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See more on page 22



Senior Living/Small  
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Project Page 24  
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**MONTHLY MENU**  
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VOL. 1 ISSUE 12 WWW.SILVERSAGE.ORG OCTOBER 2020

BANDERA COUNTY

THE SCOOP AT

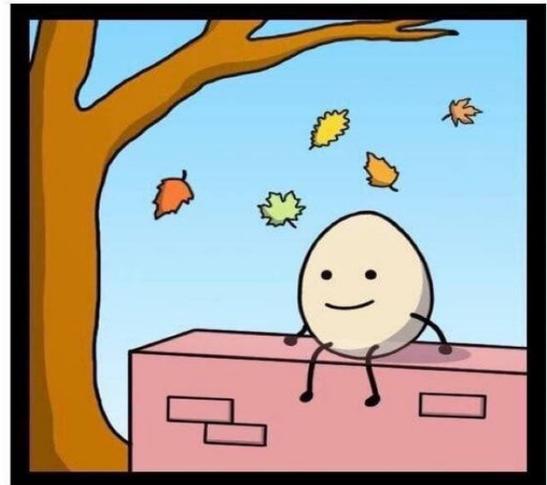
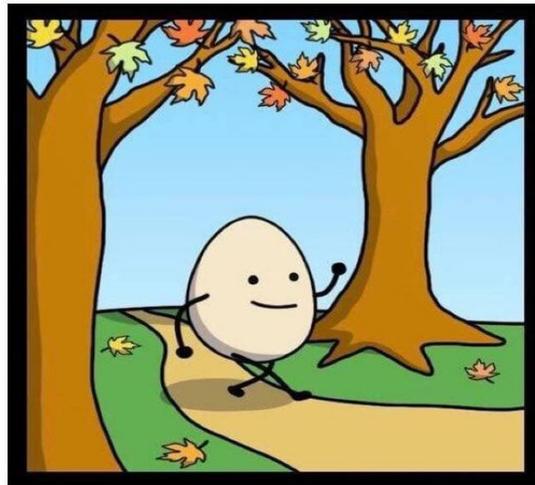
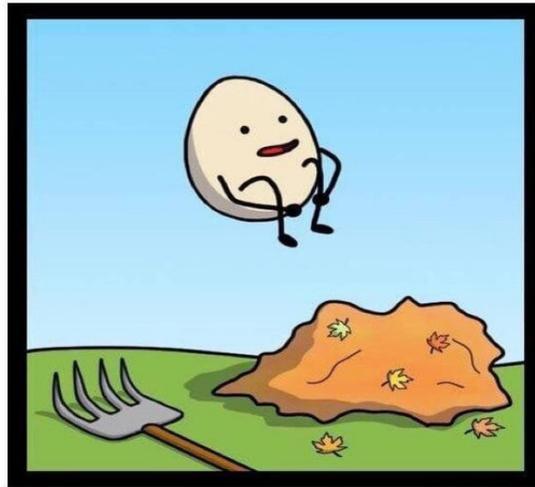
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### Community Volunteering

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.**



Humpty Dumpty had a great fall

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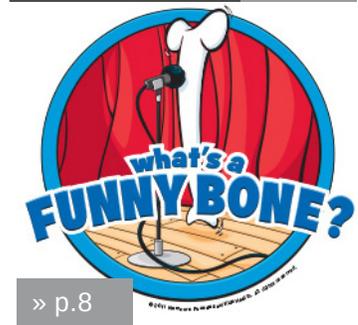


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**NUTRITION, HEALTH &  
WELLNESS**



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**Featured  
Recipe:  
Roasted  
Pumpkin  
Soup**

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**Check out  
our  
Monthly  
Menu!**

## HOURS:

SILVER SAGE HOURS:

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FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

**WWW.SILVERSAGE.ORG**

**Currently closed due to Covid-19**

## WHAT'S INSIDE

5. **Article Sponsored by Alamo Hospice:**  
Make a "PLAN" to cope with loneliness during uncertain times.
6. **Mary Allyce gets us ready for Fall:**  
*"Carving my pumpkins puts me in a happy fall mood. The colors, crisper temperatures, yes, even the pervasive aroma of the yearly infusion of pumpkin spice everything are particularly welcome this year."*
19. **Halloween Trivia:** Do you know who famously died on October 31, 1926? Or, what the significance of seeing a spider on Halloween is?

