



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



MONTHLY MENU
PAGE 14 & 15



BANDERA COUNTY



THE SCOOP AT SILVER SAGE

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

Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help.

Cowboy Capital Opry

1st Tuesday of every month benefiting Meals On Wheels. Performers this month are: **Tuesday June 7th - Pastor Smith & Family** from Tarpley Baptist Church, **page 6**

*"Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide ACCESS TO Covid-19 Vaccines. See More On Page 5.

JUNE BUS TRIP - El Chaparral Mexican Restaurant in Helotes for lunch on Thursday, June 23rd. Leaving the Silver Sage at 10:25 a.m



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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

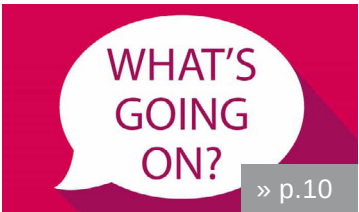
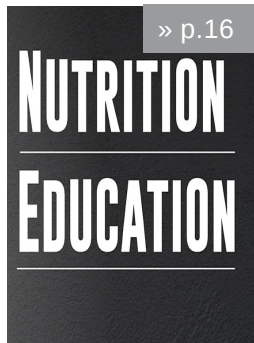
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



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

5. **VaccinateBandera.org** is a nonprofit, community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/trusted science.
7. **Four Types of Physical Activity “Endurance, Strength, Balance, and Flexibility”** are 4 ways to improve your daily activity.
10. **What's Goin On: Special 4th of July Patriotic Show by the Almost Patsy Cline Trio** is coming on SUNDAY, JULY 3RD, at 4 p.m. in the great room. Doors will open at 3:30. We will sell out of seats for this show, so, we WILL be taking pre-paid only reservations for this show! Make your reservations early!
21. **“Six Flags For Old People”** by Mikie Baker: “I try to keep my columns funny and light. No politics, no religion, no health issues. Unless one gets really funny; then I laugh at hard times right in the face. So here we go and it's going to be rehab of a ride...”

*Our Mission:
Enriching Life For Seniors*

EMERGENCY 911

Bandera County Sheriff (830) 796-3771

City Marshall (830) 460-7172

Bandera Fire Department (830) 796-3777

Poison Emergency 1-800-222-1222

Silver Sage/MEALS ON WHEELS (830) 796-4969

Art Crawford (Chief Executive Officer) (830) 456-4083

John Cressey-Neely (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

Bandera Pharmacy (830) 796-3111

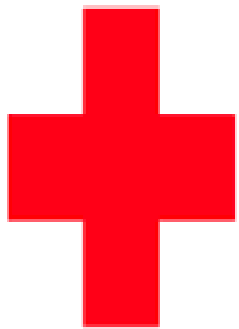
ART Bus 1-866-889-7433

Silver Sage Thrift Store (830) 796-3590

Texas Abuse Hotline 1-800-252-5400

Texas Health and Human Services (830) 796-3739

South Texas Alzheimer's Assoc. (210) 822-6449



**American
Red Cross**

redcross.org

Together, we can save a life

We'd love to see you in our seats!

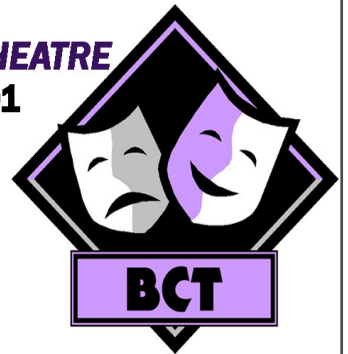
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Boerne, TX 78006

210.269.3290-Mobile

830.249.9166-Theatre



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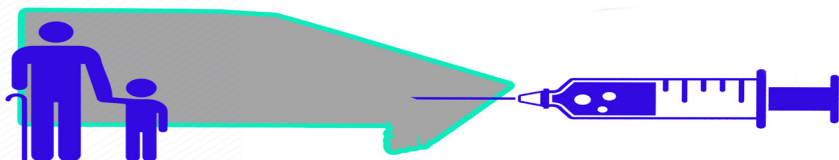
tricountyhomehealth.com

874 Harper Rd. Kerrville, TX 78028

Covid-19 Vaccine Info?

