



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



A Community For Active Seniors



**MONTHLY  
MENU  
PAGE 13**



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.

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:

**Kathrine Holmes & Bobby White**

**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.

**August 5th - HEB   August 12th - SMASHING CRAB  
August 19th - WALMART   August 24th - WHITTE MUSEUM**

Contact Lisa for more info @ lisa@silversage.org - 830-850-0930

*Happy National*



August 21<sup>st</sup> is  
**Senior  
Citizens  
Day**



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**PETERSON**  
Medical Associates

**Managing Publisher/Designer:**

**Karyn Utterback**  
Executive Assistant

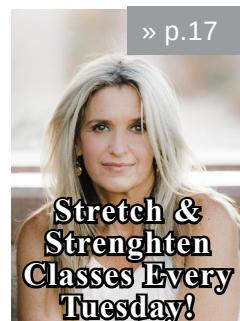
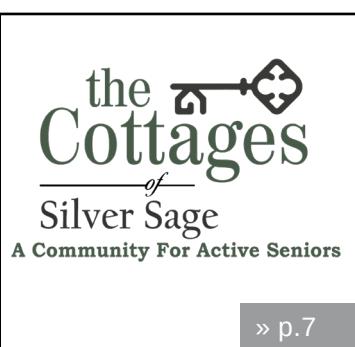
Email: [karyn@silversage.org](mailto:karyn@silversage.org)

**Development Director:**

Mikie Baker-[mikie@silversage.org](mailto: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. **Article Sponsored by Alamo Hospice and Written by Monica Zuniga:** “when we find out someone we careabout doesn’t have long in this life, what is usually the first response toward that person? Yes, it is kindness. Why is that? Is it perhaps because we can’t imagine what it feels like to be going through what they are experiencing? Because we want their last moments on this earth to be positive and pleasant? Why wait until we know their time on this earth is limited? Let’s start now.
6. **Mary Allyce:** “Admit it or not, we all do this – use “filler words” or “vocalizations”. Periodically, one or more of these “fillers” is used frequently enough to get under the collective skin of the population and it becomes an easy target for grammar and syntax police...”
16. **Welcome NEW Executive Chef James Moore!** James’ career in the United Sates Navy began right out of high school and spanned a total of 20 years where he was not only enlisted as a Culinary Specialist (14 years) but also a Master-At-Arms...

***Our Mission:  
Enriching Life For Seniors***



**National Banana Split Day**  
August 25th

## **EMERGENCY 911**

**Bandera County Sheriff (830) 796-3771**

**City Marshall (830) 460-7172**

**Bandera Fire Department (830) 796-3777**

**Poison Emergency 1-800-222-1222**

**Silver Sage/MEALS ON WHEELS (830) 796-4969**

**Art Crawford (Chief Executive Officer) (830) 456-4083**

**John Cressey-Neely (Chief Operations Officer) (830) 850-0898**

**Arthur Nagel Community Clinic (830) 796-3448**

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

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

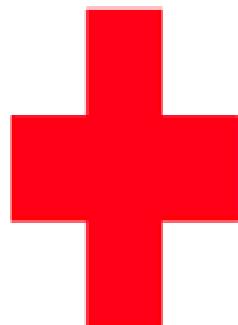
**ART Bus 1-866-889-7433**

**Silver Sage Thrift Store (830) 796-3590**

**Texas Abuse Hotline 1-800-252-5400**

**Texas Health and Human Services (830) 796-3739**

**South Texas Alzheimer's Assoc. (210) 822-6449**



**American  
Red Cross**  
[redcross.org](http://redcross.org)

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***Doing whatever it takes...***

***... when it matters the most.***



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# The Power of Kindness

By Monica Zuniga, Alamo Hospice

Ohhh world, why are you so cruel sometimes? With everything going on in our lives these days, sometimes it can get to us to the point where kindness just isn't on our radar. We can get in our heads about all we have going on, let stressors in life get to us, or be so focused on accomplishing our tasks that being kind is an afterthought. Anybody else feel that way these days? Well, we can turn it around! We will be a lot happier, and perhaps it will catch on and so will others.



KINDNESS  
IS THE  
LANGUAGE  
WHICH  
THE DEAF  
CAN HEAR  
AND THE  
BLIND CAN  
SEE.

