



Our featured Volunteer, Barbara Barkoviak has been providing her time since 2003...read more about this special lady who's dear to us at the Silver Sage on page 9...

Senior Living/Small House Community Project is in the making!



A Community For Active Seniors



Get your funniest, scariest, or most ridiculous Halloween costume together and come join us for a SPOOKtacular Costume Party and Birthday Pot Luck on Tuesday October 29th at 11:30am!!! Special prizes will be awarded for Best Costume! Page 20

BANDERA COUNTY



THE SCOOP AT SILVER SAGE

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

Community Volunteering

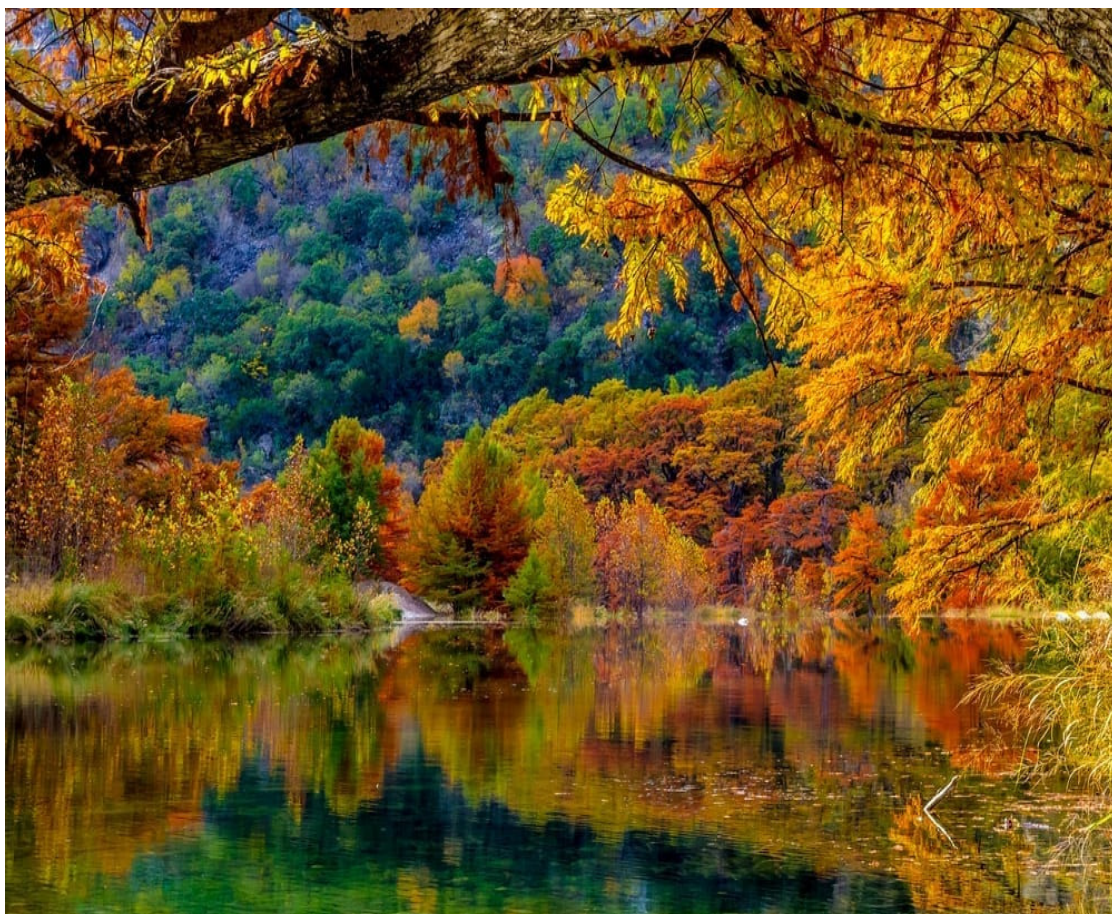
Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission.

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. Artists donate their time and talents to benefit our Meals On Wheels.



Lost Maples State Natural Area Outting!
Thursday, November 7th 12pm
Come Join us on a fun excursion for a picnic and views of the Texas Hill Country's Fall foliage!