VACCINATEBANDERA.ORG
833-8-VACCINATE

Protect Our Future



VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they're free and widely available - and an opportunity to fulfill it. Well, you all know what happens when Art Crawford sees a problem and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to April 30, 2022, VaccinateBandera.org provided access to 52 Primary doses and 327 Booster doses. Educational campaigns reached approximately 3,600 people.

SILVER SAGE APPROVED FOR ROUND 2

Round 2 of the Texas Vaccine Outreach and Education Grant is a 1-year long initiative that will focus on education and outreach to demographics with lower Covid-19 vaccination rates such as our communities of color and families with children ages 5 and up.

THE FDA HAS APPROVED BOOSTER FOR AGES 5 AND UP

On May 17 the FDA extended the emergency use authorization (EUA) for the Pfizer Covid-19 vaccine to authorize a booster for everyone ages 5 and older. On May 19 the CDC expanded their recommended eligibility to everyone ages 5 and older who have completed their primary series at least 5 months before. They also strengthened their recommendation that everyone ages 50 and up or 12 and up and immunocompromised get a second booster 4 months after their first booster.

THE FDA HAS APPROVED A SECOND BOOSTER

IF you are 4 months past your first Booster and 50+ OR 12+ and Immunocompromised, you are eligible for a second Booster. The next scheduled clinic at Silver Sage is Monday May 25, 11:30am-1:30pm. Check <https://vaccinatebandera.org/vaccines-here> OR follow "Protect Our Future Bandera" on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events. You can also call to pre-register for any of our clinics to save time.

BANDERA INTERAGENCY COALITION

The Bandera Interagency Coalition (BIC) had a productive meeting on May 17. An Advisory Board was created to steer our efforts and organize meetings, as our group has been growing weekly. The Silver Sage has agreed to host a website directory for all county resources and a referral system for agencies to communicate with one another when a community member comes to an agency with a need. We have tentatively branded the initiative as "Connecting Bandera County."

THE 1ST TUESDAY OF EVERY MONTH!

803 Buck Creek Drive
(830) 796-4969

Bandera, Texas
silversage.org



Silver Sage Presents **COWBOY CAPITAL OPRY**



7-9pm

June 6th, From Tarpley Baptist Church
Pastor Smith & Family



& the
**Silver Sage
House Band**
(Lannette Pennel,
Vickie Gillespie
Dave Kemp,
Gerry Payne &
Mark Wright)

Types of Physical Activity

Four types of physical activity—get some of each

1. **Endurance** – builds your energy or “staying power”. Start where you are and build up to at least 30 minutes of activity most or all days of the week. You don’t have to do it all at once. Be active throughout the day and avoid sitting for long periods of time. Do things that make you breath hard like brisk walking, dancing, yard work, swimming, climbing stairs, playing pickleball or tennis or pushing grandkids on the swing.
2. **Strength** – These are exercises that build your muscles. When you have strong muscles, you can get up from a chair by yourself, lift your grandkids or walk through the park on your own. Keeping your muscles strong can help with your balance and prevent falls. If your leg muscles are strong, you are less likely to fall. You can lift weights, use a resistance band, carry a full basket of laundry to another room, carry smaller grandkids, and lift and carry your groceries.
3. **Balance** – Try standing on one foot, then on the other. At first hold onto something, make sure it is sturdy. Work your way up to doing exercises without support. Get up from a chair without using your hands or arms. Some basic balance exercises include: standing on one foot; heel-to-toe walking, and Tai Chi.
4. **Flexibility** – Stretching can help you move more freely, make it easier to tie your shoes or look over your shoulder. Warm up first. Don’t stretch so far that it hurts. Take your time and build up to a deeper stretch. Make sure to stretch your shoulders and upper arms, do calve stretches, or maybe some yoga for total body stretching and deep breathing.

Be safe!

- Start slow and where you are currently
- Always warm up and cool down
- Make slow, steady movement—Never “Bounce”
- Listen to your body
- Bend at the hips not the waist
- Breathe—don’t hold your breath—inhale and exhale with each movement
- Drink plenty of fluids—water is best!

