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. Performers this month are: REBEL ROXIE

THE SILVER SAGE BUS PROGRAM PAGE 18

is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

Oct. 7th - HEB * Oct. 12th - Cafe @ The Ridge Dinner & Movie-GREASE Cosplay * Oct. 21st - WALMART

Contact Lisa for more info @ lisa@silversage.org - 830-850-0930

HALLOWEEN COSTUME PARTY

OCTOBER 29TH 11:30-1PM
expanding our reach.
serving the Bandera community.

Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we’re growing closer to you every day. We’re Elevating Health.

Peterson Medical Associates
3540 SH 16 S
Suite 1-D
Bandera, Texas

To schedule your appointment at our new Bandera location, call 830.522.2002
5. Fall like a Kid, By Monica Zuniga, Alamo Hospice: If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.

6. Through The Eyes Of A Driver by Mary Allyce: “We love spooky stories, especially in October. As kids we scared ourselves with Ouija® boards. Stephen King is arguably the most prolific American writer of any era and how else to explain the popularity of movie franchises like Nightmare on Elm Street and Scream?...”

10. What’s Going On, by Lisa Crawford: “Mondays at the Silver Sage are about to get a whole lot more exciting! Starting October 8th, 9:30am, we will have our very first Line Dancing Class! Starting October 14th, we will have our very first Songwriter Showcase House Concert Series. Our guest songwriter/performer will be George Ensle. He puts on a fun and very entertaining show, and you won’t want to miss it...”

Our Mission:
Enriching Life For Seniors
Doing whatever it takes
… when it matters the most.

Alamo Hospice

AN ADDUS HOMECARE COMPANY —

Established, local team proudly serving the Bandera area for nearly 10 years. Available 24/7.

(830) 816-5024
1232 Bandera Hwy, Kerrville, TX

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) (830) 850-0898
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

“Your home is where our heart is.”

Tri County

HOME HEALTH

Phone: (830) 895-3100
tricountyhomehealth.com
874 Harper Rd. Kerrville, TX 78028

We’d love to see you in our seats!

BOERNE COMMUNITY THEATRE
907 E. Blanco/PO Box 891
Boerne, TX 78006

210.269.3290-Mobile
830.249.9166-Theatre

Reservations Online @ www.boernetheatre.org
Fall like a Kid

By Monica Zuniga, Alamo Hospice

OK, so I do not mean to literally fall, but rather to experience this beautiful fall season with the joy, freedom, and anticipation of a child. If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.

As a kid, I loved fall! It was mainly because I knew a season of fun was ahead. I enjoyed the sporting events that came with fall, the upcoming candy-fest and getting to dress up as my favorite character, Thanksgiving time with all the good food and loved ones gathering, and of course Christmas with all the toys, anticipation for Santa, and family togetherness.

As I got older, though, life set in… setbacks, hard times, unbearable seasons I thought I would never make it through, financial hardships, and having to start over – many times. I would remember my mom going through hard times, yet always choosing to be thankful for something and finding the positive in every situation.

I realize not everyone had a great childhood and serious hardships started way too young. But I do know that each of us has a choice. In us is the freedom to choose how we will react. It is one of life’s greatest gifts. We have all heard the saying we can choose to be “bitter or better,” and it really is that simple. It may take more time or work to do so, but if persistence prevails, our feelings change, and we change.

So, make a choice today – be all the good parts of being a kid! Get outside and enjoy the beautiful weather, “play” with friends. If you don’t have any, make some! Find common interests “on the playground” of life. Kick some leaves around, watch your dog play in the park and think about the joy he must be feeling as he runs about freely. Enjoy a pumpkin latte or apple cider with a friend, read a book in the crisp breeze, or feel the sunshine on your face.

Do “fall like a kid,” my friend. You won’t regret it.❤️
We love spooky stories, especially in October. As kids we scared ourselves with Ouija® boards. Stephen King is arguably the most prolific American writer of any era and how else to explain the popularity of movie franchises like Nightmare on Elm Street and Scream?

We like being scared by zombies, werewolves, vampires, and ghosts because they’re easier to defeat than the real horrors of modern life. Sometimes, the “scare” is just an uneasy feeling, a shiver of an unexplained paranormal experience. Here’s mine:

In October of 2003, Bandera was in an economic downturn and my beloved Cabaret Dancehall was staggering. Closing it for a time to rethink the business and reorganize was inevitable. Along came the opportunity to join a horseback ride from Bandera to the Calgary Stampede in Alberta, Canada.

