



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 18



**Senior Living/Small House Community Project is in the making for 2020!**



**MONTHLY MENU**  
 Page. 11



**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.

# DID SOMEBODY



# SAY POTLUCK?!

## SILVER SAGE BIRTHDAY POTLUCK

**January 28th. 2020**

Celebrating November, December AND January Birthdays  
 In the Dining room, 11:30am

Managing Publisher/Designer:  
Karyn Utterback-Executive Assistant  
Email: [karyn@silversage.org](mailto:karyn@silversage.org)

Sales/Marketing Director:  
Karyn Lyn & Mikie Baker

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

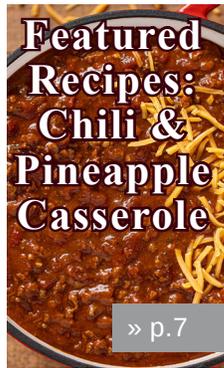
**HOURS:**  
**SILVER SAGE HOURS:**  
MON-THURS 8:00AM- 3:00PM  
FRIDAY 8:00AM TO 2:00PM.  
CLOSED WEEKENDS AND MAJOR HOLIDAYS.  
**WWW.SILVERSAGE.ORG**

## WHAT'S INSIDE



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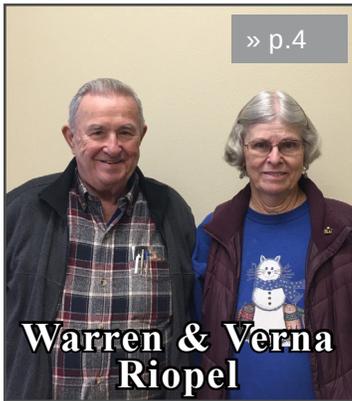
*"Through The Eyes  
Of A Driver"*  
by Mary Allyce



**Featured  
Recipes:  
Chili &  
Pineapple  
Casserole**

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**Warren & Verna  
Riopel**



**Check out our  
Monthly Menu!**

4. **Our Featured Silver Sage volunteers, Warren & Verna Riobel:** Bandera High School student, Kathya Gonzales tells the tales of two of our special volunteers who have supported young students and seniors for many years.
6. **Need help with Technology?:** WHAT IS STAP? STAP (Specialized Telecommunication Assistance Program) is a program to help differently-abled individuals access phones. They will be at the center January 21st.
8. **How did I get this old and what do I do next?** Have you ever asked yourself that? Coming in January, a FREE, informative series concerning topics for the 50+ begins, hosted by John & Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty.



**GET FIT!!!**

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*Our Mission:  
Enriching Life For Seniors*

**HAPPY NEW YEAR**

## 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) (540) 840-5550**

**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**



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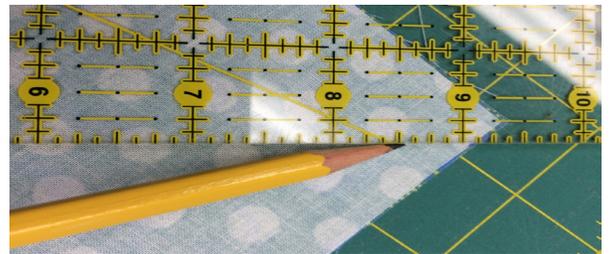


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## The Quilting Corner:

Keep lots of very sharp pencils for marking fabrics.

Sharpen a handful of pencils at a time. They are most accurate when the tip is very tiny.



Drag the pencil lightly on the fabric at a low angle.

This will prevent skipping and stretching. The marking will show with almost no pressure at all. This also works for white marking pencils on dark fabrics.



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# Seniors Writing for Seniors

