



Our Silver Sage Thrift Store is located at 660 Hwy 16 South
Store hours Tues-Thurs 10:00am-3:00pm
Friday - 10am-2pm
Proceeds benefit Meals On Wheels



MONTHLY MENU
PAGE 14 & 15



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. Call us at (830) 796-4969

Cowboy Capital Opry

Our Opry is always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is: **November 7th Josh Peek**

VETERAN SERVICES!!! Pg 27

November 13th 4-6pm - Lakehills United Methodist Church will have Flu and Covid vaccines. See page 6

THERE WILL BE THREE FOOD DISTRIBUTIONS THIS MONTH! See page 28

Bus Trips! Nov. 2nd AMC Boerne Movie Matinee: After Death. Shopping anyone? Monday, November 27th leaving at 9:30am to the Shops at La Cantera Mall for a FULL DAY of shopping. and more! See Pg 10 for details



elevatinghealth



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



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

HOURS:

SILVER SAGE HOURS:

MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



7. Through the Eyes Of A Driver, by Mary Allyce:
“Remember 2020 when we were all washing our hands multiple times a day to ward off Covid-19 while singing “Happy Birthday”? Apparently, thorough hand washing takes about 20 seconds and in a serendipitous coincidence that’s how long it takes to sing a verse of “Happy Birthday”...”



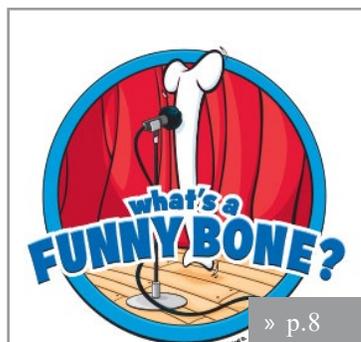
Check out our
Monthly
Menu!

10. Activities, by Lisa Beck - “Thursday, November 9th we are heading to the Branding Iron at the Y O for their Thanksgiving Lunch Buffet. We leave the center at 10:30 sharp and we have an 11 a.m. reservation so please arrive early. The cost of the all you can eat buffet will be \$13.50 seniors. We have never been disappointed with the buffet...”

By Lisa Crawford

» p.14/15

16 Vary Your Protein Routine: Meat, chicken, turkey, and eggs are the protein foods most commonly eaten by Americans, according to the USDA’s Dietary Guidelines for Americans. Fish, beans, soy products and nuts are also a great source of protein. Check out these tips to vary your protein routine.



Quilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

Our Mission: Enriching Life

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

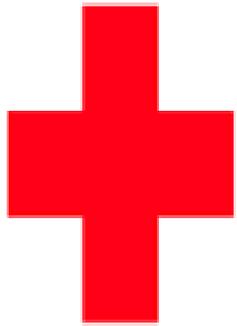
ART Bus 1-866-889-7433

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



**American
Red Cross**

redcross.org

Together, we can save a life

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

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TRI COUNTY



HOME HEALTH



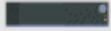
Phone: (830) 895-3100

tricountyhomehealth.com

874 Harper Rd. Kerrville, TX 78028

SIMPLE STEPS TO HOME FIRE SAFETY

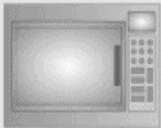
Make your safety a priority



1 NEVER LEAVE COOKING UNATTENDED



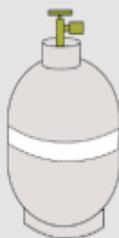
2 DON'T PUT ANYTHING METALLIC IN THE MICROWAVE



3 KEEP LOOSE CLOTHING, FABRICS, TEA TOWELS AND CURTAINS AWAY FROM THE STOVE



4 STORE FLAMMABLE ITEMS (AEROSOLS, CLEANING AGENTS AND COOKING OIL ETC) AWAY FROM HEAT



5 DON'T USE LPG CYLINDERS FOR COOKING OR HEATING INDOORS



6 TURN POT HANDLES INWARDS TO AVOID BEING KNOCKED OR GRABBED BY CHILDREN

May your Thanksgiving be stuffed to the brim with happiness and love.



LET'S GET CAUGHT UP

We want to help you avoid preventable diseases.