*** Always consult with your physician before starting an exercise program. They can assist with the best exercises for you and your health.*

Stop immediately if you:

- Feel sick or dizzy
- Break out in a cold sweat
- Have muscle cramps
- Feel sharp pain in your joints, feet, ankles or legs

**If you have chest pains or pressure in your chest, arm, neck or shoulder—
seek medical attention immediately, call 911.**

**For classes and programs held locally for seniors,
contact the Alamo Service Connection below.**



Funded through the Texas Health and Human Services Commission
Alamo Area Council of Governments

Alamo Region (866) 231-4922 (toll free) Bexar County: (210) 477-3275





Funny Bone

MARRIED FOUR TIMES

“The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband’s occupation.. “He’s a funeral director,” she answered. “Interesting,” the newsman thought... He then asked her if she wouldn’t mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20’s, then a circus ringmaster when in her 40’s, and a preacher when in her 60’s, and now - in her 80’s - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, “I married one for the money, two for the show, three to get ready, and four to go.”

(Oh, just hush-up now and send this one on to somebody who needs a laugh.) ha!”



SENIOR CITIZEN TEXTING CODES

ATD	At The Door
BFF	Best Friend Fell
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
FWIW	Forget Where I Was
GGPBL	Gotta Go Pacemaker Battery Low
GHA	Got Heartburn Again
LMDO	Laughing My Denture Out
OMMR	On My Massage Recliner
OMSG	Oh My! Sorry, Gas
ROFLACGU	Rolling On Floor Laughing And Can't Get Up
TTYL	Talk To You Louder

Bandera Writers Group, June 2nd

in the Great Room 2pm-4pm!

The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089



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HEY, WHAT'S GOING ON? By Lisa Crawford (Activities Director)



I hope everyone had a wonderful month of May! We were blessed with a few showers. Hope we will get more of that beautiful rain in June! How about that amazing Lunar Eclipse? Did you stay up late to watch? Art and I did until the moon started coming back into glorious view again and then I retreated to my bed.

Music and Entertainment: The Cowboy Capital Opry guest this month is Pastor Smith & Family from Tarpley Baptist Church. I have heard so many wonderful things about this musical family and I for one am so excited to get to hear them. I hope you are too. Thank you Gerry Payne for always bringing such treasured talent to the Silver Sage.

The Opry is held the first Tuesday of each month at 7 p.m. Doors open at 6:30 and seating is first come, first serve unless you wish to purchase season tickets or half season tickets. Please contact Lisa if you wish to do this. Silver Sage House Concert Series: Regrettably the Silver Sage House Concert Series has been cancelled for the foreseeable future.

Monthly Music Jam is set for Monday, June 27th, which is also Mystery Monday, so if you need a good parking space try to get here early.

Special 4th of July Patriotic Show by the Almost Patsy Cline Trio is coming on SUNDAY, JULY 3RD, at 4 p.m. in the great room. Doors will open at 3:30. We will sell out of seats for this show, so, we WILL be taking PRE-PAID ONLY reservations for this show! Make your reservations early! The cost will be \$10 per person. We will have water, sodas, candy and snacks available for purchase. Please spread the word, so no one gets left out.

Bus Trips: H.E.B. trip will be on Thursday, June 2nd and we will leave at 12:30 P.M. There is only room for 6 people on this trip. **WALMART trip** will be on Thursday, June 16th and we will leave the center at 12:30 P.M. There is only room for 6 people on this trip.

Special Bus Trips: Our Luckenbach trip in May was such a big hit, so I've decided that every other Wednesday in June, starting on the 1st, we will take the bus to dinner and then on to Luckenbach. These will all be evening trips to help avoid the heat of the day. We will leave the Silver Sage at 4:00 p.m., head to dinner at a previously determined air-conditioned restaurant, and we don't expect to return any earlier than 10 p.m. on each of these trips. Please know this and keep it in mind before signing up. In order to justify the cost of the trip, we must have no less than 4 people signed up for each trip. For those who only want to get away on a short excursion we will do an afternoon lunch trip to **El Chaparral Mexican Restaurant in Helotes** for lunch on Thursday, June 23rd. We will leave from the Silver Sage at 10:25 a.m. and expect to return no later than 1:00 p.m. It will probably be earlier, but there are no guarantees.