That ride was the butt of plenty of joking and ribbing from local wags, but we were serious and preparations to leave on January 20, 2004, trotted along despite the doubters. One person neither doubted nor snickered. My friend, Priscilla, was a highly skilled critical care nurse and a practicing Wiccan. A witch. A good witch. “I never do harm,” she told me. “The most I do is banish people.”

She also had a sense of humor and once advised an obnoxious bar patron who questioned her magical intents, “If I was THAT kind of a witch, dear, you’d be lapping up flies on the banks of the Medina River.” She wanted to “cast a circle protection and prosperity” on the ride to Canada. We agreed because we didn’t want to hurt her feelings and what could be the harm?

A late afternoon was chosen to accommodate work schedules and we gathered at the appointed time on the old wooden dance floor of the Cabaret. There were five of us. Two Bandera cowboys, Priscilla’s Jewish husband, and me, a little Lutheran school girl from Wauwatosa, Wisconsin. My knowledge of witchery was confined to The Wizard of Oz and old folk tales of a witch named Baba Yaga. (I had heard there was a ghost in the Cabaret but I never saw him – or her – and used to say if he did show up, I’d hand him a broom and mop and tell him to get to work!)

Casting the circle required four elements – earth, air, fire, and water. We were each designated one of the four and I got water. I think we held bowls. Don’t ask me how we “held” air. I do remember Priscilla dancing around the circle barefoot, wearing a caftan or something billowy, and beseeching Whomever to protect us on our journey and for prosperity. I swear she told me to invoke water when it was time for me to participate. I did.

The next afternoon it started to rain. And rain. And rain. A construction flaw on the Cabaret site caused heavy rains to gush into the dancehall from the back of the building and this was a gully washer of a rain. Priscilla’s husband was my doorman and when they came in I was frantically wet vacuuming the floor before we opened. “So much for protection,” I muttered.

Priscilla was delighted. “I told you to ‘invite’ water. You ‘invoked’ it. You are a powerful witch!” she crowed happily.

Oh.

The ride went ahead safely and with great success, but despite a deep drought plaguing the western third of the continent, rain, sleet, hail, and snow accompanied us most of the 2,500 miles. One grateful Colorado rancher thanked us. “I haven’t seen mud in four years,” he grinned. “And then you folks came along and brought this rain with you!”

Me? I’m still an uncomplicated Lutheran and I haven’t invoked – or invited – anything since. Maybe I did tap into something that day, in that circle. Maybe not. I decided it was better not to test it again.

And I never met the Cabaret ghost.

Happy October, y’all.
Coming Soon

the Cottages of Silver Sage
A Community For Active Seniors

What are the Cottages of Silver Sage?

- A Community for Active Seniors
- 46 units ranging from 600 sq ft to 980 sq ft
- Rent based on Income
- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE.  (830) 796-4969
SILVERSAGE.ORG
Funny Ghost and Goblin Jokes

Why do ghosts go on diets? So they can keep their ghoulish figures.

Where does a ghost go on vacation? Mali-boo.

Why did the ghost go into the bar? For the Boos.

What is in a ghost’s nose? Boo-gers.

Why did the policeman ticket the ghost on Halloween? It didn’t have a haunting license.

Why do demons and ghouls hang out together? Because demons are a ghoul’s best friend!

Why did the ghost starch his sheet? He wanted everyone scared stiff.

What does a panda ghost eat? Bam-BOO!

What’s a ghost’s favorite dessert? I-Scream!

Where do ghosts buy their food? At the ghost-ery store!

How do you know when a ghost is sad? He starts boo hooing.
Bandera Writers Group, Oct. 7th
in the Great Room 2pm-4pm!
The Bandera Writers Group is looking to bring
info on writing technique, various
options for publishing, distribution/promotion,
all things of interest to writers. They
offer the opportunity to connect with critique
partners & share our writing for feedback.
Everything is open to discussion & we
welcome new ideas & suggestions. For more
info, contact Mary Schenk (830) 522-0089
Hey, What’s Going On?

By Lisa Crawford (Activities Director)

Monday’s at the Silver Sage are about to get a whole lot more exciting! Starting October 8th at 9:30 a.m. we will have our very first Line Dancing Class led by Clifton Fifer Jr. of Kerrville. This is an all-levels class, and everyone is welcome but keep in mind we have to limit the class size to no more than 40 people to make sure we have enough room to move and stay safe. If you would like to sign up for this class please send your name, email address and phone number to lisa@silver-sage.com. Those who have signed up in advance will be taken first if it comes to a full class and there is not enough room to accommodate all who show up. I already have a list of people signed up, so I suggest that you don’t wait to send your email. As of now there is still lots of room for more but don’t wait. This will be a FUN class and a great way to keep your body active and fit!