*Our Mission:*

*Enriching Life For Seniors*

VISIT WEBSITE BELOW FOR UPDATES

# COVID-19

[www.dshs.texas.gov/coronavirus](http://www.dshs.texas.gov/coronavirus)

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**Happy**

**HOWL-oWeen!**

# Coping with Loneliness During Uncertain Times

By Monica Zuniga, with Alamo Hospice and Alamo Supportive Care

Best way to beat loneliness during these trying times is to P-L-A-N. Planning will help beat the loneliness by keeping us in a routine and is a great way to pass the time, especially if we fill it with things that we enjoy and can look forward to. So be sure and P-L-A-N as follows.

P-L-A-N



**P – “Pick up the phone”** and call a friend or family member. Make an effort to connect with others as much as possible. Also *PLAN* to do activities with them as you feel comfortable.

**L – Learn something new.** Now is the perfect time to learn about technology because it can not only be a great way to connect, but also be a good source of information. Find out about meeting sites like Zoom and Google Meet to set up meetings with friends. Also, you may consider taking up a new hobby such as fishing, gardening, completing jigsaw or crossword puzzles, scrapbooking, drawing, knitting, learning golf or dance, or joining an on-line class like yoga.

**A – Ask for help** when you need it. You can talk to a friend, counselor, or even call your local senior center, like the Silver Sage here in Bandera. They can connect you to resources and point you in the right direction.

**N – Nourish yourself** – mind and body. Try to focus on things that are positive in your life – count your blessings and try not to compare yourself to others. Everyone is on their own journey with their own blessings and challenges. Maybe write down every day three things for which you are thankful. Be sure to eat a nutritious diet, get plenty of sleep, exercise regularly, and relax when needed.

*For more information on how to beat loneliness, feel free to reach out to me at 830-388-9101. I am also available to help connect you to resources you may need.*

# THROUGH THE EYES OF A DRIVER

By Mary Allyce

Ah, October! My favorite time of year. This year it's not just because we're winding down 2020, "Anus Horribilis", as Queen Elizabeth once referred to a particularly bad year for her. It's not because the United States and I, as a lowly and exhausted enumerator, limp toward the conclusion of another Decennial Census counting our population. It's not just because the weather is cooler and the days draw us toward Thanksgiving and Christmas.

I'm already getting ahead of myself. Long before there's a turkey on the barbecue pit or in the fryer or oven, my October tradition has been to pull out an old, reliable Halloween witch outfit, grab the knives and attack a couple of pumpkins. A triangle here, a triangle there, a crooked pointy toothed mouth, a candle to light the inside and we were in business.

That's also how I and my boys attacked and carved for years until I came across the Bardeen Family, arguably the first family of pumpkin carving. Turns out the patriarch, Paul Bardeen, an engineer by trade was concerned in the early '40's about his kids wielding knives to make Jack o' Lanterns. He devised small, safe tools and a technique for carving wonderful, intricate patterns on pumpkins. I saw one of his pattern books with a set of tiny tools in a grocery store in the '80's and was hooked. Every year for the last 40 years I've hauled out my little carving saws and pointy little pokers with plastic handles and carved a pumpkin from a Bardeen pattern book.

Some are simple variations on the standard triangle eyes and snaggle toothed mouth, but I've also carved a witch on a broom, the Headless Horseman, a cat, a face defined by

flames - whatever strikes my fancy. Are they as perfect as the pictures in the books? Silly question. Of course not, but in a dark room with a candle flickering inside, they look pretty darn good!

They might even ward off Stingy Jack, the Irish bad boy who tricked Satan and inspired the Jack O' Lantern myth. I'm positive they look a lot nicer than the original carved turnips, potatoes, or magel wurzels, a type of beet with a name spooky enough to keep scary spirits at bay on its own. When the Irish immigrated to the U.S. they discovered pumpkins were easier to carve, a lot prettier, and the New World tradition was born.

Carving my pumpkins puts me in a happy fall mood. The colors, crisper temperatures, yes, even the pervasive aroma of the yearly infusion of pumpkin spice everything are particularly welcome this year. It's important to take joy in the small things, even grinning pumpkins!

Happy October,  
y'all.



