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.
expanding our reach.

serving the Bandera community.

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
Managing Publisher/Designer:
Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

Development Director:
Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003

HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
CLOSED WEEKENDS AND MAJOR HOLIDAYS.
WWW.SILVERSAGE.ORG

Our Mission:
Enriching Life For Seniors
Established, local team proudly serving the Bandera area for nearly 10 years. Available 24/7.

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

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

We’d love to see you in our seats!

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tricountyhomehealth.com
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... when it matters the most.

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AN ADDUS HOMECARE COMPANY

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Download Bandera Bank’s Mobile App Today.

www.banderabank.com  (830) 796-3711
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
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.

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
You know you’re getting old...

1. You and your teeth don’t sleep together.
2. Your 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.

I think the proper term for ‘senior’ women should be: Queen-agers.
That is all. Carry on.
Meals on Wheels Texas & Meals on Wheels Association of Texas Structure

MOWT Committees:
- Membership
- Nominating
- Education
- Budget & Finance

Focus
- Member Networking
- Annual Conference
- Member Communication
- Technical Assistance
- Pilot Projects & Best Practice Sharing
- Disaster Response
- Distribution of Donations, Grants, and Scholarships
- Pilot Project (2016) Mini-Grant: Building the Business Capacity of Senior Nutrition Programs

Communication
- Association Management Support
- Board Leadership Training
- MOWT and MOWAT Share a Treasure

Focus
- 501c3
- 14 Board Members
- Member Networking
- Annual Conference
- Member Communication
- Technical Assistance
- Pilot Projects & Best Practice Sharing
- Disaster Response
- Distribution of Donations, Grants, and Scholarships

Learn more at mealsonwheelstexas.org

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Texas
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800 MAIN STREET - PO BOX 2300 - BANDERA, TEXAS 78003 - (830) 796-3100
**Mini Zucchini Pizzas**

**Ingredients**
- 1 tbsp olive oil
- 3 zucchinis, 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 zucchinis 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.
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
### JUNE 2021 ACTIVITIES

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

<table>
<thead>
<tr>
<th>Sunday</th>
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</table>
| 8am Exercise  
10am-11:15pm Yoga w/Willy  
12:30-2:30 MONDAY FUNDAY | 12:30-2:30 Mexican Train | 8am Indoor Exercise  
9:30am Quilting  
12:30-2:30 BINGO | 9am Bridge  
12:30pm Dominoes | 8am Indoor Exercise | 8am Indoor Exercise |

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12:30pm Dominoes | 8am Indoor Exercise | 8am Indoor Exercise |

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<th>27</th>
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10-11:15pm Yoga w/Willy  
12:30-2:30 MONDAY FUNDAY | 12:30-2:30 Mexican Train | 8am Indoor Exercise  
9:30am Quilting  
12:30-2:30 BINGO | 9am Bridge  
12:30pm Dominoes | 8am Indoor Exercise  
10am Game Day |

* Covid-19 protocols will be enforced.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Chicken Strips w/gravy Tater Tots Corn Dessert</td>
<td>Bacon Wrapped Pork Tenderloin Black Eyed Peas Brussel Sprouts Chef Salad</td>
<td>Shredded BBQ Chicken Texas Ranchero Beans Green Bean Casserole Dessert</td>
<td>Texas Sized Hot Dog Chili Cheese Fries Fresh Relish</td>
<td></td>
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<tr>
<td>COWBOY CAPITAL OPRY</td>
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<tr>
<td><strong>7</strong> Hamburger Cheesesteak Mashed potatoes/gravy Stewed tomatoes</td>
<td><strong>8</strong> Chicken Bruschetta Toasted Cauliflower Garlic Roasted Carrots Dessert</td>
<td><strong>9</strong> Meatloaf New Potatoes in butter Fresh green beans Spring mix salad with nuts and berries</td>
<td><strong>10</strong> Slow Cooker Chicken thick cream soup Sweet potatoes Peas Dessert</td>
<td><strong>11</strong> Bacon Cheeseburger All the fixins Potato salad</td>
</tr>
<tr>
<td><strong>14</strong> Breaded Pork Chop with Brown Gravy Hominy Normandy Vegetables</td>
<td><strong>15</strong> Chicken Florentine Roasted Baby potatoes Fresh toasted broccoli Dessert</td>
<td><strong>16</strong> Garden Spaghetti Garlic Bread Caesar Salad</td>
<td><strong>17</strong> Bacon, Ham, Egg, cheese, and potato casserole Biscuit with sausage gravy, Fresh fruit cup</td>
<td><strong>18</strong> Sloppy Joes Baked Beans Mac and Cheese</td>
</tr>
<tr>
<td><strong>21</strong> Country Fried Steak Mashed potatoes/gravy Ranch Style Beans</td>
<td><strong>22</strong> Crispy Pork Stir Fry Rice Dessert</td>
<td><strong>23</strong> Slow cooked Beef tips/ gravy over egg noodles Steamed vegetables Spinach &amp; collard greens 3, 4, maybe 5 Bean Salad</td>
<td><strong>24</strong> Chicken Strips and Gravy Red Beans Cole Slaw Dessert</td>
<td><strong>25</strong> Salisbury Steak/ Gravy Carrots Kidney Beans</td>
</tr>
<tr>
<td><strong>28</strong> Loaded Taco Salad</td>
<td><strong>29</strong> Chicken w/vegetables and Rice stir fry Dessert</td>
<td><strong>30</strong> Slow Smoked Brisket Country Beans Potato Salad Salad</td>
<td>All meals will meet the 1/3 RDA of Federal guidelines</td>
<td></td>
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</tbody>
</table>
Seniors Program

Providing seniors with vision loss the skills, tools and resources needed for maintaining independence in their homes and the community.

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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 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

**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 squidy 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.
Featuring the finest crafts, food, books, and alcohol from across Texas!
1107 Cypress St, Bandera, Texas
(830) 522-3221
FB: @banderaspiritsoftexas

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HOMETOWN HERITAGE SECURE MEMORY UNIT

Hometown Heritage is living with a purpose. Honoring the history of Bandera and the surrounding Hill Country with a cozy, specialized, 16-bed all-female unit with a dedicated memory care staff to attend to your loved ones!

UNIT FEATURES

- TVs in every room
- Large private/semi-private rooms
- Salon on site
- Outdoor courtyard & covered patio
- WiFi services
- Homestyle dining/Cafe Bistro
- Museum quality Bandera artwork
- Memory care treatment & activities
- Health & Wellness activities
- Vegetable & butterfly gardens

FOR MORE INFORMATION:
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/dogsinhotecars
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

TrueValue

1002 Main St, Bandera, TX 78003 - banderatruvalue.com
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8950 FM1283, Lakehills, TX 78063 - lakehillstruvalue.com
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MONDAY JUNE 14TH
LAKEHILLS CIVIC CENTER 9AM-11AM

WEDNESDAY JUNE 23RD
MANSFIELD PARK 10AM-12PM

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