Please Note: Our bus trips are intended specifically for our senior clients. There is a \$5 donation requested for all bus trips to help offset gas prices. Anyone planning to sign up for bus trips must be capable of getting on and off the bus un-assisted and be completely self-reliant while on the trip and do their own shopping and such. Everyone is responsible for any purchases you make on trips including your lunches and any gratuities for wait staff etc. Please plan to be flexible if you sign up for any bus trips. You can call Lisa at the center to get your name on any of the lists if there is still room.

HAIR CUTS: Silver Sage would like to thank Mimi Whitehouse for helping us with free haircuts these past few months. We greatly appreciate her time and expertise. Unfortunately, Mimi will no longer be offering haircuts at the Silver Sage. We are very sad to see her go, but we wish her the very best in all she does.

Continued on the next page...

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EMAIL: JMBAKEDGOODS@GMAIL.COM

WEBSITE: JMARTISANBAKEDGOODS.COM

What's Happening Continued...

Let's Talk: Susan Broa is back again this month to talk to us about Nutrition on Wednesday, June 8th at 12:00 p.m. in the dining room and again on Wednesday, June 22nd at 12:00 p.m., to discuss and teach us some Basic First Aid including Choking, CPR and Wound Care. This is something you (our clients) have been asking for, so please show up and plan to give Susan your full attention.

Something NEW: Are you one of those who have joined me for the twice weekly morning walks? I've been pleasantly surprised at how many of you came along for this. I know it will be very hot in June, but I would like to continue our walks. To make this possible without anyone having a heat stroke, we will be taking the Silver Sage bus to Kerrville to walk inside the River Hills Mall. They don't open until 10 a.m., so we will leave the Silver Sage at 9:30 a.m. once a week on Fridays in June except for Friday, June 10th as I will be out of town. If I have a good showing of people who attend this month, we will look at continuing this through the hotter months and resume our outdoor walks in September or October depending on temps. If you haven't joined us yet, but want to, this would be a great time to do so. If you just want to go and do some shopping, that is fine too. You will need to sign up in advance as there is only room for 12 on the bus. If there are not at least 4 people signed up by 2:00 p.m. on Thursday afternoon each week, then the trip for that Friday will be cancelled. If it is cool enough in the mornings, I will continue to walk either at the park or at the Arthur Nagel Clinic Track. I will post dates and times on Facebook for those who wish to join me. Please LIKE and FOLLOW our Silver Sage Activities and Events page to see all our happenings.

Last but not least, don't forget the monthly **BIRTHDAY BASH** on the last Tuesday each month. This month it falls on June 28th. Come enjoy cake and ice cream and help us celebrate all those who had birthdays in June.

Until next month, try to keep cool and stay safe! ~ Lisa

cascadehealthservices.org

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JUNE ACTIVITIES 2022

Activities Director, Lisa Crawford


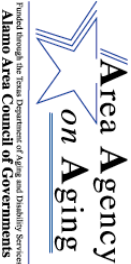

Phone: (830) 850-0930 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
30 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	31 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen 12:30 Mexican Train 12:00 Birthday Bash	1 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Farkle 12:30 Mah Jongg 4:00 Bus trip-Dinner & Luckenbach	2 12:30 HEB <u>2-4</u> Writer's Group	3 <u>8:00</u> Video Exercise 9:30 Walking Club bus trip to River Hills Mall <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:00</u> Two-Step
6 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	7 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train <u>7:00</u> Cowboy Capital Opry w/Pastor Smith & Family	8 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Farkle 12:30 Mah Jongg 12:00 Let's Talk Nutrition w/Susan Broa	9 12:30 Mexican Train	10 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:30</u> Two-Step
13 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	14 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:30 Mexican Train	15 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Farkle 12:30 Mah Jongg 4:00 Bus trip-Dinner & Luckenbach	16 <u>12:30</u> Walmart	17 <u>8:00</u> Video Exercise 9:30 Walking Club bus trip to River Hills Mall <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:00</u> Two-Step
20 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Mexican Train	21 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	22 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:00 Let's Talk First Aid Choking & Wound Care w/Susan Broa 12:30 Farkle 12:30 Mah Jongg	23 10:25 Bus Trip to El Chaparral/Helotes	24 <u>8:00</u> Video Exercise 9:30 Walking Club bus trip to River Hills Mall <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:00</u> Two-Step
27 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Monthly Music Jam Monday	28 <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:00-1:00</u> Birthday Bash <u>12:30</u> Mexican Train	29 <u>8:00</u> Video Exercise <u>9:30</u> Quilting 12:30 Farkle 12:30 Mah Jongg 4:00 Bus trip-Dinner & Luckenbach	30 12:30 Mexican Train	July 1 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:00</u> Two-Step
				13

