



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



Senior Living/Small House Community Project See pg. 7
silversage.org/the-cottages
Donate now:
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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.

OUR OPRY IS BACK! Starting Tuesday June 1st!

June will be **FIRST COME FIRST SERVE**--reserved seating will resume in July. Performers will be: Art and Lisa, Patricia Landrum, and our house band featuring Dave Kemp, Tooter Ripps, Mark Wright, Harriett Payne, and Gerry Payne!! Doors open at 6pm, show starts at 7pm.



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Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're **Elevating Health**.

Peterson Medical Associates
3540 SH 16 S
Suite 1-D
Bandera, Texas

To schedule your appointment at our new
Bandera location, call 830.522.2002



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Silver Sage-803 Buck Creek
Bandera, TX 78003



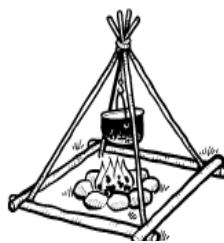
Check out
our Monthly
Menu!



HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
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WWW.SILVERSAGE.ORG

Summer 

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Our Mission:
Enriching Life For Seniors

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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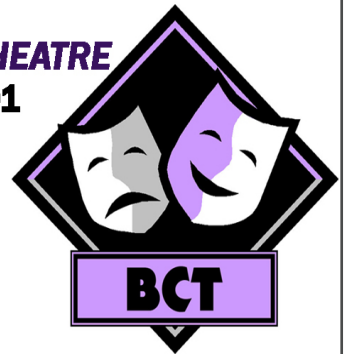


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TRI COUNTY

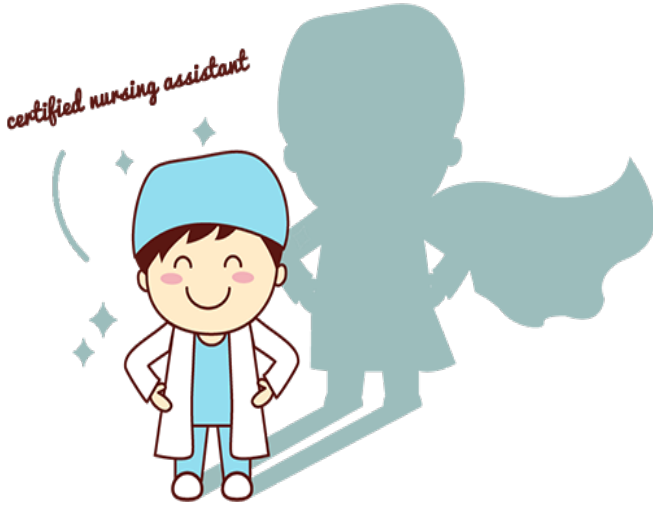
HOME HEALTH


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Celebrating National Nursing Assistants

By Monica Zuniga, Alamo Hospice

When I moved back to Texas over 7 years ago, I had an impactful experience witnessing exactly what nursing assistants (CNAs) do on a day-to-day basis. My grandmother was in the hospital, and I stayed with her for a few nights. I could not believe all the assistants did for her to make sure she stayed clean, comfortable, and happy. I have so much respect for CNAs. Their week of recognition is on June 17 – 24.



Nursing assistants play an important role in the care of their patients. They have developed a wide range of skills and wisdom about how to apply principals of person-centered care to daily tasks of care. CNAs not only provide basic quality of life care to patients of all ages in a variety of healthcare settings, but they also have daily contact and interactions with their patients and often serve as the eyes and ears of nurses and physicians. *

It is reported that each day, more than 2.5 million nursing assistants help elderly, disabled, or chronically challenged persons who live in nursing homes, their own homes, and other long-term care settings. They provide nearly 80 to 90 percent of the direct care received by clients in long-term care facilities, bringing patience, a caring attitude and wisdom to their practices. *

Here in Bandera, we not only have many CNAs working with home health and home hospice, but also at our two long term care centers. I leave you with some beautiful thoughts from the administrators about what their aides mean to them.