We offer scheduling, transportation, and information about immunizations for the Flu, Shingles, Pneumonia, and Covid.

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Protect your health and the people you love. Vaccines are safe, effective, save millions of lives and are the best defense against many infectious diseases. If you are 65+ or have a compromised immune system, you may be more vulnerable to certain diseases, so get vaccinated today. You have the power to prevent and protect.

Learn more at www2.cdc.gov/nip/adultimmsched/

FLU

The flu vaccine is very important for older adults and people with chronic health conditions. Please get your seasonal flu (influenza) vaccine by the end of October or soon after.

LAKEHILLS UNITED METHODIST CHURCH VACCINE CLINIC

November 13, 2023
4:00-6:00 PM
150 Avenue J
Lakehills, TX 78063

Lakehills United Methodist Church will be partnering with The Silver Sage, in an effort to stop the spread of preventable diseases. Enrollment assistance for local, state and federal benefits will be available.

830-460-0423
mary@silversage.org
www.silversage.org

COVID-19

If you have not gotten a COVID-19 vaccine since last fall, you can get one now. If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.



THROUGH THE EYES OF A DRIVER

By Mary Allyce

Remember 2020 when we were all washing our hands multiple times a day to ward off Covid-19 while singing “Happy Birthday”? Apparently, thorough hand washing takes about 20 seconds and in a serendipitous coincidence that’s how long it takes to sing a verse of “Happy Birthday”.

It got old, fast.

Singing “Happy Birthday” is harder than it sounds when coming out of the mouths of real singers. It’s difficult enough that it often shows up as an audition number when casting singers in the entertainment business. Since most of us do not fit into the singer category, adding a lot of annoying off key humming compounded the indignity.

Our hands got chapped, cracked and dry from all the washing, especially when we added the extra precaution of squirting on hand sanitizer. No one was sorry to relax back to a more reasonable amount of hand washing and to lose the humming.

But recently, for 10 days out of the month, I’m back to washing my hands an inordinate number of times in a given day. Why? I have pets, dogs specifically. I also have retinopathy in my right eye and the full page of precautions from the retinal specialist detail all the “do’s and don’t’s” of procedure prep and aftercare, including minimal contact with pets. I understand the need for stringent hygienic precautions when you’re getting injections in your eye and some of them, like handwashing, are easy: No Make-up for 1 week before and after injections. Since I don’t wear much makeup to begin with, foregoing the little I do wear is not a problem.

Another one shouts in bold and capital letters: No Yard/Ranch Work for 5 days post injection. This one’s a great excuse to put off mowing, weeding, pruning, and whatever else needs doing outside.

No Swimming for 10 days is also easy. No pool, no swimming.

Then there’s the one about pets. It warns, Use gloves when handling pets for 10 days, followed by, If pets sleep on the same bed with you **CHANGE OUT SHEETS** and **DO NOT** allow them to sleep on same bed for 10 days. Have to pay attention to all that bold type and capitalizations. Unfortunately, my dogs can’t read and my other pets are horses who neither read nor sleep with me. Both dogs and horses do, however, insist on eating and as we also discovered during Covid-19, remembering to glove or not, when and how is tricky.

The doctor and his staff remind at each appointment about the restrictions and importance of frequent hand washing and I promise I do pay attention to both. I also pay attention to my animals’ needs and here is my solution: safety goggles! I have several pair and aside from making me look like a displaced laboratory scientist, they get the job done. I can’t unconsciously touch my eyes, I can see just fine, and they fit neatly over my prescription or reading glasses. I even wear them when I go to bed at night. I’m feeling rather smug. How often you can please a doctor’s office, dogs, horses, and yourself with something as simple as \$5 plastic eyewear?

So if you see me out and about wearing goggles over glasses, or in the ladies room scrubbing my hands like a mad scientist, I haven’t gone all eccentric. And no worries - I won’t be singing “Happy Birthday”. Maybe a few bars of “Turkey In The Straw” in honor of Thanksgiving. Which reminds me . . .

