



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590

Store hours (Covid hours):  
Tues-Thurs 10:00am-3:00pm



Senior Living/Small House Community Project See pg. 4  
silversage.org/the-cottages  
Donate now:  
silversage.org/donate

**MONTHLY MENU**  
**PAGE 13**



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 benefiting Meals On Wheels.

**OPRY CANCELLED THIS MONTH.**

**SEE PAGES 19-21 FOR INFO ON OUR MONTHLY FOOD DISTRIBUTIONS. SERVING LAKEHILLS, MEDINA, AND BANDERA RESIDENTS AT CONVENIENT LOCAL LOCATIONS.**



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Bandera location, call 830.522.2002**

  
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Medical Associates

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Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek  
Bandera, TX 78003

## HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

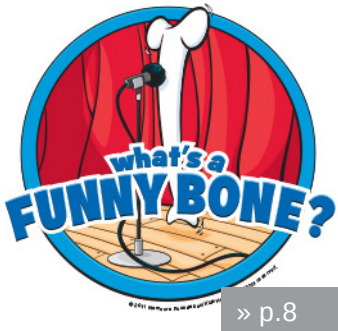
[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

## WHAT'S INSIDE

5. **Article Sponsored by Alamo Hospice:**  
"Starting afresh and anew, it's a process. Take time to grieve losses, work at adopting a positive perspective, stay healthy and exercise..."
6. **Mary Allyce pumps us up with words of encouragement for 2021:** "We can thank 2020 for almost a full year of practicing adapting to change! Congratulations to us all. We did it."
16. **January Word Search:** This is not your ordinary word search! At the end, use the unused letters to create a hidden message!



Check out our Monthly Menu!



*Our Mission:*

*Enriching Life For Seniors*

VISIT WEBSITE BELOW FOR UPDATES

# COVID-19

[www.dshs.texas.gov/coronavirus](http://www.dshs.texas.gov/coronavirus)

## 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**



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# Starting Afresh and Anew... It's a Process

by Monica Zuniga, Alamo Hospice



I think it is safe to say that the consensus of our last year has been at the very least challenging. Many lost family members and loved ones or knew someone who did. Add life just being life and it was pretty tough. There are some that can look back and see some good from what we have all been through, and that can be a good thing. Below are some ways that can help get us to that point of seeing the good, which will get your 2021 off to a great start.

**Take time to grieve losses.** I have learned working in the hospice field that it is important to take time to feel the emotions you need to need to feel and work through losses. In a poem, called “**But it Hurts... Differently**” Earl A. Grollman beautifully illustrates how grief can work. (See inset)

**Work at adopting a positive perspective.** Once you have developed a good thought process about grieving losses, this is a great way to bring happiness back into your life. Look for things that are positive. Identify them and then think about them over and over. This can really help on days that start off feeling impossible to get through.

**Stay healthy and get plenty of exercise.** Like we have said in previous articles, take a walk in the sunshine, get plenty of sleep, write down what you are thankful for, take your vitamins, and eat healthy foods while indulging in a guilty pleasure (chocolate, maybe?) every now and then. Be gentle with yourself.

**Set goals.** Achievable ones. They can be daily, weekly, monthly. Goals met can give you a sense of accomplishment, and that's a great mood booster.

**Set time aside for YOU!** Find a fun hobby, listen to music, pray, read, dance around your kitchen... just work on enjoying life!

## **But it Hurts... Differently**

*There's no way to predict how you will feel.*

*The reactions of grief are not like recipes, with given ingredients, and certain results.*

*Each person mourns in a different way.*

*You may cry hysterically, or you may remain outwardly controlled, showing little emotion.*

*You may lash out in anger against your family and friends, or you may express your gratitude for their dedication.*

*You may be calm one moment – in turmoil the next.*

*Reactions are varied and contradictory.*

*Grief is universal. At the same time it is extremely personal.*

*Heal in your own way.*

EARL A. GROLLMAN

# THROUGH THE EYES OF A DRIVER

## By Mary Allyce

2021. When I typed those numbers I got a little shiver of anticipation. This past year sometimes felt like sitting in the waiting room at a dentist's office. You never knew what was round the next corner, the next curve in the road, but you knew if you gritted your teeth, shored up your resolve and just got on with it, there was bound to be something better when it was all over.