As I have discovered working in hospice, when we find out someone we care about doesn't have long in this life, what is usually the first response toward that person? Yes, it is kindness. Why is that? Is it perhaps because we can't imagine what it feels like to be going through what they are experiencing? Because we want their last moments on this earth to be positive and pleasant? Why wait until we know their time on this earth is limited? Let's start now.

It really starts with empathy. If we can put ourselves in someone else's shoes to imagine how that person feels, even if we don't know them, how would we react differently to them when they cut us off in traffic, don't smile back, respond rudely? We can ask ourselves how would you want to be treated? Maybe that person is having a bad day, just lost someone in their lives, or is feeling down about life.

According to the Random Acts of Kindness Foundation, kindness helps reduce pain, stress, anxiety, depression, and even blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective" hormone. It protects the heart by lowering blood pressure.

In addition, the positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!



A better world to live in is worth it. Let's be kind!

 **Alamo Hospice**  
— AN ADDUS HOMECARE COMPANY —

# THROUGH THE EYES OF A DRIVER

## By Mary Allyce

So . . . um . . . August is here and, like basically, it's hot.

Admit it or not, we all do this – use “filler words” or “vocalizations”. Periodically, one or more of these “fillers” is used frequently enough to get under the collective skin of the population and it becomes an easy target for grammar and syntax police. The overuse of the word “like” is probably the best example of a filler galloping out of control and into the vocabulary of teenagers much to the disgust of their elders, who truthfully are known to let fillers slip into their own speech patterns.

“Like” was so popular it found its way into a hit song (Valley Girl) by Frank Zappa, who shared lyrics with his daughter, the aptly named Moon Zappa, who whined the immortal words, “I am a VAL, I know/But I live in like in a really good part of Encino so/It’s okay/So like, I don’t know/I’m like freaking out totally”. It probably helped kill the whole “Valley speak” phenomenon of the ‘80’s, but not before “like” got tagged the “Californiaization” of American speech, aided and abetted by the explosion of mass media. California can’t seem to catch a break anywhere, but at least in this criticism it gets to share the blame with the generalized, easy target of mass media.

“Like” has its origins in the 1940’s and 1950’s Beatnik movement and has never completely gone out of favor with the filler word crowd. It does not stand alone. There is an endless supply of fillers and a seemingly endless supply of terms to describe them. There’s “so”, “like”, “basically”, “okay”, and vocalizations “um”, “ah”, “er”, among many others. You can choose to call them “fillers”, “hesitation

markers”, “planners”, “discourse particles” or just call them annoying, as many folks do.

It turns out they are legitimate parts of parts of speech of spoken language and you can find examples of this linguistic oddity in 54 different languages. Believe it or not, they all serve a very real purpose.

One linguistic definition says, “A filler is a sound or word that participants in a conversation use to signal that they are pausing to think but are not finished speaking.” Fillers help keep our conversations polite and civil, try to prevent us from interrupting each other, and give us time to think about what we’re saying. In film scripts when characters talk over each other it’s called “overlapping dialogue” and it can be almost impossible to understand what anybody’s saying, just like in real life.

Huh. Maybe we should embrace and encourage fillers instead of judging, convicting, and relegating them to the grammatical basement? We could surely use a little more politeness and civility in conversation and I think we can agree we could all stand to think a bit more before we speak these days. Of course there is a responsibility on the part of everyone involved in a conversation. The speaker needs to take care to not overuse fillers and the listeners needs to actually listen so they don’t miss and ignore those verbal cues.

So okay, listen up and like bring on . . . um . . . filler words and . . . uh . . . the hesitation markers. It’s August and it’s like time to relax, so . . . chill . . . See you in September.

*Coming Soon*

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# Funny Bone

## “Write It Down”

A couple in their nineties are both having some short term memory loss.

While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

“Would you like anything from the kitchen?” he asks.

“Some vanilla ice cream,” his wife replies.

“Okay.”

“Shouldn't you write it down so you don't forget it?” she asks.

“Don't worry, I won't forget.”

“Well,” she says. “A few raspberries on top would be great. You want to write that down?”

“I've got it, honey. A bowl of vanilla ice cream with raspberries on top.”

“And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?”

A little miffed, he replies, “I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!”

He waddles out to the the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She stares at the plate a few seconds, then says, “You forgot my toast.”

