



MEALS ON WHEELS AMERICA  
2019 MEMBER



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall (830) 796-3590

Store hours:

Mon-Fri 10:00am-3:00pm  
See more on page 22



A Community For Active Seniors

Senior Living/Small House Community Project is in the making for 2020! Donate now: [silversage.org/donate](http://silversage.org/donate)  
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**MONTHLY MENU**  
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BANDERA COUNTY



# THE SCOOP AT SILVER SAGE

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

## 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.

March 2 - Kathy Bauer Broussard & Terri Busic



**PUT YOUR GREEN ON AND COME JOIN US FOR CORNED BEEF AND CABBAGE ON ST. PATRICK'S DAY! 4-17-2020**



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Silver Sage-803 Buck Creek  
Bandera, TX 78003  
(830) 796-4969 P.O. Box 1416

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

## WHAT'S INSIDE

5. "Eat right when money's tight! Food costs are on the rise, here are some tips on how to stretch your food dollars!"
6. **Seniors Writing for Seniors...**Bandera High School student, Brett Castilleja, features our special seniors Lynn and Ruth White, who both have made a major impact in our town.
18. **How did I get this old and what do I do next?** Have you ever asked yourself that? Join us for a FREE, informative series concerning topics for the 50+. Hosted by John & Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. Next session-March 18th, 2020.



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*Through the Eyes of a Driver, by Mary Allyce*



**Featured Recipes:**  
7 layer salad, and Irish Soda bread

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Check out our Monthly Menu!



**GET FIT!!!**

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*Our Mission:*

*Enriching Life For Seniors*

**Happy**  **St. Patrick's Day**  <sup>3</sup>

## 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**

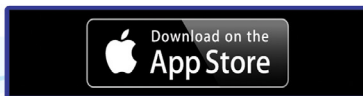
**Texas Health and Human Services (830) 796-3739**

**South Texas Alzheimer's Assoc. (210) 822-6449**



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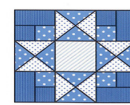
[www.banderabank.com](http://www.banderabank.com) (830) 796-3711

## The Quilting Corner:

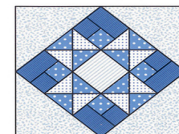
### MAKE BIGGER BLOCKS

An easy strategy for making a large quilt quickly is to use large blocks. For example, setting a 12" Four Corners block on the diagonal and adding four corner triangles gives you a 17" block.

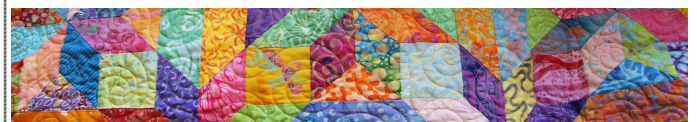
Another way to create large blocks is to enlarge the size of the units in the block. I usually cut and piece 2½" bias squares, which finish to 2".



12" block



17" block



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## EAT RIGHT WHEN MONEY'S TIGHT

*Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes*

### Shop SMARTER!

#### BEFORE Shopping

- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card** at your local supermarket.

#### PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

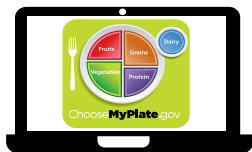
#### DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-websites/using-nutrition-facts-labels>.
- ▶ **Check “sell by” or “use by” dates.** Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



#### AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



#### MORE TO EXPLORE...

*MyPlate Healthy Eating on a Budget:* <http://www.choosemyplate.gov/healthy-eating-on-budget.html>

*Basic Nutrition for Everyone:* <http://snap.nal.usda.gov/basic-nutrition-everyone>

*What's Cooking? USDA Mixing Bowl:* <http://www.whatscooking.fns.usda.gov/>

# Seniors Writing for Seniors

## “No Place Like Home” by Brett Castilleja

When one sees a picture of Bandera from thirty years ago and compares it today they can not deny how much the town has changed. With a growing number of “outsiders” from places such as Helotes and San Antonio moving here, Bandera seems like it has no other choice but to expand. What once used to be a few buildings and a single traffic light on main street has continued to expand in all directions, little by little.