Managing Publisher:
Karyn Utterback
Email: karyn@silversage.org

Sales/Marketing Director:
Mikie Baker

**Silver Sage-806 Buck Creek
Bandera, TX 78003
(830) 796-4969 P.O. Box 1416**

HOURS:

SILVER SAGE HOURS:

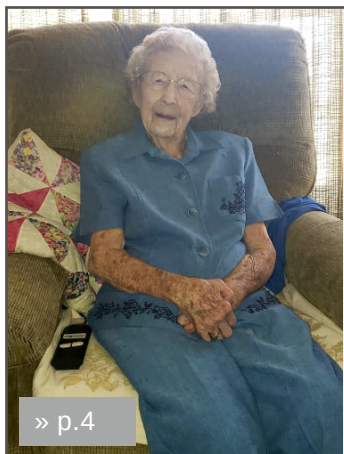
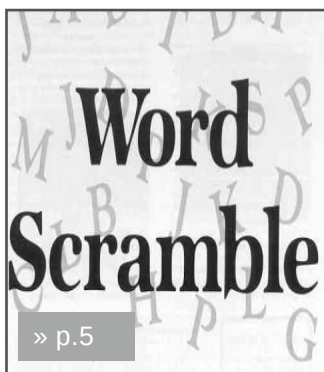
MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



4. **Our Featured Silver Sage Senior Citizen, Margaret Callahan:** Bandera High School honor student, Hannah Bates, is our first Senior to partake in our new program “Seniors Writing For Seniors.” She tells us some of the fond memories of 97 yr. old Margaret Callahan.
5. **Word Scramble:** Try out your literary talent at scribbling and scrambling out some spooky words!
- 10-11. Check out our Monthly Menu and Activities Calendar!
17. **Through The Eyes Of A Meals On Wheels Driver:** Mary Allyce is one of our dedicated route drivers who shares her perspective...

*Our Mission:
Enriching Life For Seniors*

*A Message From Art Crawford,
Executive Director of Silver Sage:*

Looking forward to a year from now. Why?

A year from now or sooner, I hope to be looking out the door of Silver Sage at construction of 60 small homes for senior citizens.

A year from now, perhaps, I will not get a call from a sweet, elderly lady in Lakehills telling me she is hungry, and when I get to her home with food I find her eating cat food mixed with mayonnaise because her car is not running and she has not been able to get to the grocery store in 6 weeks and has eaten every bit of food in her home.

A year from now maybe I won't get a call from a 88 year old widow telling me that she just doesn't have the strength to get out of bed. When I get there, I find out she hasn't been able to get to the pharmacy for her insulin in 3 weeks.

A year from now maybe these ladies and others like them will be living next door and we can always check on them and provide the transportation and other services our seniors in Bandera County so desperately need.

A year from now maybe I won't get so darn depressed by the circumstances I see in this job I love so much.

If you want to know more about this project at the Silver Sage at 830-796-4969, please message me, or come by for a visit.



**Download Bandera Bank's
Mobile App Today.**



www.banderabank.com (830) 796-3711



(830) 816-5024 1400 Water St,
Kerrville, TX

Alamo Hospice

A member of the Hospice Partners family

The Quilting Corner: **BY LINDA KURTZ**

“If you want to learn to quilt, you need to have a decent machine: There are a lot of brands-Brothers, Janome, Bernink, or you can buy one on Amazon. I have been doing it for 34 years, starting in Abilene quilting for the public because it gave me something to do while my husband was gone driving a truck. Quilting can be expensive, but rewarding! There is a group that sews at the Silver Sage every Wed. 9am-3pm so please come join us! If you need help, please don't hesitate to ask me!”



Seniors Writing for Seniors

HOME IS WHERE OUR STORY BEGINS *by Hannah Bates*



“Small town, home-town” and “there’s no place like home” are phrases we’ve all heard before, but stories that didn’t have any meaning to me until I met a remarkable woman by the name of Margaret Callahan, a 97-year-old woman who showed me just how incredible loving where you live can be.