## “Seniors Helping Seniors” by *Kathya Gonzales*

Marriage is an unconditional commitment between two people. This couple has shown an endless love not only for each other, but also their community. Ever since they met at church, Warren and Verna Riopel have been united for forty-two years. Although they are from opposite ends of the country, both of them share a common desire to help others. Warren Riopel was born on October 3rd, 1938 in Worcester Massachusetts where he grew up the third oldest among six girls and four boys. At the age of seventeen, Warren joined the US Army as a military policeman; he served three years active and seven years inactive. After his service, he went back home and worked various jobs until he moved to Southern California during his early thirties. In the 1960's, he moved up to Turlock to complete his education. He went to California State University Stanislaus in Turlock where he obtained a degree in business administration and majored in accounting. Warren already had a real estate degree in his tool belt, which he used along with his studies to manage a Coldwell Banker real estate office with thirty-two agents. While in Turlock, he visited the Evangelical Church where he would meet Verna for the first time. Verna Riopel was born on December 23, 1942 in Van Nuys, California. At two years old, she remembers moving to the dairy farm where she grew up working; she loved milking the cows and driving the tractor, and feeding baby calves. She was a teenager at a time when most women either wanted to be a nurse or a teacher, so Verna chose to teach. She went to Azusa Pacific College in Southern California to get her teaching degree. After college, she taught for a few years back up in Turlock. In her second year of teaching, Verna was able to purchase her own horse for the first time. Verna taught for a total of twenty-nine years in California. During her summers, she enjoyed traveling around. Verna and Warren got married on February 12, 1977 in the same church they first met at. During their last ten years before retirement, they had taken over the dairy farm and continued their jobs in real estate and teaching. On Christmas day of 2003 Mr and Mrs Riopel leased their dairy farm, bought a motorhome which they call their “coach,” and left California to travel. The couple has traveled throughout the United States, Canada, and Mexico in their coach along with their beloved cat, Dusty. They traveled until they could no longer continue, when a suggestion from one of Verna's cousins brought them to the Hill Country. They parked at the Pioneer River Resort, and after a month, they knew Bandera was where they wanted to stay. As they walked through the streets, Mr and Mrs

Riopel chose to stay because they had met amazing people at the United Methodist Church and enjoyed the quiet town. They bought land and parked their coach in River Bend Drive on July of 2015. They also added a small cabin to their land, but they prefer to live in their motorhome. The Riopels have supported young students and seniors since they were in California, and brought that same energy to Bandera. They have been part of the Key club for the past thirty-five years. This organization raises money by planning events such as music festivals to give scholarships to students and support smaller clubs. It currently has seven members which help make these opportunities happen. The club grants up to sixteen thousand dollars in scholarships given to seniors in high school and those in Key Club. They donate to the Bandera Challenger League as well, a group of people dedicated to helping handicapped children play sports. Donations are also given to the Warriors Heart. In addition, Verna and Warren are in charge of BUGS, a Kiwanis project which focuses on the education of young children and rewarding their success in bringing up grades. The couple has furthermore volunteered to do Meals On Wheels the past three years. Every other Monday, they take a route out to Utopia and give older seniors that are homebound a chance to eat food cooked from Silver Sage. They have also contributed three years to the “Spirits of Christmas,” which gives families in need the opportunity to receive Christmas gifts each year. Moreover, Verna and Warren pioneered the “Hope of America Award” given to one fifth grader in Hill Country and Alkek Elementary School, one eighth grader from Bandera Middle School, and a freshman from Bandera High School to recognize outstanding achievement. They brought this award from California and have been granting plaques since 2016. For the past three years, Mr and Mrs Riopel have been going to the Silver Sage. They love the friends they have made and the environment of the facility. Mr Riopel enjoys feeding the deer that come around his home, and likes to read and watch the local Fox News. Mrs Riopel enjoys crocheting, singing in the church choir, playing in the handbell choir, reading, and is part of the cutups at her church that make crafts for the Christmas bazaar. Even back in California, the Riopels have always supported their community. Warren and Verna had the option to pick Bandera as a place they could settle and with little effort they loved it. They have given countless amounts of time to help give seniors, students, families, and friends an opportunity to succeed. They have shown what it means to have a big heart.



# Funny Bone

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

*You know you are old when the oxygen masks drop from the ceiling when your birthday candles are lit.*

## **Will I Live To 80?**

I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing “fairly well” for my age.

A little concerned about that comment, I couldn't resist asking him, “Do you think I'll live to be 80?”

He asked, “Do you smoke tobacco or drink beer or wine?” “Oh no,” I replied. “I'm not doing drugs, either.” Then he asked, “Do you eat rib-eye steaks and barbecued ribs?” I said, “No, my other Doctor said that all red meat is very unhealthy.”

“Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?” “No, I don't,” I said.

He asked, “Do you gamble, drive fast cars, or go on dates?” “No,” I said. “I don't do any of those things.”

He looked at me and said, “Then why do you want to live to 80.”

## **Senior citizen exercise program**

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



# Tuesday, January 21st, 2020

## 12:45pm In the Great Room



### Specialize Telecommunications Assistance Program **Free Phones**

#### Requirements

1. Applicant **MUST** live in the state of Texas.
2. Have a condition /disability that limits your ability to use the telephone. Example: difficulty hearing, seeing, speaking, mobility (moving), or remembering.