Silver Sage ~ JUNE 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Area Agency on Aging <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small></p>	 <p>AACOG Alamo Area Council Of Governments</p>	<p>1 Cazuela de desayuno croquetas de patata Galletas con salsa</p>	<p>2 Cazuela de Ternera a la Española Frijoles charros Mezcla de verduras de California.</p>	<p>3 Deslizadores De Ensalada De Pollo Frijoles Horneados Patatas Fritas Caseras</p>
<p>6 Tiras De Pollo Con Salsa Papas con mantequilla de perejil Remolachas</p>	<p>7 Filete de hamburguesa con salsa Papas empanizadas al horno Guisantes verdes</p>	<p>8 Fajitas de pollo Maíz Cilantro/Lima Frijoles negros a fuego lento Tortilla</p>	<p>9 Horneado de picadillo mexicano Maíz Fiesta</p>	<p>10 Mac con chile Calabaza amarilla</p>
<p>13 Pollo parmesano Coliflor Asado Ensalada De Judías Verdes</p>	<p>14 Quiche de espinaca sin corteza Salsa de salchichas Patatas Crujientes En Cubitos</p>	<p>15 Caserola de Atun y Fideos zanahorias a la lionesa</p>	<p>16 Joe descuidado Verduras mixtas Patatas dulces fritas</p>	<p>17 Ensalada César De Pollo Requesón</p>
<p>20 Filete De Pollo Frito Puré de patatas Verduras a elección del chef.</p>	<p>21 Pollo agridulce esponjoso arroz Verduras asiáticas</p>	<p>22 Chuletas De Cerdo Ahogadas Con/Champiñones Verduras Mixtas</p>	<p>23 Filete Salisbury Papas en cuña sazonadas Judías verdes</p>	<p>24 Tazón de pollo al suroeste</p>
<p>27 Pollo al horno con hierbas Brócoli Maíz molido</p>	<p>28 Hamburguesa con todos los acompañamientos Papas fritas de la casa Frijoles Horneados fiesta de cumpleaños</p>	<p>29 Pollo King Ranch rollo de trigo</p>	<p>30 Estofado de res pan de maíz</p>	<p>Menu subject to change according to availability</p> <p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p> 

Silver Sage ~ JUNE 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Breakfast Casserole Hash browns Biscuits with gravy</p>	<p>2 Beef Spanish Casserole Charro Beans California Blend Veg.</p>	<p>3 Chicken Salad Sliders Baked Beans Home Fried Potatoes</p>
<p>6 Chicken Strips with Gravy Parsley Buttered Potatoes Beets</p>	<p>7 Hamburger Steak with Gravy Scalloped Potatoes Green Peas</p>	<p>8 Chicken Fajitas Cilantro/Lime Corn Simmer Black Beans Tortilla</p>	<p>9 Mexican Picadillo Bake Fiesta Corn</p>	<p>10 Chili Mac Yellow Squash</p>
<p>13 Chicken Parmesan Roasted Cauliflower Green bean Salad</p>	<p>14 Crustless Spinach Quiche Sausage Gravy Crispy Cubed Potatoes</p>	<p>15 Tuna Noodle Casserole Lyonnaisse Carrots</p>	<p>16 Sloppy Joe Mixed Vegetables Sweet Potato Fries</p>	<p>17 Chicken Caesar Salad Cottage Cheese</p>
<p>20 Chicken Fried Steak Mashed Potatoes Chef Choice Veg.</p>	<p>21 Sweet and Sour Chicken Fluffy Rice Asian Vegetables</p>	<p>22 Smothered Pork Chops w/ Mushrooms Mixed Veggies</p>	<p>23 Salisbury Steak Seasoned Wedge Potatoes Green Beans</p>	<p>24 Southwest Chicken Bowl</p>
<p>27 Herb Baked Chicken Broccoli Hominy</p>	<p>28 Hamburger with all the fixins House Cut fries Baked Beans BirthDay Bash</p>	<p>29 King Ranch Chicken Wheat Roll</p>	<p>30 Beef Goulash Cornbread</p> 	<p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change according to availability</p>



