Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall (830) 796-3590
Store hours: Monday-Friday 10:00am-3:00pm
See more on page 22

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.
FEB. 4th Vicki Gillespie & Lanette Pennell.

Valentine’s Day Ice Cream & Cake Social
Feb. 14th 12:20pm

MARDI GRAS BIRTHDAY POTLUCK
Tuesday, Feb. 25th, 11:30am - Bring a covered dish to share!

MONTHLY MENU
Page. 13
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
Managing Publisher/Designer:
Karyn Utterback—Executive Assistant
Email: karyn@silversage.org

Sales/Marketing Director:
Mikie Baker & Karyn Lyn

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

9. WELCOME MIKIE BAKER!!!
Mikie Baker has been named Development Director for the Silver Sage of Bandera County, and we are glad to have her aboard!


19. Preparing meals for one or two? Want to boost your mood naturally? Check out these healthy tips!

Our Mission:
Enriching Life For Seniors
The Quilting Corner:

Batting Not Quite Big Enough? You can add a strip to cotton or Hobbs Heirloom batting.

Make sure the edges you wish to join are straight. Butt the two strips together without overlapping, and sew together using a medium/large zig zag stitch. Be careful not to stretch either edge.

You can add to polyester batting by butting another piece up to it and hand stitching it together with big stitches. Do Not Overlap.
Seniors Program

Mission:
Providing seniors with vision loss the skills, tools, and resources needed for maintaining independence in their homes and the community.

Our goal is to help people maintain their independence in their homes despite vision loss.

We target low income senior citizens to participate in our services.

We provide five free services:

1. In Home—Independent Living Skills Training
2. In Home—Orientation & Mobility Training
3. In Home—Counseling Sessions
4. Low Vision Clinic Eye Evaluation
5. Low Vision Clinic Devices

These services not only restore confidence and self-worth but enhance the quality of life and allow participants to reach their maximum potential.
SILVER SAGE ANNOUNCES,  
“OLD COOTS GIVING SAGE ADVICE” FUNDRAISER ON  
MARDI GRAS WEEKEND 

GET SAGE ADVICE FROM A BUNCH OF OLD COOTS AND  
SUPPORT THE COTTAGES OF SILVER SAGE 

January 28, 2020 – The Silver Sage of Bandera County announces a new fundraiser for the Cottages of Silver Sage. “Old Coots Giving Sage Advice” gathers a group of men from Bandera County who think they know a thing or two more than you do. Since there’s no better teacher than experience, and these experts are really old, we think they can offer sage advice to anyone seeking to make a well-informed decision.

The panel of experts include Art Crawford, Glenn Clark, Dennis Allyn and George DeWolf. Obviously, these folks know their stuff – in fact, they have more than 250 years of combined experience in all life’s little problems.

The Old Coots have spared no expense in their quest to give you great, sage advice. Beginning with the Bandera Mardi Gras Parade, the Coots will be featured in an antique truck, the consummate classic ride lollygagging down the main street of town. After the parade on Saturday, February 15, armed with a folding table, chairs and a place at the Gumbo Cookoff on 11th Street, they plan to give advice to anyone seeking answers to life’s most pressing questions from 1pm-3pm.

How to fix that humming sound in your tractor? What kind of boots to wear out boot scootin’ on Saturday night? When do the cows actually come home? All this plus sage wisdom is available to those seeking advice from the Old Coots.

If you like the sage advice given, feel free to leave a donation for the Cottages of Silver Sage, Bandera’s newest initiative to help the seniors of Bandera County. The Silver Sage has committed to building 46 cottages to house Active Seniors who live in the county and are looking to downsize from ranch life to living in town with more access to services and community involvement. All donations made will go directly to the fundraising efforts to build the cottages adjacent to the Silver Sage. The project is slated to get underway later this year.
Listen up men! This is all you need to know about women. There are three types of us – the Minimalists, the Fashionistas and the Incurables. Read on, grasshopper.

Women aren’t born with purses but we each secretly want one from birth. Where else are you supposed to keep an extra bottle, a pair of diapers and some baby bottom cream, after all? Females must carry things around and since the fashion gods decided that only men should have pockets, women need purses.