2020 was a waiting room for 2021. We isolated and rationed. We locked down and masked up. We talked endlessly about "next year".

So here we are at "next year" and 2021 beckons us onward. For most of us, a new year is a time of hope and optimism. Some play the resolutions game. Millions of diets are started. My mother and father-in-law hosted New Year's Eve parties for years where all the celebrants wrote down their predictions for the coming year and sealed them. Then the next New Year's Eve those predictions were opened and read aloud, accompanied by much merriment and hilarity. The glee and mirth were because the predictions never lived up to the reality. If anyone still writes down predictions for a new year, how did 2020 measure up? Good grief – who could have foreseen 2020!

And that's the point. No one can completely foresee or accurately predict the course of history, the path of our lives, or a new year. Some study trends, science, and math and come up with probabilities or possibilities, but no one can lay out a blueprint of the next year. We have to embrace the inevitable surprises – good and bad.

My alma mater, Purdue University, did a study some years ago to determine why some people moved into and through their "senior" years with ease and positive attitudes and others struggled.

The researchers thought they would find out the difference would rely heavily on the physical challenges some deal with and others do not. The results showed physical condition and ailments had little to do with it. The big difference was the ability to adapt to change. Those who could and did adapt fared much better than those who could or would not.

We can thank 2020 for almost a full year of practicing adapting to change! Congratulations to us all. We did it. Not always gracefully. Not always willingly. Sometimes we behaved like tantrum throwing toddlers, more naughty than nice. Now we have a brand new year in which to practice our learned adaptability skills. We learned how to step up to, and with, the plate to feed a hungry, needful population. We learned how much we needed to shore up each other with phone calls, careful visits, and funny, inspirational memes on social media. (Special mention and thanks to Art Crawford and Glenn Clark for the latter!)

As long as we continue to learn, adapt, and practice our caring for and to each other, how can 2021 not be better than the past year?

Happy New Year, y'all – be safe, be well, be kind!



## Happy New Year Silver Sagers, From Art Crawford

2020 has ended with The Silver Sage still being closed for lunch and activities. The staff is working diligently to continue to provide Meals on Wheels and Drive Through Lunch for everyone while also putting safety protocols in place for future reopening. Every day someone ask me when we are going to open back up. The simple answer is, I don't know. When Texas HHS and our staff feel it is safe for us and for you, we will open. Sooner rather than later I hope.

In recent months we have seen a drastic increase in the number of meals served. Way back in February we were serving just under 3000 meals per month. Currently, we are serving over 8000 meals per month. The entire staff and I are proud and honored to be able to do this. As is to be expected, this kind of an increase in services comes with a price tag, and as always, all the meals we serve are free to all the participants. However, if you can and wish to donate to The Silver Sage you can do so by sending an envelope with your delivery driver or drop it by The Silver Sage or on our website donate button at [www.silversage.org](http://www.silversage.org).

We are so excited that our partnership with the San Antonio Food Bank is growing. This means that our food distributions will be a little different this year. We will be hosting three distributions this month. January 26<sup>th</sup> distributions will be in Lakehills and Medina. January 27<sup>th</sup> distribution will be at Mansfield Park in Bandera. Read more about this on pages 19-21.

2020 is behind us. 2021 is here. Let us all leave the past behind us and be thankful for all the blessings that this new year will surely bring.