SIGNS OF NUTRITION DEFICIENCIES

EYES



- Dark circles or bags under the eyes: Allergies, food intolerances, dehydration
- Poor night vision: Vitamin A
- Ruptured blood vessels in the eyes: Vitamin C
- Nearsightedness: Vitamin D
- Pale lower eyelid: Iron

TEETH & GUMS



- Bleeding gums: Vitamin C, folic acid
- Crowded teeth: Calcium, Vitamin K

HAIR



- Hair loss: B2, B5, Biotin, D, Zinc
- Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
- Dandruff: Selenium, Omega 3, Vitamin A

NAILS



- Spoon shaped nails: B12, Iron
- White marks: Calcium or Zinc
- Pale nails: Iron, Biotin
- Brittle nails: Calcium, Magnesium, Iodine
- Cuticles tear easily: Protein

MUSCLES & JOINTS



- Muscle cramping: Magnesium, B1, B2, B6
- Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
- Edema/Swelling: B1, B6, Potassium
- Numbness or tingling: B12, B5
- Clicking Joints: Manganese

MOUTH



- Canker sores: B3, B12, Folic acid, Calcium
- Cracks in the corner of the mouth: B2
- Weak tooth enamel: Vitamin A, D, K, Calcium
- Painful tongue: B2, B3, Folic Acid
- Loss of smell or taste: Zinc

SKIN



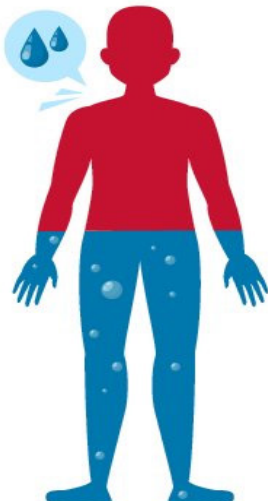
- Bumps on the back of the arms: Vitamin A
- Dry or rough skin: Vitamin A, E
- Unusual nosebleeds: Vitamin C
- Easy bruising: Vitamin C
- Acne during menstruation: B6
- Dermatitis: B2, B3, Biotin
- Red stretch marks: Zinc

EMOTIONAL/MENTAL



- Depression: B1, B5, Biotin, PABA
- Dementia: B1, B3, B12, folic acid
- Nervousness/Irritability: B1, B6, B5
- Insomnia: B3, B5, B6, D3
- Dizziness: Iron, B2, B12

DEHYDRATION SYMPTOMS



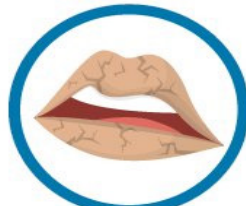
THIRST



DRY SKIN



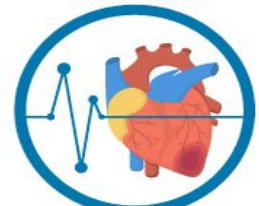
HEADACHE



DRY MOUTH



LESS FREQUENT URINATION



RAPID HEARTBEAT

YOGA WITH WILLY EVERY MONDAY

Location: Great Room - Time: 10:00am



Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. \$8 per class.