Two people who remember this version of Bandera like it was yesterday are Ruth and Lynn White. They first moved here over 30 years ago, and while they may not have planned on staying for so long, they could not help themselves as they loved the atmosphere of Bandera so much. They decided to stay. Their journey begins along the coast in the Corpus Christi area. When bad weather was about to wreak havoc on the area in the 1970s, they decided it was best to move while they still had a chance.

When Ruth and Lynn first moved here they were surprised at how friendly the locals were and the slow atmosphere of the area. Compared to the coastal cities that had a very fast and at times overwhelming feel to them, this was a welcome change. Having both worked in education when living on the coast, they started working for BISD. Ruth was an elementary teacher for the 2nd grade and Lynn went into coaching for the school system. For them both it was a little challenging, considering how little time they had together due to Lynn continuously working on coaching not just one but four different sports (football, track, tennis, and softball). Yet they did not mind it because at the end of the day they both were happy and content with their jobs, house, and lives in general. To them there was not much more you could ask for besides those things to create about as perfect of a life as you can.

One of the best perks of Lynn working as a coach was the children he got to meet and their parents. In fact, Lynn was so beloved by his players that if he even mentioned that over the weekend he was going to be busy building a fence, half the team would show up with shovels and hammers, ready to work for him. The kids did not go without fair payment, though, as Ruth would come out with pizza and hot dogs. And since the Whites lived along the river, the kids would spend all day swimming and stuffing themselves full of food. Another way Lynn would show appreciation for his players and help them

out was letting them spend the night and giving them rides to games and track meets since not all of them would be able to make it to the events otherwise. And of course, all these parents appreciated the Whites for their hospitality and generosity.

The Whites did not stop there to help the kids of the community either. When Ruth had the opportunity to create a church group for kids she pounced on it. Ruth created the “Teens for Christ” group for all the kids they knew and cared for. It brought about a great new feeling for Ruth and Lynn. They both were truly and personally helping shape the growing community in Bandera.

For them it is shocking how much Bandera has changed. To see it grow from that one street light and a couple buildings on not even a quarter mile of road to an ever growing city has been an amazing experience for them, especially with how, now, every single kid and team member they knew and cared for growing up is now all grown up themselves and remembers the old days. It might take Lynn an extra 20 minutes to buy groceries because one of those many kids or parents recognizes him, but he does not mind one bit. It is always nice for him to remember the good old days and reminisce with everyone. As for Ruth, she thinks it nice to see the town grow. To her it does not matter how many people move here because deep down Bandera culture is rooted in the people and community.

When they both retired in 2005 it was an adjustment for them, for sure. No more coaching, teaching, or even bus driving. They had all the time in the world for each other as far as they were concerned. To them it was the best thing they could have ever asked for because they were able to reconnect all over again with each other. With this new found time for each other it reinforced something they always knew deep down after nearly 50 years of marriage. While Bandera might indeed be the place for them, it doesn't matter where they live so long as they have each other. And that is a lesson we can use in life.

They had two daughters and are so pleased that their daughter Becky Kothmann is teaching in Bandera. Now Lynn and Ruth get to enjoy Bandera life through the eyes of grandparents as they watch their grandchildren Carson and Brooks grow up in the town they love so much. 6



# Wearing Of the Green Skies *by Mikie Baker*

Sometimes you can pack just too much excitement into a day. Take this St. Patrick's Day for example. Not only was it corned beef and cabbage time, Spring Break kicked in plus we had out of town guests. And then, of course, we had the tornado.

It all started out fine. The Teenage Eating Machine was in monster brat Spring Break mode with Best Medina Buddy attached to his hip. Then there were the house guests; Chicken Sister George and her granddaughter My Little Eva.

You know how it is when you have house guests coming. You clean up your entire abode perfectly so it looks like an issue of *Better Homes and Gardens*. I even spent a whole day cleaning out the garage. What I should have done was clean out the closets.

