The Silver Showcase

Volume 500 No.3

March 2018

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President's Corner...

Well spring is upon us already! I can't believe how time is flying. Pretty soon we are going to be starting our Christmas shopping again. Boy, and I am NOT ready for that. I have very much enjoyed our winter seeing as we haven't really had one in several years. It was a nice change, and I was happy to get to wear my coat more than once this year. But Puxatony Phil, the groundhog, said 6 more weeks of winter, so I am ready.

I will also be ready to see some beautiful spring flowers! What's the old saying, "April showers bring May flowers?" Well, I am ready for those flowers. We also planted our garden and hopefully we will have a great harvest this year. I really enjoy canning tomatoes and okra. Come tell me what you planted this year and maybe you can give me some great gardening tips.

Speaking of tips, check out our Lunch and Learns each month to get some great information on all sorts of helpful and interesting topics. We have another great line up of events this month that you won't want to miss. As always the daily lunches are amazing, the Friday night dances are fun and the Silver Opry is always a star studded event. AACOG's Matter of Balance is here every Friday, Lifeline Health Screening will be here Tuesday, March 6, Elections will be held in Ezell March 6, and the first Friday is Birthday Bingo. A new event to add to the list is every Friday, starting in March, is "Open Game Day" 9-11 and 1-3. Bring your friends and choose from any of the board games we have available and enjoy some fun times together. The Silver Opry on March 15 will feature Natalie Rose, Jimmie Bolado, and Gabriel Galvan. You definitely don't want to miss this.

We are starting to plan for Taste of Seguin and our SILVER ANNIVERSARY GALA. We will have committee meetings this month, and we are in need of some great ideas and research help. The center is here for your enjoyment and we are always looking for activities you can come and partake in. You may have retired from a job, but we DO NOT want you to retire from life. Please bring a friend and come show us your smiling faces. They always make ME smile!

Sincerely, Kay Lynn Hawkins President

Hello From the Front Office!

March is here... and with it is softer Spring-like weather and wildflowers! One of my favorite childhood memories is picking Bluebonnets with my Grandmother, Isabell Haese. (Shhhh! I didn't know it was against the law back then!) We would drive the farm to market roads to my grandparent's ranch and walk through the fields and pastures picking Bluebonnets and Indian pinks. Another favorite wildflower of ours was the hot pink Sweet William! My dad's name is William, so I always felt that's why Grandmother & Grandpop named him William!

Being raised a country girl was a Blessing that I can appreciate now that I can look back at it with misty eyes. I was raised in Wilson County near McCoy on my Greatgrandfather's dairy farm. I drove a tractor at the age of 6 and a pickup (Standard column manual shift, thank you very much) at the age of 9. I took the tractor out to help bring the cows into the dairy barn and I also slowly pulled a flatbed trailer so the ranch hands (politically correct term) could throw hay bales up on it to go stack it all in the barn. I drove the pickup down the dirt road to the dump to throw out our trash bags and when I started school I rode the bus an hour each way every day. My constant companion for over 13 years was my trusty Fox Terrier Buzz.... who far out ranked my little sister for fun back then.

I was pretty much spoiled by my dad since I was the closest thing he ever had to a son. We hunted and fished together always, AND WE STILL DO! I shot my first Buck with dad at my side when I was 9, and shot my last Buck in December with Dad hunting about 200 yards from me and he helped me load it and take it to the house!

Life is good, but life is w-a-a-a-y too short. Cherish your memories and fun times from the good old days, but please come out and make NEW memories right here with us at the Silver Center every Friday night or every weekday at lunch time! You don't have to dance! You don't have to sing! You don't have to play cards! You just have to be open to having some fun conversations with new old friends...

God Bless you all and hug someone that you love TODAY... because tomorrow is not promised to any of us! (((HUGS))) Glenda Layton Executive Director.

BUSINESS MEMBERS

The Silver Center is sincerely grateful for the support of our faithful Business Members.

DIAMOND MEMBERSHIP

Seguin Noon Lions Pecan County Chiropractic

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March	Word Scramble	
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CGLEIA
TS. DYPDYAS YAD
FLOMTIIUR
UBGEOR
NUBDLI
LCTECI
BYKODNOONR
EAIDRNL
ADVANCED Amy Trost, BC-HIS, ACA
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122 S. Moss ~ Seguin, Texas 78155 "Across from Guadalupe Regional Medical Center Entranc e" 830-372-2380 fax
Something NEW!