Please bring **1 (ONE)** form of I.D.\_\_\_\_  
Texas. License of ID or Utility or phone bill or Voter Registration card

### Trouble Understanding on the Telephone?



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200 EARL GARRETT STREET SUITE 208  
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(830) 955-8331



# Texas

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## Chili By Bill Freeman

3lbs ground beef  
1/4 C olive oil  
1qt water  
2 bay leaves  
8 chili pods -or- 6 Tbsp chili powder  
3 Tsp salt  
10 cloves chopped garlic  
1 Tsp ground comino (cumin)  
1 Tsp oregano  
1 Tsp red pepper  
1/2 Tsp black pepper  
1 Tbsp sugar  
3 Tbsp paprika  
**THICKER:** 3 Tbsp flour, 6 Tbsp corn meal



*-When oil is hot in 6qt pan, add meat and sear over high heat. DO NOT BROWN. Add 1qt water and simmer 1 1/2-2 hours. Add all ingredients except the thickening and cook 30 mins at simmer. Add thickening previously mixed with cold water. Cook 5 mins and add more water if needed. Further cooking will damage the spices.*

*Note: for grease free chili, chill overnight and skim the suet off the top, then continue to simmer before adding spices. Venison may be substituted for beef or a mix of both.*

## Pineapple Casserole By John Vandergriff

1 C sugar  
6 Tbsp flour  
2 C grated cheddar  
1-20 oz. can crushed pineapple drained  
1-20 oz. can pineapple chunks  
40 ritz crackers-crushed  
1 C melted butter



*Preheat oven to 350 degrees, drain the pineapple chunks reserving 1/4 cup of juice. Combine flour, sugar, cheese, juice, pineapple chunks, and crushed pineapple in a large bowl. Pour into a large casserole dish. Combine crackers and butter and spread over top of mixture. Bake until golden brown (about 30 mins). Serves 8-12 ppl.*

# 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](mailto: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

[cascadehealthservices.org](http://cascadehealthservices.org)



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**shower chairs, commode**  
**chair, canes,**  
**etc. that you don't**  
**use/need?**

**Please consider**  
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**the Silver Sage.**

**Contact:**

**John Cressey-Neely**  
**(830) 796-4969**



# new hope

counseling services

[www.newhopecounselingtx.org](http://www.newhopecounselingtx.org)

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

**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
- 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

**Please note**  
the changes in weekly activities. Mexican Train will be on Tuesdays & Wednesdays and Bingo on Mondays and Thursdays.

# Silver Sage ~ January 2020

**Center CLOSED**

**Jan. 1, New Year's Day &  
Jan. 20, Martin Luther King Jr., Day**

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

**Cowboy Capital Opry**

First Tuesday  
**Jan. 7, 2020**  
**Allison Crowson**  
**Shane Stumpf**  
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?**

A free, informative series concerning topics for those 50+ at Silver Sage will be held on the third Wed. of every month in 2020, 12:45 - 2:00 pm. The first will be on Wed., Jan. 15, in the Great Room. This series is presented by John & Lanette Pennell, Designated Seniors Real Estate Specialists. Guest speakers & door prizes!

**Specialized Telecommunications Assistance Program  
Tuesday, Jan. 21, 12:45**

The STAP Program is a State of Texas funded program for those with conditions that interfere with the ability to access or use the phone ( i.e. - hearing, low vision, speech, thinking (dementia), strokes, mobility issues (walking, reaching, moving, or dialing a phone, etc.)

No social security numbers or insurance information is required.

**REQUIREMENTS:**

1. Applicant MUST live in Texas
2. Have a condition/disability that limits the ability to use the telephone.

**Please bring 1 (one) for of I.D.**

**Brown Hearing  
Thursday, Jan. 29**  
Please call **1-800-392-1041**  
to make an appointment.

**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

**AARP Driver Course**

**Thurs., Jan. 23.**  
Please call Amy at Silver Sage at (830) 796-4969 to register. This class will be from 12-4pm. The cost is \$15 for AARP members & \$20 for non-members.

