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



Senior Living/Small House Community Project See pg. 4  
silversage.org/the-cottages  
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**MONTHLY MENU**  
**PAGE 13**



BANDERA COUNTY



# THE SCOOP AT SILVER SAGE

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## Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help.

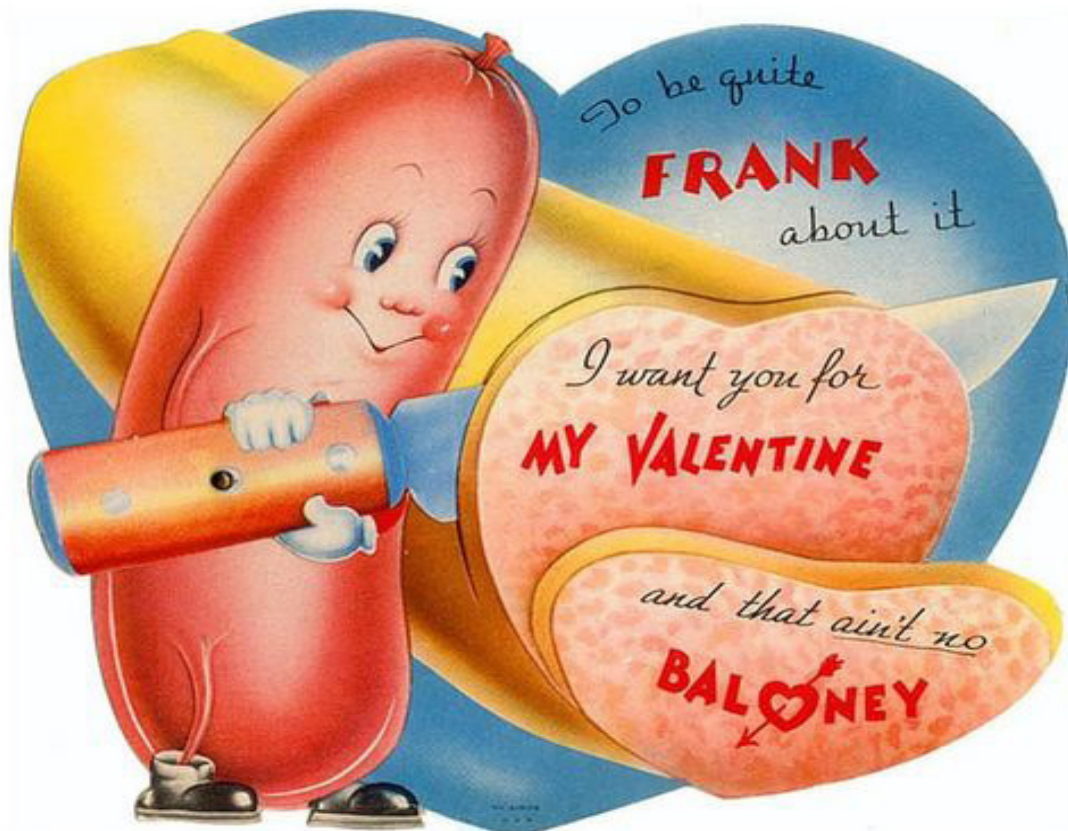
Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

## 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.**

**SEE PAGES 21-24 FOR INFO ON OUR MONTHLY FOOD DISTRIBUTIONS. SERVING LAKEHILLS, MEDINA, AND BANDERA RESIDENTS AT CONVENIENT LOCAL LOCATIONS.**





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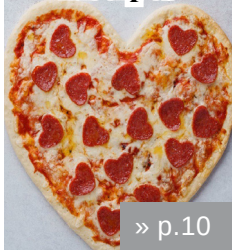
[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

## WHAT'S INSIDE



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### Heart Shaped Recipes



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5. **Article Sponsored by Alamo Hospice:** Thoughtful ways you can show your love...