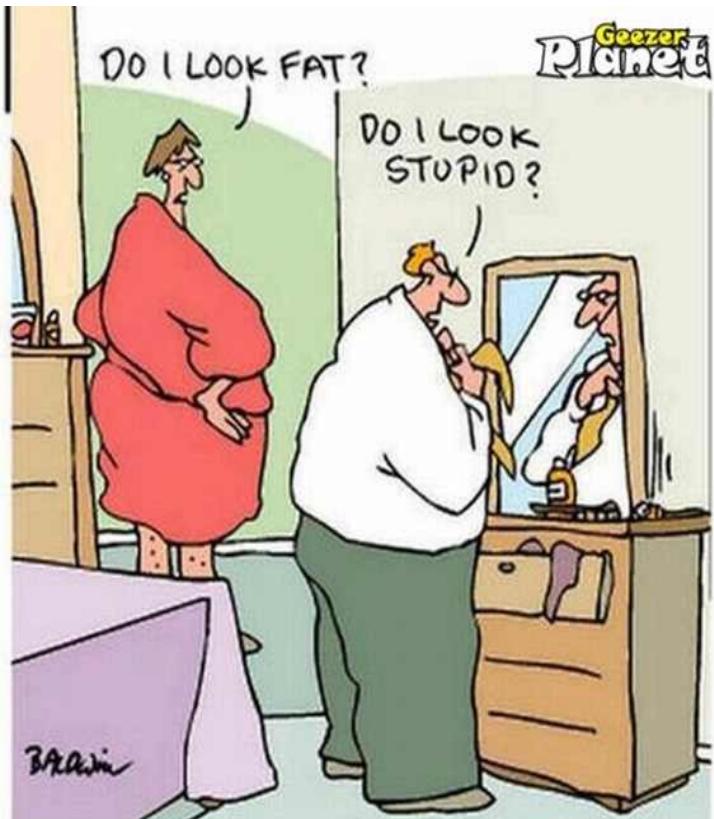
## “Hearing Better Now”

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, “It all seems perfect. Your family should be delighted you can hear everything now.”

“Oh no,” the man responded. “I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times.”



# Bandera Writers Group, August 5th

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)**

Well, what can I say, I'm learning! So much! I am loving all the daily interaction with people. I love the relationships I'm forming, and the staff has been phenomenal in teaching me all I need to know. There's so much more than I had imagined and still so much to learn. Thank you all for making me feel so welcomed.

This month we took the shiny new Silver Sage bus to the new HEB in Kerrville, Walmart in Hondo and also went on our first dinner outing to El Chaparral in Helotes.

Our dinner trip was a blast, and we even had a couple of our previous Meals On Wheels delivery drivers meet us for dinner. We laughed and talked and a great time was had by all. If you are interested in our future bus outings, please check the Scoop newsletter calendar or [silversage.org](http://silversage.org) activities calendar to see what bus trips you might want to sign up for. Keep in mind I will put the signup sheets out at least one week in advance and seating is limited. If you have a bus trip suggestion you can email it to [lisa@silversage.org](mailto:lisa@silversage.org). Bus trips are a suggested \$5 donation.

For August we are making a couple of changes to the calendar and decided to make EVERY Monday our Music Monday/Ham Jam and move our bus grocery store outings to every other Thursday. We are seeing a lot of interest from the community in the music Mondays and want to encourage anyone who wants to join us with voice, instrument or ears to please do so.

We are excited for Ida Hardy's Stretch & Strengthen class starting on August 3rd and have a good amount of people signed up to attend. If you are one of those people, please remember you will need non-slip socks and a mat if you intend to do floor work. Chairs available if not able to do floor work.

**NOTE:** In order to have enough room for groceries and people we can't take more than 6 on the bus at a time. If we have more than 6 needing to go, we will schedule another trip for the following Thursday and the first 6 to sign up will go on the first trip and anyone else signed up will go the following Thursday. If no more than 6 sign up, we will continue with the regular schedule.

**NOTE:** For liability reasons please remember that anyone riding the bus MUST be able to enter and exit the bus un-assisted. The bus outings are intended for our senior citizens in our community, therefore if you are under 60, please wait to sign up until the day we are scheduled to go to insure that no one is taking a seat from a senior who just hasn't signed up yet. Our seniors get priority here. No one under 18 may ride the bus when senior citizens are riding.