“CNAs are the backbone of our team without them there is no way we would be able to provide the care that we do. God found the strongest and made them CNAs.”

**Rita Adams, LNFA
Bandera Nursing & Rehabilitation**

“I started my nursing home career as a CNA and now as the Administrator of Cedar Creek, I can tell you firsthand how hard CNAs work every day. Their skills are different than a nurse, but not less than. They are truly the heart of Cedar Creek Nursing & Rehab. They not only do their job, but they also make a difference in the lives of our Residents and guests. I am grateful and proud to work beside our CNA's, especially within this past year during the pandemic. We celebrate our CNAs, CMAs (Certified Medication Aide), and RNA (Restorative Aide) and have planned a great week-long celebration in honor of our everyday heroes!!!”

**Jessica Ross, LNFA, CDP
Cedar Creek Nursing & Rehab**



THROUGH THE EYES OF A DRIVER

By Mary Allyce

We had another “super” moon at the end of May. Seems we’ve had a lot of varieties of them. Each is announced breathlessly with admonitions not to miss the sightings as it will be _____ years (fill in the blank with the appropriate number) before a “Super Flower Blood Moon”, or whatever, shows up again. This one had the added excitement of a lunar eclipse!

I missed it, but Facebook, Instagram, and/or e-mail pals posted pictures. Television and Internet news had even better photos as did newspapers, for those who still read them. In fact, it’s very hard to miss anything these days. There’s not just an information highway, there’s an information avalanche buckling the highway. I’m an unapologetic cheerleader for technology. I love to research and 2020 relied on social media, FaceTime, Zoom, and other technological wonders to keep us connected. But there is too much of any good thing.

I’m particularly irritated by news shows and not for the reason you might think. It’s that infuriating, insistent crawl across the bottom of the screen. Like a bothersome fly or mosquito you can see in your peripheral vision, but not quite slap into oblivion, it rolls and teases just out of reach. Occasionally, a word jumps out like a kid yelling “Boo!” and you simply have to find out what you might have missed. So you scroll back (with one of the many features of modern TV you never knew you needed until you had it) only to discover it’s an old story. Meanwhile – OMG – you missed the actual, real, up to the minute news while you were going in reverse so now you fast

forward to catch up to real time only to find you missed a whole segment and are now at a commercial. This is where I abandon the entire thing and look for an comfy old Andy Griffith rerun.

Used to be crawls were reserved for weather alerts. I could understand the value of those, although they were scary, all highlighted in ominous orange, and the dire predictions of impending doom left me feeling like Dorothy about to blow away to OZ. Now we have crawls announcing traffic jams, festivals, sports scores, the latest celebrity divorce, and other tantalizing items all while we’re trying to process the show going on above the crawl. I’d love five minutes with whomever came up with the idea we needed further stimulation. I’ll bet he or she is related to the one who devised News Mix and Sports Mix with four and six shows running on the screen concurrently. All in HD, of course.

You know that phrase, “Way too much information”? We’ve got it. So, in the spirit of these super-info times, supermoons are technically termed a perigee-syzygy, occur 3 or 4 times a year and the next bloody one – a Half-blood Moon – will occur in November, 2021, just in case you missed this one.

See y’all in July and please note the “crawl” below.

Silver Sage MOW Needs Drivers . . . Silver Sage MOW Needs Drivers . . . Silver Sage MOW Needs Drivers . . .

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- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

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Funny Bone



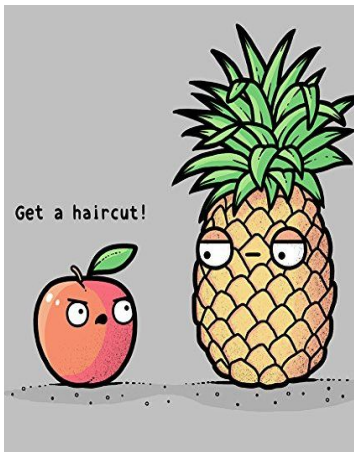
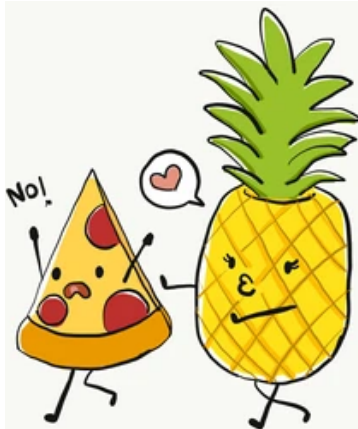
Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

I think the proper term for 'senior' women should be: Queen-agers.