6. **Mary Allyce pumps us up with words of encouragement for 2021:** "I did continue driving for MOW. I've waxed eloquent about the joy and gratitude our clients bring to my life and that's as true today as it when I began driving several years ago..." read more...

8. **Valentine Funny Bone:** "How can you tell when a squirrel is in love?" "It goes nuts!" "What did the calculator say to the pencil?" "You can count on me."



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### Check out our Monthly Menu!



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*Our Mission:*

*Enriching Life For Seniors*

VISIT WEBSITE BELOW FOR UPDATES

# COVID-19

[www.dshs.texas.gov/coronavirus](http://www.dshs.texas.gov/coronavirus)

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**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**

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

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# An Expression of Love

by Monica Zuniga, Alamo Hospice



In the spirit of the season of love that surrounds Valentine's Day, I wanted to share with you a thoughtful way you can show your loved ones how much they mean to you. And though it can be a challenging task, it is one of the best ways we can show love to those we care most about. It also is a great way to love ourselves. That is... making our wishes known regarding healthcare and finances.



**Everyone should do it.** Anyone over the age of 18 should complete a medical power of attorney (MPOA), advance directive or living will, and a statutory durable power of attorney (financial). This not only allows you to stay in control of your own life, but it also communicates your wishes to your loved ones, so they are not left with making decisions for you. If you do not have these in place and something were to happen or you become unable to make decisions on your own, the state will determine what happens.

**Pick the right person for the job.** This can be touchy, because we do not want to hurt anyone's feelings, but it must be done. Reason being - it will drastically reduce disputes because you have determined who has authority. As much as that could hurt another family member, having a conversation explaining your reasoning can help. Whoever you choose to be in charge, will need to be capable to execute *your wishes* regardless of their own feelings about the situation. Be sure he/she:

1. *Knows you well*
2. *Is calm in a crisis*
3. *Understands how you would make the decision if you were able*
4. *Is not afraid to ask questions and advocate to doctors*
5. *Can reassure and communicate well with your family.*

**Be as detailed and clear as possible.** To ensure your wishes are being followed, try to be as detailed as possible so that the person you have put in charge has a clear understanding of what you want to happen. If you are finding this to be difficult, talk to a trusted professional who knows you...a doctor, lawyer, financial professional, etc. for guidance.

**Share your wishes.** Discuss them with family members so they know what you have decided. Provide copies of all documents to those who are named in them as well as to your doctor and any close family members. Also know that they can be changed any time you change your mind.

**How to get started.** Go to [www.alamohospice.com](http://www.alamohospice.com) under the resources tab for more information or call me at 830-388-9101. I am happy to help you get started on this important expression of love.



# THROUGH THE EYES OF A DRIVER

## *By Mary Allyce*

I went back into my files to see what I wrote in my February, 2020 column. It was about looking forward to the colorful month ahead. Cowboy Mardi Gras – everyone’s favorite Bandera party decked out in green, gold and purple, Valentine’s Day – everyone’s favorite excuse to eat chocolate, wearing your heart on your sleeve in shades of red and pink, President’s Day with Uncle Sam’s red, white, and blue used to hawk everything from cars to bedding. Even shadowy Groundhog Day got a shoutout.

We’re still anticipating all the above but this year we’re adding looking forward to getting a shot, a vaccine to be precise. I don’t know about anyone else, but I’ve never looked forward to getting a shot more than I am to receiving one of two currently offered to combat Covid-19.

Maybe being a Meals On Wheels driver, which brings me close to those most vulnerable in our community, makes me hyper aware of the need for vaccination to protect others. Maybe it’s my own vulnerability due to several immune suppressive issues of my own which kept me pretty much out of the social mix this past year. For those and other reasons, I’ll gladly line up for a vaccine ASAP. When the grocery store at off hours or doctor appointments are your main opportunities to “socialize”, a change is in order.