***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  
donating them to  
the Silver Sage.**

**Contact:  
John Cressey-Neely  
(830) 796-4969**



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# AUGUST ACTIVITIES 2021

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
<b>2</b> <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> <b>MUSIC HAM JAM MONDAY</b>	<b>3</b> <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>7:00</u> Cowboy Capital Opry	<b>4</b> <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> Lunch & Learn with Steve Bradley/Medicare & Insurances <u>1:00</u> BINGO	<b>5</b> <u>9:00</u> Bridge <u>12:30</u> HEB Bus Trip <u>1:00-4:00</u> 42	<b>6</b> <u>8:00</u> Indoor Exercise <u>12:30</u> Mexican Train
<b>9</b> <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> <b>MUSIC HAM JAM MONDAY</b>	<b>10</b> <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	<b>11</b> <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> BINGO <u>10:00-3:00</u> Free Haircuts	<b>12</b> <u>9:00</u> Bridge <u>4:00</u> Smashing Crab Bus Trip <u>1:00-4:00</u> 42	<b>13</b> <u>8:00</u> Indoor Exercise <u>12:30</u> Mexican Train
<b>16</b> <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> <b>MUSIC HAM JAM MONDAY</b>	<b>17</b> <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	<b>18</b> <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:00</u> Lunch & Learn: Nutrition <u>12:30</u> BINGO	<b>19</b> <u>9:00</u> Bridge <u>12:30</u> Walmart Bus Trip <u>1:00-4:00</u> 42	<b>20</b> <u>8:00</u> Indoor Exercise <u>12:30</u> Mexican Train
<b>23</b> <u>8:00</u> Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2:30</u> <b>MUSIC HAM JAM MONDAY</b>	<b>24</b> <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>2:00</u> Whittle Museum & Dinner Bus Trip	<b>25</b> <u>8:00</u> Indoor Exercise <u>9:30</u> Quilting <u>12:30</u> Lunch & Learn W/John Stith (Fire Marshall) Banana Split Buffet! <u>1:00</u> Bingo	<b>26</b> <u>9:00</u> Bridge <u>1:00-4:00</u> 42	<b>27</b> <u>8:00</u> Indoor Exercise <u>12:30</u> Mexican Train
<b>30</b> <u>8:00</u> Exercise <u>10-11:15</u> Yoga w/Willy <u>12:30-2:30</u> <b>MUSIC HAM JAM MONDAY</b>	<b>31</b> <u>10:30</u> -Stretch & Strengthen <u>12:00</u> Monthly <b>Birthday Bash</b> <u>12:30</u> Mexican Train	* <u>AUGUST 9<sup>th</sup></u> <b>Lakehills Food Bank</b> * <u>AUGUST 25<sup>TH</sup></u> <b>Mansfield Food Bank</b> * <u>AUGUST 25<sup>th</sup></u> <b>National Banana Spilt Day</b>		

# Silver Sage ~ August 2021

Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tenders & Gravy Vegetable Medley	3 Smoked Sausage with Sautéed Peppers and Onions Okra Gumbo	4 Garden Spaghetti Garlic Bread Cobb Salad	5 Pork, Garlic, Ginger Stir Fry with Rice Noodles Egg Roll	6 King Ranch Chicken Refried Beans Cowboy Corn
9 Country Fried Steak with Gravy Fresh Green Beans Fresh Summer Squash	10 Breakfast for Lunch Egg, Bacon & Cheese Casserole Biscuits and Sausage Gravy Fresh Fruit	11 Creamy Chicken Primavera Over Bow Tie Pasta Baked Tomatoes w/ Mozzarella Pea Salad	12 Hamburger Steak Mashed Potatoes and Gravy Red Kidney Beans	13 Cranberry Chicken Salad over a Bed of Spring Greens with Fresh Fruit & Crackers
16 Pork Fritters Black Eyed Peas Stewed Tomatoes	17 Slow Smoked Brisket Potato Salad Texas Ranchero Beans	18 Chicken Fajita Casserole Spanish Rice Caballero Corn Chef Salad	19 Swedish Meatballs over Egg Noodles Toasted Cauliflower Fresh Green Beans	20 Texas Sized Hot Dogs With Chili Homemade Relish
23 Steak Fingers with Gravy Potatoes Au Gratin Texas Toast	24 Chicken Bruschetta Crunchy Broccoli Honey Garlic Butter Roasted Rainbow Carrots	25 Greek Gyro Skillet Greek Pasta Salad  *BUILD YOUR OWN BANANA SPLIT	26 Meatloaf with Gravy Twice Baked Potatoes Creamed Spinach	27 Bacon Cheese Burger Scratch Mac n' Cheese Sweet Potato Fries
30 Crock Pot BBQ Chicken Baked Beans Tangy Warm Slaw	31 Tender Pork Loin Medallions in a Umami Mushroom Gravy Squash Casserole Sautéed Brussels Sprouts *Congregate Monthly Birthday Bash!	 <small>Alamo Area Council of Governments Alamo Area Council of Governments</small>	Please call for lunch reservations before 9:30 AM	Joyce D. Lamilla, LD Call Meals On Wheels delivery   <small>Alamo Area Council Of Governments</small>



