

*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**



# Funny Bone



**If you lose something in an old-age home, don't stop until you've searched every nook and granny.**

**The old man moved to Hawaii to live the life of a dentured surfing dude.**

**Do old-time hockey players get gerihatricks?**

**Pastry chefs know that old age crepes up on you.**

**The old folks home was very secure. Each door was guarded by a century.**

**You may be old, but I don't carrot all!**

**Only old people watch the Grammy Awards.**

**The old baker understands aging, she's an old tarte!**

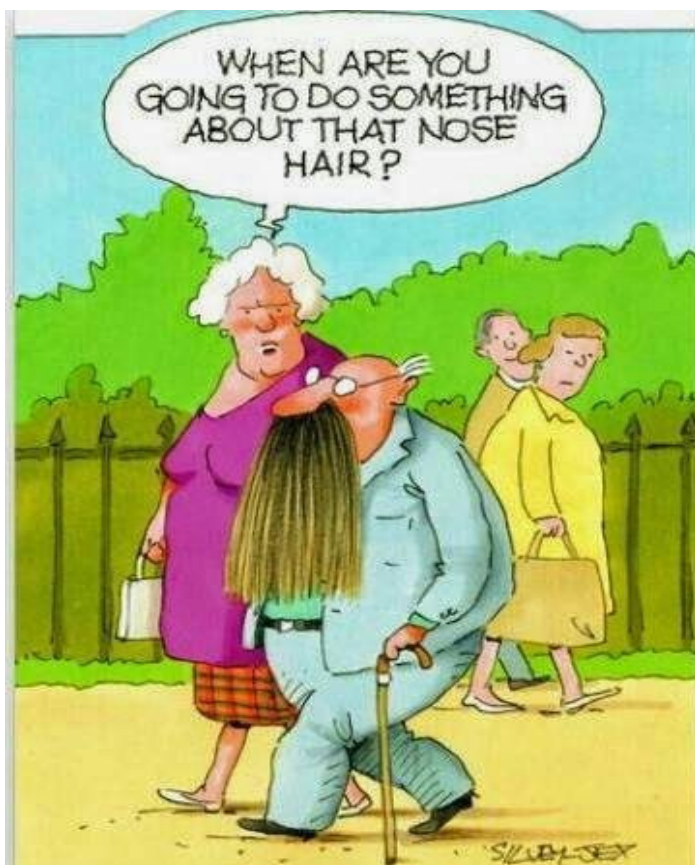
**You know what the young chicken said the old, "You're no spring chicken!"**

**Age got muffin on you!**

**How are stars like false teeth? They both come out at night!**

**What goes up but never comes down?  
Your age!**

**These are not gray hairs! They are wisdom highlights! I happen to be very wise.**



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



*"When you gotta go - go with the best!"*

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# Diabetic-friendly recipes

## Low-carb meat loaf

### Ingredients:

- ¾ cup quick-cooking oats
- ½ cup skim milk
- 1 medium onion
- 2 pounds ground turkey breast
- ½ cup red bell pepper, chopped
- 2 eggs, beaten
- 2 teaspoons Worcestershire sauce
- ¼ cup ketchup
- ½ teaspoon salt
- Fresh ground pepper
- 8-ounce can tomato sauce



Preheat oven to 350 degrees. Stir together the oats and milk. Thinly slice one quarter of the onion and set aside; finely chop the remaining onion. In a large bowl, combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and some freshly ground pepper. Shape the mixture into a 5-inch-wide by 2½-inch-tall loaf and place in a baking dish. Pour the tomato sauce over the meat loaf and place sliced onions on top. Bake for 1 hour. Let stand about 10 minutes before serving.

*Per 3-ounce serving: calories, 207; total fat, 3 grams; protein, 32 grams; carbohydrates, 13 grams; fiber, 2 grams; cholesterol, 92 milligrams; sodium, 409 milligrams*

## “Mock” garlic mashed potatoes

### Ingredients:

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- ¼ cup Parmesan cheese, grated
- ½ teaspoon garlic, minced
- ⅛ teaspoon chicken bouillon
- ⅛ teaspoon finely ground black pepper
- 3 tablespoons unsalted butter
- fresh or dried chives for garnish

Bring a pot of water to a boil. Clean and cut cauliflower into small pieces; place in boiling water until well done. Drain well and dry well with paper towels. Place cauliflower, cream cheese, Parmesan cheese, garlic, bouillon and pepper in a blender or food processor and blend until almost smooth. Garnish and serve hot with pats of butter. Serves 4.

