



Our Silver Sage Thrift Store is **CURRENTLY CLOSED** 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



Senior Living/Small House Community Project FAQ Page 23
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MONTHLY MENU
 Page. 13



BANDERA COUNTY

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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

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

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SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
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WWW.SILVERSAGE.ORG
The Center is closed until further notice.



» p.19

Through the Eyes of a Driver, by Mary Allyce



» p.10

- ## WHAT'S INSIDE
- Food & Safety** Cover all four bases in keeping your refrigerator clean and organized, helping to minimize food spoilage and reduce your risk of food-borne illness.
 - Summer Recipes**...while you are at home self-quarantining, what better time to bake some Apple nut cake or marinate a 3 Bean Salad delight!
 - Word Scramble:** Like a brain twister? Try unscrambling these words from around the world!



» p.24



» p.13

Check out our Monthly Menu!

*Our Mission:
Enriching Life For Seniors*



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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

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Silver Sage Thrift Store (830) 796-3590

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Cover All Four Bases To Avoid Foodborne Illness

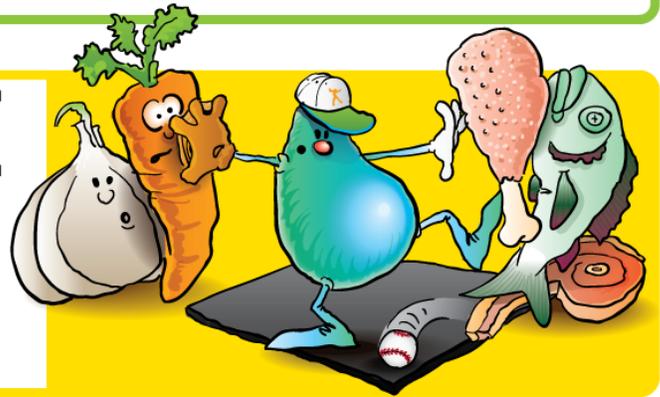


CLEAN

Your hands, tools, and food preparation area should all be clean before you cook.

SEPARATE

Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.



COOK

Cook to proper temperature and serve hot: Don't stay in the danger zone!

Cook your food completely and make sure it reaches the proper temperature before eating. Use 165° for leftover re-heating. Avoid the danger zone between 40° and 140°F. See foodsafety.gov for the USDA safe meat temperature guide.

Chill quickly: Don't be in the danger zone! **CHILL**

Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 40F.





HOMEMADE
peanut butter
DOG TREATS



The Easiest Homemade Dog Treats Ever – Simply mix, roll and cut. Easy peasy, and so much healthier than store-bought!

DIRECTIONS:

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside. In the bowl of an electric mixer fitted with the paddle attachment, beat pumpkin puree, peanut butter and eggs on medium-high until well combined, about 1-2 minutes. Gradually add 1.5 cups flour at low speed, beating just until incorporated. Add an additional 1/4 cup flour at a time just until the dough is no longer sticky. Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to 1/4-inch thickness. Using cookie cutters, cut out desired shapes and place onto the prepared baking sheet. Place into oven and bake until the edges are golden brown, about 20-25 minutes.* Let cool completely. You can add a tbsp of turmeric to help with elderly dogs that have inflammation.

**Baking time will vary depending on the size and thickness of the treats. Serving size will also vary depending on the desired shapes and cookie cutters used.*



It's a Mad, Mad World *by Mikie Baker*

Dearly Demented Mom has turned it up a notch.

Lately, she's become a bit more demented. Not to worry – she's having a ball. As for me? Maybe it's time to strut into my doctor's office and demand a pill for dementia...not one that will prevent it, but one that will give it to me. Then I can join in all the fun.

What can be fun about this life-ending disease? Frankly, quite a lot. Just look what DDM can do:

Say Anything You Want with No Consequences

The other night we were watching the Olympics. There was a young girl from a Russian-speaking Eastern block country who was twirling away. When she was done with her routine, she hugged her teammates and then sat on the bench to await her score. Admittedly, she had a face that only a Russian mother could love but that's just not normally what one would mention.

DDM: "Are we watching the Special Olympics now?"

ME: "No, Mom, this is the regular Olympics."

