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MONTHLY MENU
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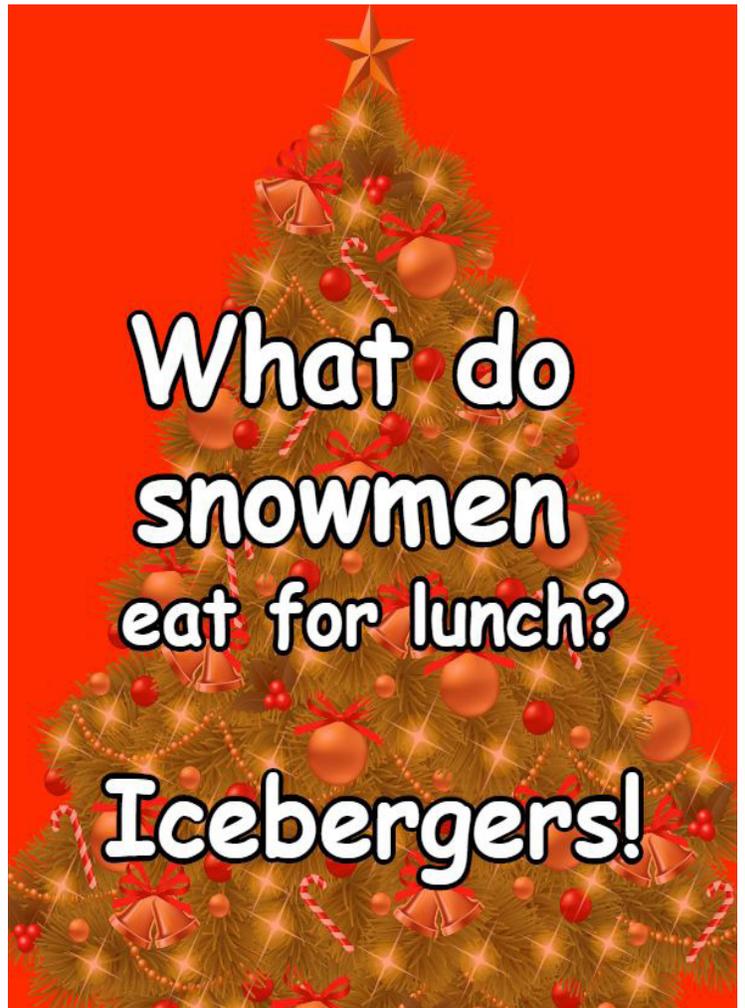
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Managing Stress & Anxiety

by Monica Zuniga, Alamo Hospice

It is natural and expected that you may be experiencing extra stress and anxiety related to the pandemic as well as the holidays. At Alamo Hospice, our purpose is to help reduce stress for patients and families. We would like to share six techniques that can help manage stress.



1. Create and Follow a Routine

Much of anxiety is caused by fear of the unknown. Creating consistency by sticking to a routine can reduce anxiety.

2. Journaling

There are many ways to do this in today's world of technology. You can record voice memos to your phone or take notes in an online journal or app. Pen and paper also work, of course. Which ever way you choose to do it, journaling allows you to express thoughts, feelings, and emotions. Even starting a "Thankfulness Journal" can help. What are the top 5 things for which you are the most thankful? Write them down and try to meditate on those all day.

3. Keeping In Touch

You can text, send a message through social media, make a phone call, or write a letter. However you decide to stay connected, just do it! Connecting with friends and family helps us to not feel alone.

4. Make Healthy Choices As Often As We Can

Science shows that we can reduce the risk of chronic disease and improve our overall quality of life, just by making a few healthy choices. Get enough sleep each night. Eat lots of fruits, vegetables, and whole foods. Avoid or cut back on unhealthy activities like drinking, smoking, or eating junk food.

5. Identify Your Triggers

What are the things that stress you out or makes you worry? What makes your blood pressure rise? If you can identify those areas in your life, you can do one of two things. First - avoid the trigger if possible. Secondly - prepare yourself for when you might experience a trigger.

6. Find Reason to Smile

Try to focus on positive moments. You may have to ask someone around you to help you see them. When we smile or laugh, it releases endorphins in the body that help fight off anxiety and stress. 😊

THROUGH THE EYES OF A DRIVER

By Mary Allyce



We've almost made it. 2021 is on the horizon and 2020 is mostly in the rearview mirror. It's none too soon for most of us who never expected one year ago to expand our vocabularies with terms like "viral load", "lockdown", "PPE" (personal protective equipment), "herd immunity", and "distancing", among others. Who expected to wear face masks to go to the grocery store? None of us.