Over the years, I’ve bought hundreds of handbags. Some big, some very small, some that match only one outfit, but it’s an exact match. Certainly, we all own our variety of purses but what we carry in those purses is far more telling. This attribute separates the girls from the women.

Here are those three types of women:

The Minimalists
This is the magician that can somehow tuck everything she needs to survive into a tiny, compact little bag that’s nearly light as a feather. My friend, Hippy Yuppie Sister has one of those. It’s a Coach bag and I think the only reason she could afford it was because it was so small. Somehow she manages to contain all that she needs in a bag the size of a men’s wallet. I’m certain she’s using mirrors for part of the trick.

The Fashionistas
The group consists of women who understand that your purse is an extension of yourself, thus it needs to match your outfit. Size doesn’t matter nearly as much as the “hue” or the compliments. This goal of the Fashionistas is to constantly hear, “Oh! I love your purse!” Inside this fashion statement are the standard items – wallet, checkbook, makeup. Maybe some mints. We wouldn’t want to get our purses so full, they bulged and didn’t look cute, now would we?

The Incurables
You know her. Her bag weighs more than 25 pounds. When she asks you to hand her purse to her, you dislocate a shoulder. Men, do you know what it’s so heavy? Because contained inside is everything you need to survive on a deserted island for more than a year. I promise you. Plus you’ll have leftovers.

Just last week, I went to another town for a local Chamber of Commerce event, and spent the night with a girlfriend. When we got back to the house and sat down, she asked me to hand her purse over. I’m still having trouble making a fist. It was heavy. And I mean heavy. It was also dark blue and plain. There was no fashion statement there because those heavy purse gals try to run under the radar so you won’t notice how much stuff they are lugging around on one shoulder.

So I said to her, “What the heck have you got in here?” It took her nearly ten minutes to unload it and I took photos so I could tell you what all she packed in there: a makeup bag, a compact with no powder left, a diabetes kit, an inhaler, aspirin, a flash light, readers in a large case, two checkbooks, a business card holder, dental floss, a phone charger, perfume, pens, pencils, a business card holder, a variety of medications, Altoids, a knife, 3 safety pins, a straw, a coin purse, a first aid kit and the Prime Minister of Canada. Okay maybe it was only a photo of him.

I felt safe knowing that wherever we might go, I was armed with a friend and a survival kit. But it still doesn’t match her outfit.
Amanda is chatting with her friend Sandy...

*My memory is gone Sandy. So I changed my password to “Incccorrect.” That was when I try and log in and type the wrong password, the computer will tell me, “your password is inncorrect.*

My wife woke up with a huge smile on her face. I love Sharpies.

You know you are old when you hear your favorite songs in an elevator.

You know you are old when you’re told to slow down by your doctor and not the police.

If you lose something, don’t stop until you’ve searched every nook and granny.
WELCOME MIKIE BAKER!!! Mikie Baker has been named Development Director for the Silver Sage of Bandera County. Baker began her career in radio at KLIF Radio in Dallas as a DJ and Music Director, earning her 10 gold records for her musical ability to pick the next “hit” record. She then spent 11 years with T.G.I. Friday’s, creating custom music for the restaurants as well as creating the company’s Creative Arts department. Baker oversaw marketing, food photography, audio/visual, video production, menu design and advertising, winning several awards for her work. In 1990, Baker formed The Baker Agency, a firm on the cutting edge of design for the hospitality industry. After moving to the Hill Country to take care of her aging mother in 2004, Baker wrote the humor column, “Mikie Baker’s Gone Country” for the Bandera Courier for 10 years. She was voted a Top Ten Columnist in the state by the Texas Press Association. In 2013, after her mother’s passing, Baker became the Community Liaison for Texas Public Radio. She was in charge of five radio stations doing sales, marketing, outreach, events and community involvement. Today she turns her talents to raising money for the Seniors of Bandera County through outreach, grant writing and fundraising. If you’d like to get involved with the Silver Sage, contact Mikie at 830-460-0077 or mikie@silversage.com
**Duck Inn Salad Dressing By Amy Dee Hawley**

From The Duck Inn, Camden Arkansas. BEST salad dressing ever!!!!