That is all. Carry on.

You know you're getting old...

1. You and your teeth don't sleep together.
2. You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
3. At the breakfast table you hear snap, crackle, pop and you're not eating cereal.
4. Your back goes out but you stay home.
5. When you wake up looking like your driver's license picture.
6. It takes two tries to get up from the couch.
7. When your idea of a night out is sitting on the patio.
8. When happy hour is a nap.
9. When you're on vacation and your ENERGY runs out before your money does.
10. When you say something to your kids that your mother said to You, and you always hated it.
11. You look for your glasses for half an hour and they were on your head the whole time.
12. When you step off a curb and look down one more time to make sure the street is still there.
13. You sink your teeth into a steak and they stay there.
14. It takes longer to rest than it did to get tired.
15. Your address book has mostly names that start with Dr.



Meals on Wheels Texas & Meals on Wheels Association of Texas Structure



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Anti-inflammatory Foods



flaxseed



green tea



turmeric



cantaloupe



avocado



walnuts



lemon



berries



pineapple



kale



garlic



broccoli

Mini Zucchini Pizzas

Ingredients

- 1 tbsp olive oil
- 3 zucchini, cut into 1/4-inch thick rounds
- Kosher salt (to taste)
- Ground black pepper (to taste)
- 1/3 cup marinara sauce
- 1/2 cup grated mozzarella
- 1/4 cup pepperoni minis
- 1 tbsp italian seasoning

Method

- Preheat oven to broil.
- Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side, season with salt and pepper to taste.
- Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni minis.
- Place into oven and cook until the cheese has melted (1-2 mins).
- Serve immediately, sprinkled with italian seasoning (if desired).
- Servings: 8 per batch

Est. Time

- Prep time: 10 mins
- Cooking time: 10 mins
- Together: 20 mins

ORANGE CREAM FRUIT SALAD



INGREDIENTS

- 20 oz. can pineapple tidbits
- 28 oz. can sliced peaches
- 11 oz. can mandarin oranges
- 3 medium bananas
- 4 medium apples
- 1 small box instant vanilla pudding
- 1 1/2 cup milk
- 3 oz. frozen orange juice concentrate
- 3/4 cup sour cream

Drain all canned fruit. Cut peach slices into bite size pieces. Slice and cut apples into bite size pieces (leave skins on). Slice bananas. Mix together on high: pudding, milk, frozen oj concentrate and sour cream for about 4 minutes until thickens. Pour over fruit and combine. Chill overnight or for two hours before serving.

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use/need?

Please consider
donating them to
the Silver Sage.

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



JUNE 2021 ACTIVITIES

Center Hours: Monday-Thursday 8am-3pm
 Friday 8am-2pm
 803 Buck Creek Dr. (830) 796-4969