Menu subject to change  
according to availability



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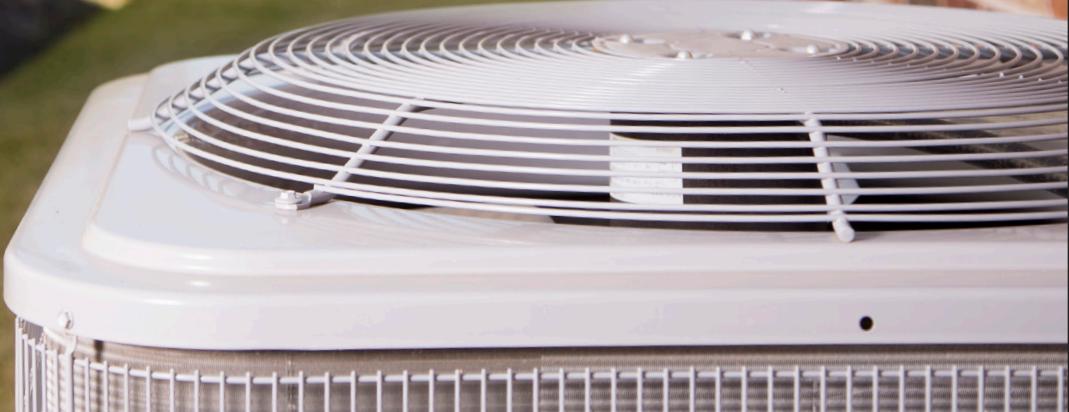
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# WELCOME EXECUTIVE CHEF JAMES MOORE!!

James' career in the United States Navy began right out of high school and spanned a total of 20 years where he was not only enlisted as a Culinary Specialist (14 years) but also a Master-At-Arms (6 years). During his service he was entrusted with many tasks such as serving as a Watch Commander, training several hundred service members through Anti Terrorism Force Protection protocol and unarmed self defense. James was even a part of the Presidential Food Service Security at the White House which while he was stationed there he had the privilege of cooking for and serving President Bill Clinton and President George W. Bush. When he retired James wanted to continue working in the field that he loved so he continued along his path in the food service industry which brought him to his current position as Executive Chef at Silver Sage.



*James Moore (US Navy Ret)  
Executive Chef for Silver Sage*

## 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 preparing Liver and Onions for one of these Mondays. 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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LICENSE



A LITTLE  
EXTRA  
TIME



A SHARE-  
WORTHY  
SMILE

**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.

**August 5th - HEB**

**August 12th - SMASHING CRAB**

**August 19th - WALMART**

**August 24th - WHITTE MUSEUM**



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.



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[www.rivercityhospice.org](http://www.rivercityhospice.org)



# 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.

# Tread Softly and Carry a Big Stick...By Mikie Baker

I write down random things I read and save them in hopes of generating ideas for my weekly column. I keep these ideas in a folder and in times like these where there is nothing floating around in my brain, I reach for my handy helper. Today, I found a simple note with this scratched on it: The number one injury of 2018 was walking into walls. A whopping 17,230 people went to the hospital because they walked into a wall.

My immediate reaction was, “Really? How dumb can you be!” And then I remembered all those photos of my Facebook friends who posted their TWO broken wrists, legs in a variety of casts and the assortment of lovely black eyes. Because I believe armed with good knowledge you are forewarned, I decided to take a deep dive into the top injuries for adults 65+ from 2001 to 2020. Good to know our government is keeping up with this.