Grease the movie! October 12th we will take a bus ride out to Café at The Ridge in Kerrville for a wonderful dinner and free movie showing of GREASE in the back room. Some of us will be dressing up in 50’s outfits or our favorite Grease character. The Pink Ladies or Beauty School Dropout are an easy DIY costume if you need ideas. Costumes are NOT required, totally up to you. I am currently at half capacity on the bus but if we get more than 12 to sign up then we will take an extra vehicle if needed and can fit a few more. Of course, you are always welcome to meet us there, but be sure you call and make your reservations with the restaurant at 830-896-0420. If you are planning to ride on the Silver Sage bus, then please call 830-850-0930 to get on the bus list.

Games, Games and more Games! We are adding two new games to our weekly schedule. On Thursday afternoons we will have Mah Jongg from 12:30 to 3:00 and on Friday afternoons we will play Farkle from 12:30 until 2. All are welcome to join!

Songwriter Showcase House Concert Series! Starting on October 14th we will have our very first Songwriter Showcase House Concert Series that will continue the SECOND THURSDAY each month. Our guest songwriter/performer will be George Enslie. He puts on a fun and very entertaining show, and you won’t want to miss it. You can hear some of George’s music and learn more about him at http://www.georgeensle.com/ George Enslie (pronounced Ensllee) is a veteran Singer/Songwriter who began his career in Houston in 1967 sharing stages with legends Townes Van Zandt, Guy Clark and Billy Joe Shaver. He pens his own brand of StorySongs, powerfully crafted and played with his unique finger picking style on his vintage Martin D-35 and Fender Resonator guitar. He is celebrating 50 years as a performing songwriter and in February 2017 was inducted into the Houston Folk Music Archives at Rice University.

He has won numerous songwriting awards, been awarded Government grants to teach children through the Artist in the Schools program, and released albums and CDs in the US and Europe, including a Movie-in-Song CD, “Small Town Sundown”, based on his original story, which he performs as a one man “Songplay.”
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
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>10:30 Stretch &amp; Strengthen</td>
<td>8:00 Video Exercise</td>
<td>9:00 Bridge</td>
<td>8:00 Video Exercise</td>
</tr>
<tr>
<td></td>
<td>12:30 Mexican Train</td>
<td>9:30 Quilting</td>
<td>1:00-4:00</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td></td>
<td>7:00 Cowboy Capital Opry w/ Rebel Roxy</td>
<td>12:30 BINGO</td>
<td>12:30 HEB Bus Trip</td>
<td>Line Dance Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:15-12:30 Annie's Antics Comedy Show</td>
<td>12:30-3 Mah Jongg</td>
<td>12:30-2:00</td>
</tr>
<tr>
<td><em>FOOD BANK</em></td>
<td>Lakehills Civic Center; Thursday Oct. 7th Mansfield Park, Bandera; Wednesday, Oct. 27th</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2-4 Writer’s Group</td>
<td>Farkle</td>
</tr>
<tr>
<td>11</td>
<td>10:30 Stretch &amp; Strengthen</td>
<td>8:00 Video Exercise</td>
<td>9:00 Bridge</td>
<td>8:00 Video Exercise</td>
</tr>
<tr>
<td></td>
<td>12:30 Mexican Train</td>
<td>9:30 Quilting</td>
<td>1:00-4:00</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td></td>
<td>4pm Cafe @ The Ridge</td>
<td>12:30 Lunch &amp; Learn w/ Steve Bradley Medicare Q&amp;A</td>
<td>12:30-3 Mah Jongg</td>
<td>Line Dance Class</td>
</tr>
<tr>
<td></td>
<td>Dinner &amp; Movie-GREASE</td>
<td>1:00 BINGO</td>
<td>7pm Songwriter Showcase Featuring George Ensle</td>
<td>12:30-2:00</td>
</tr>
<tr>
<td>18</td>
<td>10:30 Stretch &amp; Strengthen</td>
<td>8:00 Video Exercise</td>
<td>9:00 Bridge</td>
<td>8:00 Video Exercise</td>
</tr>
<tr>
<td></td>
<td>12:30 Mexican Train</td>
<td>9:30 Quilting</td>
<td>1:00-4:00</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Bingo</td>
<td>12:30-3 Mah Jongg</td>
<td>Line Dance Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 Lunch &amp; Learn / Nutrition w/Lanette Panelle - Realtor</td>
<td>7pm Songwriter Showcase Featuring George Ensle</td>
<td>12:30-2:00</td>
</tr>
<tr>
<td>25</td>
<td>10:30 Stretch &amp; Strengthen</td>
<td>8:00 Video Exercise</td>
<td>9:00 Bridge</td>
<td>8:00 Video Exercise</td>
</tr>
<tr>
<td></td>
<td>12:30 Mexican Train</td>
<td>9:30 Quilting</td>
<td>1:00-4:00</td>
<td>9:30am-10:30am</td>
</tr>
<tr>
<td></td>
<td>12:00-1:00 Birthday Bash Cake and Ice Cream Social</td>
<td>12:30-3 Mah Jongg</td>
<td>Line Dance Class</td>
<td>12:30-2:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:00-2:30 FREE Haircuts W/Mimi</td>
<td>2-4 Writer’s Group</td>
<td>Farkle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 Lunch &amp; Learn w/Victor Haro-Golden Outlook-Medicare 101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>--------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td><strong>Silver Sage ~ OCTOBER 2021</strong></td>
<td>Lunch served from 11:30pm-1pm</td>
<td>Menu subject to change according to availability</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>28. Shredded BBQ Chicken on a Brioche Bun/pickles/onions Homemade Mac n’ Cheese</td>
<td>29. Ghoulash with Scary Cornbread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