I’ve enjoyed as much of my own company as I can stand. As a writer, I’m accustomed to hours of one-on-one time with myself, but as a writer, I’m also an avid people watcher. You know that meme or t-shirt saying, “Careful or you’ll wind up in my novel”? Writers get ideas for

characters by people watching. We find personalities, gestures, turns of phrase and use all of it to round out characters, infuse energy and life into what we write. Grocery stores and medical offices are just not cutting it anymore and reentry to that elusive concept of “normal” for me is vaccination along with sensible ongoing precautions.

I did continue driving for MOW. I’ve waxed eloquent about the joy and gratitude our clients bring to my life and that’s as true today as it when I began driving several years ago. Getting out into our beautiful Hill Country, the interaction with clients relieved the boredom of isolation and kept me connected with people. And here comes the commercial . . .

The Silver Sage, the MOW program, is always in need of volunteers. I fractured an ankle, wore an orthopedic boot followed by a surgical shoe a total of four months, severely impacting my mobility. I needed a “jumper” – someone to take meals to clients’ doors. Jumpers are the key to making deliveries faster and more efficient. We have a good time, my jumpers and I. We talk, solve the problems of the world, smile and laugh a lot. But sometimes jumpers have issues that sideline them. Same with drivers.

If you have a few hours a week to spare, like people, laughter, making a difference, please consider volunteering with MOW. You’ll get back while giving back and you can wear any colors you want!

Stay well!

Happy Valentines Month,

Well, here we are again. So many questions and so few answers.

Question: When will The Silver Sage open back up?

Answer: I do not know.

What I do know though is that all the staff here miss each one of you. We are all working and preparing for your return. The new sanitizing stations arrived earlier this week, the plastic table barriers have been produced and are being shipped, masks have arrived, and the thermal scanner to take temperatures has been ordered. Once all these safety measures are in place we feel it will be time for a “soft” re-opening with a few socially distanced activities and lunch a couple of times a week.

Question: When can I get my vaccine?

Answer: I wish I could tell you.

What I can tell you is that Carey Reed with Bandera County Emergency Management is working tirelessly to get the vaccinations to our Bandera. We have over 1000 people on the list right now. It will be a major undertaking to call everyone back and schedule your appointments once we know a date. Please be patient. If you have called and put your name on the list, then there is no need to call again. We WILL call you when we know something. In the meantime, if you are anxious and do not want to wait, you can call 311 to schedule an appointment at the Alamo Dome in San Antonio. Also, if you are a veteran, you can call the VA and schedule your vaccination there.

Don't forget the food distributions this month will be in Lakehills and Medina on February 23rd and at Mansfield Park February 24th.

I realize that this has been a horrible time of isolation and loneliness for so many senior citizens. Please know that we understand and if you are feeling overwhelmed by it all, just give us a call. Let us know what we can do for you. Sometimes the staff here is just too busy during the day to visit with you over the phone but leave us a message and we will call you back.

We love and miss each and every one of you. It is our greatest honor to be of service to you our most respected and valued elders.

Art Crawford



# Funny Bone

**“What do you write in a slug’s Valentine’s Day card?” “Be my Valen-slime!”**  
**“What did the paper clip say to the magnet?” “I find you very attractive.”**  
**“Why didn’t the skeleton want to send any Valentine’s Day cards?” “His heart wasn’t in it.”**  
**“Why did the sheriff lock up their valentine?” “She stole their heart.”**  
**“What do you call two birds in love?” “Tweethearts!”**  
**“How can you tell when a squirrel is in love?” “It goes nuts!”**  
**“What did the calculator say to the pencil?” “You can count on me.”**  
**“How did the telephone propose to his girlfriend?” “He gave her a ring!”**  
**“What did one oar tell the other oar?” “This is so row-mantic!”**  
**“What did the light bulb say to the other light bulb?” “You light my world up.”**  
**“How can you get arrested on Valentine’s Day?” “For stealing someone’s heart.”**  
**“What did one watermelon say to the other?” “You’re one in a melon!”**  
**“What did the ghost say to his valentine?” “You look so BOOtiful.”**  
**“If he doesn’t appreciate your fruit jokes, you need to let that mango.”**  
**“What do farmers give for Valentine’s Day?” “Lots of hogs and kisses.”**  
**“What did the cucumber say to the pickle?” “You mean a great dill to me.”**  
**“What did one sheep say to the other on February 14?” “I love ewe.”**  
**“How much candy do you hope to get this Valentine’s Day?” “A choco-LOT!”**  
**“What did one flame say to another on Valentine’s Day?” “We’re a perfect match.”**  
**“How did the phone propose to his GF?” “He gave her a ring.”**  
**“How did the whale ask the other whale on a Valentine’s date?” “Whale you be mine?”**  
**“What do you call a ghost’s sweetheart?” “A ghou-friend.”**