Once the car was unloaded and my clean house was trashed, the kids headed out to the fort and trampoline to "hang." We sane adults sat on the front porch with our beverages of choice. Dearly Demented Mom was firmly planted in the living room enthralled with another lively re-run of *Murder She Wrote*. The corned beef and cabbage was simmering on the stove.

Suddenly the wind picked up. The skies turned a St. Patrick's Day shade of green. Next the cable went out so I knew a big storm was coming. I headed off to warn the kids about the impending thunderstorm. Best Medina Buddy piped up, "I know. Haven't you heard the tornado siren?"

As we kicked into alarm mode, we resembled a bunch of leprechauns dancing a jig. I flipped on the weather radio and heard that a tornado was bearing down on us.

We gathered in the living room to devise an emergency plan. We ordered the kids into the bathroom tub and covered them with pillows.

You know it had to be a real emergency. How else could two adult women leave two teenage boys alone with a 14-year-old girl in a room with lots of pillows?

Next I wheeled Dearly Demented Mom face first into my closet which, trust me, looked like a twister had already hit. Chicken Sister George hopped in over DDM to entertain her while I ran back and forth frantically listening to the warnings, checking on the kids and making sure all animals were accounted for.

About this time DDM decided to tell Chicken Sister George about the seven foot tall man who was here the last time we had a tornado. (Note: this never happened.) CSG yelled, "DDM's going nuts in here. Bring corned beef for her and wine for me." When I delivered said items they both thanked me and then remarked on how I really did need to clean out my closet.

Suddenly the TV came back on and the panic-driven weather witch announced that the tornado had just missed us. I smiled weakly and asked if everyone would like some nice corned beef and cabbage. Other than DDM, who seemed rather oblivious to the whole thing, I heard a resounding "No!" Seems when your adrenalin gets going, you're no longer hungry.

The Teenage Eating Machine pronounced the whole event as "intense" and Chicken Sister George wanted to know if we had lots of tornadoes here. I assured her that this was very rare. To which she replied, "So what happened to your closet?"

Know what spring cleaning really means? Clean your closets because you never know when your house guests just might need to stay in there. Hopefully when I finally do, I'll find myself a pot of gold.



# Funny Bone

## Old Memories

Two elderly people living in a retirement home near Kerrville, he was a widower and she a widow, had known each other for a number of years. One evening there was a community supper in the big arena at the Clubhouse. The two were at the same table, across from one another. As the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, 'Will you marry me?'

After about six seconds of 'careful consideration,' she answered 'Yes. Yes, I will!'

The meal ended and, with a few more pleasant exchanges, they went to their respective places. Next morning, he was troubled. 'Did she say 'yes' or did she say 'no'?' He couldn't remember.

Try as he might, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to.

Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, 'When I asked if you would marry me, did you say 'Yes' or did you say 'No'?'

He was delighted to hear her say, 'Why, I said, 'Yes, yes I will.' and I meant it with all my heart.'

Then she continued, 'And I am so glad that you called, because I couldn't remember who had asked me.'

## Funny Senior Texting Moments-Senior Texting Codes

Now that we oldies can text, here are some helpful texting ideas. Young people have their acronyms, now seniors have their own texting codes:

- \* ATD - At the Doctor's
- \* BFF - Best Friend's Funeral
- \* BTW - Bring the Wheelchair
- \* BYOT - Bring Your Own Teeth
- \* DWI - Driving While Incontinent
- \* FWIW - Forgot Where I Was
- \* FYI - Found Your Insulin
- \* LOL - Living on Lipitor
- \* ROFL...CGU - Rolling on the Floor Laughing...Can't get Up!
- \* TOT - Texting on Toilet
- \* WWNO - Walker Wheels Need Oil

Hope these help. GGLKI (Gotta Go, Laxative Kicking in!)

How do you  
prevent sagging?  
Just eat till the  
wrinkles fill  
out!





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# Galway Bay Irish Soda Bread By John Cressey-Neely

Preheat oven to 350.

