover holidays when no deliveries are made, they, too, are loaded into containers. John, Angel, Patty, or David help carry containers to the loading dock where drivers transfer them to their vehicles and head out to the clients. Everyone pitches in.

The kitchen folks have helped brighten my days as we’ve all had to curtail our social contacts. “And the drivers help brighten ours,” John Vandergriff says, then adds, “We are blessed to be able to do this.”

As a driver, I agree. We are blessed to be able to do this and we are so grateful to the dedicated folks in the kitchen. They do a hard job with crazy hours and they do it with great skill and good humor. This one’s for you, John Vandergriff, Angel Alexander, Patty Pizarz, and David Montgomery.

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or
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Ham



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Red/Pink Salmon



Sardines



Tuna

HOW DO I PREPARE CANNED MEATS & FISH?

One of the benefits of these types of products is that they are already cooked, so you only have to open carefully with either a can opener or with the can handle.

When canned, most meats and fish are either stored in water or oil, they tend to have more sodium. If you are looking to reduce your sodium, drain and rinse these foods under running water for 1 minute to remove excess sodium.

ADD THE SAME INGREDIENT TO DIFFERENT MEALS!

Canned meats and fish can be used in variety of ways.

- Include on a bed of lettuce/salad.
- Combined with grains like rice or pasta.
- Add into sandwiches, wraps, or quesadillas.
- Placed on crackers or toast.

STORING CANNED FOODS.

Unopened cans can be stored at room temperature. Once opened, store in glass/plastic container in refrigerator and consume within 2-3 days.

Vary your proteins for a healthy lifestyle.





Funny Bone

Married Four Times

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

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

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

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

(Wait for it...)

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

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his with endearing terms-Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"



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Any Fruit Cobbler

INGREDIENTS

For the fruit filling:

4 to 7 cups sliced fruit

1/2 to 1 cup sugar or brown sugar, optional

1 to 3 tablespoons lemon juice, optional

1 to 3 tablespoons cornstarch, optional

1 to 2 teaspoons spice, like cinnamon, optional

For the cobbler topping:

1 1/2 cups all-purpose flour

1 1/2 cups sugar

1/4 teaspoon salt

1 1/2 sticks (12 tablespoons) butter, melted and no longer piping hot

Preheat the oven to 350°F. Prepare the fruit. Give it a taste and mix in some sugar or lemon juice as needed. If your fruit is juicy or you'd like a more firmly set cobbler, mix in some cornstarch. Mix in spices, if desired. Transfer the fruit to the baking dish: The fruit should fill the dish halfway to three-quarters full, leaving a good inch or so of extra space for the cobbler topping. Mix the flour, sugar, and salt for the cobbler topping in a bowl. Mix the melted butter into the flour and sugar. Warm butter is fine, but if it's still piping hot from being melted, let it stand for a few minutes before mixing. Mix to form a crumbly dough: The cobbler topping will be quite sandy and crumbly, but should hold together when you pinch it. If not, add a little more flour. Pat handfuls of dough into thick palm-sized disks. The disks should be 1/4- 1/2-inch thick. Lay disks over the fruit filling: Overlap the disks to make a "cobblestone" look. Bake 45 minutes. Bake until the topping is turning golden around the edges and the fruit filling is bubbling, 45 to 55 minutes. Let cool for at-least 15 minutes.



Chicken or Sirloin Quesadillas

INGREDIENTS

1 tbsp. extra-virgin olive oil

2 bell peppers, thinly sliced

1/2 onion, thinly sliced

Kosher salt

Freshly ground black pepper

1 lb. boneless skinless chicken breasts, or sirloin/flank steak, sliced into strips.

1/2 tsp. chili powder

1/2 tsp. ground cumin

4 medium flour tortillas

2 c. shredded Monterey jack

2 c. shredded cheddar

1 avocado, sliced

Sour cream, for serving

DIRECTIONS:

In a large skillet over medium-high heat, heat olive oil. Add peppers and onion and season with salt and pepper. Cook until soft, 5 minutes. Transfer to a plate.

Heat remaining tablespoon vegetable oil over medium-high heat. Season chicken or sirloin with spices, salt, and pepper and cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate.

Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, cooked meat mixture, pepper-onion mixture, and a few slices of avocado. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side.

Repeat to make 4 quesadillas.