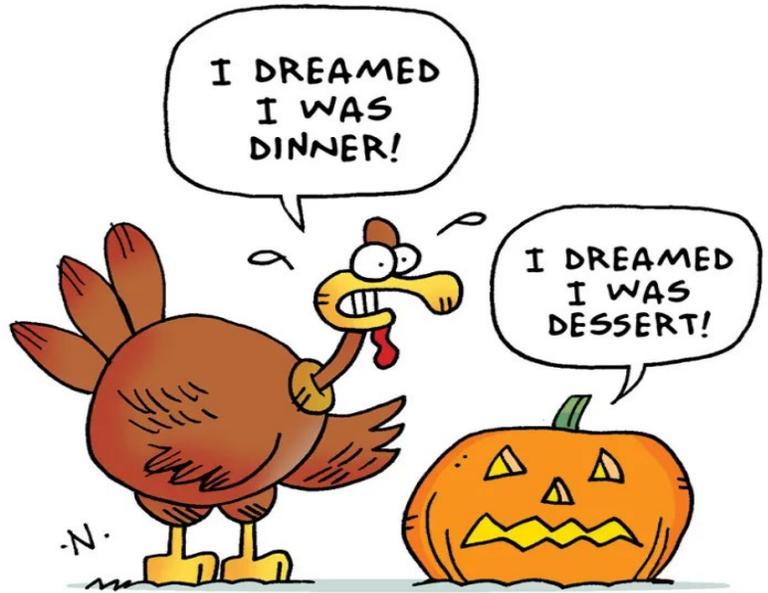
Happy, Grateful Thanksgiving to all and see you
in December!




Funny Bone

How did the turkey get home for Thanksgiving?

It took the gravy train.

Why did the tree laugh?

It heard acorn-y joke.



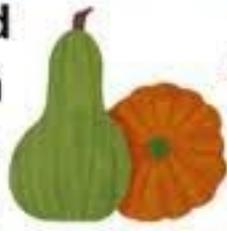

“What do you call a running turkey? Fast food”



Why did the scarecrow win a Nobel Prize?

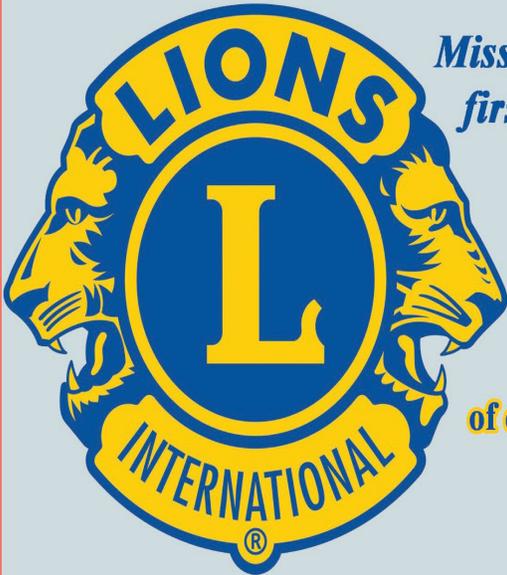
He was outstanding in his field

Q: What did the squash say to the pumpkin?



A: Life is gourd, isn't it?

Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.



Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.

PLEASE JOIN THE BANDERA LIONS:

1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.

**For More Info, Contact Rene Leith (210) 844-6910
-or- Bruce @ (210) 396-6932**



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Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490



texashillcountrybank.com



HEY, WHAT'S HAPPENING?

By Lisa Crawford (Activities Director)

We made it! Fall is finally here. Isn't it lovely?

Thursday, November 2nd is a trip to the Boerne AMC Movie Theater to see the movie AFTER DEATH. We will leave the center at 2:15. Please arrive by 2:00 p.m. to pay the bus fee and load the bus. The movie is set to start at 3:30. We should have plenty of time to get our tickets, snacks and get a good seat. Ticket prices are \$5.19 for seniors and there is a \$5 fee for the bus ride. AFTER DEATH: Scientists, authors, and survivors of near-death experiences discuss the spiritual and scientific dimensions of mortality and the afterlife.

Tuesday, November 7th is the Cowboy Capital Opry. Our guest this month is Josh Peek. Doors open at 6:30 and show starts at 7:00. Popcorn, sodas and water are available for purchase. As always, we appreciate our musician volunteers for donating their time and talents. We also appreciate YOU. There would be no show without you. Bring the whole family and enjoy an evening of wholesome entertainment.