Mrs. Callahan was born July 23rd, 1922, and has lived in the Texas Hill Country her entire life. She moved to Kerrville from Bandera in the seventh grade and graduated high school before moving back home. When she was going to school in Bandera, there were no separate building for the elementary and high school students. Everyone was taught in the same building, located at where the middle school is today. She had her home built in 1958, before a road leading to it existed, and still lives there. Margaret married Dan Callahan, and gave birth to a daughter, who is now 78. Her daughter’s senior class just celebrated their 50th class reunion!

Margaret previously worked for the city for forty years. Back then, the city office was located under the water tower, and she had to figure out everyone’s water bill

by hand. Mrs. Callahan remembers a time before the garbage system and sewer system existed, back when Bandera had three grocery stores instead of one. She remembers when the Devenport family ran the first state bank, and when the Flying L was the epicenter of air travel for the area. Back when the Flying L was training men to fly in World War 2, Mrs. Callahan served the pilots breakfast every morning. The other day Mrs. Callahan even had a senior come up to her and say, “I remember you, I was one of those pilots who gave you a hard time” Margaret goes to church every Sunday, with a message to the world about it, “Get in a church and make your first home in your church. Go to church every Sunday, and keep your Bible by your bed.”

Something special that stood out to me about Margaret, was her insanely keen memory. This woman who had met thousands of people during her long life, could remember names of people she had met more than 50 years ago. She is incredibly mobile, for a 97-year-old woman with one of the cleanest homes I’ve ever entered!

Mrs. Callahan has lived a marvelous life, one dedicated to her town. She wouldn’t live anywhere else. I’d like to say that she portrayed the town of Bandera to me in a light which I had never seen before. Before I met her, Bandera was just a place people ended up at, but she made me realize that it’s a place people love, a place that thrives off of people’s dedication to it, a town with a vibrant soul. A woman with strong morals, a sweet, caring personality, Margaret Callahan wholly embodies the spirit of Bandera.

HALLOWEEN WORD SCRAMBLE

1. eahleolwn _____
2. ycdan rcon _____
3. eswthic robom _____
4. ocntu alcdrau _____
5. atyura inlsna _____
6. oksopy ecuomts _____
7. ipmkunp ncivrag _____
8. mezoib plaspecyoa _____
9. wsreocrsac _____
10. ctirk ro rtaet _____
11. elweovserw _____
12. rvaiepm _____
13. labck atc _____

ANSWERS ON PAGE 16



Mission:

Improve Bandera County health by providing medical care to eligible residents and promoting health education

Vision:

Healthier lives across Bandera County



Open 8:00 a.m. to 4:00 p.m.
Tuesday, Wednesday, and Thursday.
For more information on how to make
a donation, qualify as a patient, or for
an application, please go online at:



NagelClinic.org.

(830) 796-3448

1116 12th St, Bandera, TX 78003

The Arthur Nagel Community Clinic
is proud to be a funded partner of the
METHODIST HEALTHCARE MINISTRIES
of South Texas, Inc.



RiskBusters

October 2019 6

Featured Recipe By Genevia Dawes: Breakfast Bread

- 6 slices bacon, crisp & diced
- 1 cup cooked ham
- 1 cup Monterey jack cheese or swiss cheese, cubed (use a salad shooter & shred)
- 1 cup mild cheddar cheese, cubed or shredded
- 1 1/2 cup flour
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 4 eggs, well beaten
- 3/4 cup milk

Brown bacon until golden and drain. In a large bowl, beat eggs until foamy. Add milk, flour, baking powder, and salt. Beat by hand until smooth. Pour into a greased and floured 9x5 loaf pan. Bake at 350 degrees for 50-60 minutes. Cool on rack and remove from pan. (You can use cupcake pans and cook for 30 minutes) Freezes as well. Warm in microwave or over and butter lightly. Enjoy!!



Good people make good bankers.

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719 HILL COUNTY DRIVE
KERRVILLE, TEXAS 78028
830.257.4771

MEMBER
FDIC



All Partied Out

Tomorrow is a special occasion around here. Dearly Demented Mom will turn 91. I must remember to change her batteries.