1 bottle of ketchup  
3/4 gallon of salad dressing (Miracle Whip)  
1 bottle of water  
3 tsp of salt  
1 tsp of pepper  
1 tsp of garlic  
Mix together.

Start with ketchup, add Miracle Whip, add water to thin, add salt, pepper, and garlic for a small batch.

“The Duck Inn was one of the most popular restaurants in my hometown. It was the best place to go after church. They were known for this salad dressing! It was always bottled in a Grapette syrup clown or elephant glass jar.”
- Amy

---

**Sheetcake Sugar Cookies By Liz Palmer**

1 C butter, room temp, no substitutions  
8oz cream cheese, softened  
1/2 tsp vanilla  
1 tsp almond extract  
1 C sugar  
2 eggs  
1/2 tsp soda  
1/2 tsp baking powder  
2 3/4 C flour

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
Silver Sage ~ February 2020

Center CLOSED
Presidents’ Day
Feb. 17

Bandera Sister City Partnership Opry
Tuesday, Feb. 18
Doors open at 6:30 pm
Music at 7:00 pm
Guest Performers:
Fred Smith
Kenny James Pearsall
Reserved seats & admission $10

Craft & Chat
Mondays at 10:00 AM
Bring a craft project to work on while visiting and making new friends.

Valentine’s Day
Ice Cream & Cake Social
Friday, Feb. 14 - 12:20 PM
Happy Valentine’s Day

Mardi Gras Birthday Potluck
Tuesday, Feb. 25, 11:30 AM
Bring covered dish to share

Fundraiser for the Cottages of Silver Sage
Sunday, Feb. 16,
11AM - 3 PM
Live Music, Raffle, Silent Auction,
Polish & German Cuisine,
Hosted by the Bandera Cowgirls

Center Hours:
Monday - Thursday
8:00 am - 3:00 pm
Friday
8:00 am - 2:00 pm

WEEKLY ACTIVITIES
Monday
• Indoor Exercise 8:00 AM
• Craft & Chat 10:00 AM
• Yoga 10:00 - 11:15 AM
*88 per class
• Bingo 1:00 PM

Tuesday
• Mexican Train 1:00 PM

Wednesday
• Indoor Exercise 8:00 AM
• Quilting 9:30 AM
• Mexican Train 1:00 PM

Thursday
• Bridge 9:00 AM
• Dominoes/42 12:30 PM
• Bingo 1:00 PM

Friday
• Indoor Exercise 8:00 AM

Lunch & Learn
Mary Lou Howell
Cibolo Creek Hospice
Wed., Feb. 26 ~ 11:15 AM

Cowboy Capital Opry
First Tuesday
Feb. 4, 2020
Vicki Gillespie
LaNette Pennell
Doors open at 6:30 pm ~
Music begins at 7:00 pm
Admission ~ $5
Reserved Seats ~$5
HIGH RECOMMENDED!

How Did I Get This Old
And What Do I Do Next?
Wednesday, Feb. 19, at 12:45
Silver Sage Great Room
A free, informative series
concerning topics for those 50+ on
the third Wed. of every month in
2020. This series is presented by
John & LaNette Pennell, Designated
Seniors Real Estate Specialists.
Guest speakers & door prizes!

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

www.SilverSage.org

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 ~ February 2020

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Joyce D. Lamilla, LD  
Call Meals On Wheels delivery  
(830) 796-4969  
Lunch served from 11:30 AM to 12:30 PM  
Please call 796-4969 to make lunch reservations before 9:30  
All meals will meet the 1/3 RDA of Federal guidelines  
Menu subject to change according to availability
MARKET DAYS
The San Antonio Food Bank WILL NOT BE DELIVERED in February.

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!

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

AACOG
Alamo Area Council Of Governments

ART
Alamo Regional Transit
Alamo Area Council of Governments

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Coming Soon

the Cottages of Silver Sage
A Community For Active Seniors

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE. (830) 796-4969 SILVER SAGE.ORG

BANDERA VETERINARY CLINIC
Dr. Mark Richardson, Dr. Jennifer Knight, and Associates
830-796-3003 1989 TX-16 N, Bandera, TX 78003 BANDERAVETCLINIC.COM
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

BANDERA SISTER CITY PARTNERSHIP OPRY

Tuesday Feb 8th, 2020
Doors open at 6:30pm, Music at 7pm
Guest Performers: Fred Smith & Kenny James Pearsall

Center Closed President’s Day February 17th.