**“Knock knock.” “Who’s there?” “Olive.” “Olive who?” “Olive you!”**

**“Knock, knock.” “Who’s there?” “Peas.” “Peas who?” “Peas be mine!”**

**“Knock, knock.” “Who’s there?” “Butch, Jimmy and Joe.” “Butch, Jimmy, and Joe who?”**

**“Butch your arms around me, Jimmy a kiss, and let’s Joe.”**

**Who always has a date on Valentine’s Day? A calendar.  
How did the coin propose to his girlfriend? He gave her a jingle.  
Why are artichokes so beloved? They’re known for their hearts.  
What do you call a colorful heart that loves books? “Well-red.”**



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## HEART SHAPED PIZZA

### Ingredients

1 can (13.8 oz) Pillsbury refrigerated classic pizza crust or 1 can (11 oz) Pillsbury refrigerated thin pizza crust  
1 can (8 oz) pizza sauce  
24 slices turkey pepperoni with 70% less fat  
3/4 cup shredded mozzarella cheese (3 oz)

### Directions:

1 If using classic crust: Heat oven to 425°F. Lightly spray or grease large cookie sheet. If using thin crust: Heat oven to 400 F.

2 Unroll dough on work surface. With sharp knife or pizza cutter, cut dough into 4 rectangles. Place rectangles on cookie sheet. Cut 1-inch slit in center of wide edge of each dough portion; on opposite wide edge across from slit, pinch dough together to shape point of heart. Slightly separate each cut slit, and gently press dough into a 6x5-inch heart, creating slight rim on edge of dough.

3 Divide pizza sauce evenly onto hearts, spreading to within 1/2 inch of edges. Top each with 6 slices pepperoni and 3 tablespoons cheese.

4 Bake classic crust 13 to 16 minutes, thin crust 9 to 13 minutes, or until crust edges are golden brown and cheese is melted.

## HEART-SHAPED EGG-IN-A-HOLE

### Ingredients

1 slice whole-wheat bread (toasted)  
1 tablespoon butter  
1 large egg  
Salt (to taste)  
Ground black pepper (to taste)

### Directions:

Using a heart-shaped cookie cutter, cut out the center of the bread.

Heat a medium-sized frying pan to medium heat. Add the butter, once it has melted, swirl to coat.

Add the bread to the pan and let it cook on that side until golden. Flip the bread over.

Crack the egg into the hole in the bread. Turn the heat to low, cover and cook for 2 minutes. You may also flip the bread over to finish cooking the egg on the other side.

Toast up the cut-out bread piece in the pan as well and use for dipping in the egg!

Sprinkle with salt and pepper and serve!