Josh Peek: Born and raised a Texas cowboy, loves God, Country, and the American way of life.

Thursday, November 9th we are heading to the Branding Iron at the YO for their Thanksgiving Lunch Buffet. We leave the center at 10:30 sharp and we have an 11 a.m. reservation so please arrive early. The cost of the all you can eat buffet will be \$13.50 seniors. We have never been disappointed with the buffet. Be sure to wear your stretchy pants. Sign up soon as bus seats will go fast on this one.

In House Movie: Tuesday, November 14th at 2:00 p.m. in the dining room we will show the movie TRUE SPIRIT. True Spirit is based on the true story of Jessica Watson, an Australian sailor who became the youngest person ever to sail around the world, solo, when she was 16 years old.

Birthday Bash will be held on Wednesday, November 15th this month.

Who wants to go SHOPPING? Monday, November 27th we will leave the center at 9:30 a.m. and make our way out to the Shops at La Cantera Mall for a FULL DAY of shopping. If you sign up for this trip you will need to be prepared to be at the mall until 4 p.m. All shoppers will be on their own the entire day and that includes making your own lunch arrangements. There are many restaurants in the mall and a food court as well. This is an OUTDOOR mall. Meaning, you walk along outside between each store. Be prepared if it's cold by bringing a jacket and an umbrella if rain is expected. If heavy rain is expected we will have an alternate date of Thursday, November 30th.

Let's remember that we have so much to be thankful for. I for one am thankful for each and every one of you. Speaking of Thankful, we would like to give thanks to HEB for gifting us with gift cards that we used for our Halloween Party!

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222 FM 1077, Bandera, TX 78003
BanderaNursingRehab.com

TOUCHSTONE
COMMUNITIES®

NOVEMBER ACTIVITIES 2023

Activities Director, Lisa Crawford

Phone: (830) 850-0028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
<p><u>8:00 Ejercicio en video</u> <u>10:00 Yoga con Willie</u> <u>12:30 Juegos</u></p>	<p><u>10:30 Estiramiento y fortalecimiento con Ida</u></p>	<p><u>8:00 Ejercicio en video</u> <u>9:30 Acolchar</u> <u>12:30 Juegos</u> 12:30 Poco Loco</p>	<p><u>12:30 Juegos</u> <u>1:00 Grupo de debate sobre preocupación y estrés/ Sala de manualidades</u> 2:15 AMC Boerne Película: Después de la muerte</p>	<p><u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u></p>
6	7	8	9	10
<p><u>8:00 Video Ejercicio</u> <u>9:45 Grupo de Senderismo Entrada City Park</u> <u>10:00 Yoga con Willie</u> <u>12:30 Juegos</u></p>	<p><u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u> 7:00 Cowboy Capital Opry/Josh Peek</p>	<p><u>8:00 Ejercicio de vídeo</u> <u>9:30 Acolchado</u> <u>9:45 Grupo de Senderismo Entrada al Parque de la Ciudad</u> <u>12:30 Juegos</u> 12:30 HEB</p>	<p>10:30 YO Branding Iron Thanksgiving Buffet Bus Trip <u>12:30 Juegos</u> <u>2:00 Club de ganchillo</u></p>	<p><u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u></p>
13	14	15	16	17
<p><u>8:00 Ejercicio en video</u> <u>9:45 Grupo de senderismo Entrada del parque de la ciudad</u> <u>10:00 Yoga con Willie</u> <u>12:30 Juegos</u> <u>1:00 Pintura rupestre</u></p>	<p><u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u> <u>1:00 Grupo de Escritores</u> <u>2:00 Película de la casa: True Spirit</u> 1hr49mns</p>	<p><u>8:00 Ejercicio de vídeo</u> <u>9:30 Acolchar</u> 11.30 Fiesta de cumpleaños</p>	<p><u>12:30 Juegos</u> <u>2:00 Club de ganchillo</u> 4:00 Actualización de Silver Sage Cottages</p>	<p><u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u></p>
20	21	22	23	24
<p><u>8:00 Video Ejercicio</u> <u>9:45 Grupo de Senderismo Entrada City Park</u> <u>10:00 Yoga con Willie</u> <u>12:30 Juegos</u></p>	<p><u>10:30 Estiramiento y fortalecimiento con Ida</u></p>	CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
27	28	29	30	Dec 1
<p><u>8:00 Video Ejercicio</u> 9:30 Compras navideñas en el centro comercial LaCantara <u>10:00 Yoga con Willie</u> <u>12:30 Juegos</u></p>	<p><u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u> 12:30 Walmart <u>1:00 Grupo de Escritores</u></p>	<p><u>8:00 Ejercicio de vídeo</u> <u>9:30 Acolchado</u> <u>11:00 Almuerzo de Damas de Hispanic Outreach</u> <u>12:00 Charla Bienestar</u></p>	<p><u>9:30 LaCantara Mall Christmas Shopping fecha alternativa</u> <u>12:30 Juegos</u></p>	<p><u>8:00 Video Exercise</u> <u>12:30 Juegos</u></p>
				12



NOVEMBER ACTIVITIES 2023

Activities Director, Lisa Crawford

Phone: (830) 850-0028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
30	31	Nov 1	2	3
8:00 Video Exercise 10:00 Yoga w/ Willie 12:30 Games	10:30 Stretch & Strengthen w/Ida	8:00 Video Exercise 9:30 Quilting 12:00 Nutrition Education Talk 12:00 POCO LOCO Grocery Store 12:30 Games	12:30 Games 1:00 Worry & Stress Discussion Group/Craft Room 2:15 AMC Boerne Movie: After Death	8:00 Video Exercise 12:30 Games
6	7	8	9	10
8:00 Video Exercise 9:45 Walking Group City Park Entrance 10:00 Yoga w/ Willie 12:30 Games	10:30 Stretch & Strengthen w/Ida 12:30 Games 7:00 Cowboy Capital Opry/Josh Peek	8:00 Video Exercise 9:30 Quilting 9:45 Walking Group City Park Entrance 12:30 Games 12:30 HEB	10:30 YO Branding Iron Thanksgiving Buffet Bus Trip 12:30 Games 2:00 Crochet Club	8:00 Video Exercise 12:30 Games
13	14	15	16	17
8:00 Video Exercise 9:45 Walking Group City Park Entrance 10:00 Yoga w/ Willie 12:30 Games 1:00 Rock Painting	10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writer's Group 2:00 In House Movie: True Spirit 1hr 49mns Rated	8:00 Video Exercise 9:30 Quilting 11:30 Birthday Bash 12:30 Games	9:45 Walking Group City Park Entrance 12:30 Games 2:00 Crochet Club 4:00 Silver Sage Cottages Update	8:00 Video Exercise 12:30 Games
20	21	22	23	24
8:00 Video Exercise 9:45 Walking Group City Park Entrance 10:00 Yoga w/ Willie	10:30 Stretch & Strengthen w/Ida	CENTER CLOSED -	CENTER CLOSED	CENTER CLOSED
27	28	29	30	Dec 1
8:00 Video Exercise 9:30 LaCantara Mall Christmas Shopping 10:00 Yoga w/ Willie 1:00 Games	10:30 Stretch & Strengthen w/Ida 12:30 Games 12:30 Walmart 1:00 Writer's Group	8:00 Video Exercise 9:30 Quilting 9:45 Walking Group City Park Entrance 11:00 Hispanic Outreach Ladies Luncheon 12:00 Wellness Education Talk	9:30 LaCantara Mall Christmas Shopping alternate date 12:30 Games	8:00 Video Exercise 12:30 Games
				13