2020 has been a learning curve, steeper for some than for others. More than that it's been a test of our tenacity, our resilience, our ability to adapt and think outside the confines of our own heads. And while we're cheering on the approach of 2021, remember 2020 is not over - not yet.

It's going to be a different kind of Christmas for many of us this year. I treasure being with my sons at Christmastime, but this year, traveling from Florida for them is out as is me traveling to them. We, like many other families, will have a virtual Christmas on Zoom or Facetime. It's not ideal, but it's still Christmas. And, it is still 2020!

I think in years to come 2020 is going to become a euphemism or code for more than a mere pandemic. Just saying "2020" is bound to bring up sense memories of arguably the most divisive, disruptive, downright scary time in our nation's history. We waged war against a virus, a nasty, invisible enemy we knew little about except we needed to contain it as quickly as possible. Just about the time we thought we had a handle on it, we discovered we didn't. Twice.

It's been such a trying year a lot of us decided to put up Christmas trees right after Halloween. Mine usually goes up the day after Thanksgiving, but it showed up a bit earlier this year. We might be approaching Christmas with caution, but I'm not cancelling arguably the happiest day of the year!

What an appropriately optimistic holiday with which to end the worst year many of us have endured. Those of a certain age need to remember that the parents who raised us made it through a Great Depression, one - or two - World Wars, food rationing, job scarcity, and worldwide 'flu and polio pandemics. I'm guessing they would understand the need to strengthen our resolve, adapt to the changes and sacrifices we've all had to make and plow ahead to a different, but nonetheless joyous Christmas!

We can rejoice that our community, the Silver Sage, and other charitable organizations make sure the most vulnerable of us have enough to eat. We can be grateful for modern technology that allows us to stay in virtual contact with friends and family even if we can't be under the same roof.

I say, "Bring on Christmas, 2020 style"! Like the old song from the musical "Mame" says, "We need a little Christmas, Right this very minute." We've earned it. So "Haul out the holy" and "put candles in the window", sing the carols, and hang "some tinsel on the evergreen boughs."

And a peaceful, safe, joyful, and blessed Christmas to y'all!

Spaghetti Squash Italiano



Ingredients

Makes: 4 (1 cup) per serving

- 1 spaghetti squash
- 1 Tbsp olive oil
- 4 Cloves garlic, minced
- 1 14.5oz can of diced Tomatoes, drained
- 1 tsp balsamic Vinegar
- 1/2 cup fresh basil, chopped
- 1/4 cup parmesan cheese, shredded



Method

Recipe Credit: www.safoodbank.org

1. With a chefs knife, carefully cut the spaghetti squash in half and Remove seeds from the cut spaghetti squash with a spoon
2. Drizzle the inside of the squash with olive oil. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast in oven 350 °F for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a litte bit firm.
3. Once the spaghetti squash is cool. Use a fork to scrape out the strands from the inner spaghetti squash and place in a bowl until further use.
4. Heat olive oil in a large skillet on medium heat. Add minced garlic and cook for 1 minute.
5. Add the canned tomatoes, and basil. Cook for 2 minutes.
6. Increase the heat of the pan to medium high. Add the spaghetti squash and cook 2 more minutes. Remove from heat.
7. Turn off the stove. Drizzle the balsamic vinegar and toss.
8. Finally, add the parmesan cheese on top.

Nutrition Facts

4 servings per container	
Serving size	1 Cup (222g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 1mg	6%
Potassium 347mg	8%

*The % Daily Value 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 Tomatoes

This institution is an equal opportunity provider.



How To Store:

Store at room temperature. If overly ripe, store in the fridge;



How To Use:

Wash tomatoes before eating. Can be eaten raw or cooked. Avoid cooking in aluminum container



Health Benefits:

Prostate, urinary & DNA health, helps prevent cancer & heart disease.