Overall, the number one reason we go to the hospital is because of a fall. Recently, I took a tumble while moving a mattress with My Future Husband. I landed on my left knee; (ouch!), and had to lay low for about a week, but luckily there was no trip to the hospital because the rest of me tends to bounce after a fall. Extra padding, you know.



The second reason for visiting the emergency room is “struck by”. Is that a person? Did you do that to yourself? Did a tree branch fall on your head? Lightning? Was it lightning?

The third most common reason for dashing to the hospital was overexertion. I don’t know about you, but I can’t think of many people 65+ who overexert anymore. We just don’t have the energy

for it. In fact, I think it might be time for my nap.

The fourth reason is listed as MV. It took awhile for me to figure it out, but I think it stands for Motor Vehicle. I’m a fairly safe driver, but Dearly Demented Mom shouldn’t have been allowed behind the wheel after she turned 35, because that woman simply could not drive. She hit every curb in north Dallas more than once, and after 70, I spent numerous hours in emergency rooms with her due to her latest fender bender. I’m just saying you know who you are, so be careful out there. Curbs have feelings, too.

Number five is cut/pierce. I get the cutting part because I’ve had my share of chopping vegetables including my fingers but pierce? Is everybody getting their ears pierced at this age?

Poisoning is number six. So evidently you don’t read all those tiny warnings printed on everything you buy. Don’t eat the yellow snow; you know stuff like that. The only kind of poisoning I ever get close to is when I drink too many glasses of wine. At least it feels like that the next day.

Lucky number seven is the dreaded “unintentional.” I had one of those once. I had a Martha Stewart creative moment in my forties and decided to paint a large bulletin board all cutsie and stuff. When I picked up the blackboard without the right grip, it landed on my second toe, split the top off and I went to emergency to get six stiches. Unintentional was right.

Number eight is a bite or a sting, probably the only one on this list that really makes any sense. Check your shoes and don’t go around any piles of wood that rattle. Number nine is transport. All I can figure out is, “Beam me up, Scotty.” I guess it’s the beaming down that will get you. Sometimes it’s not a soft landing.

And number ten pretty well sums it up: Unknown/Unspecified. I guess there’s just some stupid people tricks that no one wants to talk about.

So, be safe out there, will ya? And it’s time for your nap.

# CARING FOR YOUR DOG DURING WARM WEATHER



Dogs lose heat through panting, can only sweat through their paws, and are at high risk of getting heatstroke. Follow our top tips to keep your dog cool in the heat.

## PROVIDE SHADE AND WATER

- Provide constant access to shaded areas inside and out.
- Ensure there is always cold, clean, fresh water available.



## WALKIES

- Head out in the early morning or late evening when it's cooler.
- Don't run or cycle with your dog when it's hot.
- Avoid pavements. If the ground is too hot to touch with your hand for a few seconds, it's too hot for paws!



## KEEPING COOL

- Prevent sunburn by using pet-safe sunscreen on ear tips and nose.
- Brush your dog regularly to keep their coat thin and free from matts or knots.
- Use frozen toys, paddling pools or water sprinklers to entertain and cool your dog down.



## REMEMBER:

**Dogs can die in hot environments.**  
**See: [rspca.org.uk/dogsinhotcars](http://rspca.org.uk/dogsinhotcars)**

Never leave pets in vehicles, caravans, conservatories or outbuildings in warm weather.



## HEATSTROKE CAN KILL.

Know the signs of heatstroke and contact a vet immediately if you spot them: heavy panting, excessive drooling, lethargy, drowsiness, uncoordinated movements, a state of collapse and vomiting.

TWO GREAT LOCATIONS!

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**830-331-8496 [VISITINGANGELS.COM](http://VISITINGANGELS.COM)**  
**124 E Bandera Rd #406, Boerne, TX 78006**



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# SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

## MONDAY AUGUST 9TH

### LAKEHILLS CIVIC CENTER 9AM-11AM

## POSTPONED TO SEPTEMBER 22ND

### MANSFIELD PARK 10AM-12PM



PLEASE CALL THE SILVER SAGE FOR ANY QUESTIONS @ (830) 796-4969