Silver Sage ~ Noviembre de 2023 Almuerzo servido de 11:30 a. m. a 1 p. m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		<p>1 Pollo Rancho Rey Frijoles Borracha</p>	<p>2 Cerdo unitado con especias Filete de lomo Verduras de raíz asadas pan de maíz</p>	<p>3 Ensalada Chef Con Duro Huevo cocido sobre cama de Espinacas tiernas Aderezo ranch galletas saladas</p>
<p>6 Palitos de Pescado con Salsa Tarter Ensalada picante de repollo Tator Tots</p>	<p>7 Albóndigas suecas con salado Salsa de crema Fideos de huevo con mantequilla Calabacin calabaza</p>	<p>8 Sándwich de cerdo desmenuzado Papas fritas tipo gofre Frijoles Homeados a la barbécue</p>	<p>9 Enchilada De Pollo Al Horno Arroz español Frijoles refritos salsa</p>	<p>10 Cremoso De Patata Y sopa de jamón</p>
<p>13 Pollo naranja Arroz Blanco Al Vapor pegatinas</p>	<p>14 Sándwich de hamburguesa derretida Papas fritas Postre elegido por el chef</p>	<p>15 pollo Cacciatore Pasta de cabello de ángel Brócoli cocido al vapor</p>	<p>17 Pollo Fresa Ensalada de nueces sobre cama de espinacas tiernas vinagreta de frambuesa galletas saladas</p>	
<p>20 Filete De Pollo Frito/Salsa Pure de Papas al Ajo Judías verdes con ajo</p>	<p>21 Ensalada de pasta del suroeste con frijoles negros, maíz, cebolla morada y tomates sobre una cama de pasta fresca Verdes, galletas saladas CENTRO DE ACCIÓN DE GRACIAS</p>	<p>22 Comidas sobre ruedas Acción de Gracias CENTRO CERRADO</p>	<p>23 CENTRO CERRADO</p>	<p>24 Comidas a domicilio Cazuela De Pavo Y Arroz CENTRO CERRADO</p>
<p>27 Costillitas BBQ Ensalada de papas Frijoles pintos</p>	<p>28 Galleta y salsa Empanada De Salchicha Patatas fritas con queso Fruta fresca</p>	<p>29 Pollo Salteado Al Pesto Con Queso parmesano Fideos Rigatoni Zanahorias con mantequilla</p>	<p>30 hamburguesa y Todas las fijaciones</p>	 <p>Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4989</p>

Menú sujeto a cambios según
disponibilidad.

Silver Sage ~ November 2023 Lunch served from 11:30am-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AACOG Alamo Area Council Of Governments	 San Antonio FOOD BANK <small>SERVING SOUTHWEST TEXAS</small>	<p>1 King Ranch Chicken Borracha Beans</p>	<p>2 Spice-Rubbed Pork Tenderloin Roasted Root Veggies Cornbread</p>	<p>3 Chef Salad with Hard Boiled Egg on a bed of Baby Spinach Ranch Dressing Crackers</p>
<p>6 Fish Sticks w/Tarter Sauce Tangy Cole Slaw Tator Tots</p>	<p>7 Swedish Meatballs w/savory Cream sauce Buttered Egg Noodles Zucchini & Squash</p>	<p>8 Pulled Pork Sandwich Waffle Fries BBQ Baked Beans</p>	<p>9 Chicken Enchilada Bake Spanish Rice Refried Beans Salsa</p>	<p>10 Creamy Potato and Ham Soup</p>
<p>13 Orange Chicken Steamed White Rice Potstickers</p>	<p>14 Patty Melt Sandwich French Fries Chef Choice Dessert</p>	<p>15 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli</p>	<p>16 Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Garlic Bread</p>	<p>17 Strawberry Chicken Salad with walnuts on a bed of baby spinach Raspberry Vinaigrette Crackers</p>
<p>20 Chicken Fried Steak/Gravy Garlic Mashed Potatoes Garlic Green Beans</p>	<p>21 Southwest Pasta Salad with black beans, corn, red onions and tomatoes on a bed of Fresh Greens, Crackers</p> <p style="text-align: center;">CENTER THANKSGIVING</p>	<p>22 Meals On Wheels Thanksgiving</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>23</p> <p style="text-align: center;">CENTER CLOSED</p>	<p>24 Meals On Wheels Turkey/Rice Casserole</p> <p style="text-align: center;">CENTER CLOSED</p>
<p>27 BBQ Baby Back Ribs Potato Salad Pinto Beans</p>	<p>28 Biscuit & Gravy Sausage Patty Cheesy Hashbrowns Fresh Fruit</p>	<p>29 Sautéed Pesto Chicken w/ Parmesan Cheese Rigatoni Noodles Buttered Carrots</p>	<p>30 Hamburger & All the Fixings</p> <p style="text-align: center;">Menu subject to change according to availability</p>	 Area Agency on Aging <small>Funded through the State Department of Aging and Disability Services Alamo Area Council of Governments</small> Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969

10
tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

YOGA WITH WILLY EVERY MONDAY

Location: Great Room @ the Silver Sage - 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.