Slice into wedges and serve with sour cream. 10

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Watermelon Sherbet

Ingredients:

Makes 6 servings

(1/2 cup = 1 serving)

- 3 cups Seedless Watermelon, Cubed and Frozen
- 1/2 cup Vanilla Yogurt

Recipe Credit: <https://www.fivehearhome.com/2-ingredient-watermelon-sherbet/>

Photo Credit: <https://www.taste.com.au/>



Method:

1. Add half of frozen watermelon cubes to a food processor and process until watermelon breaks down and becomes grainy.
2. Add half the yogurt and process until the mixture becomes smooth and creamy.
3. Scoop the sherbet into a separate container and repeat with the remaining ingredients.
4. Can serve immediately for a soft-serve consistency or freeze for 1 hour for a firmer consistency.

Nutrition Facts

6 servings per container	
Serving size	1/2 Cup
Amount Per Serving	
Calories	40
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Watermelon

This institution is an equal opportunity provider.

Silver Sage ~ August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Chicken Fried Steak Mashed Potatoes Cream Gravy Garlic Parisian Carrots	4. Pork Ribs Brown Sugar Baked Beans Potato Salad Apple Cobbler	5. Creamy Tuscan Garlic Chicken Grilled Fresh Squash Dinner Roll Caesar Salad	6. Street Tacos on Corn Tortilla Black Bean & Corn Salad Cookie	7. Pulled Pork on a Toasted Bun Scalloped Sweet Potatoes
10. Cheese Steak Brown Gravy Hominy Green Beans	11. Scrambled Eggs Bacon, Sausage, & a Biscuit Blueberry Breakfast Cake	12. Beef Stroganoff Garlic Roasted Cauliflower Green Beans Chef Salad	13. Chicken Fajitas with all the Fixin's Peachy Crisp	14. Hamburger Tomato, Onion & Pickles Homemade Mac & Cheese
17. Chicken Strips w/ White Gravy Hash Browns Creamed Corn	18. Ravioli & Tortellini Blend in a Butter Sauce Sautéed Mushrooms & Tomatoes on a Bed of Fresh Spinach Chocolate Sugar Wafers	19. Bruschetta Chicken Buttery Herb Parisian Carrots Chef Salad	20. Fish Tacos with a Cabbage Slaw, Broccoli, & Tomato Salad Apple Salad	21. Chili Dogs Potato Salad
24. Hamburger Steak Onion Gravy Mashed Potatoes Broccoli	25. BBQ Chicken Ranch Style Beans Pineapple Casserole	26. Braised Pork in a Sweet Soy Sauce Asian Blend Veggies Crunchy Ramen Salad	27. Parmesan Chicken over Alfredo Pasta Fresh Squash & Pepper Medley Chocolate Cake	28. Grilled Three Cheese Sandwich on Texas Toast With Bacon, Tomato, Pickle, and Deviled Eggs
31. Pork Chop in Gravy Brussel Sprouts Stewed Tomatoes		 <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	 <small>SAN ANTONIO FOOD BANK SERVING SOUTHWEST TEXAS</small>	

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9. miylopa _____
10. ibsrmkac _____
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12. nluoluho _____
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TRIVIA



1. Abraham Lincoln had no middle name.
2. Germany drinks the most beer in the world per person.
3. Ronald Reagan was a waiter during high school.
4. The kids' bathroom on The Brady Bunch didn't have a toilet.
5. Nemo is a puffer fish.
6. There was no World Series in 1994.
7. John Lennon's middle name was Edward.
8. Broccoli was once banned from the White House.
9. Japan has square watermelons.
10. "Pinocchio" was the 1st animated, full-color Walt Disney feature film.
11. In the Star Wars franchise movies, the voice of Yoda was played by the same person who did the voices of Miss Piggy, Grover, and Cookie Monster.
12. Porcupines can float.
13. There are 100 dimples on a golf ball.
14. Before becoming queen, Queen Elizabeth was a mechanic.
15. All the kings in a standard deck of cards have a mustache.
16. In some states, it's illegal to eat specific foods while walking backwards.
17. Mario of Super Mario Bros. fame was once a carpenter.
18. The Boston Red Sox finally won a World Series in 2016.
19. Cows sleep standing up.
20. Polar bears' skin is black.
21. The first Olympic games honored Alexander the Great.
22. United States postage stamps may only feature people who are dead.
23. The name of Batman's butler is Albert.
24. Mayim Bialik, who plays Amy Farrah Fowler of Big Bang Theory fame, is a neuroscientist.
25. Donald Duck's sister is named Donna.

Answers on page 20.