**www.SilverSage.org**

# Silver Sage ~ January 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>AACOG</b> Alamo Area Council Of Governments	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services                      Alamo Area Council of Governments</small>	<b>CLOSED</b>  HAPPY NEW YEAR	2. Korean BBQ Pork over Rice with Shredded Cabbage & Carrots Baked Beans	3. Thick Potato & Ham Soup with Cornbread
6. Breaded Chicken Patty Mashed Potatoes & Gravy Fiesta Corn	7. Grilled Bone-in Pork Chop Vegetable Fried Rice Brussel Sprouts Salad	8. Philly Cheesesteak Casserole Sweet Potato Fries	9. Chicken Marsala over Rice Squash Cauliflower	10. Fish Sticks Macaroni & Cheese Salad
13. Double Crunch Honey Glazed Pork Chop Sweet Potatoes Hominy	14. Roast Beef Twice Baked Potato Spinach	15. Hearty Beef Stew Cornbread Salad	16. Creamy Garlic Chicken Parmesan over Egg Noodles Green Beans Broccoli Salad	17. Hamburger Tater Tots
20. <b>CLOSED</b>  MLK, JEDAY	21. Chicken Pot Pie	22. Bratwurst with Grilled Cabbage & Onions Salad	23. Breakfast for Lunch - Ham Steak Scrambled Eggs Biscuits & Gravy	24. Cabbage & Tomato Stew Cornbread
27. Chicken Fried Steak Mashed Potatoes & Gravy	28. <i>Birthdays Potluck</i> Beans & Spanish Cornbread	29. Beef & Broccoli over Rice Salad	30. Lemon Chicken Glazed Carrots New Potatoes	31. <i>Ice Cream &amp; Cake Social</i> Garden Spaghetti Bread Sticks Salad

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



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# MARKET DAYS

The San Antonio Food Bank  
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January and 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](http://safoodbank.org) and click Agency Resources, find the Client Intake section, then click "Pantry Family Intake Form B" -or- ask us to help you!



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# THROUGH THE EYES OF A DRIVER

By Mary Allyce

I don't know about you, but I love December. Yes, it can be stressful, cold, and over commercialized. It's dismaying to see Christmas decorations in stores before Halloween - and yet, there is something wonderful about Christmas, anytime. The memories it evokes, the colors and lights, gingerbread, ugly Christmas sweaters. . . And what a relief to be surrounded by the scent of crisp pine and leave pumpkin spice behind for another year!

Christmas feels like a prize at the end of December, a reward for the fuss and hassle, the stress and preparation of the season. You have to run the gauntlet – crazed shopping, cooking, cleaning, decorating, and even the fun part - parties that crowd the calendar, various parades and events, but the payoff for me, is Christmas Eve.

In my Wisconsin German family, Christmas Eve was reserved for church to remind us why we celebrate, then home to open gifts. Traditional Christmas stollen, fragrant with cardamom and those love-'em-or-hate-'em candied fruits, was on every cookie tray alongside gingerbread cookies. My mother made the gingerbread dough, rolled it out, and my brother and I cut out shapes, then decorated them after baking. The result wouldn't have won any prizes on the Food Channel, but they tasted great. Stollen has largely fallen out of favor in my family and I'm sad about that. There's something therapeutic about kneading dough in a flour dusted kitchen. Fortunately, we all still love gingerbread and my kitchen is still dusted with flour and tradition in late December.

We still open gifts on Christmas Eve and there's a big dinner to cook on Christmas Day – my family loves a redo of Thanksgiving – so it's a busy time, but there's something peacefully magical about Christmas Eve. It's like a benediction, a sweet, soft sigh as the year winds down and we reflect on the past while looking ahead to the promise of a new year. It's simply my favorite day.

So you can imagine my delight discovering my Meals On Wheels (MOW) route includes a client I call "The Christmas Lady". This soul sister of mine has a charming little Christmas tree, all decorated and lit, at the foot of her bed year 'round. I began driving in May, but that tree lifted my spirits and transported me directly to Christmas Eve!

We talked about how Christmas and its significance was a good thing to focus on all year long. I left with a smile, renewed energy and optimism. The rest of the route was a piece of cake - gingerbread, please - and The Christmas Lady remains one of my favorite clients. It's no surprise to me that despite her limitations, she has her priorities straight and the Christmas tree in her room is an emblem of her wonderful attitude.

I receive a lot from my MOW clients. I bring them a hot meal and they give me perspective, the embodiment of gratitude, life lessons, and Christmas every week! To all of them and all of you – happy December, and Blessed Christmas - every single day!