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POTASSIUM RICH FOODS TO CONTROL HIGH BLOOD PRESSURE



One medium banana is high in potassium, providing 9% of the Recommended Daily Intake (RDI).

Avocados are a rich source of potassium. A 100 gram serve of avocado provides about 485 mg of potassium.



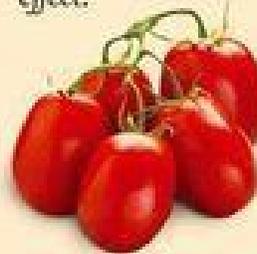
Salmon is a good source of potassium. It's also an excellent source of Omega-3 fatty acids which have anti-inflammatory effect.



The white potato is a good source of potassium, particularly when the skin is left on.



Beans are potassium rich foods. They are also a good source of protein and contain the essential amino acid lysine.



Tomato products such as tomato paste, puree and juice are particularly good source of potassium. Tomato products may also help fight cancer.



Yogurt is very high in potassium, protein, phosphorous and calcium. Some yogurt contains probiotics (live bacteria) that also have health benefits.

Dried apricots contain 378mg of potassium in a typical serving. But they are not the best choice if you have issues with blood sugar control.



A 100 gram serve of sweet potato is providing 475 mg plus 100% of the RDI for Vitamin A.

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Victor Haro

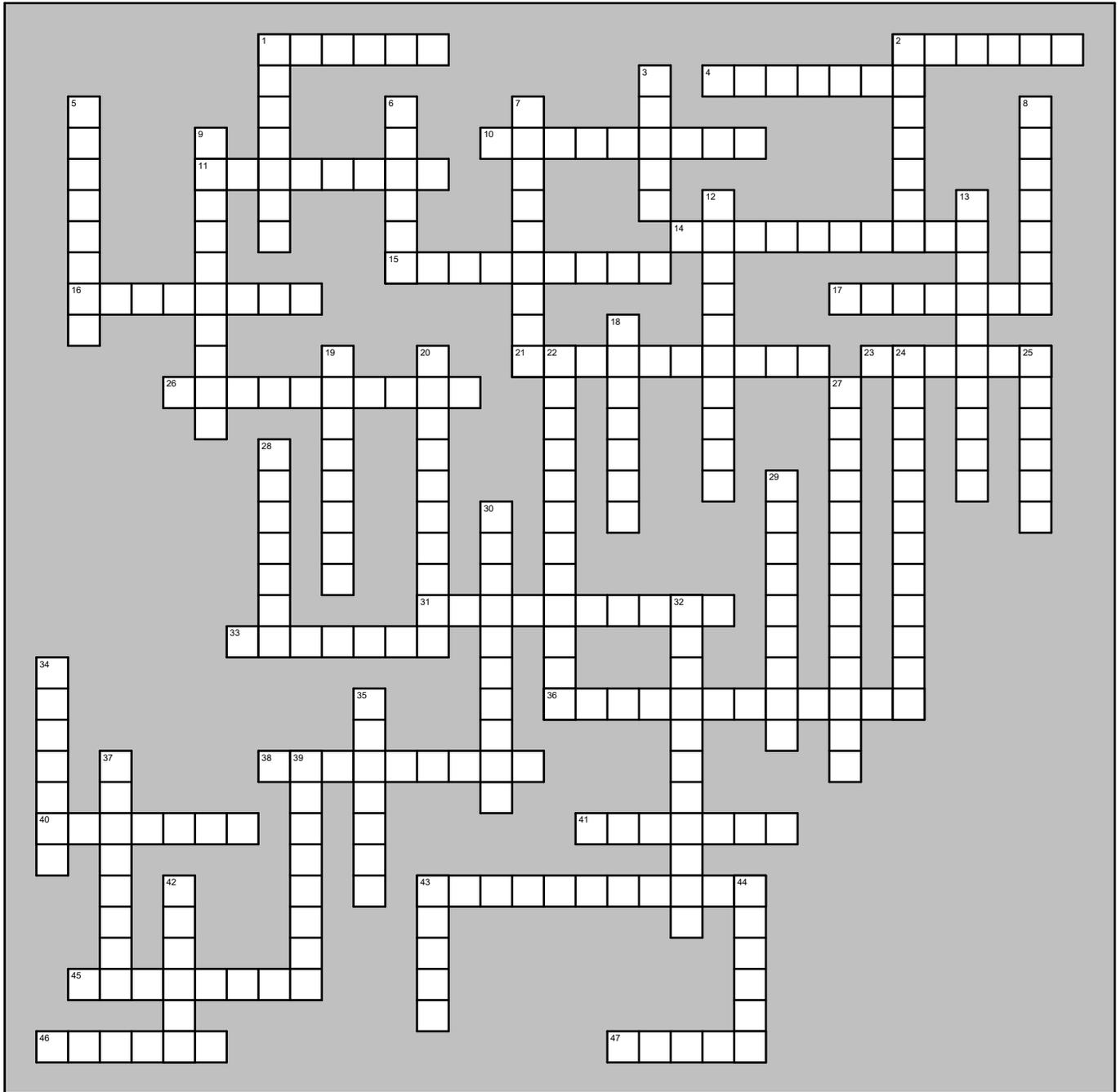
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Across