Butter/spray a large black cast iron frying pan –or-  
2 9” cake pans

In a large bowl:

4 cups Flour  
1 ½ tsp. Baking Powder  
2 tsp. Baking Soda  
1 tsp. Salt  
¾ cup Granulated Sugar



*Mix all ingredients together.*

*Add: 2 cups Buttermilk. (lately I have been using only 1 ¾ cups of buttermilk.) Raisins can be added if you wish.*

*Stir with a wooden spoon, as mixture is very thick. Mix until all dry ingredients are incorporated. It will be wet and sticky, but very thick. With a spatula, push all ingredients from bowl to the edges of the frying pan. Do not try to smooth out the top, leave it uneven, as this makes it nice and crusty.*

*Bake 370 degrees for approx. (45) minutes*

## 7 Layer Salad

1 head of cauliflower  
1 head of broccoli  
2 bunches of green onions  
1 head of lettuce  
1 pound of bacon



*Cut up all veggies and layer in a large dish. Cool crispy bacon and crumble between layers all the way to the very top. Add 3 large table-spoons of miracle whip. Add 1 tablespoon of sugar and sprinkle on top. Add 1 tablespoon of apple cider vinegar. Cover bowl and let sit overnight.*

*\*You can also add layers of cheese, egg, tomatoes, cucumbers, corn, or peas, black beans, or black olives.*



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



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**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**



# Silver Sage March 2020

San Antonio Food Bank Distribution  
Wednesday, March 4

803 Buck Creek Dr.  
P.O. Box 1416  
Bandera, TX 78003  
(830)796-4969

## WEEKLY ACTIVITIES

- |                   |                  |
|-------------------|------------------|
| <u>Monday</u>     |                  |
| • Indoor Exercise | 8:00 AM          |
| • Craft & Chat    | 10:00 AM         |
| • Yoga            | 10:00 - 11:15 AM |
|                   | *\$8 per class   |
| • Bingo           | 1:00 PM          |
| <u>Tuesday</u>    |                  |
| • Mexican Train   | 1:00 PM          |
| <u>Wednesday</u>  |                  |
| • Indoor Exercise | 8:00 AM          |
| • Quilting        | 9:30 AM          |
| • Mexican Train   | 1:00 PM          |
| <u>Thursday</u>   |                  |
| • Bridge          | 9:00 AM          |
| • Dominoes/42     | 12:30 PM         |
| • Bingo           | 1:00 PM          |
| <u>Friday</u>     |                  |
| • Indoor Exercise | 8:00 AM          |

## HOW DID I GET THIS OLD AND WHAT DO I DO NEXT?

Wednesday, March 18, at 12:45

### Silver Sage Great Room

The guest speaker will be John Gehring, Attorney at Law.

The topics are Wills, Power of Attorney, Medical Power of Attorney, Right of Survivorship and much more.

This free, informative series is presented by John & Lanette Pennell, Designated Seniors Real Estate Specialists.

If you have an interest in learning to play **Mahjong**, please come on Tuesday afternoons to learn and play! (it is not the same game that is played on the computer)

### Craft & Chat

**Mondays at 10:00 AM**

Bring a craft project to work on while visiting and making new friends.

### Ice Cream & Cake Social

Friday, March 27

12:20 PM

### Birthday Potluck

Tuesday, March 31, 11:30 AM

Bring covered dish to share

**Center Hours:**  
Monday - Thursday  
8:00 am - 3:00 pm  
Friday  
8:00 am - 2:00pm

## Cowboy Capital Opry

First Tuesday

March 3, 2020

Kathy Bauer Broussard

Terri Busic

Doors open at 6:30 pm ~

Music begins at 7:00 pm

Admission ~\$5

Reserved Seats ~\$5

**SOLD OUT**

Call to be on the wait list.

## Thrift Store

Monday thru Friday  
10:00 AM to 3:00 PM

Hwy 16 S

(near Snowflake Donuts)

830-796-3590

Steve Bradley will be available to answer questions about Medicare on Wednesday, March 25, at 12:30. Informal setting.