Let's take a trip down memory lane, shall we? When the Teenage Eating Machine and I moved here nearly 7 years ago, Dearly Demented Mom was not yet demented and opted to stay in Big D at a "swinging retirement apartment." Swinging meant there were 94 women and 4 men living there. One of those lucky men lived across the hall from Mom, so she got the first wink of the day.

How could I force her to move away from daily flirting? The only thing she could make eyes at around here was an antelope. I didn't put up a fight. Of course, being an only child, I did miss her. We talked on the phone daily and Teenage Eating Machine and I always headed back to the Big City for each holiday occasion.

Nearly two years later, we arrived for Thanksgiving dinner with Dearly Demented Mom. By the way, when dining at a Retirement Apartment Buffet, make sure to bring your own salt and pepper. On this particular visit I could see that something had changed and Mom wasn't quite the same. After a grueling weekend of testing who's will was stronger, I won out and Mom came to "stay for awhile" with us in the country. It's been six years and she hasn't left yet. Of course, now she can't without transport. As her dementia has progressed, she needs less and less to live (other than round-the-clock care by you-know-who.) She makes up imaginary husbands and children on an almost daily basis. It's hard enough to keep up with them much less find a festive way to celebrate her birthdays. She's expecting an army of imaginary children to show up even though I'm the only one that ever does. The first year she was here, I

zipped up to the Medium City and procured 3 live lobsters for a wonderful birthday dinner. The Teenage Eating Machine and the dog chased the lobsters around the house, the cat ran away for three days and I had to mop the floor twice. Luckily, my Bostonian mother was very pleased with her "lobsta" dinner. Secretly, I made that dinner extra special because she had just turned 86 and I didn't know if she'd ever make 87. Boy did she prove me wrong. Of course if you're busy mentally getting married and having a passel of children like she has imagined the past few years, time does fly by. Recently she was convinced she gave birth to twin boys.

One birthday, when she was recently "widowed" from another made up husband, I thought a great present might be a male stripper. Then I thought again and decided someone would call Adult Protective Services on me.


Last year, when she hit The Big Nine O, I threw a whale of a celebration. I invited all her caregivers, fed them BBQ and let her enjoy watching reruns of "Matlock" and "Monk." The only problem with the party was Dearly Demented Mom believed she was 78.

When I announced to her the other day that she was about to turn 91, Dearly Demented Mom looked me square in the eye and said, "No I'm not. I'm only going to be 88." Twins will age you like that.

Maybe this year the best party might just be sharing a shrimp ring together while watching "Murder, She Wrote." If we don't take it easy, next year when she turns 92, she'll probably be convinced she's 100.

Happy Birthday, Mom!
Written by Mikie Baker

cascadehealthservices.org



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**Silver Sage's
 Featured Volunteer**

Barbara Barkoviak was born 9-1-33 in Thorndale Texas and moved to San Antonio in 1940 where she graduated from Harlendale High. Barbara went to work for Southwestern Bell, married a year later, and had two boys. She was divorced in 1964 and remarried in 1967 and resigned from Bell in 1970. She then moved to Pipe Creek. Her youngest son was killed in a car wreck in 1975. She did some babysitting for neighbours then her and her son operated the Tony's Chat and Chew in the 80's. Her husband passed in 2001, and remaining son in 2003. She was by herself until she met Pat Godkin who was the director of the Silver Sage. Pat talked her into volunteering. She started delivering Meals On Wheels in August of 2003, and has been a volunteer ever since. ***"It was the best thing I ever did and I am still here and love every minute."*** One of her favorite memories is when she came back from delivering meals and was surprised by a group of friends to wish her a ha  birthday.

Center Hours:

Monday - Thursday
8:00 am - 3:00 pm

Friday
8:00 am - 2:00pm

Silver Sage ~ October 2019

SA Food Bank Market
Wed., November 6

WEEKLY ACTIVITIES

Monday
• Indoor Exercise 8:00 AM
• Yoga 10:00 - 11:15 AM
* \$8 per class
• Bingo 1:00 PM

Tuesday
• Mexican Train 1:00 PM

Wednesday
• Indoor Exercise 8:00 AM
• Quilting 9:30 AM

Thursday
• Bridge 9:00 AM
• Pilates 9:00 AM
• Dominoes/42 12:30 PM
• Mexican Train 1:00 PM
• Crafts 1:00 PM