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# 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](http://silversage.org)**



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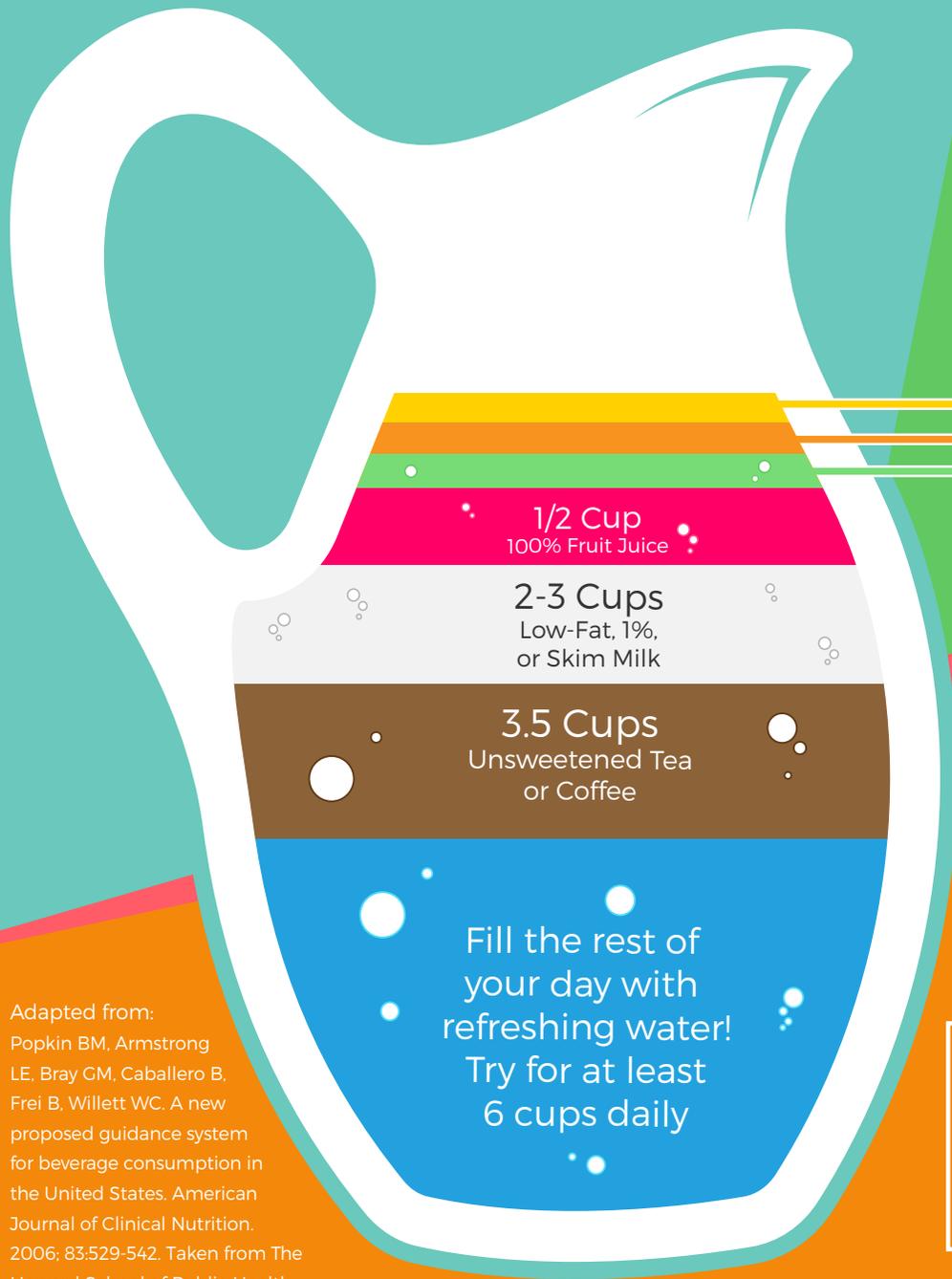


**830-331-8496 VISITINGANGELS.COM**  
**124 E Bandera Rd #406, Boerne, TX 78006**

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# MY DRINKS

BEVERAGE GUIDELINES FOR ADULTS



## OCCASIONAL DRINKS

Sugary Drinks:  
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Artificial Sugar Drinks:  
0-16oz/week

Alcoholic Drinks:  
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Adapted from:  
Popkin BM, Armstrong  
LE, Bray GM, Caballero B,  
Frei B, Willett WC. A new  
proposed guidance system  
for beverage consumption in  
the United States. American  
Journal of Clinical Nutrition.  
2006; 83:529-542. Taken from The  
Harvard School of Public Health.



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.*



# Spotlights at SILVER SAGE



*January 28th, 2020*

*November, December, and January Birthday's*

# **Birthday Potluck Party!**



**11:30am in the Dining Hall**  
**Bring a Dish!**



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