\*\*News flash - the Census Bureau just announced it will continue the Decennial through October by court order. Please make sure you're counted - it's important for the Silver Sage, all of its programs like Meals On Wheels and Food Bank distributions and our entire Bandera community!

# HALLOWEEN

Spot the twelve differences





# Funny Bone

## \$50 Dollars, is \$50 Dollars!

Morris and his wife Esther went to the state fair every year, and every year Morris would say, “Esther, I’d like to ride in that helicopter”.

Esther always replied, “I know Morris, but that helicopter ride is 50 dollars -- and 50 dollars is 50 dollars”.

One year Esther and Morris went to the fair, and Morris said, “Esther, I’m 85 years old. If I don’t ride that helicopter, I might never get another chance.”

Esther replied, “Morris, that helicopter is 50 dollars -- and 50 dollars is 50 dollars”.

The pilot overheard the couple and said, “Folks I’ll make you a deal. I’ll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won’t charge you! But if you say one word, it’s 50 dollars.”

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said, “By golly, I did everything I could to get you to yell out, but you didn’t. I’m impressed!”

Morris replied, “Well, to tell you the truth, I almost said something when Esther fell out, but you know -- 50 dollars is 50 dollars.”



**“When you are dissatisfied and would like to go back to youth, think of Algebra.”**

- Will Rogers

## My Favorite Things (Parody)

To be sung to the tune of  
“My Favorite Things”

Botox and nose drops and needles for knitting, walkers and handrails and new dental fittings, bundles of magazines tied up in string,

These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses, Polident and Fixodent and false teeth in glasses, pacemakers, golf carts and porches with swings,

These are a few of my favorite things.

When the pipes leak, When the bones creak, when the knees go bad,  
I simply remember my favorite things, and then I don’t feel so bad.

Hot tea and crumpets and corn pads for bunions, no spicy hot food or food cooked with onions, bathrobes and heating pads and hot meals they bring,

These are a few of my favorite things.

Back pain, confused brains and no need for sinnin’, thin bones and fractures and hair that is thinnin’, and we won’t mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache, when the hips break, when the eyes grow dim,  
Then I remember the great life I’ve had,  
And then I don’t feel so bad.

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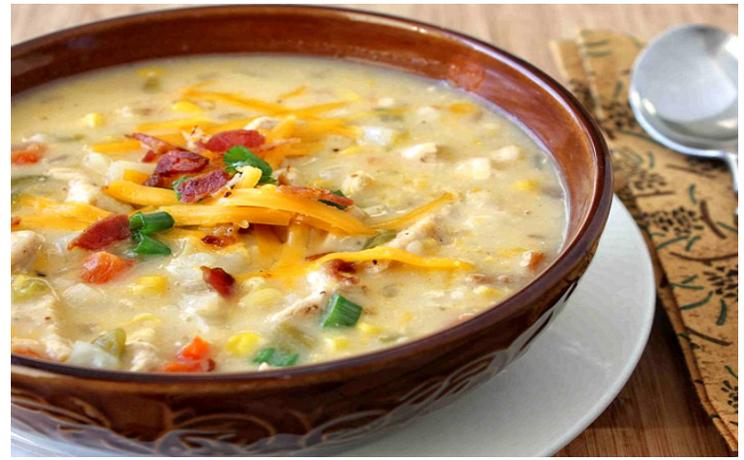
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## ROASTED PUMPKIN SOUP

1 (3-pound) sugar pumpkin, halved, seeded and quartered  
2 red bell peppers, quartered  
1 Granny Smith apple, quartered and seeded  
6 fresh thyme sprigs  
4 tablespoons olive oil, divided  
Kosher salt and freshly ground black pepper  
3 cloves garlic, minced  
1 large sweet onion, chopped  
4 cups vegetable stock  
6 fresh sage leaves  
1/2 cup heavy cream  
3 tablespoons pepitas

### DIRECTIONS:

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Place pumpkin, bell peppers, apple and thyme in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 45-50 minutes, or until pumpkin is fork-tender, stirring at halftime; let cool, then remove skins.\*

Heat remaining 2 tablespoons olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in pumpkin, bell peppers, apple, vegetable stock and sage.

Bring to a boil; reduce heat and simmer until vegetables are tender, about 5-10 minutes. Puree with an immersion blender. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.