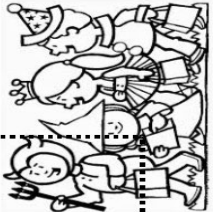
Friday
• Indoor Exercise 8:00 AM
• Bingo 12:30 PM

LEVIN
Friday, Oct. 25
Art & Lisa, John Inmon,
Bobby Kallus, David Webb, &
Glenn Schuetz.
An intimate evening of music, songs,
stories, and interesting information
about the work that Silver Sage does
in Bandera County.
Doors open at 6:00 PM
Music at 7:00
An evening you don't want to miss!

Ice Cream & Cake Social
Friday, Oct. 25
12:20 PM



Halloween Costume Party &
Birthday Potluck
Tues., Oct. 29, 11:30
Bring dish to share

Oct. 15 - Janina Lopez - AACOGEmergence Response Devices - She will explain the process to get an ERS device (similar to Life Alert), types of units, and how the agency will help fund the individual devices. Great Room 1:00

Oct. 16 - Amanda Williamson - Visiting Angels - Visiting Angels provide in-home care, senior personal care, elderly care, and companion care. With senior home care services, elderly adults can continue to live independently in their own homes. Lunch & Learn ~ Dining Room 11:30

Oct. 30 - Monica Zuniga - Alamo Hospice - Find out about the real facts about hospice. It may be very different from what you think!
Great Room 1:00

Trip to Lost Maples
Tues., Oct 22, 1:00
Call or email Amy at silversageact@gmail.com.
More details soon!

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

Cowboy Capital Opry




First Tuesday
Nov. 5, 2019
Danny White & Linda Wilder

Doors open at 6:30 pm ~
Music begins at 7:00 pm
Admission ~ \$5
Reserved Seats ~ \$5

Thrift Store
Monday thru Friday
10:00 AM to 3:00 PM
Hwy 16 S
(near Snowflake Donuts)
830-796-3590

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

Silver Sage ~ October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. <i>OPRY</i> Herb Baked Chicken Stuffing Sweet Potatoes	2. <i>San Antonio Food Bank</i> Beef Enchilada Casserole Spanish Rice Cowboy Caviar	3. Sliced Turkey Parmesan Zucchini Spears Baby Carrots w/Walnuts Dinner Roll	4. Pulled Pork Sandwich Beans Chips
7. Salisbury Steak Mashed Potatoes & Gravy Brussel Sprouts	8. Chicken Alfredo Green Bean Casserole Apple Salad	9. Meatloaf Rosemary Potatoes Biscuit ~ Salad <i>*Liver & Onions - by request</i>	10. Grilled Cabbage & Onions Sausage Stewed Tomatoes	11. Fish Sandwich Coleslaw Chips
4.  Closed	15. Hearty Pork Roast w/Vegetables Biscuit	16. Beef Tips over Egg Noodles Grilled Brussel Sprouts Salad ~ Garlic Bread	17. Lemon Chicken over Rice Glazed Carrots Broccoli Salad	18. Cheeseburger Tater Tots
21. Breaded Pork Chop Corn Medley Beets	22. Chicken Fajita Tacos Spanish Rice Tex Mex Salad	23. Garden Spaghetti Garlic Bread Salad	24. Chicken Marsala over Rice Grilled Squash Cauliflower	25. <i>Ice Cream & Cake Social</i> Grilled Cheese & Bacon Tomato Basil Soup
28. Chicken Fried Steak Mashed Potatoes & Gravy Peas	29. <i>Birthday Potluck</i> Chili Cheese Dog Fritos <i>(Wear Costumes)</i>	30. Green Chili Chicken Enchiladas Spanish Rice Refried Beans	31. Goulash Salad Cornbread	

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

Menu subject to change
according to availability

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

**Liver & Onions - at the Center ONLY*



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



**BANDERA ELECTRIC
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A Touchstone Energy Cooperative® 

MARKET DAYS
The San Antonio Food Bank
delivers to Silver Sage Senior
Center the **FIRST** Wednesday of
every month.