America’s Choice in Homecare®
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830-331-8496 VISITINGANGELS.COM
124 E Bandera Rd #406, Boerne, TX 78006
HOW DID I GET THIS OLD AND WHAT DO I DO NEXT?

Have you ever asked yourself, “How did I get this old and what do I do next?” This January, a FREE, informative series concerning topics for those 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage specialist, senior services, tax consultant and more. The series is set for the third Wednesday of every month in 2020, 12:45 – 2 pm. Many questions arise as we live longer and we need answers.

- How do I maintain a good standard of living as I get older?
- Should I age in place? How should my home be modified to accommodate me in the next few years?
- Should I downsize or upsize? If so, where would be the best location for me to live?
- Is a senior’s community right for me?
- What can I do to make sure I can afford to do what I want?
- What are some options to help me finance a move if I so desire?
- What can I do to make sure my wishes are respected and that I make my own decisions concerning my future living arrangements and care?
- What resources are available to help me? Who do I talk to and what will that cost?

Door prizes! Bring your care giver, family members and friends. Hosted by John and Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. 210-844-8549 lpennell@kw.com

2020 SERIES DATES....................

| JAN 15 | MAY 20 | SEPT 16 |
| FEB 19 | JUNE 17 | OCT 21 |
| MAR 18 | JULY 15 | NOV 18 |
| APRIL 15 | AUG 19 | DEC 16 |
**Prepping Meals for One or Two**

**Shopping**
- Only buy what you can use and store safely - it’s not a deal if you have to throw it away!
- Keep **canned and frozen** fruits and vegetables on hand for easy sides that won’t go bad quickly.
- Buy larger packages of **meat** when they are on sale, divide into smaller portions, and freeze for later use.

**Cooking**
- Use the **microwave** to make small meals like omelets or soup.
- Cook a pot of chili or a large casserole and **freeze** in small portions for easy meals later.
- “**Planned-overs**” allow you to make multiple meals out of one dish. Cook a roast on Sunday and use the leftover meat for shepherd’s pie on Monday, a sandwich on Tuesday, etc.

---

**BOOST YOUR MOOD NATURALLY**

- **ORANGES**
  - Vitamin C reduces the stress hormone cortisol

- **BANANAS**
  - B6 and tryptophan make serotonin

- **LEAFY GREENS**
  - Magnesium for serotonin, folate for dopamine

- **AVOCADO**
  - Folate turns into dopamine, reducing depression

- **SALMON**
  - Omega-3 fatty acids reduce depression symptoms up to 50%

- **BLUEBERRY**
  - Anthocyanin, a powerful antioxidant, produces dopamine

- **NUTS**
  - Walnuts can boost your mood by 28%

- **GREEN TEA**
  - L-theanine promotes calm

- **YOUGURT**
  - Live lactobacillus in yogurt reduces inflammation
TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

TrueValue

1002 Main St, Bandera, TX 78003 - banderatrualue.com
Veterans 10% discount Every Thursday

8950 FM1283, Lakehills, TX 78063 - lakehillstrualue.com
Veterans 10% discount Every Tuesday

HAPPY VALENTINE’S DAY.

THAT’S WHAT I AM TALKING ABOUT!

DENNIS ALLYN '20
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!
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.
Spotlights at SILVER SAGE
YOU’RE INVITED! Fundraiser For

the Cottages of Silver Sage
A Community For Active Seniors

February 16th, Sunday 11am-3pm
at the Silver Sage
803 Buck Creek Bandera, Texas (830) 796-4969

Live Music $25 per person
Bloody Mary Bar * Craft Beer Raffle * Silent Auction
POLISH & GERMAN CUISINE * EMBRACING BANDERA’S HERITAGE

Tickets Available at the Silver Sage, Bandera General Store, True Value Texas Hill Country Bank, Spirit of Texas, & Prairie Song Upscale Resale.

Call Karen Osman for additional info: (210) 846-4116
SILVERSAGE.ORG

Hosted By: