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.**
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
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?

Our Mission:
Enriching Life For Seniors

VISIT WEBSITE BELOW FOR UPDATES

COVID-19
www.dshs.texas.gov/coronavirus
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) (540) 840-5550
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

Download Bandera Bank’s Mobile App Today.

www.banderabank.com (830) 796-3711

(830) 816-5024 1400 Water St, Kerrville, TX

Alamo Hospice
A member of the Hospice Partners family
More pets get lost on July 4th than any other day of the year.

Keep your dog safe this Independence Day. Share these eight tips for enjoying the Fourth of July with your dog.

1. Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.
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.
5. Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.
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.

Petfinder SUMMER Pet Safety

Learn more at www.petfinder.com/SummerPetSafety
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 “grammarians”, 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 trolly 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 grammarians daily as I scroll through social media. The worst and funniest examples in his column were dangling modifiers: “Walking to the car, a sudden cloud-burst drenched Susie.” Oh, the material he’d have these days. Me too.

See you in August. Stay cool.
SAN ANTONIO FOOD BANK- NUTRITION,
HEALTH & WELLNESS DIVISION

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

2 cups of Water

2 cups Vinegar

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

1 Gallon of Water

1/2 cup Bleach

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
**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).

“No 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.

“I CALLED THE INCONTINENCE HOTLINE...

THEY ASKED.
"CAN YOU HOLD PLEASE?"
D'Spain
SALES & SERVICE, INC.
830-796-3697 • www.dspaininc.com
Electrical • A/C & Heating • Water Systems • Plumbing
TACL B001925C • TECL 19156 • M41788 • Pump #4449PKL

Buddy's
WATER WELL & SEPTIC SERVICE
830-796-3878
When you gotta go — go with the best!
Septic Installation & Pumping — Water Well Drilling & Service
Portable Toilet Rental (Construction Site & Private Events)
Residential & Commercial Jobs — Free Estimates
4855 State Hwy 173 North • Bandera, TX 78003
www-bswws.com

Texas
HILL COUNTRY BANK
Good People Make Good Bankers
800 MAIN STREET - PO BOX 2300 - BANDERA, TEXAS 78003 - (830) 796-3100
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.
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
### Volume Measurement Conversions

<table>
<thead>
<tr>
<th>Cups</th>
<th>Tablespoons</th>
<th>Teaspoons</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/16 cup</td>
<td>1 tbsp</td>
<td>1 tsp</td>
<td>5 ml</td>
</tr>
<tr>
<td>1/8 cup</td>
<td>2 tbsp</td>
<td>3 tsp</td>
<td>15 ml</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>4 tbsp</td>
<td>6 tsp</td>
<td>30 ml</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>5 1/3 tbsp</td>
<td>12 tsp</td>
<td>60 ml</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>8 tbsp</td>
<td>24 tsp</td>
<td>120 ml</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>10 2/3 tbsp</td>
<td>32 tsp</td>
<td>160 ml</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>12 tbsp</td>
<td>36 tsp</td>
<td>180 ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>16 tbsp</td>
<td>48 tsp</td>
<td>240 ml</td>
</tr>
</tbody>
</table>

### Cooking Temperature Conversions

- **Celcius/Centigrade**
  \[ F = (C \times 1.8) + 32 \]
- **Fahrenheit**
  \[ C = (F - 32) \times 0.5556 \]
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Fried Steak</td>
<td>Apple Topped Ham Steak</td>
<td>Bruschetta Chicken</td>
<td>Pork Ribs</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Fresh Cauliflower</td>
<td>Chef Salad</td>
<td>Skillet Green Beans</td>
<td></td>
</tr>
<tr>
<td>Cream Gravy</td>
<td>Glazed Carrots</td>
<td></td>
<td>Potato Salad</td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>Apple Bread Pudding</td>
<td></td>
<td>Apple Pie</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Patty with</td>
<td>BBQ Chicken</td>
<td>Creamy Tuscan Garlic Chicken</td>
<td>Taco Salad</td>
<td>Pizza Bake</td>
</tr>
<tr>
<td>Brown Gravy</td>
<td>Ranch Style Beans</td>
<td>Chicken</td>
<td>with all the Fixin’s</td>
<td></td>
</tr>
<tr>
<td>Hominy</td>
<td>Dinner Roll</td>
<td>Parmesan Zucchini Spears</td>
<td>Cookies</td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Peach Cobbler</td>
<td>Dinner Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Strips with</td>
<td>Meatloaf</td>
<td>Pork Roast with</td>
<td>Sticky Meatballs over Rice</td>
<td>Hamburger</td>
</tr>
<tr>
<td>White Gravy</td>
<td>Scalloped Sweet Potatoes</td>
<td>Red Potatoes, Cabbage, And Onions</td>
<td>Asian Vegetable Mix</td>
<td></td>
</tr>
<tr>
<td>Hash Browns</td>
<td>Roasted Garlic Green Beans</td>
<td></td>
<td>Brownie</td>
<td></td>
</tr>
<tr>
<td>Creamed Corn</td>
<td>Chocolate Cake</td>
<td>Cornbread &amp; Chef Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamburger Steak</td>
<td>Scalloped Ham &amp; Potatoes</td>
<td>Greek Ziti Bake</td>
<td>King Ranch Chicken</td>
<td>Chili Dogs &amp;</td>
</tr>
<tr>
<td>Onion Gravy</td>
<td>Bacon Wrapped Asparagus</td>
<td>Aircraft</td>
<td>Black Beans</td>
<td>Fritos</td>
</tr>
<tr>
<td>Glazed Carrots</td>
<td>Biscuit</td>
<td></td>
<td>Grilled Peppers &amp; Onions</td>
<td></td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>Pudding</td>
<td></td>
<td>Jello</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Joyce D. Lamilla, LD
Call Meals On Wheels delivery
(830) 796-4969