**Art Crawford -CEO**

### **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.

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**For more info, contact Karyn Lyn: 830.796.4969**

**You can also view details on our website: [silversage.org](http://silversage.org)**



Protect Yourself

# AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

**!** If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: **1-800-CALL-FBI** | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)



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## EASY CHICKEN POT PIE

### Ingredients

1 2/3 cups frozen mixed vegetables, thawed  
1 cup chopped cooked chicken  
1 can (10 1/2 oz) condensed cream of chicken soup  
1 cup Original Bisquick mix  
1/2 cup milk  
1 egg

### Directions:

1. Heat oven to 375°F. Spray 9-inch pie plate with cooking spray. Add vegetables, chicken and soup and stir to combine.
2. In medium bowl, stir remaining ingredients until blended. Pour into pie plate.
3. Bake uncovered 25 to 30 minutes or until crust is golden brown.

### Expert Tips

Sprinkle the crust with a little shredded cheese in the last 5 minutes of baking.  
If you've got leftover cooked vegetables, use them instead of the frozen vegetables. You can even plan for that if you have this pot pie on your menu rotation.  
Leftover chicken from a deli rotisserie can be mixed in with the vegetables for a heartier pie. Season up the base veggie mixture with your favorite blend of dried herbs, sage, basil, oregano will bump up the flavor!



## EASY SLOW COOKER POT ROAST

### Ingredients

4 pounds chuck roast  
salt and pepper to taste  
1 packet dry onion soup mix  
1 cup water  
3 carrots, chopped  
1 onion, chopped  
3 potatoes, peeled and cubed  
1 stalk celery, chopped

### Step 1

Season the roast with salt and pepper to taste. Brown on all sides in a large skillet over high heat, about 4 minutes per side.

### Step 2

Place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery.

### Step 3

Cover and cook on Low setting for 8 to 10 hours.



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



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**(830) 796-4969**



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# January 2021 Silver Sage (830) 796-4969

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	Loaded Potato Soup Dinner Roll	Lemon Chicken Sugar Snap Stir Fry over a bed of Rice Carrots Dessert	Shepherds Pie Cucumber and Tomato Salad	Chicken and Broccoli Cheese Baked Cauliflower Dessert	Hamburger Potato Salad Chips	
10	11	12	13	14	15	16
	<u>Chicken Tenders</u> with Gravy Tater Tots	Chili Cornbread Dessert	Chicken <u>Marsala</u> Baby Red Potatoes Broccoli Salad	Hearty Beef Stew Dessert	Chicken Pot Pie Warm Cinnamon Apples	
17	18	19	20	21	22	20
 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	<b>Closed</b>	Hamburger Steak Garlic Roasted Red Potatoes Hominy Dessert	Chicken Florentine Asparagus Green Pea Salad	Savory Roast Pork Vegetable Medley Dinner Roll Dessert	Old Fashioned Chicken Stew Homestyle Biscuit	
21	25	26	27	28	29	
Joyce D. Lamilla LD  All meals will meet the 1/3 RDA of Federal Guidelines.	Honey Glazed Crunchy Pork Chop Carrots Greens	Meatloaf Mashed Potatoes Gravy Green Beans Dessert	Chicken Stir Fry over Rice Chef Salad	Garden Spaghetti Garlic Bread Sticks Dessert	Ham and Bean Stew Cheesy Cornbread	



## Lighthouse Seniors Program

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

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Dr. Jennifer Knight, and Associates**

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# JANUARY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

N F C A R N A T I O N W R  
O U E I D Y S T L E I T O  
I R T N R R Y H O I U R I  
T N A H A A E A O I U K D  
U A N R Z U T T C V S Q R  
L C R H Z N A E T E E V E  
O E E S I A E R T Y P L A  
S D B N L J A E U A Y I R  
E S I O B T N L R H E B Y  
R F H W G R F K T S R I F  
E S O T A N A S K A T E D  
A Y I G N T I R E T N I W  
S T O O B H E K Y E A R W

Blizzard	Furnace	Quilt
Boots	Garnet	Resolution
Carnation	Hibernate	Shovel
Dreary	Ice	Skate
First	January	Ski
Flu	King	Snow
Fog	Parka	Winter