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Crossword Answers. Frankfort. Phoenix. Juneau. Charleston. Annapolis. Madison. Raleigh. Lincoln. Olympia. Bismarck. Montpelier. Honolulu. Sacramento. Montgomery. Tallahassee. Helena. Columbus. Cheyenne. Topeka. Augusta

TRIVIA ANSWERS

1. Abraham Lincoln had no middle name. True.
2. False. The Czech Republic drinks the most beer.
3. False. He was a lifeguard.
4. True.
5. False. He is a clown fish.
6. True. Baseball players were on strike that year.
7. False. His middle name was Winston.
8. True. In 1990, George H.W. Bush claimed broccoli would no longer be in the White House.
9. True.
10. False. It was Snow White and the Seven Dwarfs.
11. True. The voices were performed by Frank Oz.
12. True.
13. False. Per the Department of Physics at University of Illinois there are between 300 and 500 dimples.
14. True.
15. False. The King of Hearts does not have a mustache.
16. True. You may not eat doughnuts and walk backwards in Marion, Ohio; you may not eat peanuts and walk backwards during a concert in Green, New York, and you may not walk backwards while eating a hamburger in Oklahoma City, Oklahoma.
17. True. He was first introduced as a carpenter in the videogame, Donkey Kong.
18. False. The Chicago Cubs won the series after 108 years.
19. Cows sleep standing up. True.
20. Polar bears' skin is black. True.
21. The first Olympic games honored Alexander the Great. False. They honored Zeus, the king of the Greek gods.
22. False. In 2011, that rule was overturned.
23. False. The butler's name is Alfred.
24. True. She earned her Ph.D. in neuroscience in 2007.
25. False. Her name is Dumbella.



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No documentation is required.



The Emergency Food Assistance Program (TEFAP) Income Eligibility Guidelines

Based on 185% of Federal Poverty Guidelines					2020
Household Size	Annual Income	Monthly Income	Twice-Monthly Income	Bi-Weekly Income	Weekly Income
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
For each additional household member, add:	+ \$8,288	+ \$691	+ \$346	+ \$319	+ \$160



COVID-19 HOURS: TUESDAY-THURSDAY 10am-3pm

Our Thrift Store is an important resource for helping to fund the Meals On Wheels in Bandera County program. It is operated exclusively by volunteers.

The Thrift Store is located in Bandera at 660 Hwy 16 South in the strip mall next to Snowflakes Donut Shop. You can call the Thrift Store at (830) 796-3590.

Store hours are Monday-Friday, 10:00am- to 3:00pm

If you wish to volunteer, please come to Silver Sage at 803 Buck Creek Drive to fill out the volunteer form or call (830) 796-4969.



*Honoring the past,
Inspiring the future.*

Census 101

What You Need to Know

Lo que necesita saber sobre el censo

The 2020 Census is closer than you think! Here's a quick refresher of what it is and why it's essential everyone is counted.

¡El censo del 2020 está más cerca de lo que piensas! A continuación te damos un rápido repaso de lo que es y por qué es esencial que todos seamos contados



Everyone Counts

The census counts every person living in the U.S. once, only once and in the right place.

Todos cuentan

El censo cuenta a cada persona viviendo en los Estados Unidos solo una vez y en el lugar correcto.



It's about \$675 billion

Census data determine how more than \$675 billion are spent, supporting your state, country and community's vital programs.

Se trata de \$675 billones

La información obtenida en el censo determina como más de \$675 billones de dólares serán gastados, apoyando a tu estado, país y programas vitales en tu comunidad.



It's in the Constitution

The U.S. Constitution requires a census every 10 years. The census covers the entire country and everyone living there. The first census was in 1790.

Está en la constitución

La constitución de los Estados Unidos requiere un censo cada 10 años. El censo cubre el país entero y todos los que viven ahí. El primer censo fue en 1790.



It's about redistricting

After each census, state officials use the results to redraw the boundaries of their congressional and state legislative districts, adapting to population shifts.

Se trata de la redistribución de distritos

Después de cada censo, oficiales del estado usan los resultados para delinear los límites de sus distritos legislativos del Congreso y del Estado, adaptándose a los cambios de población.



It's about fair representation

Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

Se trata de representación justa

Cada 10 años, los resultados del censo son usados para redistribuir la Cámara de los representantes y así determinar cuántos asientos cada estado recibe.



Taking part is your civic duty

Completing the census is required: it's a way to participate in our democracy and say "I COUNT!"

Participar es tu deber civil

Participar en el censo es un requisito: Es una manera de participar en nuestra democracia y edecir "YO CUENTO".

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Coming Soon

the 
Cottages
of
Silver Sage

A Community For Active Seniors

What are the Cottages of Silver Sage?

- A Community for Active Seniors
- 46 units ranging from 600 sq ft to 980 sq ft
- Rent based on Income
- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE. (830) 796-4969
SILVERSAGE.ORG