Please call 796-4969 to make lunch reservations before 9:30

Menu subject to change according to availability
Seniors Program

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

210-531-1547 · www.salighthouse.org
Bandera Nursing & Rehabilitation

Comfort. Care. Community.
Delivering Compassionate Care Through Innovative Approaches

SKILLED NURSING - OUTPATIENT THERAPY - COMPLEX PAIN MANAGEMENT
LONG-TERM CARE - RESPITE CARE - POST-SURGICAL STABILIZATION
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY - WOUND THERAPY

(830) 796-4077
222 FM 1077, Bandera, TX 78003
BanderaNursingRehab.com

Touchstone Communities®

Coming Soon
the Cottages of Silver Sage
A Community For Active Seniors

WANT TO HELP? DONATE NOW.
803 Buck Creek Drive. (830) 796-4969
Silversage.org

Bandera Veterinary Clinic

Dr. Mark Richardson, Dr. Jennifer Knight, and Associates
830-796-3003
1989 TX-16 N, Bandera, TX 78003
BanderaVetClinic.com
### ANIMAL WORD SCRAMBLE

<table>
<thead>
<tr>
<th></th>
<th>Word</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>earbve</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>uagrco</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>lwaurs</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>utrlte</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>lgroali</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>occriolde</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>luffboa</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>gite</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>osmopus</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>oirocsrnhe</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>lrtoalgai</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>penheatl</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>macle</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>lworvenie</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>yoctoe</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>riefgaf</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>myoekn</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>nkaoaogr</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>nccoaro</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>daaakrvr</td>
<td></td>
</tr>
</tbody>
</table>

Answers on pg. 23
The Utopia Food Pantry
P.O. Box 1091, Utopia, TX 78884-1091

Project HOPE is a free food program starting in our area, sponsored by the San Antonio Food Bank. It delivers boxes of free food that are supplemental staple groceries of protein, whole grains, staples, and produce.

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.
Spirits of Texas

Selling Unique and One of a Kind
Hand-Crafted Texas Products
Books all about Texas People, Places, History & Etc.

Featuring Hand-Crafted Domino Sets
made from Exotic & Local Woods.

Hand Turned Wooden Baskets

Carrying a Selection of TEXAS
Made Beer, Wine & Spirits!!!

OPEN MONDAY - SATURDAY 10AM - 5PM

1107 Cypress St. Bandera

Texas Made
Texas Proud

River City Hospice

“Our family taking care of your family.”

River City Hospice provides loving hospice care to patients and their families. Our caring and experienced team of professionals and volunteers are prepared to meet your hospice needs.

(210) 858-9138
www.rivercityhospice.org
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

TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

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

1. LEMON: FATIGUE-FIGHTING
Lemon contains vitamins and unique phytochemicals that can stimulate brain activity, aid alertness and prevent fatigue.

2. TOMATO: IMPROVES EYESIGHT
Tomato contains both vitamin A and beta-carotene, which protect the cornea.

3. NATURAL YOGURT: SKIN REVIVING
In addition to probiotics, yogurt can rejuvenate acne-ridden skin.

4. PRUNE: AIDING WEIGHT LOSS
Its famous fiber content can keep the stomach full for longer, helping weight loss.

5. ONION: TREATING ANEMIA
Its high iron content renders it useful for treating certain types of anemia.

6. OLIVE OIL: CARDIOVASCULAR ALLY
Olive oil may lower the risk of cardiovascular diseases and heart attacks.

6 Kitchen Staples with Surprising Health Benefits
Looking for a unique way to help the Silver Sage? Why not try a birthday fundraiser on Facebook? When your birthday is approaching, you can set up your fundraiser and donate the proceeds to the Silver Sage. It’s a very simple gesture that is deeply impactful.

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.

Honoring the past, Inspiring the future.
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.
803 BUCK CREEK DRIVE. (830) 796-4969
SILVERSAGE.ORG