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2. Capital of Alaska.
4. Capital of Maine.
10. Capital of Tennessee.
11. Capital of Hawaii.
14. Capital of California.
15. Capital of Maryland.
16. Capital of Wyoming.
17. Capital of New Jersey.
21. Capital of Arkansas.
23. Capital of Kansas.
26. Capital of Alabama.
31. Capital of Nevada.
33. Capital of New Mexico.
36. Capital of Utah.
38. Capital of Kentucky.
40. Capital of North Carolina.
41. Capital of Michigan.
43. Capital of Illinois.
45. Capital of Connecticut.
46. Capital of New York.
47. Capital of Delaware.

Down

1. Capital of Arizona.
2. Capital of Mississippi.
3. Capital of Idaho.
5. Capital of North Dakota.
6. Capital of Montana.
7. Capital of Minnesota.
8. Capital of Wisconsin.
9. Capital of West Virginia.
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44. Capital of Colorado.

10 Alzheimer's Communication Tips



- 1 Never argue, instead **AGREE**
- 2 Never reason, instead **DIVERT**
- 3 Never shame, instead **DISTRACT**
- 4 Never lecture, instead **REASSURE**
- 5 Never say "remember", instead **REMINISCE**
- 6 Never say "I told you", instead **REPEAT**
- 7 Never say "you can't", instead do what they **CAN DO**
- 8 Never command, instead **ASK**
- 9 Never condescend, instead **ENCOURAGE**
- 10 Never force, instead **REINFORCE**



Ingredients

- 1 CAN PUREED PUMPKIN
- 1 RIPE BANANA
- 1 EGG + 1 EGG WHITE
- 1/2 CUP UNSWEETENED APPLE SAUCE
- 1/2 CUP NONFAT PLAIN YOGURT
- 1 CUP SUGAR
- 2 CUPS WHOLE WHEAT FLOUR
- 1 TSP BAKING SODA
- 1 TSP SALT

Directions

1. PREHEAT OVEN TO 350F
2. MIX ALL INGREDIENTS TOGETHER IN A LARGE BOWL
3. POUR BATTER INTO MUFFIN TINS OR PAN
4. BAKE FOR 20-30 MIN OR UNTIL MOIST

Nutrition Facts	
User Entered Recipe	
20 Servings	
Amount Per Serving	
Calories	102.6
Total Fat	0.6 g
Saturated Fat	0.2 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.1 g
Cholesterol	9.3 mg
Sodium	152.0 mg
Potassium	79.4 mg
Total Carbohydrate	23.3 g
Dietary Fiber	2.4 g
Sugars	12.6 g
Protein	2.7 g



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