*Per serving: calories, 145; fat, 11.5 grams; protein, 5 grams; carbohydrates, 8 grams; fiber, 4 grams; cholesterol, 31 milligrams; sodium, 170 milligrams*



## Fruit crumble

### Ingredients:

- 2½ cups fresh or frozen fruit (blueberries, peaches, plums, apples)
- 1 tablespoon granulated sugar
- 3 tablespoons all-purpose flour (divided)
- 1 tablespoon orange juice
- ½ cup rolled oats
- ¼ cup pecans or almonds, chopped
- 3 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons canola oil



Preheat oven to 400 degrees. Combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide into four 6-ounce ovenproof bowls. Combine oats, nuts, brown sugar, 2 tablespoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Set the bowls on a baking sheet and place in the oven. Bake for 20 to 25 minutes until the fruit is bubbling and the top is golden. Let stand at least 10 minutes before serving.

*Per serving: calories, 252; fat, 11 grams; sodium, 1 milligram; cholesterol, 0 milligrams; carbohydrates, 38 grams; protein, 4 grams; fiber, 5 grams; potassium, 179 milligrams*

[cascadehealthservices.org](http://cascadehealthservices.org)



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***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**



# MAY 2021 ACTIVITIES

Center Hours: Monday-Thursday 8am-3pm

Friday 8am-2pm

803 Buck Creek Dr. (830) 796-4969



WWW.SILVERSAGE.ORG

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

**CLOSED MONDAY MAY 31 FOR MEMORIAL DAY**



**LAKEHILLS FOOD DISTRIBUTION: MONDAY, MAY 10<sup>TH</sup>**

**MANSFIELD PARK FOOD DISTRIBUTION: WEDNESDAY, MAY 26<sup>TH</sup>**

\* Covid-19 protocols will be enforced.

\* Monday Funday's will be surprise activities, music, and special guests.

# Silver Sage ~ May 2021

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| 3<br>Chicken Tenders<br>Gravy<br>Texas Ranchero Beans  | 4<br>Beef Stroganoff<br>Grilled Brussel Sprouts,<br>Carrots & Red Peppers<br>Dessert             | 5<br>Sliced Ham<br>Red Kidney Beans<br>Vegetable Medley<br>Chef Salad   | 6<br>Bruschetta Chicken<br>Fresh green Beans<br>Cauliflower<br>Dessert  | 7<br>Hamburger<br>With all the fixins<br>Potato Salad   |
| 10<br>Hamburger Steak with<br>Mashed potatoes and<br>Gravy<br>Stewed Tomatoes                      | 11<br>Bacon wrapped pork<br>Tenderloin<br>Golden Carrots<br>Black eyed peas<br>Dessert           | 12<br>Meatloaf<br>Twice baked potatoes<br>Sweet peas<br>Broccoli Salad  | 13<br>Chicken Florentine<br>Lemon roasted potatoes<br>Toasted cauliflower<br>Dessert  | 14<br>Texas Sized Hot<br>Dogs<br>Chili Cheese Fries<br>Fresh homemade<br>Relish   |
| 17<br>Breaded Pork chop<br>with brown gravy<br>Kidney Beans<br>Hominy                              | 18<br>Green Chili Chicken<br>Enchiladas<br>Ranchero Beans<br>Spanish Rice<br>Dessert             | 19<br>Garden Spaghetti<br>Garlic Bread<br>Caesar Salad  | 20<br>Bacon, Ham, Egg, cheese,<br>and potato casserole<br>Biscuit with sausage gravy,<br>Fresh fruit cup  | 21<br>Shredded BBQ<br>Chicken<br>Warm Cole Slaw<br>Creamed Corn   |
| 24<br>Country fried steak<br>with mashed potatoes<br>and gravy<br>Texas Street Corn<br>Green Beans | 25<br>Grilled sausage with<br>Sautéed shredded<br>Cabbage and onions.<br>Fresh squash<br>Dessert | 26<br>Beef tips with gravy<br>over egg noodles<br>Peas and Carrots<br>Chef Salad  | 27<br>Cheesy Chicken and rice<br>Casserole<br>Fresh grilled broccoli<br>Dessert   | 28<br>Beef Sliders<br>Sweet Potato Fries<br>Three Bean Salad<br><br>Joyce D. Lamilla, LD<br>Call Meals On Wheels delivery<br>(830) 796-4969 |
| 31<br>Closed   | <b>Menu subject to change<br/>according to availability</b>                                      | <br>AACOG<br>Alamo Area Council<br>OF Governments | All meals will meet the 1/3 RDA of<br>Federal guidelines<br><br><br>Area Agency<br>on Aging<br><small>Funded through the State Department of Aging and Disability Services<br/>Alamo Area Council of Governments</small> |   |