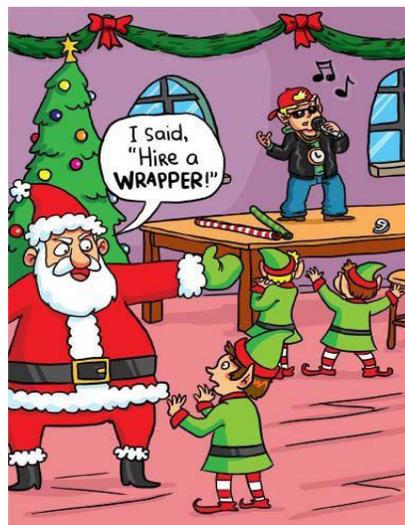
Funny Bone

A Christmas Gift

A guy bought his wife a beautiful diamond ring for Christmas.

After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles."

"She did," he replied. "But where was I going to find a fake Jeep?"



1. How did the ornament get addicted to Christmas? He was hooked on trees his whole life.

2. Why was Santa's little helper depressed? Because he had very low elf esteem.

3. What does the Grinch do with a baseball bat? Hits a gnome and runs.

4. What do you call a broke Santa Claus? Saint-nickel-less.

5. What do you call a kid who doesn't believe in Santa? A rebel without a Claus.

6. Why did Frosty ask for a divorce? His wife was a total flake.

7. Why does Scrooge love reindeer so much? Because every single buck is dear to him!

8. What do you get when you cross a duck with Santa? A Christmas quacker.

9. What's Santa's favorite snack food? Crisp Pringles.

10. Why do mummies like Christmas so much? They're into all the wrapping.

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Gingerbread Fudge

INGREDIENTS

- 12 oz. white chocolate, melted
- 1 c. sweetened condensed milk
- 1 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1/2 tbsp. Red nonpareils
- 1/2 tbsp. green nonpareils

DIRECTIONS: With only a handful of ingredients—sweetened condensed milk, white chocolate, and spices—this holiday treat is super easy to make!

In a large bowl, mix together white chocolate and sweetened condensed milk. Add nutmeg, cinnamon, and ginger and stir until combined. Stir in almost all nonpareils (leave some to sprinkle on top) until combined.

Using a spatula, transfer fudge into a parchment-lined glass baking dish and smooth over top. Sprinkle with remaining nonpareils and let sit until firm, at least one hour. (Transfer to the fridge to speed up the process.) Cut into squares and enjoy.



NO-BAKE PUMPKIN CHEESCAKE

INGREDIENTS

FOR THE CRUST

- 1 1/2 c. finely crushed gingersnaps
- 2 tbsp. granulated sugar
- 5 tbsp. butter, melted

FOR THE FILLING

- 1 c. heavy cream
- 2 (8-oz.) blocks cream cheese, softened
- 1 (15-oz.) can pumpkin puree
- 1 c. powdered sugar
- 1 tsp. pure vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. kosher salt

FOR TOPPING

- Whipped cream
- Roughly crushed gingersnaps

DIRECTIONS:

In a medium bowl, combine crushed gingersnaps, sugar, and melted butter until mixture resembles wet sand. Pour into a 8" springform pan and pat into an even layer. In a medium bowl, beat heavy cream to stiff peaks. In a large bowl beat cream cheese until light and fluffy. Add pumpkin puree and beat until no lumps remain. Add powdered sugar and beat again until no lumps remain. Add vanilla, cinnamon, nutmeg, and salt and beat until incorporated. Add whipped cream and fold in until just combined. Pour batter over crust and smooth top with an offset spatula. Refrigerate until set, at least 4 hours and up to overnight. Serve with whipped cream and crushed gingersnaps.

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Offering a Friendly Voice

Volunteers give hope and help to the socially isolated

FOR MANY whose social isolation has been deepened by the COVID-19 pandemic, little is more nourishing than sharing time with someone warm and trustworthy on the other end of the phone.

AARP's Friendly Voice program was set up to break through the wall of loneliness made more formidable by social distancing.

HOW IT WORKS

1. Volunteers recruited from across the country agree to call those who have signed up to hear from someone.
2. Those seeking a call reach out to AARP's program through this link: aarp.org/friendlyvoice.
3. The call requests go on a roster that the volunteers use when making their calls. Those reached who are having a crisis are steered to appropriate help.

THE VOLUNTEERS

• **Barbara Welcher, 69, of Augusta, Georgia**, had big plans for this year, her first after retirement. She was going to take her first train ride, tour America from New York City to California, and make a stop at South Carolina beaches. "COVID-19 changed those plans," she says.