DDM: "It can't be. I mean, look at that little girl. She sure looks like one of those 'special' kids to me."

See what she can get away with?

Have Visitors Over on a Moment's Notice

Frankly, I think we need an addition on the house. It's become way too crowded in here with all DDM's imaginary friends.

DDM: "Well, several people. I just finished talking to Margaret Bossie."

ME: "Really? How's she doing?"

DDM: "Oh, she's still in the hospital because they can't figure out what's making her crazy."

ME: "Could it be you?"

DDM: "And then I've been talking to these two girls. One of them knows more about sex than I do."

ME: "Is her name Heidi Fleiss?"

But the very best of all is our latest development:

Date the Perfect Man

A few days ago I walked into the living room and Dearly Demented Mom was sporting a girlish grin.

ME: "Mom, what's up? Why are you grinning from ear to ear?"

DDM: "That's what love will do to you!"

ME: "You're in love?"

DDM: "Yes!"

ME: "Really? What's his name?"

DDM: "I don't know."

ME: "Well, what does he look like?"

DDM: "I don't know."

ME: "You've never seen him?"

DDM: "No, he lives on another planet."

ME: "Another planet?"

DDM: "Yes – the Lost Planet. Have you ever heard of the Lost Planet?"

ME: "No, but I'll Google it. Maybe I can find a man too."

Come to think of it, if that's really that simple to find a man, I'm heading straight to the nearest spaceship that's headed to Mars. Seems I read somewhere that's where men are from.

To top it all off Gone Country Martha dropped by recently. She said hello to DDM who looked up and replied, "Hi Mom!" Great. GCM can do anything including be my grandmother. You suppose I could convince Gone Country Martha to take Mom home?

I'm not sure what will come out of DDM's mouth next, but whatever it is, I'm certain it'll keep us both laughing her all the way to heaven. By the way, if you happen to run into a single man that's out of this world, go ahead and give him my number.

Spreading laughter throughout the world...one chuckle at a time. God Bless DDM.



Funny Bone

OLDIES BUT GOODIES

Some hit songs of the 60s and 70s are being revised with new lyrics to accommodate aging baby boomers. They include:

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 GrapeNuts

Procol Harum: A Whiter Shade of Hair

Leo Sayer: You Make Me Feel Like Napping

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" 8 she cried, "\$150 just to tell me my duck is dead!"

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Apple Nut Cake By Kay Williams (Charles Williams' Wife)

4 cups raw apples, peeled, cored, and cut
2 cups sugar
1 cup oil
3 cups flour
1/2 tsp salt
1 cup chopped nuts
2 eggs beaten
2 tsp vanilla
2 tsp soda



Combine raw apples & sugar, let stand 30-45 minutes. Add other ingredients, mix well, and bake. Have icing ready when the cake is baked.

Broiled icing:

1 stick of butter
1/4 cup milk
1 cup chopped nuts
1 cup brown sugar
1 cup shredded coconut

Combine ingredients, spread on cake and put under the broiler until toasted brown.

Marinated 3 Bean Salad by Charlene Gorby

Yield: 4 servings

1 can lima beans or garbonzo beans (8.5 ounce)
1 can cut green beans (8 ounce)
1 can red kidney beans (8 ounce)
1 onion (medium, thinly sliced and separated into two rings)
1/2 cup bell pepper (chopped sweet green)
8 ounces Italian salad dressing -or- vinegar and sugar mixture.

Drain the canned beans. Peel and slice the onion and separate into rings. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper. Pour the Italian dressing over the vegetables and toss lightly. Cover the bowl and marinate in the refrigerator for at-least 2-3 hours, preferably overnight.