## POTATO CORN CHOWDER

2 slices thick cut bacon diced  
1 medium onion diced  
1 stalk celery sliced  
1 teaspoon minced garlic  
1 teaspoon salt  
1/2 teaspoon dried thyme  
1/4 teaspoon black pepper  
3 cups low sodium chicken broth  
4 medium potatoes diced  
3 cups fresh or frozen corn  
3/4 cup whole milk or cream  
2 tablespoons corn starch  
cheese, green onions, bacon bits for topper.

### DIRECTIONS:

In a large soup pot over medium-high heat, cook bacon until browned.

Add onion and celery, cooking and stirring until the onion starts to brown. Add garlic, salt, thyme and pepper and cook 1 minute.

Stir in broth, scraping the bottom of the pot to remove any browned bits.

Add potatoes and corn. Stir, bring to a simmer, and reduce heat to medium.

Cover and cook for 15-20 minutes until potatoes are tender. Reduce heat to low.

Combine milk and corn starch and gradually whisk into soup mixture, a little at a time, until thickened slightly.



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



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# Peach Cobbler Oatmeal

## Ingredients:

Makes: 4, 1 cup servings

- 2 cups Old Fashioned Oats
- 1 cup 1% Milk or Milk Alternative
- 2 Tbsp Honey
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1 Peach, Chopped

Photo Credit: <http://www.hungry-girl.com/recipes/peach-pie-overnight-oats>

Recipe taken from: <https://boysahoy.com/peach-cobbler-oatmeal/>



## Method:

1. In a medium sized bowl, add the oats and milk and stir together.
2. Microwave for 1 minute and 30 seconds until oats are soft.
3. Add in the honey, spices, and extract. Stir to combine.
4. Fold in the hopped peaches and serve!
5. Can garnish with yogurt if desired.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 1mcg	<b>4%</b>
Calcium 104mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 317mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Tips on Peaches

*This institution is an equal opportunity provider.*



### How To Store:

Store at room temperature until ripe, then refrigerate.



### How To Use:

Can use in salads, parfaits, and baking.



### Health Benefits:

Vision, immunity, heart health & lowers the risk of some cancers.

# Happy Halloween Silver Sage ~ October 2020 *Trick or treat*

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>AACO</b> Alamo Area Council Of Governments	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services</small> Alamo Area Council of Governments	 <b>PETERSON</b> <b>HEALTH</b>	1. BBQ Chicken Ranch Style Beans Potato Salad Dessert	2. Hearty Beef Stew Cornbread
5. Cheese Steak Brown Gravy Hominy Green Beans	6. Breakfast for Lunch Eggs, Bacon, Sausage Biscuit with Gravy Jelly	7. Monterey Chicken Brussel Sprouts Chef Salad	8. Corned Beef with Cabbage Wedge Carrots and New Potatoes Dessert	9. Chicken & Dumplings Creamed Corn
12.  <b>CLOSED</b> Happy Columbus Day	13. Chicken Strips with Gravy on the Side Tater Tots	14. Meatloaf Mashed Potatoes & Gravy Green Bean Casserole	15. Sautéed Ham & Pineapple Cheesy Cheddar Broccoli Casserole	16. Spinach & Ham Quiche Toast Honey
19. Chicken Fried Steak Mashed Potatoes & Gravy Carrots	20. Salmon Patties Buttery Egg Noodles Brussel Sprouts Fresh Apple & Fruit Salad	21. Bruschetta Chicken Sautéed Squash Mac & Cheese Large Broccoli Salad	22. Breaded Pork Chop with Gravy Rice & Corn Greens & Dessert	23. Chili Mexican Cornbread Muffins Cream Cheese Stuffed Sweet Peppers
26. Hamburger Steak Twice Baked Potatoes Black Eyed Peas	27. Creamy Tuscan Garlic Chicken Veggie Medley Sweet Potatoes Dessert	28. Beef Tips w/Mushroom Gravy over Egg Noodles Yorkshire Pudding Roasted Cherry Tomatoes Large Creamy Cucumber Salad	29. Chicken Strips Waffle Fries Creamed Corn	30. Ghoououlash 

**Joyce D. Lamilla, LD**  
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**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.