Helping Seniors Stay Cool

TOP 10 TIPS

- 1 Once temperatures rise, be sure to check on elderly family or friends with regular visits.
- 2 Remind seniors—especially those showing signs of dementia—of the dangers of extreme heat and the signs of heatstroke.
- 3 Certain medications can make it difficult to stay hydrated, so make sure seniors drink 6-8 glasses of water a day, even if they're not thirsty.
- 4 Know the signs of dehydration, including dry mouth/skin, lightheadedness, lack of sweat, low blood pressure and rapid heartbeat.
- 5 Seniors should avoid direct sunlight during the warmest part of the day, apply sunscreen and wear lightweight clothing when outdoors.
- 6 Ensure seniors have access to a working air conditioner during the day.
- 7 Close blinds and curtains in seniors' homes to lower room temperatures.
- 8 Some medical conditions, like asthma or heart conditions, can be more serious during hot weather—discuss with their doctor to see whether medications need to be adjusted.
- 9 Look for signs of heatstroke, including profuse sweating, fatigue, cold/clammy skin, nausea, muscle weakness, disorientation, shallow breathing and vomiting.
- 10 Prepare to directly assist with measures like turning on the AC or removing robes or blankets—even if it means staging a "cooling intervention."



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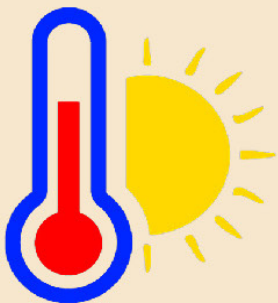
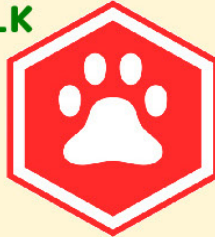
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FIVE SUMMERTIME PET SAFETY TIPS

1 WATCH WHERE YOU WALK

Even when the outside air temperature is a balmy 75°, asphalt under a summer sun can reach a painful 125°. On hotter days, it can hit 135° or higher. If it's hot enough to fry an egg, it will surely sizzle your pet's paws!



2 HEAT CAN KILL

Speaking of summer sun, don't forget that your pets get thirsty too. Hydration is key. Make sure they have plenty of fresh water indoors and out, and keep them in the shade as much as possible. And NEVER leave your dog or cat locked in a car: it takes less than 10 minutes for them to die of heat stroke.

3 DON'T LET PARASITES PICNIC ON YOUR PET

Fleas, ticks, mosquitoes and other pests, which thrive in summertime, can carry tapeworms, heartworms, and diseases like Lyme and Bartonella. Ask your vet what preventative measures you can take to keep your pet safe from them.

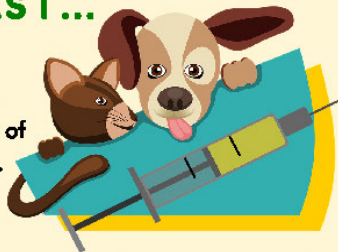


4 NAME YOUR POISON

Not all grass is created equal: some is doused in fertilizer and pesticides, which can be toxic to dogs and cats that lie or play in it. Likewise, some types of plants (such as tulips, hyacinths, certain lilies, and daffodils) can make your pet ill or even die if it is ingested. Be cautious about where you let your pet wander!

5 LAST BUT NOT LEAST... VACCINATE!

Summer is the peak season for rabies, since warm weather increases the risk of encounters with wild infected animals. Protect your pets by making sure their rabies inoculations are up-to-date.



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**



Six Flags For Old People

By Mikie Baker

I try to keep my columns funny and light. No politics, no religion, no health issues. Unless one gets really funny; then I laugh at hard times right in the face. So here we go and it's going to be rehab of a ride.

My Future Husband has been going through enough health problems of late for me to write a book entitled, "REHAB: This Book can be Used as a Weapon." But that's another story, er, book.

The other day we had to go to the Veteran's Hospital for several appointments. MFH was in the Navy (Hello, Sailor) so he gets free health care for the rest of his life. I've always been a fan of the VA as Dearly Demented Mom also served but she was in the far superior Army. Simmer, down, y'all.

My sailor gets free meds (yes, even those), free shots and never has to pay for a blood draw. He's such a tough cookie he even got his vaccine booster in one arm and his flu shot in the other arm at the same time. I'd have been in bed for a week, so I asked him how it didn't bother him at all. He looked me square in the eye and said, "Honey, in the service they give you seven shots at a time with vaccines for things like Bora Bora disease. After that, you can pretty well survive cooking from a foreign land or anything else."