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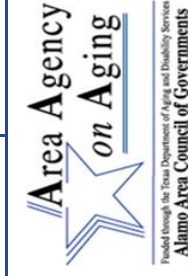


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# February 2021 Silver Sage (830) 796-4969

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken and Dumplings Carrots Seasoned Broccoli	2 Beef Stroganoff Braised Red cabbage Dessert	3 Pulled pork with sweet potatoes roasted garlic parmesan cauliflower Chef Salad	4 Bacon, CreamCheese, Cheddar Chicken Corn Brussel Sprouts Dessert	5 Country Fried Steak Mashed Potatoes and gravy Normandy vegetables	6
7 Super Bowl	8 BBQ Beef on a Bun Ranch Style Beans Broccoli Slaw	9 Honey Mustard Chicken Sweet Potato Fries Fresh Green Beans Dessert	10 Creamy Ham and Potato Casserole Chef Salad	11 Hearty Beef Stew loaded with vegetables Yeast roll Dessert	12 Chicken Pasta Primavera	13
14 Valentine's Day	15 <b>CLOSED</b>	16 Homestyle Chili Savory Roasted root vegetables cornbread Dessert	17 Chicken Fajita pasta bake Southwest chopped salad	18 Hamburger with all the fixins Potato Salad Dessert	19 Pulled pork with a sweet BBQ sauce Macaroni and cheese Collard Greens	20
21	22 Chicken Florentine Roasted Asparagus with Lemon Toasted Cauliflower	23 Meatloaf Roasted fingerling potatoes hominy Dessert <b>FOOD DISTRIBUTION</b>	24 Creamy tomato Chicken Skillet Ceasar Salad <b>FOOD DISTRIBUTION</b>	25 Garden Spaghetti Garlic Bread Dessert	26 Thick Ham and potato soup Cornbread	27

28  
Joyce D. Lamilla LD  
  
All meals will meet the 1/3 RDA of Federal Guidelines.





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## NUTRITION, HEALTH & WELLNESS DIVISION

# Slow Cooker

Alessandra Mendiola, University of the Incarnate Word Dietetic Intern

### WHY

Are you always in a rush? or wish life would be just a little easier? If you have not been exposed to the beauty that is a slow cooker you may want to pay close attention. The original slow cookers were invented in the 1930's and are still a very popular kitchen appliance - it is clearly must doing something right. It was invented so that the working individual could come home to a meal that was ready to be eaten. This electronic appliance gained its popularity as it cooks food at low heat over an extended period of time. Usually, they consist of a ceramic or metal pot surrounded by a heating element, and a glass lid. Slow Cookers, better known as Crock Pots to many are utilized to cook a variety of foods such as soups, stews, casseroles, pot roast and more.

Picture yourself walking into your home after a long day of work and being greeted by a waft of the delicious food you left in your Slow Cooker early that morning - what a sense of relief. Not only did you minimize your after work cooking, but dinner can now be enjoyed.



### BENEFITS

There are many benefits to buying and using a Slow Cooker here are a few:

- Easy to use
- Economical / Cheap
- Safe to use
- Uses less energy than standard conventional oven
- Tenderizes tough/cheaper cuts of meat
- Less chance of scorching foods
- Better flavor distribution
- Healthy cooking
- Saves money

### DOWNFALLS

Even though there is a lot of benefits to using a Slow Cooker there are several downsides:

- Condensation
- Overpowering flavor
- Requires planning
- Cannot make changes once you have started



# Crockpot Black Bean Soup



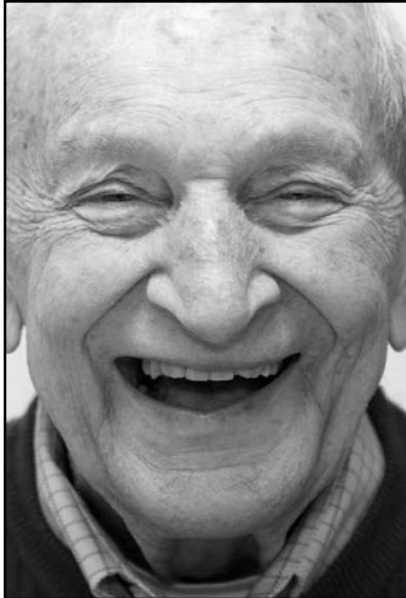
## Ingredients

Makes 12 (1 cup) per serving

- 3 cups of black beans (no salt added)
- 2 cups diced tomatoes (no salt added)
- 4 cups vegetable broth
- 1 cup onions diced
- ½ cup celery diced
- ½ cup carrots
- ½ cup cilantro
- 1 tsp cumin
- ½ Tbsp chili powder
- Juice of 1 lime



Recipe Credit: [www.americ...](http://www.americ...)