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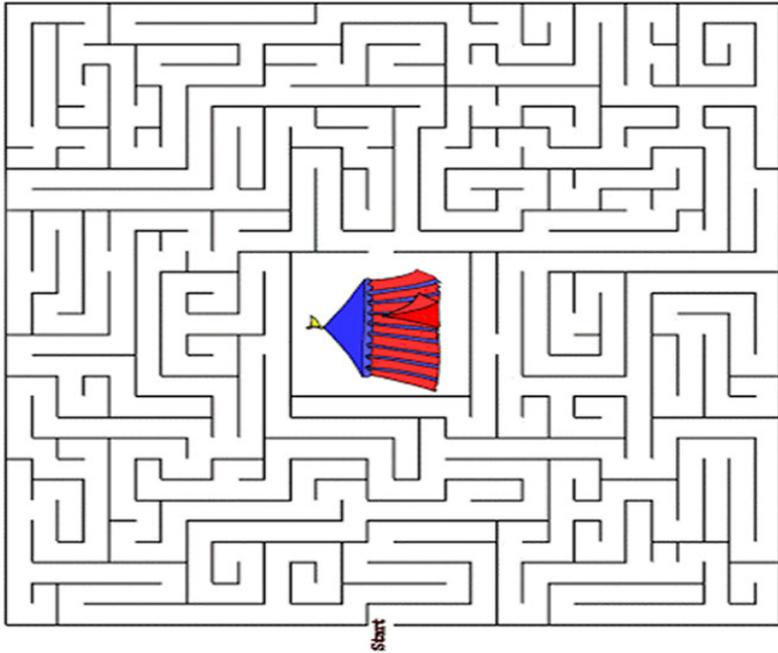
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May 2020
Memorial Day

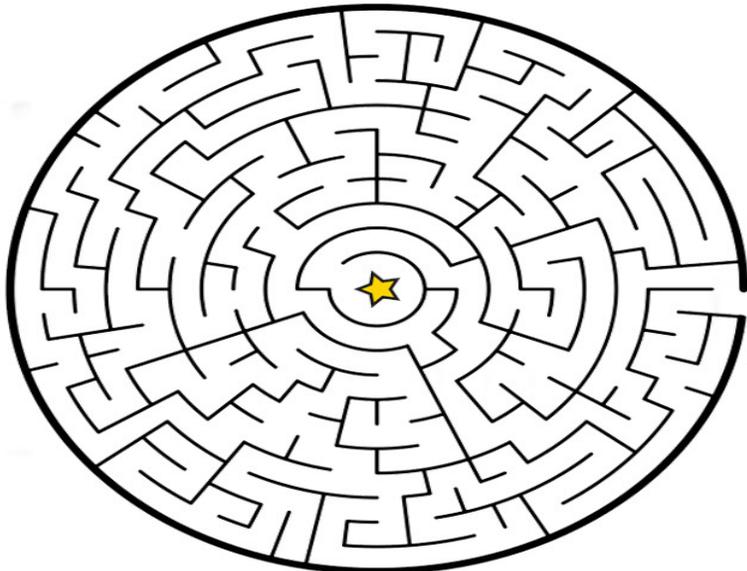
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Silver Sage ~ May 2020

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4. Au 'gratin Potatoes w/Ham Squash Casserole Pears	5. Chicken Enchiladas Spanish Rice Refried Beans	6. Pizza Casserole Garlic Bread Chef Salad	7. Chicken Crunch Baked Broccoli Mediterranean Potato Salad	1. Chili Dogs Tater Tots
11. BBQ Chicken Ranch Style Beans Sweet Corn	12. Breakfast Bake with Biscuit & Jelly	13. Garden Spaghetti Breadsticks Chef Salad	14. Red Beans & Rice with Sausage Stewed Tomatoes	8. Turkey Salad on a bed of Mixed Greens
18. Salisbury Steak Mashed Potatoes & Gravy Almond Green Beans	19. Grilled Cabbage & Onions with Applewood Smoked Chicken Sausage Applesauce	20. Shepard's Pie Chef Salad	21. Broccoli Cheese Chicken Hominy Bread	15. Chicken Salad on a bed of Spring Mix
 MEMORIAL DAY CLOSED	26. Beef Stroganoff Brussel Sprouts Sweet Potato	27. Asian Chicken Stir Fry Rice Chef Salad	28. Meatloaf Oven Roasted Potatoes Creamed Corn	22. Breaded Fish Strips Sweet Potato Fries Cole Slaw
				29. Spinach & Ham Quiche

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Countries of the World

Word Scramble



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2. cioemx _____
3. zarbil _____
4. hcian _____
5. ainid _____
6. adnaac _____
7. tgfaisaahnn _____
8. nartegina _____
9. gedlna _____
10. trueky _____
11. ocbdmaia _____
12. cdeilna _____
13. afrcne _____
14. eknya _____
15. helci _____
16. naeetlshnrd _____
17. ornyaw _____
18. eiringa _____
19. wdseen _____
20. pjaan _____

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For more info, contact Karyn Lyn: 830.796.4969

You can also view details on our website: 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.