Isolated at home, she began to look for ways to use her time to help others. "I found the Friendly Voice call center," she notes. "I love to talk, so it seemed ideal."

One thing was emphasized in training, Welcher says: "We try not to focus on COVID-19. We talk about other things." So she now chats with about five people a day, roughly three days a week.

• **Dorie Ciulla, 63, of North Hempstead, New York**, tries to get the people she calls to talk about their lives. "I ask them, if I were to visit your town, what would I see that would be interesting?"

Ciulla says she didn't know what to expect when she signed up for the program: "I'm not a social worker or a psychologist." But once she got started, she adds, "it came naturally."

• **Jerry Ziertman, 72, of Pompano Beach, Florida**, has been part of the program since March and has reached as many as 50 people a week for several months.

He concedes that not every call ends on an upbeat note. "There are people who are extremely down, or who are ill, and I can't pivot them," he says. The hope is that those people will stay with the program and over time a series of calls may lift their spirits.

Callers don't make repeat visits with the same person—the idea is to avoid dependence on a single individual. But the goal is that anyone who requests a call will be reached by a volunteer on a regular basis.

Ideally, both people in the conversation gain from the experience. Says Ziertman: "If we end up sharing a laugh, that's a good call."



By the Numbers



The Friendly Voice program has **275 volunteers** trained to make calls.



4,100 people have signed up to receive friendly calls.



Volunteers have engaged in over **5,000 conversations** to date.

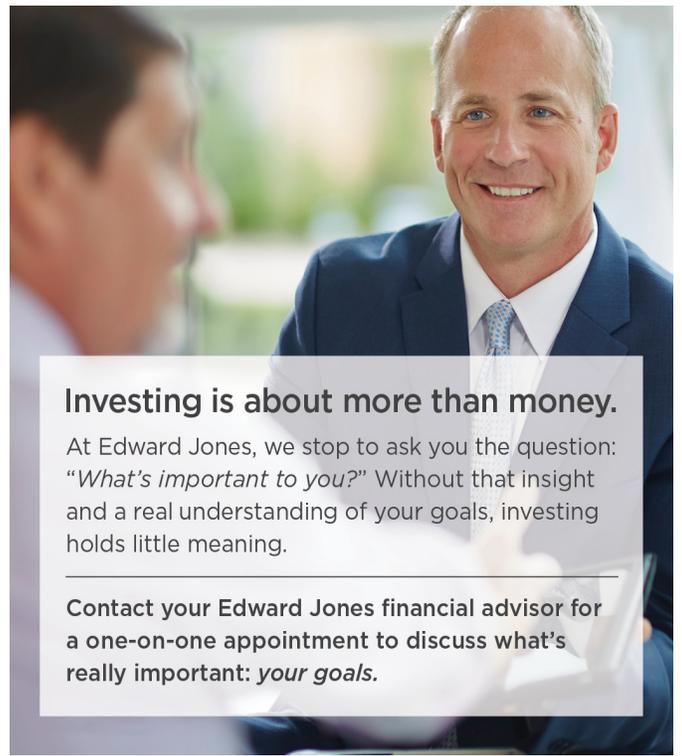
December 2020 Silver Sage (830) 796-4969

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cheese Steak with Gravy Hominy Green Beans Dessert	2 Chicken and Dumplings Creamed Corn Chef Salad	3 Breaded Pork Chop Brussel Sprouts Pineapple Casserole	4 Chicken Strips Mashed potatoes and Gravy Coke Slaw	5
6	7 Chicken Fried Steak Mashed Potatoes and Gravy Peas and Carrots	8 Corned Beef Hash with potatoes and onions Greens Dessert	9 Monterey Chicken Grilled squash Baked beans Broccoli Salad	10 Heavy pork roast with potatoes, carrots, corn, and onion cornbread Dessert	11 Hamburger with all the fixins Tater tots	12
13	14 Hamburger Steak Mixed vegetables Biscuit +FOOD BANK	15 Chicken Florentine Twice baked Stuffed potatoes Butter Cauliflower Dessert	16 Beef enchilada Casserole TexMex Salad	17 Thick Ham and Bean Soup Cornbread Dessert	18 Chicken Pot Pie	19
20	21 Chicken Strips Tater Tots Creamed Corn	22 Ham Pineapple Casserole Green beans Dessert	23 Garden Spaghetti Garlic Bread Caesar Salad	24 Turkey, Dressing, and all the other stuff ☺ Christmas Eve	25 CLOSED CHRISTMAS DAY	26 
27 Joyce D. Lemalla LD All meals will meet the L3 RMA of Federal Guidelines.	28 Breaded Pork Chop Hominy Stewed Tomatoes	29 Chicken Fajitas and all the fixins with beans and rice Dessert	30 Braised pork in a sweet soy sauce Asian Blend Vegetables Crunchy Ramen	31 Meatloaf Mashed potatoes and gravy Black-eyed peas Dessert	New Year's Day 2021 Meals subject to change according to availability.	