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

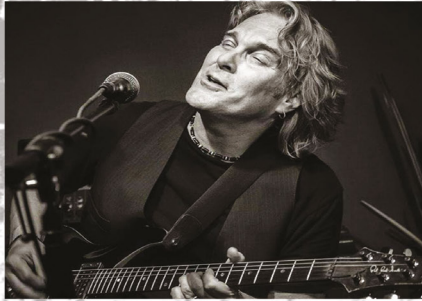
Go to safoodbank.org and click Agency Resources, find the Client Intake section, then click "Pantry Family Intake Form B" -or- ask us to help you!



THANK YOU
MEALS ON
WHEELS
DRIVERS!

DENNIS ALLYN '19





Be with Levin. Be where the magic happens.

LOVE ENCOURAGE VALUE INSPIRE NURTURE

October 25th, 2019
SILVER SAGE - BANDERA, TX
Doors Open at 6pm

Wine & Hors d'oeuvres
Music at 7pm

Donation Requested

**YOUR
COMFORT ZONE
HERE**



LEVIN is a group of like-minded musicians banding together to bring awareness of social issues to a local level. In this case, the issue is the elderly & their struggles with hunger, isolation, health care, medicine, loneliness, suicide, & homelessness. We do this with an intimate evening of songs & stories related to these issues.

Art and Lisa - John Inmon
Bobby Kallus - David Webb-Glenn Schuetz

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ART

Alamo Regional Transit

Alamo Area Council of Governments

Get Fit at The Silver Sage!



YOGA WITH WILLY - Location: Great Room - Time: 10:00

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



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

Crossword Answers: 1. Halloween 2. Candy Corn 3. Witches Broom 4. Count Dracula 5. Transylvania 6. Spooky Costume 7. Pumpkin Carving 8. Zombie Apocalypse 9. Scarecrows 10. Trick or Treat 11. Werewolves 12. Vampires 13. Black Cat

Through The Eyes Of A MOW Driver - by Mary Allyce

Driving for Meals On Wheels (MOW) was on my “To-Do List” for years. The increasing need for drivers eroded my increasingly weak excuses and I took a modest once a week route. My first day riding with an experienced driver felt like racing through a maze, wearing a blindfold!

I was positive I’d never etch that route into my head and since we have a three hour window to complete deliveries, wandering in a leisurely, foggy haze is not an option. My sons will tell you I have absolutely no sense of direction, but there’s always the GPS. By my second delivery day, I wasn’t having to backtrack more than three or four times. Yay! Art Crawford did comment when I staggered through the door late and befuddled, “We were about to send out a search party,” but that’s Art, so I ignored him!

On my third trip as a driver, I was assigned a new couple to train. Yep. Train. Me. We got ‘er done and I surprised myself with remembered markers and tidbits of information about the clients. “This one likes to chat a bit.” This family has two dogs, so we need to take dog treats.” “This gentleman is very hard of hearing, so knock loud!”

The impossible was becoming possible and the need is great. Since my first drive, my route has nearly doubled and so has my ability to get those deliveries made. It’s a treat to see the clients and a pleasure taking a few minutes to talk with them and find out how their day is going. I think they give me more than I give them. One is even a former MOW driver herself.

It would be hard to find a more rewarding activity than bringing a warm, nutritious meal to someone who can’t get out and about easily anymore. And those meals smell so good as I drive along through the gorgeous Texas Hill Country!

Please consider being a driver. You can drive as a team with a spouse, partner or friend. You use MOW vehicles. The MOW team from the front desk to the kitchen is a great, supportive group. And I’ve only used the GPS once in the last month. ***You can do it and MOW needs you!***



*SAVE THE
DATE!!*

You are invited
to the first annual

*SAVE THE
DATE!!*



Handmade Holiday Market

Saturday, November 30

9:00 AM ~ 4:00 PM

803 Buck Creek Dr. ~ Bandera



Spotlights at SILVER SAGE



WHAT IF I
TOAD
YOU

YOU'RE INVITED TO A
HALLOWEEN
COSTUME PARTY?
& Birthday Potluck



TUESDAY
OCTOBER 29TH, 2019

11:30AM

LOCATION: DINING ROOM