March 8, 2020

[www.SilverSage.org](http://www.SilverSage.org)

All proceeds from  
Cowboy Capital Opry &  
The Thrift Store  
support Meals On Wheels



# Silver Sage ~ March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Double Crunch Garlic Honey Glazed Pork Chop Spinach Sweet Potato Casserole	3. Garden Spaghetti Cheesy Bread Sticks Salad Dessert	4. Green Chicken Enchiladas Spanish Rice Beans	5. Ham Mac & Cheese Bake Veggie Medley Salad Dessert	6. Fish Sandwich Hush Puppies Veggie Fries
9. Salisbury Steak Mashed Potatoes & Gravy Green Beans Dinner Roll	10. Chicken Cordon Bleu Roasted Tuscan Veggies Salad Dessert	11. Honey Ham Pineapple Casserole au Gratin Potatoes	12. Beef Stroganoff Brussel Sprouts Salad Dessert	13. Hamburger Sweet Potato Fries
16. Taco Skillet Flour Tortillas	17. <b>Happy St. Patrick's Day</b> Corn Beef & Cabbage Carrots Cornbread Salad Dessert	18. Chicken Marsala over Rice Asparagus Parmesan Broccoli Dinner Roll	19. Grandpa's Beef Stew Bread Sticks Salad Dessert	20. Ham Salad on a bed of Mixed Greens
23. BBQ Chicken Baked Beans Texas Potato Salad	24. Susie's Meatloaf Mashed Potatoes Stewed Tomatoes Biscuit ~ Salad ~ Dessert	25. Turkey & Dressing Green Bean Casserole Brussel Sprouts Dinner Roll	26. Chicken Alfredo Italian Broccoli Salad Bread Sticks Dessert	27. Thick & Hearty Ham & Potato Soup Cornbread
30. Chicken Pot Pie Applesauce & Fruit	31. Red Beans & Rice with Ham Hock Cornbread Salad ~ Dessert	 <p><b>AACOG</b> 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>

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

Lunch served  
from 11:30 AM to 12:30 PM  
Please call 796-4969 to make  
lunch reservations before 9:30



All meals will meet  
the 1/3 RDA  
of Federal guidelines



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# MARKET DAYS THE SAN ANTONIO FOOD BANK

## March 4th 2020

To qualify for the Food Bank distribution, you must meet the guidelines to participate. An application must be completed once a year.

Go to [safoodbank.org](http://safoodbank.org) and click Agency Resources, find the Client Intake section, then click "Pantry Family Intake Form B" or ask us to help you!



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**830-796-3003**

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# Get Fit at The Silver Sage!



## **YOGA WITH WILLY - 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 8:30 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. No fee but donations are appreciated.



## REACH THE SENIOR MARKET!

***Would you like to become a sponsor in our newsletter?***

Varying levels of sponsorship gives your company/organization an opportunity to be promoted in a multitude of ways including print advertisements through our monthly newsletter

“The Scoop at Silver Sage:” Website exposure, press releases, as well as a presence through display materials at our facility.

Sponsorship agreements also provide for your company/organization on-site opportunities--an incredible and effective way to connect with your target: the Senior population.

**For more info, contact Karyn Lyn: 830.796.4969**

**You can also view details on our website: [silversage.org](http://silversage.org)**

## 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.



**830-331-8496 VISITINGANGELS.COM**  
**124 E Bandera Rd #406, Boerne, TX 78006**

# HOW DID I GET THIS OLD AND WHAT DO I DO NEXT?

Have you ever asked yourself, “How did I get this old and what do I do next?” This January, a **FREE**, informative series concerning topics for those 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage specialist, senior services, tax consultant and more. The series is set for the **third Wednesday of every month in 2020, 12:45 – 2 pm**. Many questions arise as we live longer and we need answers.

- How do I maintain a good standard of living as I get older?
- Should I age in place? How should my home be modified to accommodate me in the next few years?
- Should I downsize or upsize? If so, where would be the best location for me to live?
- Is a senior’s community right for me?
- What can I do to make sure I can afford to do what I want?
- What are some options to help me finance a move if I so desire?
- What can I do to make sure my wishes are respected and that I make my own decisions concerning my future living arrangements and care?
- What resources are available to help me? Who do I talk to and what will that cost?