WWW.SILVERSAGE.ORG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>12:30-2:30</u> Mexican Train	2 8am Indoor Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	3 <u>9am</u> Bridge <u>12:30pm</u> Dominoes	4 8am Indoor Exercise	5
6	7 8am Exercise <u>10am-11:15pm</u> Yoga w/Willy <u>12:30-2:30</u> MONDAY FUNDAY	8 <u>12:30-2:30</u> Mexican Train	9 8am Indoor Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	10 <u>9am</u> Bridge <u>12:30pm</u> Dominoes	11 8am Indoor Exercise	12
13	14 8am Exercise <u>10-11:15pm</u> Yoga w/Willy <u>12:30-2:30</u> MONDAY FUNDAY	15 <u>12:30-2:30</u> Mexican Train	16 8am Indoor Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	17 <u>9am</u> Bridge <u>12:30pm</u> Dominoes	18 8am Indoor Exercise	19
20	21 8am Exercise <u>10-11:15pm</u> Yoga w/Willy <u>12:30-2:30</u> MONDAY FUNDAY	22 <u>12:30-2:30</u> Mexican Train	23 8am Indoor Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	24 <u>9am</u> Bridge <u>12:30pm</u> Dominoes	25 8am Indoor Exercise	26
27	28 8am Exercise <u>10-11:15pm</u> Yoga w/Willy <u>12:30-2:30</u> MONDAY FUNDAY	29 <u>12:30-2:30</u> Mexican Train	30 8am Indoor Exercise <u>9:30am</u> Quilting <u>12:30-2:30</u> BINGO	1 <u>9am</u> Bridge <u>12:30pm</u> Dominoes	2 8am Indoor Exercise <u>10am</u> Game Day	

* Covid-19 protocols will be enforced.

Silver Sage ~ June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	1 Chicken Strips w/gravy Tater Tots Corn Dessert COWBOY CAPITAL OPRY	2 Bacon Wrapped Pork Tenderloin Black Eyed Peas Brussel Sprouts Chef Salad	3 Shredded BBQ Chicken Texas Ranchero Beans Green Bean Casserole Dessert	4 Texas Sized Hot Dog Chili Cheese Fries Fresh Relish
7 Hamburger Cheesesteak Mashed potatoes/gravy Stewed tomatoes	8 Chicken Bruschetta Toasted Cauliflower Garlic Roasted Carrots Dessert	9 Meatloaf New Potatoes in butter Fresh green beans Spring mix salad with nuts and berries	10 Slow Cooker Chicken thick cream soup Sweet potatoes Peas Dessert	11 Bacon Cheeseburger All the fixins Potato salad
14 Breaded Pork Chop with Brown Gravy Hominy Normandy Vegetables	15 Chicken Florentine Roasted Baby potatoes Fresh toasted broccoli Dessert	16 Garden Spaghetti Garlic Bread Caesar Salad	17 Bacon, Ham, Egg, cheese, and potato casserole Biscuit with sausage gravy, Fresh fruit cup	18 Sloppy Joes Baked Beans Mac and Cheese
21 Country Fried Steak Mashed potatoes/gravy Ranch Style Beans	22 Crispy Pork Stir Fry Rice Dessert	23 Slow cooked Beef tips/ gravy over egg noodles Steamed vegetables Spinach & collard greens 3, 4, maybe 5 Bean Salad	24 Chicken Strips and Gravy Red Beans Cole Slaw Dessert	25 Salisbury Steak/ Gravy Carrots Kidney Beans
28 Loaded Taco Salad 	29 Chicken w/vegetables and Rice stir fry Dessert	30 Slow Smoked Brisket Country Beans Potato Salad Salad	All meals will meet the 1/3 RDA of Federal guidelines Menu subject to change according to availability	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969



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TRY THIS MODIFIED PUSHUP TO STRENGTHEN YOUR CHEST, UPPER BACK, AND SHOULDERS:



1

STAND FACING A WALL, WITH YOUR TOES 12 TO 18 INCHES AWAY FROM IT.

2

LEAN FORWARD SLIGHTLY AND PLACE YOUR PALMS FLAT ON THE WALL AT SHOULDER HEIGHT.

3

BEND YOUR ELBOWS TO LOWER YOUR BODY TOWARD THE WALL UNTIL YOUR NOSE NEARLY TOUCHES IT, OR GET AS CLOSE AS YOU CAN WITHOUT STRAINING.

4

SLOWLY STRAIGHTEN YOUR ELBOWS AND PUSH BACK TO YOUR STARTING POSITION. REPEAT THIS EXERCISE 10 TIMES.