Kerrville Cancer Center
Hope and compassion since 1989.

Valerian Chyle, Jr., MD
Board-Certified: Radiation Oncology, American Board Of Radiology

218 Sidney Baker Street North • Kerrville, Texas 78028
830-257-2070 • fax: 830-257-2079 • www.KerrvilleCancerCenter.net

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.

Edward Jones
Making Sense of Investing

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

www.edwardjones.com
Member SIPC

JUNIPER VILLAGE AT GUADALUPE RIVERFRONT
Exceptional Senior Living in the Texas Hill Country

INDEPENDENT LIVING | ASSISTED LIVING | REHABILITATION AND SKILLED CARE

AMENITIES INCLUDE
• Multiple Fitness Centers
• Exquisite Game Room
• Various Courtyards
• Beauty Parlor & Barber Shop
• Irresistible Social Events and Entertainment
• Pet Friendly

• 24-Hour Security System
• Captivating Walking Paths
• Extensive Library
• Relaxing Covered Patios
• Elegant Private Dining Room
• General Store
• WiFi Access Throughout

Call us now to schedule a visit and learn more about the Juniper Difference at 830.895.2626

Juniper Village at Guadalupe Riverfront
135 Plaza Drive, Kerrville, TX 78028
830.895.2626
junipercommunities.com

Juniper Village at Guadalupe Riverfront | SENIOR LIVING AND REHABILITATION AND SKILLED CARE
FACILITY #000769/000269
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
For those of joining us at The Silver Sage for lunch during the week, we have some exciting news. Every Monday we will be having a Mystery Chef prepare a second option for your dine in experience. You may choose to enjoy what is on the regular menu or have the Mystery Menu.

The week prior to each Monday our dine in guests will be given clues as to who the Mystery Chef is and what the Mystery Menu is via Facebook. Of course, Art Crawford will be prepare his Liver and Onions a Monday now and again, but who else will be cooking for you? What will they be making? Make a date, mark your calendar, and come on down to The Silver Sage and join in the fun and food. As always, there is no costs for our meals. If you wish to donate it will be greatly appreciated.
Stretch & Strengthen *with Ida Hardy*
Every Tuesday 10:30am

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be $8 per person each week ($5 going to Ida Hardy and $3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.

Please contact Lisa to sign up: lisa@silversage.org (830) 850-0930

---

Our greatest need is for drivers and driver assistants to help with the Meals On Wheels program.

If you have a few hours once a week to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughout Bandera County. The Silver Sage provides vehicles and gas for deliveries. What a special feeling it is knowing that you have made such a difference in someone’s life! Please call us at (830) 796-4969 and ask for Amy. Our volunteer application form is available at: silversage.org/volunteer
THE SILVER SAGE BUS PROGRAM is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

Oct. 7th - HEB
Oct. 12th - Cafe @ The Ridge
Dinner & Movie- GREASE Cosplay
Oct. 21st - WALMART

All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You MUST sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling. That information will be given to medical personnel in case of an emergency concerning you. This information won’t be shared with anyone other than medical personnel and only in an emergency situation that concerns you.