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Answers to Word Scramble: Denmark, Mexico, Brazil, China, India, Canada, Afghanistan, Argentina, England, Turkey, Cambodia, Iceland, France, Kenya, Chile, Netherlands, Norway, Nigeria, Sweden, Japan.

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THROUGH THE EYES OF A DRIVER

By Mary Allyce

We've been at this Stay At Home/Social Distancing/Mask Wearing/Washing Your Hands business for over a month now. It should be getting easier. It's not. Building wardrobes of day pajamas versus night pajamas, trying way too many new comfort food recipes, binge watching anything that strikes our fancy, sharing that quality time with family we've always wanted – I'm sorry, but it's all gotten really old.

It has been fun watching folks wearing masks approaching supermarkets, restaurants, and banks without suspicion. Here in Bandera County with all the western hats, boots, and open carry, a bandana mask might be cause for pause – if there were stagecoaches in the parking lots instead of cars and trucks and if it was 1820 instead of 2020. But it is 2020, and only a scant month since my last column. Really. I looked at a calendar and counted the days, which are getting longer and I'm not talking about Daylight Saving Time.

Like the song says, "Time keeps on slippin', slippin', slippin', Into the future. . ." (Fly Like An Eagle ©) Who said time is relative? It's not. It's all too tangible. And slow. We're all a little stir crazy.

Most of us fully understand the potential severity of this virus and the need for complying with a level of precaution. Here at the Silver Sage we take temperatures on arrival, wear masks and gloves, changing gloves between each Meals On Wheels delivery, and maintain proper distancing. What's tough is not being able to interact with the clients like we used to – the "huggers" especially. It's a small, if sad, price to pay to keep us all as safe as possible and help "flatten the curve". There's another phrase none of us knew in January! I'm not sure about curves on a graph, but I'm going to need to flatten some curves on me when we come out of this. A friend who is a personal trainer offered this tip the other day: "If you wear your jeans 5 days in a row, they get all baggy and it looks like you're losing weight." We all laughed, but I'm betting we'll try it!

Here's a thought. Those of us putting on a few pounds obviously have plenty to eat. For those who do not, there is the Silver Sage and its dedicated staff and volunteers, our generous community and businesses who have kept the pantry stocked, meals prepared, groceries delivered, masks sewn – everyone who jumped in, filled in the gaps and kept those in need fed. While we champ at the bit waiting for restrictions to lift, the need for community caring and sharing is not going anywhere. So rest up while you can. Eat that casserole. Finish that book. Watch Tiger King, if you must. As we ease out of this required isolation, your time and energy will be needed.

See you next month. Stay safe. Stay well.

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6. Olive Oil
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Olive oil may lower the risk of cardiovascular diseases and heart attacks.



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!





Sorry...
**TEMPORARILY
 CLOSED**

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.*

10 tips

Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. [Learn which liquids are better choices.](#)



2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to [make mealtimes pleasing.](#)



3 plan healthy meals

Find trusted nutrition information from [ChooseMyPlate.gov](#) and the [National Institute on Aging](#). Get advice on what to

eat, how much to eat, and which foods to choose, all based on the [Dietary Guidelines for Americans](#). Find [sensible, flexible ways to choose and prepare tasty meals](#) so you can eat foods you need.

4 know how much to eat

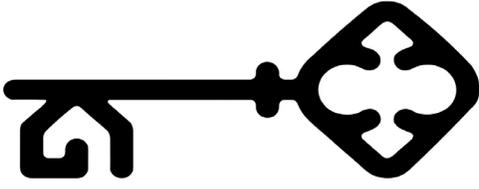
Learn to recognize [how much to eat](#) so you can control portion size. MyPlate's [SuperTracker](#) shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of [different colored vegetables](#) to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



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