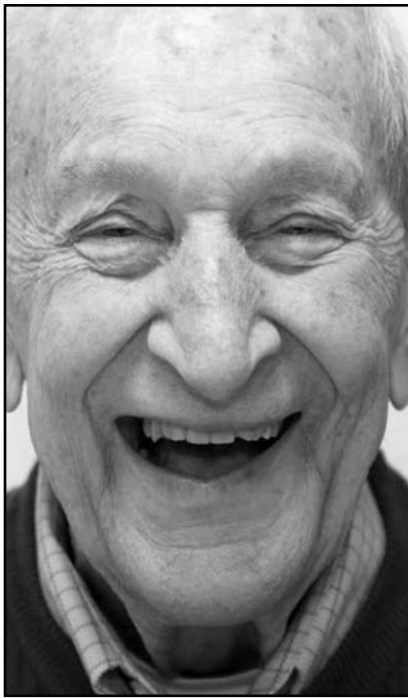
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- A SHARE-WORTHY SMILE

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

DOG TREATS DO'S AND DONT'S!

Source

- Keep them European at least
- Contact supplier as "Made in Ireland or UK" (best) is different to containing Irish ingredients.

Ingredients

- They want *meaty* treats.
- No wheat or dairy
- No added salt or sugar

Preparation

- Handmade. Really?! Contact them.
- Cooking ruins nutritive value so dehydrated is preferred. Cold pressed next. Cooked / baked last

Additions

- Kelp
- Function herbs
- Cool oils like coconut or fish?
- Chondroitin (less so glucosamine)



Preservation

Unless in the fridge, meat needs to be preserved. Water extraction (dehydration) best. Natural preservatives include rosemary, kelp, vitamin E are OK. Contact supplier - what did they use to preserve the treat? Lots of languages on the back implies chemical preservation.

Price

- 1kg of beef only makes 300g of dried meat treat so good treats can cost good money
- Pay for meat, not cereal or packaging

Touch

Never trust a squidgy treat. They use chemical texturisers to achieve that feel.

Smell

Your nose is the first line of defence. Good meat treats smell appealing, not chemically.

Sight

Don't buy coloured treats.





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- WiFi services
- Homestyle dining/Cafe Bistro
- Museum quality Bandera artwork
- Memory care treatment & activities
- Health & Wellness activities
- Vegetable & butterfly gardens

FOR MORE INFORMATION:

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.

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.

Medical Transportation Program

On June 1, 2021, HHSC is changing how transportation services are delivered. Read the "How do I get a ride?" section for details.

Nonemergency medical transportation services are available for a Medicaid beneficiary or their child. These services include rides to doctor's office, dentist's office, hospital, drug store or any place that provides covered health care services.

Types of rides include:

- Public transportation, like the city bus.
- A taxi or van service.
- Commercial transit, like a bus or plane, to go to another city for an appointment.

Services may also include:

- Money for gas.
- Meals and lodging for children and youth 20 and younger staying overnight to get covered health care services.
- Payment for some out-of-state travel to neighboring states (Louisiana, Arkansas, Oklahoma and New Mexico).

Services do not include making arrangements for emergency or nonemergency transportation by ambulance.

Can I get a ride?

To get a ride, you must be enrolled in one of the following programs and not have any other means of transportation

- [Medicaid](#)
- [Children with Special Health Care Needs](#)
- [Transportation for Indigent Cancer Patients](#)

How do I get a ride?



First, set up an appointment with your doctor or provider. To request a ride, call at least two workdays before your appointment, or five days before the appointment if it is

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

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!

BANDERA & LAKEHILLS

True Value®

**1002 Main St, Bandera, TX 78003 - banderatruevalue.com
Veterans 10% discount Every Thursday**



**8950 FM1283, Lakehills, TX 78063 - lakehillstruevalue.com
Veterans 10% discount Every Tuesday**

America's Choice in Homecare®
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LIVING ASSISTANCE SERVICES



**830-331-8496 VISITINGANGELS.COM
124 E Bandera Rd #406, Boerne, TX 78006**



&



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MONDAY JUNE 14TH

LAKEHILLS CIVIC CENTER 9AM-11AM

WEDNESDAY JUNE 23RD

MANSFIELD PARK 10AM-12PM



**Save
the
Date!**

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