Do you love Board Games? The Silver Center is starting an "Open Game Date" every Friday starting in March. The times are 9-11 AM and 1-3 PM.

Bring your friends and choose from any of the board games we have available and enjoy some fun times with friends! Our spectacular volunteers really outdo themselves every day! January total hours for our



hardworking volunteers added up to 842.75 hours (688.75 regular hours and 154.00 RSVP hours.) Come by and see what these amazing people are doing for the Silver Center. Better yet, VOLUNTEER yourself!

Are you afraid of falling? Have you fallen recently? AACOG will be holding a class called "A Matter of Balance" at the Silver Center (once a week for 8 weeks) to help prevent falls and also to help you with balance issues. The dates for this class are as follows: March 2, 9, 16, 23, and 30. The time: 9 AM -11AM.

Please call 830-303-6612 and sign up for **FREE CLASSES** today!

We'd like to welcome you to our family. WellMed accepts patients with Medicare and select Medicare Advantage Plans.

WellMed at Seguin 1483 E Court St Seguin, TX 78155 830-560-2813 WellMedHealthcare.com





Live Well. Live WellMed.

This is an advertisement. *Plans vary by location and county. Family_AD TJ012114 Our Friday Night Dances are really a lot of fun and a wonderful opportunity to mingle with friends and dance the night away. The bands are top notch, so if you don't care to dance, just come to listen to the music. **PLEASE NOTE:** The doors open at 6:30 pm. BYOB is no longer permitted due to insurance exclusions.

2018 Silver Center Friday Night Dance Schedule Doors open at 6:30pm Dance 7:30 - 11:00 pm

March

August

			9	
2-1	Mar	Vernon & Friends	3-Aug	Two Way Street
9-1	Mar	Most Wanted Band	10-Aug	Countrymen
16	-Mar	Charles & Fabulous 4	17-Aug	Glen Collins
23	-Mar	Bob Appel	24-Aug	Wrangler Country
30	-Mar	Country Sounds	31-Aug	
Ap	pril		Septemb	er
6	6-Apr	Two Way Street	7-Sep	Vernon & Friends
13	-Apr	Countrymen	14-Sep	Most Wanted Band
20	-Apr	Glen Collins	21-Sep	Charles & Fabulous 4
27	-Apr	Wrangler Country	28-Sep	Bob Appel
M	ay		October	
4-	May	Vernon & Friends	5-Oct	Two Way Street
11	-May	Most Wanted Band	12-Oct	Countrymen
18	-May	Charles & Fabulous 4	19-Oct	Glen Collins
25	-May	Bob Appel	26-Oct	Wrangler Country
Ju	ne		Novemb	er
1	-Jun	Two Way Street	2-Nov	Tom Teboe
8	-Jun	Countrymen	9-Nov	Most Wanted Band
15	-Jun	Glen Collins	16-Nov	Charles & Fabulous 4
22	-Jun	Wrangler Country	23-Nov	Bob Appel
29	-Jun	Tom Teboe	30-Nov	
Ju	ly		Decembe	er
6-	Jul	Vernon & Friend	7-Dec	Two Way Street
13	-Jul	Most Wanted Band	14-Dec	Countrymen



Gilbert Gonzales Clarice Ullrich	3/3 3/3
Shirley Humphreys	3/5
Shirla Humiston	3/7
Janie Maasen	3/9
Elizabeth Martin Barbara Behal	3/10 3/11
Paul Ford, Sr	3/11
Norman Waite	3/16
Harold Voges	3/19
Harriette Day	3/22
Felipa Castilla	3/24
Joan Ceyanes	3/24
Sharon Frederickson	3/24

Southerners know their religions:

Bapdiss Methdiss Football

Southern girls know the 3 deadly sins:

Having bad hair and nails Having bad manners Cooking bad food

STAY ACTIVE WITH TAI CHI

Many older adults are looking for a gentle, low-impact exercise program that helps them stay active and improves muscle strength, flexibility and balance. TAI CHI fits the bill!

The benefits include, but are not limited to, helping with arthritis pain, reducing blood pressure, reducing stress and depression, and helping reduce bone loss in menopausal women. Tai Chi is a phenomenal exercise, and it all started with the ancient Chinese!

Join us at the Silver Center on Mondays at 9:00 am. It is only \$1.00 per class. Hope to see you there.

