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
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 geri-hat-tricks?

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.
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
- ¾ teaspoon garlic, minced
- ½ teaspoon chicken bouillon
- ½ 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
- ⅛ cup pecans or almonds, chopped
- 3 tablespoons brown sugar
- ⅛ 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
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
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CLOSED MONDAY MAY 31 FOR MEMORIAL DAY
LAKEHILLS FOOD DISTRIBUTION: MONDAY, MAY 10TH
MANSFIELD PARK FOOD DISTRIBUTION: WEDNESDAY, MAY 26TH

* Covid-19 protocols will be enforced.
* Monday Funday’s will be surprise activities, music, and special guests.
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All meals will meet the 1/3 RDA of Federal guidelines. Call Meals On Wheels delivery (830) 796-4969

Silver Sage ~ May 2021

Closed

Joyce D. Lamilla, LD

Menu subject to change according to availability

Area Agency on Aging

13
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

Investing is about more than money.
At Edward Jones, we stop to ask you the question: “What’s important to you?” Without that insight and a real understanding of your goals, investing holds little meaning.

Contact your Edward Jones financial advisor for a one-on-one appointment to discuss what's really important: your goals.

Anthony J Ferragamo, CFP®
Financial Advisor
158 Hwy 16 S
Suite D
Bandera, TX 78003
830-796-9197

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING
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

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

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.

MAKE HOME IMPROVEMENTS WITH THE ENERGY SAVER PROGRAM

No Money Down, Interest-free, On-bill Financing

Upgrade your HVAC system, water heater, pool and well pumps, windows, doors, insulation and more.

Learn more at BanderaElectric.com/EnergySaver
THINGS TO MAKE YOU

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

you can do it! you’ve got this!
encourage mint

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.

YOU THINK IM CUTE?
AWW, GET OTTER HERE

MOOD SWING
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
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: 8:30 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 mats 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/dogsinhottcars
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 - banderatruvalue.com
Veterans 10% discount Every Thursday

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

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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