*A suggested $5 donation for trips.
*For liability reasons all guests riding the bus MUST be physically able to load and unload from the bus without any assistance.
*We will not make unscheduled stops unless it’s an emergency.
*Your ideas for outings are always welcome and I will do my best to make them happen when possible. Please keep in mind the physical limitations of many of our seniors when making suggestions.

Contact Lisa for more info @ lisa@silversage.org - 830-850-0930
Featuring the finest crafts, food, books, and alcohol from across Texas!

1107 Cypress St. Bandera, Texas
(830) 522-3221
FB: @banderaspiritsoftexas

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
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. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. $8 per class.

NUTRITION EDUCATION

Fruits & Vegetables
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Fluids
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains
Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!
Seedy Doings
By Mikie Baker

Over the holiday weekend, I headed to the Big City to hang with my Very Best Friend for a couple of days. We hadn’t gotten together, just the two of us, in way too long. Sometimes you simply need to stop and enjoy some door-delivered food, copious amounts of adult beverages and marathon-watching Marvelous Ms. Maisel to maintain sanity. Unfortunately, I am still nuts.

But now the plot thickens. After retirement, my VBF has gone and found herself another friend. The weird part is her new friend is also born on Halloween, loves to garden and is rather funny. Obviously, my Very Best Friend has a girlfriend “type.” Me? I feel like I’m living in the Twilight Zone of Halloween birthdays; My Future Husband, his best friend of 45 years, me and now VBF’s friend are all born on Halloween. I’d call that spooky.

I just wasn’t prepared for how really spooky her new friend is.

Saturday morning, we headed over to this Halloween born friend’s house for a nice walk around the neighborhood. We thought we could walk off some of the copious amounts of adult beverages from the night before. The walk started out at a good pace. About three houses down from hers, this new friend stopped and started grabbing seed pods off an innocent Esperanza bush. All I could think of was that I was walking with a Plant Kleptomaniac. I jumped back in horror.

ME: What on earth are you doing?

PK: I’m liberating them!

ME: From what?

PK: From being ignored. I only steal seeds or small plants that no one will notice. I figure if people have extra little baby plants in their yard, they really don’t need them. I think of it as just weeding. All good gardeners weed.

ME: Yeah, but not usually other people’s yards.

I really didn’t know what to think. I mean, she’s a plant klepto and I’m not sure if that’s something you should call the police about. Have you ever seen Plant Police armed with hoes running across front yards?

By the time we got done with our walk, she had an armful of plants and seeds. She disappeared into her garage and came out with several packets of seeds for me. The Plant Kleptomaniac handed them to me and demanded, “Liberate them! Plant them and let them grow!” I’m pretty sure I heard her make a Halloween witch cackle after that. Funny, but there wasn’t a pumpkin seed in the bunch. Every good witch should grow her own pumpkins, you know.

The Plant Kleptomaniac claims that if she has any doubt about what she’s “lifting,” she rings the homeowner’s doorbell to ask if it’s all right. That sounds good in theory, but since she’s retired and they walk during the week, there’s really nobody at home to ask because they’re all at work. Pretty convenient, isn’t it? Wonder if they have a door cam for aiming at your plants so you can catch all the plant kleptos out there with your iPhone.

I left armed with plants and seeds because TPK is running out of room at her house. She gives her ill gotten gains away as presents. I can only surmise it’s because she doesn’t want to appear on the gardener’s version of The Hoarders. They’d probably find hundreds of large man-eating sunflowers growing all over the inside of her house.

Other than that, even though she’s a bit seedy, The Plant Kleptomaniac is really starting to grow on me. Sorry. I’ll show myself out now.
Need some answers about Medicare?

Personal attention is everything, which is why I’ll work with you to help answer your Medicare questions. Let me help you become fluent in Medicare and together we’ll find a plan that may fit your needs.

I’m here to help you learn more about Medicare Advantage and Part D plans available in Kerrville. Contact me today at the phone number listed below.

Victor Haro
Licensed Sales Agent
Golden Outlook Insurance Services LLC
361-688-4497
SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

THURSDAY OCTOBER 7TH
LAKEHILLS CIVIC CENTER 9AM-11AM

WEDNESDAY OCTOBER 27TH
MANSFIELD PARK 10AM-12PM

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