Door prizes! Bring your care giver, family members and friends. Hosted by John and Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. 210-844-8549 [lpennell@kw.com](mailto:lpennell@kw.com)

2020 SERIES DATES.....

JAN 15	MAY 20	SEPT 16
FEB 19	JUNE 17	OCT 21
<b>MAR 18</b>	JULY 15	NOV 18
APRIL 15	AUG 19	DEC 16



# THROUGH THE EYES OF A DRIVER

*By Mary Allyce*

March is a significant month for me. I got married in March. My first child was born in March. We lost my dad in March. It feels like a four week model of life itself – crowded with both wonderful and sad memories. It's interesting that the one sad event is bookended by two very happy ones. Choosing what we focus on is always up to us.

I see it clearly on my Meals On Wheels route. Some MOW clients face big life challenges. With others the challenge may not be immediately apparent, but it's there. Regardless of what they're dealing with, what they give me is a smile and a kind word. It's humbling.

You met the client I call "The Christmas Tree Lady" in my December column. She's bedridden, but there's a charming little Christmas tree at the foot of her bed, all decorated and lit up with tiny lights. We always share conversation and since she used to be a MOW driver herself, she's very interested in what's going on at the Silver Sage. I come away with a smile on my face and I've even caught myself humming a few bars of "Deck The Halls" well outside of December.

One stop is at the home of a 90 + year old veteran of three different branches of the United States military. He has limitations, but he's sharp as a tack and has interesting commentary on the latest news. When we brought books to clients who enjoy them, he met me on the porch of his house with a big bag of books of his own to bring back to the Silver Sage. To no surprise, Louis L'Amour was an obvious favorite. This client always provides a feel-good moment with his quiet dignity, intelligence, and good humor. Another client insisted I accept a pair of earrings because, "They will look so pretty with your blouse." Then there are the dogs. "Snoopy", a large, rather portly pointer, greets me with lots of vocalizing, tail wagging, and a ladylike appreciation for the dog treats I carry with me. "Charlie", a small, fluffy guy with a big bark, no longer barks a warning. He just wags and waits patiently for his treat. "Duchess" the dachshund has clearer priorities. She pushes her way to the front of the doorway, at which point I say to her amused owner, "I have your meals, but first things first." Ms. Duchess then snatches her treat and takes off with it. The dogs are pure fun.

Earlier I said you can chose the way you look at life. My MOW clients have shown me how to look at whatever life throws at you with grace. They lift me up with smiles, with admonitions to "Be careful out there", with compliments, and enthusiasm for our visits that energize me.

MOW is one of the best ways to serve your community and renew yourself at the same time. There's always need for drivers and helpers and don't forget the separately funded MOW For Pets. The puppies & kitties are grateful, too! HAPPY ST. PATRICK'S DAY!

TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

*True Value*®

1002 Main St, Bandera, TX 78003 - [banderatruevalue.com](http://banderatruevalue.com)

Veterans 10% discount Every Thursday

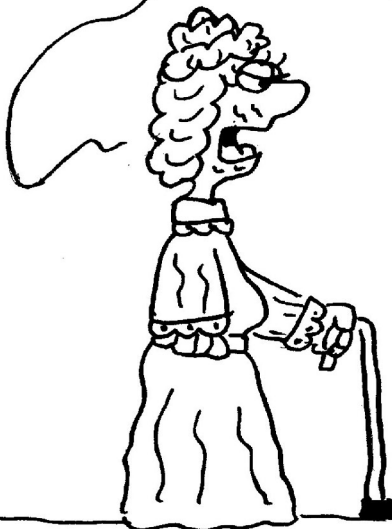


8950 FM1283, Lakehills, TX 78063 - [lakehillstruevalue.com](http://lakehillstruevalue.com)

Veterans 10% discount Every Tuesday

WHY ARE YOU  
SO MAD AT YOUR  
HAIR?

IT'S MARCH!



HINT: THROUGH THE  
LOOKING GLASS.

DENNIS ALLEN 2-25-20



***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 nonprofit 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.*





# Spotlights at SILVER SAGE





*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**