## San Antonio **LIGHTHOUSE** Seniors Program for the Blind & Vision Impaired

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

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PHOTO: 8652B-A



### Investing is about more than money.

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the    
**Cottages**  
*of*

**Silver Sage**

**A Community For Active Seniors**

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**BANDERA**  
— VETERINARY CLINIC —

**Dr. Mark Richardson,  
Dr. Jennifer Knight, and Associates**

**830-796-3003**

**1989 TX-16 N, Bandera, TX 78003**

**BANDERAVETCLINIC.COM**

**News From The Silver Sage *By: Art Crawford, CEO***  
**COVID-19 SAFETY PROTOCOLS FOR REOPENING**

Temperature will be checked upon entry. If you are running a fever of 100.3 or above, you will be asked to return at a later date when you are no longer feverish. If you feel ill or know that you have been exposed to anyone who has tested positive or might have COVID-19, please stay home and isolate for two weeks.

- **Mask wearing is mandatory in all public spaces except when you are seated at a table in the dining room.**
- **Hand Sanitizing Stations are located throughout the facility and their use is highly encouraged.**
- **Physical Social Distancing is required.**
- **Dining room capacity for lunch is limited to 44 participants.**
- **You must call 830-796-4969 the day before by 3:00pm to reserve your seat for lunch the following day. Lunch will be served from 11:30 to 1:00.**
- **Drive through lunches will no longer be available.**
- **All other activities including exercise, yoga, dominoes, bridge, bingo, quilting, etc... will resume with limited capacity.**



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# THINGS TO MAKE YOU



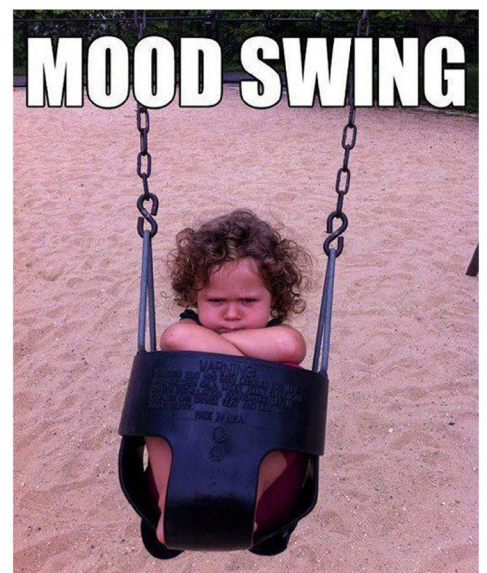
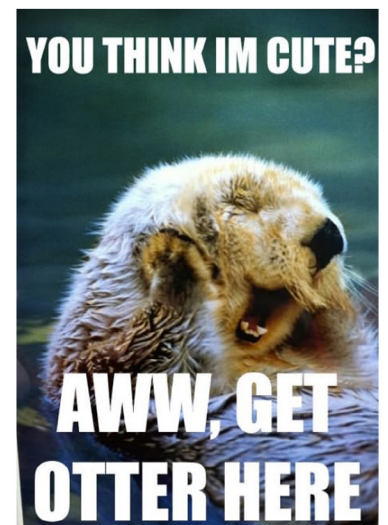
**Smiling Helps You Live Longer** - maintaining a happy, positive mood may be an important part of living a healthy lifestyle.



Let your smile change the world, but don't let the world change your *smile*.



If you see someone without a **smile** give them one of yours.  
-Dolly Parton





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# BANDERA

## NURSING & REHABILITATION

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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:

# 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: 8:30 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 8:30 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](https://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!

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&



# **SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION**

## **MONDAY MAY 10TH**

### **LAKEHILLS CIVIC CENTER 9AM-11AM**

## **WEDNESDAY MAY 26TH**

### **MANSFIELD PARK 10AM-12PM**



**Save  
the  
Date!**

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