## MEALS ON WHEELS

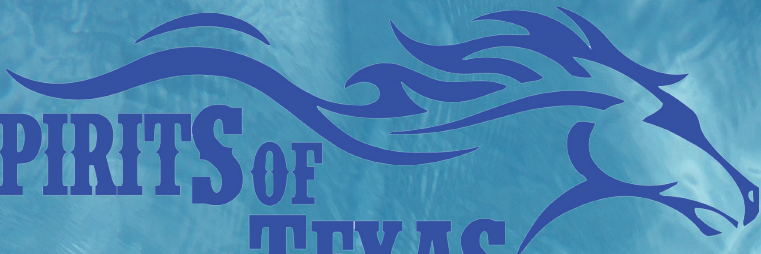
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**Our greatest need is for drivers and driver assistants to help with the Meals On Wheels program.** If you have a few hours once a week to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughour 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 avaiable at: [silversage.org/volunteer](http://silversage.org/volunteer)**

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

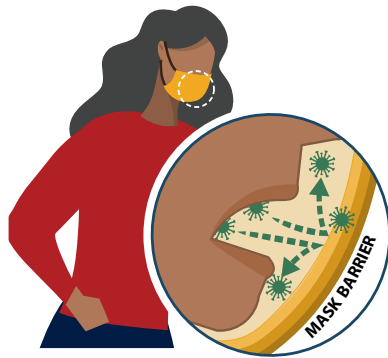
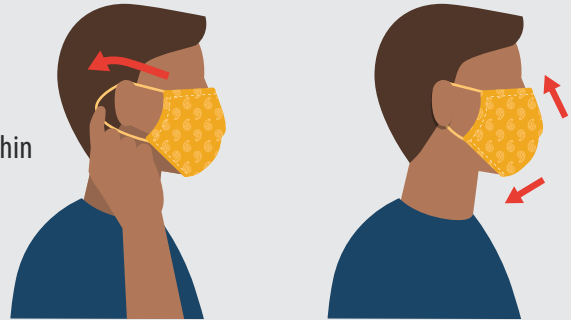


# How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

## WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

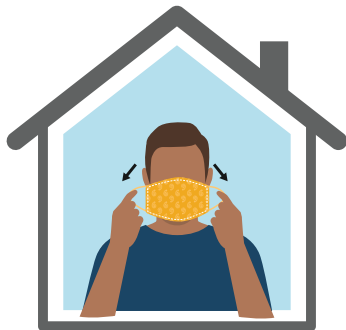


## USE A MASK TO HELP PROTECT OTHERS

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19
- Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay six feet apart from people who don't live with you
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer

## FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Avoid crowds and places with poor ventilation
- Wash your hands often



## TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

**Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.**

For instructions on making a mask, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



# WINTER HOME SAFETY TIPS FOR SENIORS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

**Thanks to grants from Bandera County, Foundations, USDA, and the Texas Department of Agriculture, the new year will bring lots of changes to our partnership with The San Antonio Food Bank. In addition our onsite Food Pantry, The Silver Sage will now be hosting three food distributions each month from now through June 2021. The distributions will be held on the fourth Tuesday each month in Lakehills and Medina, as well as the fourth Wednesday each month at Mansfield Park in Bandera.**

