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Senior Living/Small House Community
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MONTHLY MENU
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Bandera, TX 78003
(830) 796-4969 P.O. Box 1416



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Through the Eyes of a Driver, by Mary Allyce



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**Featured Recipes:
Macaroni Salad &
Bread Pudding**

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Check out our Monthly Menu!

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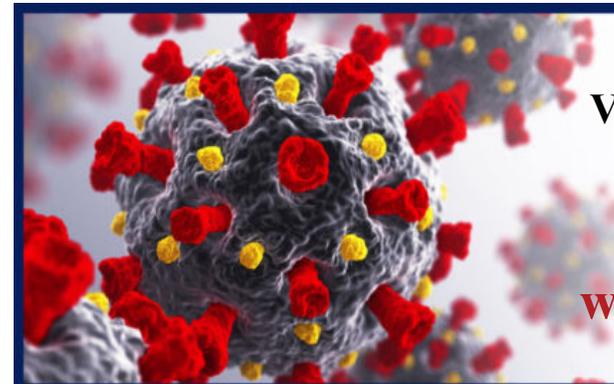
Closed due to Covid-19

WHAT'S INSIDE

6. **Through The Eyes Of A Driver**
By Mary Allyce: "Language is a living thing. It changes, sometimes for the better, sometimes worse." Join Mary as she dives into the grammar pool!
7. **Summer Recipes:** We all love the comforts of home-cooking and family traditions, see if these two recipes come close to that: Old Fashioned Macaroni Salad and Bread Pudding.
19. **Ice Cream Trivia:** Think you know the history of Ice Cream? Try out this quiz and see if you know What the usual method of serving ice cream in America before the introduction of the cone?

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Enriching Life For Seniors



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2 Take a current photo of your dog, just in case.



3 Exercise your dog early in the day before parties begin.



4 During cookouts, ask guests to play with your dog away from the flames.



6 Keep dog treats on hand for those who want to give your dog food.



7 Leave your dog at home with a frozen stuffed treat during the fireworks.



8 If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



5 Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.



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THROUGH THE EYES OF A DRIVER

By Mary Alyce

Once upon a time a nationally syndicated newspaperman wrote a column called The Writer's Art. I loved it. Wearing the legitimately earned title of "grammarian", he related what he called "Horrid Examples". They were many and funny, in a horrid sort of way. I think of him as I scroll through social media. He'd have a blast, on his way to a stroke, over the grammatical, intellectual, and spelling lapses that pass for communication today.

I'll start with my current amazement at the confusion with forms of the verb "to sell". It seems so simple. If you're selling a truck, that truck is "for sale". Horrid Example #1: "Saling truck. Runs great." This interesting usage shows up constantly. Spell check wants me to change the word to "sailing" (because there is no word spelled "saling"), but it's not a boat, folks, it's a truck. Also: "Any businesses that sale caliche?" or "We are now saleing food..." Nope. You're selling food and businesses sell caliche. Or you have food or caliche or a truck for sale.

Moving on.

I realize not everyone is a history buff and clearly many are not experts. I give you Horrid Examples #2 and #3: Anybody happen to know who "Martha Luther King" is? I thought it was an honest spelling mistake until it popped up several times in the same post. Maybe she's a distant relative of Martin's? Not even the right gender, folks. How about "Roberty Lee"? Ever heard of him? Me either. Even when I type it now, it gets flagged by my spell check. History and spelling – obviously elusive things.

There. Their. They're. This has been explained too many times already. There – at that place. Their – belonging to them. They're – they are. Yet, yesterday on Facebook Horrid Example #4: "Their going to go fast" and "There both size 10". I give up on this one, along with the often apparently interchangeable your (belonging to you) - you're (you are), and the it's vs. its dilemma.

Blame it on that pesky apostrophe.

Language is a living thing. It changes, sometimes for the better, sometimes worse, and we do communicate on social media vastly differently than the way we write a paper for school or a report for work. At least I hope it's different because sentences and punctuation are going the way of trolley cars and capitalization is capricious. Some messages are all but indecipherable. Try translating this one as is, caps and all: ELITE IS AT THE HEAD THIS NOTICE WHILE WE R STUCK WILL KEEP POSTING THIS FARMER'S R DESTROYING THERE CROPS NEED MORE OUTPUT FROM HERE.

Lots of honest enthusiasm, but it's all for naught if your audience can't figure out what the heck you're saying!

Yes, I think of the old grammarian daily as I scroll through social media. The worst and funniest examples in his column were dangling modifiers: "Walking to the car, a sudden cloudburst drenched Susie." Oh, the material he'd have these days. Me too.

See you in August. Stay cool.

CLEAN & DISINFECT YOUR KITCHEN

WHAT DOES VINEGAR HELP WITH?

Using white distilled vinegar is an excellent, economical and earth-friendly way to clean our kitchens.