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# TRIVIA



## HALLOWEEN TRIVIA

1. What does the word 'Hallow' in relation to this holiday mean?
2. How do pumpkins grow?
3. Is a pumpkin a fruit or vegetable?
4. In which country did Halloween originate?
5. From which words did 'bonfire' originate?
6. Out of which vegetable were Jack O' Lanterns originally made?
7. Every Halloween, Charlie Brown helps his friend Linus wait for what character to appear?
8. Who wrote the novel Frankenstein?
9. What is the significance of seeing a spider on Halloween?
10. Who is said to haunt the White House Rose Garden?
11. Pumpkins can be orange, white, green, or what other color?
12. Complete this lyric from the hit Halloween song The Monster Mash:  
"I was working in the lab, late one night..."
13. What's the color order of a piece of candy corn, from the base to the point?
14. Who famously died on October 31, 1926?
15. How did the Charleston Chew bar get its name?

**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**

## **HALLOWEEN TRIVIA ANSWERS:**

1. Saint 2. On a vine 3. Fruit 4. Ireland 5. Bone and Fire 6. Turnips 7. The Great Pumpkin 8. Mary Shelley 9. It is thought to be the spirit of a loved one watching over the person who finds the spider. 10. First Lady Dolly Madison 11. Blue 12. "When my eyes beheld, an eerie sight." 13. Yellow (base), orange (middle), and white (top) 14. Master magician Harry Houdini, although his death was initially considered a hoax by many. 15. The Charleston Chew was invented in 1922 at the height of the Charleston dance craze and owners of the Fox Cross capitalized on its popularity.

## **HELP YOUR NEIGHBORS**

**Make an effort to check on those around you, especially if they are vulnerable to the heat.**





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

## **@ MANSFIELD PARK**

**OCTOBER 28<sup>TH</sup> 11:00 AM**

**CALL TO PRE-REGISTER  
@ THE SILVER SAGE (830) 796-4969**

**TO QUALIFY FOR THE DISTRIBUTION YOU MUST:**

- A. Meet the income guidelines shown or,
- B. Be receiving SNAP (food stamps), TANF (temporary assistance) SSI (disability), NSLP (school lunches), or Medicaid or,
- C. Been affected by the COVID-19 crisis such as losing a job, not being able to get groceries, having to prepare extra meals because of kids being home, etc...

\*Please be prepared to share this information with our intake team at the front gate when you arrive.

No documentation is required.



**The Emergency Food Assistance Program (TEFAP) Income Eligibility Guidelines**

Based on 185% of Federal Poverty Guidelines					<b>2020</b>
Household Size	Annual Income	Monthly Income	Twice-Monthly Income	Bi-Weekly Income	Weekly Income
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
For each additional household member, add:	+ \$8,288	+ \$691	+ \$346	+ \$319	+ \$160



## **COVID-19 HOURS: TUESDAY-THURSDAY 10am-3pm**

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.*

# SAN ANTONIO FOOD BANK - NUTRITION, HEALTH & WELLNESS DIVISION

## THAWING: FOOD SAFE METHODS



### THAWING IN THE REFRIGERATOR

Thawing in the refrigerator takes the longest time and advance planning. A large frozen item like a turkey requires at least a day (24 hours) for every 5 pounds of weight.

Even small amounts of frozen food -- such as a pound of ground meat or boneless chicken breasts -- require a full day to thaw.



### THAWING IN COLD WATER

Thawing in cold water requires less time but more attention than thawing in the refrigerator. **This should only be used if the water is kept cold (less than 70°F) and the food will thaw in under 2 hours.**

The food must be in a leak-proof package or plastic bag. If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food.

As an alternative to constantly running water, the bag of food could be submerged in cold tap water, changing the water every 30 minutes as the food continues to thaw.

### DO'S AND DON'TS: THAWING MEAT



**DO:** Submerge sealed plastic bag containing small cut of meat in cold water

**DON'T:** Thaw at room temperature or in a cool area (outdoors, garage, etc.)

**DO:** Microwave meat using "defrost" setting (50% power)



### THAWING IN THE MICROWAVE OVEN

Thawing in the microwave produces uneven heating patterns. Some parts of a food may start to cook before other sections completely thaw.

Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed and, indeed, may have reached optimal temperatures for bacteria to grow.

**Use the microwave when the food will be cooked immediately after thawing, or for thawing ready-to-eat fruits immediately before serving.**

*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**