**A few new rule apply to these distributions:**

**Each family may pick up food for themselves and one other family if we have the second family listed and you are their proxy. In practical terms this means you can't just drive up and say you want to pick up for you and your neighbor and 3 others. You will only be allowed to pick up for yourself and one other. Please do not ask me to bend this rule and jeopardize the entire program for all those in the county that need it.**

**There will be no staff or coordinated deliveries. If you need this food distribution you must pick it up yourself or have someone that can bring your information (proxy) and pick it up for you.**

**There are three ways to qualify for this food.**

- 1. Have you been affected in any way by Covid-19. If yes, you qualify.**
- 2. Income guidelines as shown.**
- 3. Are you receiving SNAP, TANF, SSI, NSLP, or Medicaid. If yes, you qualify.**

**We will be filling out new forms this year. Mostly demographic information like date of birth, male or female, veteran status, and ethnicity. Why do we need this information? This how we get grants to continue to provide this service to the residents of Bandera County. We need to tell our funders who we are serving. Some foundations only give grants to help veterans, so we need to prove we are helping veterans. Some foundations only give grants to help children. So we need to show how many children are receiving this food. Some funders only fund programs for senior citizens. So we need to show how many senior citizens we are serving. Without this current data, it is impossible receive adequate funding. Without the funding we could not continue the distributions.**

**These distributions are an immense amount of work for The Silver Sage and SAFB staff as well so many wonderful volunteers. All we ask in return is that you be patient, kind, and courteous to our volunteers. They don't have to be there. Just a smile and a thank you makes it all worthwhile for them.**

**- Art Crawford - CEO**

If you were at any of the distributions in January and filled out a form, you **WILL NOT** need to fill it out again, unless we didn't get all the required info.

The Silver Sage staff and amazing volunteers all look forward to seeing you and serving you at these events.

These distributions are an immense amount of work for The Silver Sage and SAFB staff as well so many wonderful volunteers. All we ask in return is that you be patient, kind, and courteous to our volunteers. They do not have to be there. Just a smile and a thank you makes it all worthwhile for them.

**\*Please be considerate and wear your mask while you are interacting with our staff and volunteers.**

If you wish to contact The Silver Sage, we are located at 803 Buck Creek Drive in Bandera, Texas. Our phone number is (830) 796-4969. Or should you wish to donate to help with expenses for these distributions you will find a Donate Now button on our website at [www.silversage.org](http://www.silversage.org).

--Art Crawford



# SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION



**WED. FEBRUARY 24<sup>TH</sup> 10AM-12PM  
MANSFIELD PARK, BANDERA, TX**

If you are unable to make it to our food distributions in your area, please fill out this form and give it to whomever is going to be picking up food for you.



## PANTRY INTAKE

Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Gender:  Female  Male  Veteran  Active Duty

First Name: \_\_\_\_\_ MI \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Phone: (    ) \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ County: \_\_\_\_\_

Primary Ethnic Race:  
 White Non-Hispanic     White Hispanic     Black or African American     American Indian or Alaska Native  
 Asian     Native Hawaiian or Other Pacific Islander     Other

COVID-19 \_\_\_\_\_

Average Monthly Income: \_\_\_\_\_

Are you receiving:  
 \_\_\_ Supplemental Nutrition Assistance Program (SNAP)  
 \_\_\_ Temporary Assistance for Needy Families (TANF)  
 \_\_\_ Supplemental Security Income (SSI)  
 \_\_\_ National School Lunch Program (NSLP)  
 \_\_\_ Medicaid/Medicare

NUMBER IN HOUSEHOLD \_\_\_\_\_

NAME	DOB	M/F	VETERAN



&



# SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION



**TUESDAY, FEBRUARY 23RD**  
**LAKEHILLS CIVIC CENTER: 9AM-11AM**  
**MEDINA FIRE STATION: 1PM-3PM**

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

The Emergency Food Assistance Program (TEFAP)  
 Income Eligibility Guidelines  
 July 1, 2020 – June 30, 2021

Based on 185% of Federal Poverty Guidelines					
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