Vinegar is made of acetic acid, which is a natural disinfectant for killing some common germs like salmonella and E. coli, but is best when used in along with antibacterial soap and water to guarantee all germs are killed.

HOW TO PREPARE & STORE VINEGAR MIX



Use this solution to clean and disinfect surfaces where food is prepared or stored.

Store at room temperature away from food.

WHAT DOES BLEACH DO?

Bleach is a disinfectant, not a cleaner. It does a fantastic job of killing germs; it removes tough stains and whitens clothing. But, bleach doesn't really clean dirt and residue from surfaces. To do that, you'd need to scrub and rinse the surfaces first, and then apply a bleach solution. Most of us smell bleach and think that it is cleaning a surface, but really, it is probably being used to disinfect the surface instead.

HOW TO PREPARE & STORE BLEACH MIX



Wipe down areas that are prone to germs, then use prepared solution to disinfect.

Store at room temperature, away from food.

CLEANING HOTSPOTS: WHERE GERMS CAN HIDE!

Below are some spots where germs like to hide.

CAUTION: Never mix bleach and vinegar together, as this is toxic and may cause your harm.

Vinegar Solution

- Cutting Boards
- Microwave
- Refrigerator
- Knife Block
- Countertops

Bleach Solution

- Floors
- Walls
- Sink
- Tile
- Handles



Funny Bone

60's Hits to Accommodate Aging Baby Boomers

Herman's Hermits: "Mrs. Brown, You've Got a Lovely Walker"

The Bee Gees: "How Can You Mend a Broken Hip"

Bobby Darin: "Splish, Splash, I Was Havin' a Flash"

Ringo Starr: "I Get By With a Little Help From DEPENDS"

Roberta Flack: "The First Time Ever I Forgot Your Face"

Johnny Nash: "I Can't See Clearly Now"

Paul Simon: "Fifty Ways to Lose Your Liver"

Commodores: "Once, Twice, Three Times to the Bathroom"

Marvin Gaye: "I Heard it Through the Grape Nuts"

Procol Harum: "A Whiter Shade of Hair"

Leo Sayer: "You Make Me Feel Like Napping"

The Temptations: "Papa's Got a Kidney Stone"

Elvis: "Heartbreak Hospice"

Bob Dylan: "Like A Kidney Stone"

Queen: "We WERE the Champions"

Beatles: "With a Little Help From My Meds"

Willie Nelson: "On the Throne Again"

John Prine: "Pink Cataract"

John Denver: "Rocky Mountain High Fiber"

Lesley Gore: "It's My Procedure And I'll Cry If I Want To"

Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (on his mother's side).

"Now Daddy will do the trick he's been promising us."

The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the walls if you came to visit," answered the boy.



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Old Fashioned Macaroni Salad

INGREDIENTS

4 eggs
1 pound large elbow macaroni
4 ounces ham steak, finely chopped
2 stalks chopped celery, including leaves
1 large shallot, chopped
2 tablespoons fresh lemon juice

DRESSING:

2/3 cup mayonnaise
2 tablespoons Dijon mustard
1 (4-ounce) jar chopped pimentos, drained
3 tablespoons sweet pickled relish
Kosher salt and pepper



Hard-boiled eggs: Add the eggs to a medium-sized saucepan. Cover with cold water and bring up to a boil over medium heat. Cover with a lid and turn off the heat. Let the eggs sit in the hot water for 14 minutes. While the eggs are cooking, bring a large pot of salted water to a boil over high heat and add the macaroni. Cook until al dente. Drain and rinse with cold water. In a large serving bowl, combine the eggs, ham steak, celery, shallots and lemon juice. Add the macaroni and stir to combine. In a separate bowl, whisk together the mayonnaise, mustard, pickled relish, and salt and pepper, to taste. Add the dressing to the macaroni and toss to coat. Season with more salt and pepper, if needed. Cover and chill for 2 hours for the flavors to meld.

Grandma's Old Fashioned Bread Pudding w/Vanilla Sauce

INGREDIENTS

PUDDING:

4 cups white bread, cubed, about 8 slices
1/2 cup raisins
2 cups milk
1/4 cup butter
1/2 cup sugar
2 eggs, slightly beaten
1 tablespoon vanilla
1/2 teaspoon ground nutmeg

SAUCE:

1/2 cup butter
1/2 cup sugar
1/2 cup firmly packed brown sugar
1/2 cup heavy whipping cream
1 tablespoon vanilla

PUDDING:

Heat oven to 350°F.

Combine bread and raisins in large bowl. Combine milk and 1/4 cup butter in 1-quart saucepan. Cook over medium heat until butter is melted, about 4 to 7 minutes. Pour milk mixture over bread; let stand 10 minutes.