BIRTHDAY BINGO

On Friday, March 2, 2018, starting at 1:00, you are invited to join us to celebrate our March birthdays with gifts, cake, and bingo! Heart to Heart Hospice and Guadalupe Valley



Nursing Center are sponsoring this special event. We have a lot of fun, so join us for our March HAPPY BIRTHDAY CELEBRATION! All members are invited.

THRIFT STORE HOURS!

The Thrift Store will be open on Monday and Friday ONLY from 9:00 AM - 4:00 PM.

Stop by and see what we have to offer! We are accepting donations too!

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MEMORIALS



*** Note that any memorials received after we go to press will be in the next month's newsletter.

In Memory of: Ron Stephenson

By: Velma Buíe and Harley Lenardson Mary and Sam Smíth Leroy and MaryAnn Díetert

THN

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Tres Hewell, President

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165 Tor Drive	Fax: (830) 549-5918
Seguin, Texas 78156	Cell: (830) 660-5809
www.treshev	vell.com

The Silver Needlers will meet on Monday, March 26 at 1:00 PM at

the Silver Center. As we met only for lunch in February, please come prepared to cut out bags and Veterans blankets. The usual items will be needed. For more information, please call Marie at 830-386-0962.



GAELIC ST. PADDY'S DAY TRIFOLIUM BROGUE DUBLIN CELTIC DONNYBROOK IRELAND

\sim
Memorial in Honor of:
Send Acknowledgement to:
Name:
Address
City
State/Zip

Memorial from:

Name: _____

Address: _____

State/Zip:

Thank you for the remembrance. The Silver Center 510 E. Court Seguin, Texas 78155

City: _____



Are you looking for a hot, fresh, well-balanced meal? The Silver Center serves a delicious lunch from 11 am to 1 pm

Monday through Friday, and the prices are great! Everyday something new is served such as Chicken Enchiladas, Meatloaf, Fish and Shrimp, and Salisbury Steak. With the entree you get two sides, a salad, roll, dessert and brewed tea or coffee. You can't beat that! Sandwiches, soups, and lunch salads are also offered. Join

us at the Silver Center for a yummy lunch and some great fellowship!





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Happy St. Patrick's Day From all The staff at Remarkable Healthcare!!

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		MAR	H S H	2018		* Open to the Public
N	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
oard ga riend or d games	NEW! mes 9:00 -11:00 a every Friday bring a neighb s at the Silver C	or and enter in	- 3:00 enjoy playing I Sagebiel Hall	1 11:00 - 1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	2 9:00 - 11:00 Board Games* 9:00 - 11:00 A Matter of Balance* 11:00 - 1:00 Lunch* 1:00 Pinochle 1:00 - 3:00 Board Games* 3:00 Birthday Bingo 6:30pm Dance to* VERNON & FRIENDS	3 8:00 Farmer's Market Private Party
4 5 5 9:00 Spirit of Joy 9:00 N 9:00 N Lutheran Church* 11:00 11:00	5 9:00 Tai Chi* 9:00 Mahjongg Tournament 11:00 Bunco 11:00 - 1:00 Lunch*	6 8:00 - 7:00 Elections 9:00 Quilters 9:00 - 4:00 Lifeline Screening* 11:00 - 1:00 Blood Pressure Check* 12:00 SKAT	 7 9:00 Painters 9:00 Bunco 9:00 Bunco 10:00 Bridge 11:30 Kiwanis 11:30 Seguin Area Chamber of Chamber of Commerce Luncheon 12:00 - 1:00 Blood Pressure Check* 12:30 Mahjongg 5:30 Spirit of Joy Lenten Service 	8 11:00 - 1:00 Lunch* 11:00 - 12:30 Lunch and Learn* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	9 9:00 - 11:00 Board Games* 9:00 - 11:00 A Matter of Balance* 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 Pinochle 1:00 - 3:00 Board Games* 6:30pm Dance to* MOST WANTED BAND	10 8:00 Farmer's Market Private Party