Answer on page 17

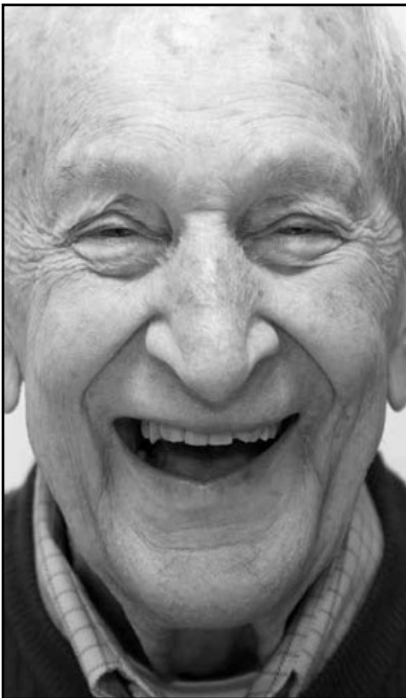
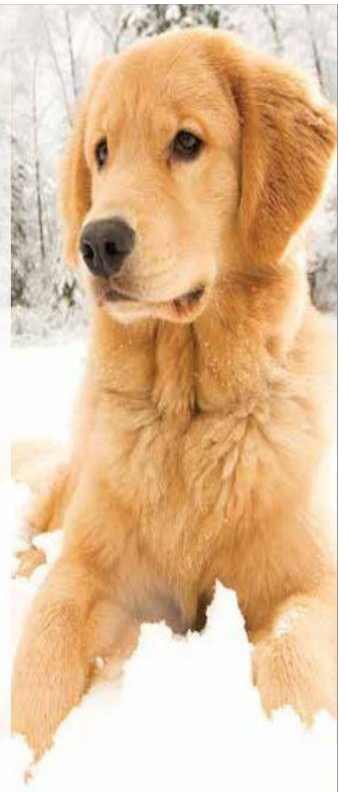




Hidden quotation by Ralph Waldo Emerson:  
Write it on your heart that every day is the best day in the year.

## Winter Pet Care Tips

- 🐾 **FEED WELL.** Give your pet plenty of food and water, because keeping warm outdoors takes energy.
- 🐾 **CHECK PAWS.** Wipe with a damp towel to remove salt, and check for ice accumulation and damage.
- 🐾 **PROVIDE ADEQUATE SHELTER.** If your pet must be outside much of the day, they need a dry, draft-free shelter.
- 🐾 **DISCOURAGE HITCHHIKERS.** Bang on the hood or honk the horn to ward off cats or wildlife attracted to a warm engine.
- 🐾 **PREVENT POISONING.** Ethylene glycol antifreeze is deadly, but has a sweet taste. Wipe up spills to protect animals and children.



## MEALS ON WHEELS

### VOLUNTEER AND MAKE HIS DAY

It's as easy as 1-2-3

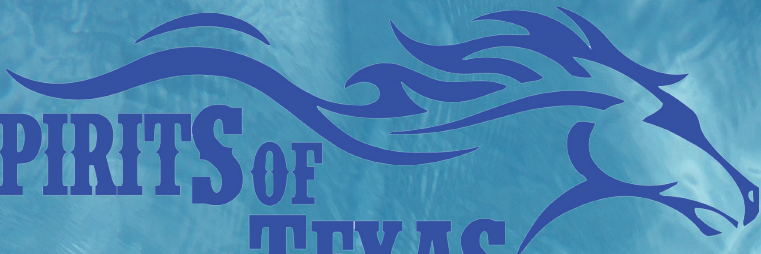


**Our greatest need is for drivers and driver assistants to help with the Meals On Wheels program.** We deliver meals Monday through Friday. The Silver Sage owns the vehicles which are used in the deliveries and gas is also purchased by the Center. A lunch is provided for drivers after their routes. Allow an hour or two to complete your route. What a special feeling it is knowing that you have made such a difference in someone's life! You also get a chance to visit with some of the most marvelous people who get the meals.