But back to Six Flags for Old Folks. I've decided that's what a day at the VA is like. You check in, get your magic ticket and head straight to give blood and urine at the Aquaman Power Wave Lab ride right inside the park. Then off to the next adventure – seeing the Magician – your doctor! The Dr. Freeze Reverse Blast fun ride includes a free blood pressure check once you get seated and plenty of fun questions to answer.

Once the ride is over, the doctor sends you on to your next amazing ride – the Telemedicine Tumbler Express!

At this fun ride you get to sit in a comfy chair with bright lights shining down on you and you get to have your picture taken! Maybe I should clarify – a nice lady who takes closeups snaps photos of all the weird bumps on your lovely, sunbaked skin. Of course, photos will be for sale, and they make great family Christmas cards!

Then you'll climb to the top of the next ride – the Prosthetics Sky Screamer! This one makes your fiancé scream because you have demanded a shiny new cane. And she's afraid you'll fall down off the ride. Luckily, they have training for this ride which includes how to hit your fiancé over the head with said cane.



Finally, the last ride of the day – the Urology Twisted Colossus. This unique ride comes complete with a tiny camera that, well, you'd just have to do the ride. Oh, and women really aren't allowed on this one.

Yes, after a day at Six Flags for Old People, you're just as worn out as if you'd actually taken a five-year-old to Disney World. Only this park doesn't have that Disney Magic. It's much more of a patch-patch-patch place. So off you head to your bed after a fun day of hospital magic.

Well, at least the rides were free, and I've got the cane hidden. And the knives are sharpened.

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How To Make Ice Cream Without A Machine

Ingredients

1 1/2 cups milk
1 1/2 cups heavy cream
2/3 cup sugar
1 tablespoon vanilla extract
1/8 teaspoon kosher salt

Instructions

Stir together your ice cream mixture and pour it into an 8-10 inch square baking pan.

FIRST FREEZE: Place it in the freezer for 90 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan and breaking up any frozen chunks. Return the pan to the freezer and continue freezing.

SECOND FREEZE: Check it again after 45 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan well. Use a sturdy whisk to whip the mixture a bit as it begins to freeze. Make sure you're scraping the edges completely every time. Return to the freezer as quickly as possible after whisking the mixture each time.

ADDITIONAL FREEZING STEPS: Continue freezing the mixture, checking it again after 30 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan well. Use a sturdy whisk to whip the mixture a bit as it begins to freeze. Make sure you're scraping the edges completely every time. Return to the freezer as quickly as possible after whisking the mixture. Repeat this process 2 more times, every 30 minutes. After a couple of hours, it should be thickening to a slushy soft-serve consistency.

Continue breaking the ice cream up and stirring it for as long as you like. The longer that you whisk the ice cream and continue breaking it up as it freezes, it will create an airier or fluffier final product. Ice cream without a machine typically takes 3-4 hours to freeze to a soft-serve consistency.



Just a note: Ice cream made without a machine will freeze to a very firm consistency after a day or so in the freezer. However, it will thaw nicely at room temperature after 10-15 minutes and will be perfectly scoop-able.

Once you've made ice cream without a machine a few times, you'll have a feel for how long it should take and how often it needs to be stirred.



THE SILVER SAGE BUS PROGRAM

is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.



This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort/safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

El Chaparral Mexican Restaurant in Helotes for lunch on Thursday, June 23rd. Leaving the Silver Sage at 10:25 a.m returning around 1pm

Other Bus Trips: H.E.B. trip will be on Thursday, June 2nd and we will leave at 12:30 P.M. There is only room for 6 people on this trip. **WALMART trip** will be on Thursday, June 16th and we will leave the center at 12:30 P.M. There is only room for 6 people on this trip.

*Each person is responsible for purchasing their own meal/ tipping wait staff. *You must be physically capable of getting on and off the bus unassisted. *A \$5 donation for the bus ride is greatly appreciated. No one under 18.



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At 9:30am on Tuesdays

Ida will be teaching a comprehensive, balanced, traditional style of yoga class with each session starting with a centering breath, meditation, flowing sun salutations, relaxation between poses, and guided instruction throughout. As everyone becomes comfortable with the work, new exercises and poses are introduced and others will be held longer to deepen the experience.



Stretch and Strengthen with Ida will follow

at 10:30am and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. \$8 per class.



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