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SUBARU SHARE THE LOVE® EVENT TAKES ON 2020 FOR ITS THIRTEENTH CONSECUTIVE YEARS

Subaru of America, Inc. announced the return of its annual Subaru Share the Love® Event in 2020. Thirteen years running, the 2020 Share the Love Event will mark the fifth consecutive year there will be no cap placed on the total donation from Subaru of America, Inc. to its Share the Love Event charitable partners. The event puts new owners in the driver's seat when it comes to selecting which charity or charities are to receive a donation from Subaru on their behalf. By the end of the event's thirteenth year, Subaru and its participating retailers hope to exceed a grand total of \$200 million donated to help those in need. "Each year, we look forward to the Subaru Share the Love Event as a special time where our retailers, customers, national and local charity partners come together to make an impact on our communities," said Alan Bethke, Senior Vice President of Marketing, Subaru of America, Inc. "We are honored to be more than a car company for all those who interact with Subaru by supporting the causes that are closest to their hearts. While this year has challenged us all, we look forward to being a force for good through the 2020 Subaru Share the Love Event." From November 19, 2020, through January 4, 2021, with every new Subaru purchased or leased at one of the 632 participating Subaru retailers nationwide, Subaru will donate \$250 to the customer's choice of charities*. The customer may choose to direct their donation to four national partner charities: The American Society for the Prevention of Cruelty to Animals® (ASPCA®), Make-A-Wish®, Meals on Wheels America and National Park Foundation. Subaru retailers also will have the opportunity to add a local hometown charity(ies) for their customers to select. In addition to the four national charity partners, Subaru retailers across the country have selected over 790 local charitable organizations to support during this year's Subaru Share the Love Event. For a second year, participating Subaru retailers will also donate \$5 to their hometown charity(ies) for every routine Subaru vehicle service visit during the Subaru Share the Love Event, November 19, 2020 through January 4, 2021. Since its 2008 launch, Subaru has donated more than \$176 million to a host of national and hometown charities.

- To learn more, visit: www.subaru.com/share
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The Utopia Food Pantry

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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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this year's
resolutions
2021

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

Look forward to:

Try something new:

THE *Ultimate* LIST
~

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
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7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE'.

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WHY DO WE DROP A BALL ON NEW YEAR'S EVE?

Most of us are familiar with the traditional ball drop in New York City's Times Square; even if we haven't sojourned to the city to see it, we have likely watched it on TV. But why does New York drop a giant, lit-up ball on New Year's Eve anyway?

According to PBS, the festivities of New Year's Eve moved to the New York Times building in 1904 after previously taking place at Trinity Church in Manhattan, where spectators were able to hear the chiming of the bells signaling midnight. However, when the fireworks began, it quickly became obvious that the usual spectacle wouldn't do: Hot ashes fell down on the streets after the display, causing problems and leading the New York Police Department to put a ban on fireworks.

After this, New York Times publisher Adolph Ochs went to Walter Palmer, the Times' chief electrician, to create something different to draw in crowds and avoid the rains of fiery doom. Palmer, inspired by the maritime tradition of dropping a time ball so sailors could adjust their chronometers while at sea, devised the idea of dropping a lit-up ball on New Year's Eve.

The tradition of dropping the ball in Times Square has been a tradition ever since 1907.



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SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION AT MANSFIELD PARK 11AM

SAVE THE DATE!!

MONDAY DECEMBER 14TH



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

****ONLY IF YOU AREN'T ON THE PREVIOUS LIST ALREADY**



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.

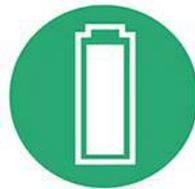


*Honoring the past,
Inspiring the future.*

WINTER HOME SAFETY TIPS FOR SENIORS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

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