Stir in all remaining pudding ingredients. Pour into greased 1 1/2-quart casserole. Bake for 40 to 50 minutes or until set in center.

SAUCE:

Combine all sauce ingredients except vanilla in 1-quart saucepan. Cook over medium heat, stirring occasionally until mixture thickens and comes to a full boil, about 5 to 8 minutes. Stir in vanilla.

To serve, spoon warm pudding into individual dessert dishes; serve with sauce. Store any leftovers in the refrigerator.

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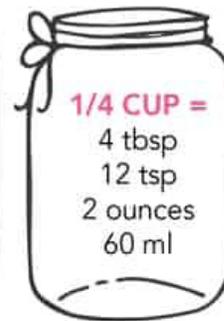


conversion chart

FOR THE KITCHEN

VOLUME MEASUREMENT CONVERSIONS

Cups	Tablespoons	Teaspoons	Milliliters
1/16 cup	1 tbsp	1 tsp	5 ml
1/8 cup	2 tbsp	3 tsp	15 ml
1/4 cup	4 tbsp	6 tsp	30 ml
1/3 cup	5 1/3 tbsp	12 tsp	60 ml
1/2 cup	8 tbsp	16 tsp	80 ml
2/3 cup	10 2/3 tbsp	24 tsp	120 ml
3/4 cup	12 tbsp	32 tsp	160 ml
1 cup	16 tbsp	36 tsp	180 ml
		48 tsp	240 ml



COOKING TEMPERATURE CONVERSIONS

Celcius/Centigrade

$$F = (C \times 1.8) + 32$$

Fahrenheit

$$C = (F - 32) \times 0.5556$$

★ **Silver Sage ~ July 2020** ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>AACOG Alamo Area Council Of Governments</p>	 <p>Area Agency on Aging</p> <p><small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small></p>	<p>1. Bruschetta Chicken Chef Salad</p>	<p>2. Pork Ribs Skillet Green Beans Potato Salad Apple Pie</p>	<p>3. CLOSED</p>
<p>6. Chicken Fried Steak Mashed Potatoes Cream Gravy Green Beans</p>	<p>7. Apple Topped Ham Steak Fresh Cauliflower Glazed Carrots Apple Bread Pudding</p>	<p>8. Creamy Tuscan Garlic Chicken Parmesan Zucchini Spears Dinner Roll Caesar Salad</p>	<p>9. Taco Salad with all the Fixin's Cookies</p>	<p>10. Pizza Bake</p>
<p>13. Beef Patty with Brown Gravy Hominy Brussel Sprouts</p>	<p>14. BBQ Chicken Ranch Style Beans Dinner Roll Peach Cobbler</p>	<p>15. Pork Roast with Red Potatoes, Cabbage, And Onions Cornbread & Chef Salad</p>	<p>16. Sticky Meatballs over Rice Asian Vegetable Mix Brownie</p>	<p>17. Hamburger Mac & Cheese</p>
<p>20. Chicken Strips with White Gravy Hash Browns Creamed Corn</p>	<p>21. Meatloaf Scalloped Sweet Potatoes Roasted Garlic Green Beans Chocolate Cake</p>	<p>22. Red Beans & Rice Kielbasa Sausage Cornbread Check Salad</p>	<p>23. Turkey Salad Sliders Dill Pickle & Deviled Eggs Apple Sauce</p>	<p>24. Hearty Garden Spaghetti Garlic Bread</p>
<p>27. Hamburger Steak Onion Gravy Glazed Carrots Stewed Tomatoes</p>	<p>28. Scalloped Ham & Potatoes Bacon Wrapped Asparagus Biscuit Pudding</p>	<p>29. Greek Ziti Bake Roasted Cauliflower Greek Salad</p>	<p>30. King Ranch Chicken Black Beans Grilled Peppers & Onions Jello</p>	<p>31. Chili Dogs & Fritos</p>

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You can also view details on our website: silversage.org

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It is for senior citizens (You must be 60 years old or older), and the Project HOPE provides 50-60 pounds of food each month to **you**. If you would like to enroll or to enroll a senior citizen that you know. Please contact Lucy Reed at 713-301-2571 (the Project H.O.P.E. coordinator) or Teicher Whelchel at 830-486-4358 (the treasurer of the Utopia Food Pantry) to enroll.



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TRIVIA



1. It is often said that ice cream was invented in China, but this seems to be more myth than truth. However, the Chinese did pioneer the methods of storing ice for long periods of time. What name was given to the places where this ice could first be stored?

A. Freezers B. Ice-houses C. Ice-ponds D. Ice-turrets

2. The icy desserts on which ice cream was based did soon reach Europe, as shown in many historical references. One such account involved Emperor Nero Claudius Caesar of Rome (A.D. 54-68), who, although known for his fierce cruelties, did enjoy a cold after dinner snack. What did Nero often order his slaves to bring to him to accompany his fresh fruit?