**Please call us at (830) 796-4969 and ask for Amy.**

**Our volunteer application form is available at: [silversage.org/volunteer](http://silversage.org/volunteer)**

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Thanks to grants from Bandera County, Foundations, USDA, and the Texas Department of Agriculture, the new year will bring lots of changes to our partnership with The San Antonio Food Bank. In addition our onsite Food Pantry, The Silver Sage will now be hosting three food distributions each month from now through June 2021. The distributions will be held on the fourth Tuesday each month in Lakehills and Medina, as well as the fourth Wednesday each month at Mansfield Park in Bandera.

A few new rule apply to these distributions:

Each family may pick up food for themselves and one other family if we have the second family listed and you are their proxy. In practical terms this means you can't just drive up and say you want to pick up for you and your neighbor and 3 others. You will only be allowed to pick up for yourself and one other. Please do not ask me to bend this rule and jeopardize the entire program for all those in the county that need it.

There will be no staff or coordinated deliveries. If you need this food distribution you must pick it up yourself or have someone that can bring your information (proxy) and pick it up for you. There are three ways to qualify for this food. 1. Have you been affected in any way by Covid-19. If yes, you qualify. 2. Income guidelines as shown. Or 3. Are you receiving SNAP, TANF, SSI, NSLP, or Medicaid. If yes, you qualify.

We will be filling out new forms this year. Mostly demographic information like date of birth, male or female, veteran status, and ethnicity. Why do we need this information? This how we get grants to continue to provide this service to the residents of Bandera County. We need to tell our funders who we are serving. Some foundations only give grants to help veterans, so we need to prove we are helping veterans. Some foundations only give grants to help children. So we need to show how many children are receiving this food. Some funders only fund programs for senior citizens. So we need to show how many senior citizens we are serving. Without this current data, it is impossible receive adequate funding. Without the funding we could not continue the distributions.

These distributions are an immense amount of work for The Silver Sage and SAFB staff as well so many wonderful volunteers. All we ask in return is that you be patient, kind, and courteous to our volunteers. They don't have to be there. Just a smile and a thank you makes it all worthwhile for them. - Art Crawford - CEO



# SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION



**WEDNESDAY, JANUARY 27<sup>TH</sup> 10AM-12PM  
MANSFIELD PARK, BANDERA, TX**

Please call the Silver Sage for any questions @ (830) 796-4969 19

If you are unable to make it to our food distributions in your area, please fill out this form and give it to whomever is going to be picking up food for you.



## PANTRY INTAKE

Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Gender:  Female  Male  Veteran  Active Duty

First Name: \_\_\_\_\_ MI \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Phone: (    ) \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ County: \_\_\_\_\_

Primary Ethnic Race:  
 White Non-Hispanic     White Hispanic     Black or African American     American Indian or Alaska Native  
 Asian     Native Hawaiian or Other Pacific Islander     Other

COVID-19 \_\_\_\_\_

Average Monthly Income: \_\_\_\_\_

Are you receiving:  
 \_\_\_ Supplemental Nutrition Assistance Program (SNAP)  
 \_\_\_ Temporary Assistance for Needy Families (TANF)  
 \_\_\_ Supplemental Security Income (SSI)  
 \_\_\_ National School Lunch Program (NSLP)  
 \_\_\_ Medicaid/Medicare

NUMBER IN HOUSEHOLD \_\_\_\_\_

NAME	DOB	M/F	VETERAN



&



# SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION



**TUESDAY, JANUARY 26TH**  
**LAKEHILLS CIVIC CENTER: 9AM-11AM**  
**MEDINA FIRE STATION: 1PM-3PM**

PLEASE CALL THE SILVER SAGE FOR ANY QUESTIONS @ (830) 796-4969

The Emergency Food Assistance Program (TEFAP)  
 Income Eligibility Guidelines  
 July 1, 2020 – June 30, 2021

Based on 185% of Federal Poverty Guidelines					
Household Size	Annual Income	Monthly Income	Twice-Monthly Income	Bi-Weekly Income	Weekly Income
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
For each additional household member, add:	+ \$8,288	+ \$691	+ \$346	+ \$319	+ \$160