A. "Frost on the grass" B. "Ice from the lakes" C. "An ice cube or two" D. "Snow from the mountains"

3. Ice cream as we know it today seems to have been developed and become more widespread in the late 16th/early 17th century. However, with ice as an infrequent ingredient, it was a treat for European nobles rather than the every day man. Which English King was reported to eat much ice cream, made according to his chef's secret recipe, during his reign (1625-1649)?

A. Richard III B. James II C. Charles I D. Henry VII

4. The concept of ice cream spread across the Atlantic in the 18th century to what is now known as the USA. Many still couldn't indulge in its icy delights due to the lack of ice. For which type of ice cream was ex-President Thomas Jefferson said to have held a "special recipe" for?

A. Mint choc chip B. Vanilla C. Raspberry D. Double chocolate

5. Yes, ice cream sure was difficult to make back in the day, and so many were unable to enjoy it. Which woman patented her hand crank freezer in 1846, thus making the process of making ice cream much easier?

A. Nancy Astor B. Nancy Johnson C. Nancy Drew D. Nancy Wilson

6. As ice cream became more popular, new ways of serving it began to develop. The most recognisable way of serving ice cream nowadays is in a cone. What was the usual method of serving ice cream in America before the introduction of the cone?

A. By using a "sucker" similar to a straw B. Licking it off of a glass plate C. Piping it into your mouth D. With a spoon and a mug

7. Most view Italy as the home of ice cream. Which ice cream is named after an Italian city, in order to reflect the probable origins of the ice cream as well as the contributions of Italian ice cream makers in America?

A. Neapolitan B. Burgundy cherry C. Praline D. Pistachio



Answers. Question 1: B 2) D 3) C 4) B 5) B 6) B 7) A

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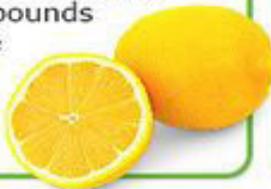


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Here's all you need to do:

1. Go to the Search Bar at the top of the page.

2. Type in Birthday Fundraiser.

3. Click on "Create a Birthday Fundraiser."

4. When you are asked to search for a non-profit group, type in Bandera County Committee on Aging, Inc DBA Silver Sage.

5. The Birthday Fundraiser Preview will pop up and you can put in what information you'd like about why you are raising money for the Silver Sage. We would appreciate it if you would tell people we are raising money for the Cottages at the Silver Sage, a new development of cottages for active seniors with rent based on income level. Please make sure and explain this fundraiser is for the Silver Sage as most people don't know Bandera County Committee on Aging.

6. Select the Create Fundraiser button and you are done!

7. Invite people on your friends' list and engage with them! This is key. Invite, invite, invite! Share often on your timeline: remember that not everyone will see something when you post just once. While some people may be hesitant to invite people on their friends list, remember you're giving them an opportunity to participate in something bigger than you – helping the seniors of Bandera County.

8. Thank people as they donate and watch the numbers go up! Seriously, these people are donating to Silver Sage because of YOU.

Facebook has made this very easy to do and it's a great way to support the Silver Sage and our new project, the Cottages at the Silver Sage. Celebrate your day by helping our seniors in need – what could be a better present than that?

We appreciate you!





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

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

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

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



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Confidentiality

The 2020 Census & Data Stewardship

We Keep Your Data Safe!



When you trust us with your information, our goal — and legal duty — is to keep it safe. Our mission is to serve as the nation's leading provider of quality data about its people and economy. We couldn't produce this information without you.

Employees take an oath for life to safeguard your information. If they break that oath they can be fined up to \$250,000 and jailed up to 5 years. All of our employees take a mandatory annual training reminding them of our confidentiality policies.

The Law Protects Your Information

By law, your information is confidential. Your answers cannot be used against you by any government agency or court. The law is found in Title 13 of the U.S. Code. Anyone who violates this law faces severe penalties.

Our Privacy Principles Guide Our Work

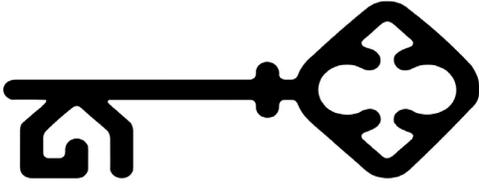
Our privacy principles guide our actions so that we respect your privacy and protect your confidentiality.

- We do not identify individuals in the data
- We publish. We only publish statistics.
- Our Disclosure Review Board verifies that any data product we release meets our confidentiality standards.

Secure Technologies

From the beginning of the data collection process through the final storage of information, we protect your data following industry best practices and federal requirements. We use data encryption and two forms of authentication to secure system access. The security of our systems is a top priority and we continually refine our approach to address emerging threats.

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.
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SILVERSAGE.ORG