17 8:00 Farmer's Market 7:30 - 3:30 Concealed Handgun Class*	24 8:00 Farmer's Market 9:00 - 2:00 Democratic Party County Convention	31 8:00 Farmer's Market Kingdom Hall Worship Private Party	'n
16 9:00 - 11:00 Board Games* 9:00 - 11:00 A Matter of Balance* 11:00 - 11:00 Lunch* 1:00 Pinochle 1:00 - 3:00 Board Games* 6:30pm Dance to* CHARLES & THE FABULOUS 4	23 9:00 - 11:00 Board Games* 9:00 - 11:00 A Matter of Balance* 10:00 2 & 4 Bridge 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 - 3:00 Board Games* 6:30pm Dance to* BOB APPEL	30 9:00 - 11:00 Board Games* 9:00 - 11:00 A Matter of Balance* 11:00 - 1:00 Lunch* 1:00 Pinochle 1:00 - 3:00 Board Games* 6:30pm Dance to* COUNTRY SOUNDS	r.q00:11 - 08:7 MC
15 11:00 - 1:00 Lunch* 11:30 - 1:00 Lunch and Learn* 12:00 Noon Lions 12:30 Beginner's Mahjongg* 6:00* 6:00*	22 10:00 Collette Tours* 11:00 - 1:00 Lunch* 11:00 Republican Women 12:00 Noon Lions 12:30 Beginner's Mahjongg*	29 11:00 - 1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg* 5:30 Spirit of Joy Maundy Thursday Service	OPEN AT 6:30p.m. DANCING FROM 7:30 - 11:00p.m.
 14 9:00 Painters 9:00 Bridge 10:00 Bridge 11:30 Kiwanis 11:30 Lunch* 12:00 - 1:00 Blood Pressure Check* 12:30 Evelyn Bridge 12:30 Mahjongg 5:30 Spirit of Joy Lenten Services 	21 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:00 - 1:00 Blood Pressure Check* 12:30 Mahjongg 5:30 Spirit of Joy Lenten Service	28 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch * 11:30 Kiwanis 12:00 - 1:00 Blood Pressure Check* 12:30 Mahjongg	OPEN AT 6:30p.n
13 10:00 Bridge 11:00 - 1:00 Lunch* 11:00 - 1:00 Blood Pressure Check* 12:00 SKAT 6:00 - 8:30 GAME NIGHT	20 11:00 - 1:00 Lunch* 11:00 - 1:00 Blood Pressure Check* 12:00 SKAT 5:00 Silver Center Board Meeting 6:00 Garden Club	27 10:00 Bridge 11:00 - 1:00 Blood Pressure Check* 12:00 Bridge 12:00 SKAT	
12 9:00 Tai Chi* 11:00 - 1:00 Lunch * 6:30 Gideons	19 9:00 Tai Chi* 10:00 Bridge 11:00 - 1:00 Lunch* 1:00 Friends Bunco	26 9:00 Tai Chi* 9:00 EB Cards 11:00 - 1:00 Lunch * 1:00 Silver Needlers	FRIDAY NIGHT DANCE – DOORS
11 9:00 Spirit of Joy Lutheran Church* 10:00 - 3:00 Pastor Appreciation (private event)	18 9:00 Spirit of Joy Lutheran Church*	25 9:00 Spirit of Joy Lutheran Church*	

March Menu

Serving from 11:00 - 1:00

Entrees Served with 2 Sides, Salad, Roll, Dessert, Freshly Brewed Iced Tea or Coffee \$6.50 for Silver Center Members • \$7.00 for non-members

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Fried Steak	2 Fish or Shrimp
5	6	7	8	9
Chicken Alfredo	Shephard's Pie	Baked Chicken	Carne Guisada	Fish or Shrimp
12	13	14	15	16
Chicken Fried Chicken	Chicken & Rice	Spaghetti w/ Meat Sauce	Smothered Pork Chops	Fish or Shrimp
19	20	21	22	23
Chicken Chalupas	Beef Lasagna	Pulled Pork	Meatloaf	Fish or Shrimp
26	27	28	29	30
Chef`s Choice	Fried Chicken	Picadillo	Stuffed Shells	Fish or Shrimp

The Silver Center serves made-to-order Sandwiches and Salads for \$7.25 Choice of chips or fruit, with freshly brewed iced tea or coffee

SANDWICHES

Chicken or Tuna Salad Turkey and Bacon Ham and Cheese Pimento Cheese Classic Club

Bowl of Soup \$4.50 Cup of Soup \$3.00

SALADS

Chicken Salad Plate **Tuna Salad Plate** Chef Salad Grilled or Fried Chicken Salad

A tray of sandwiches is great for office lunch meetings. Call for more information. 303-6612 To-Go orders and Delivery in a limited area available for an additional charge.

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A Personal Invitation.

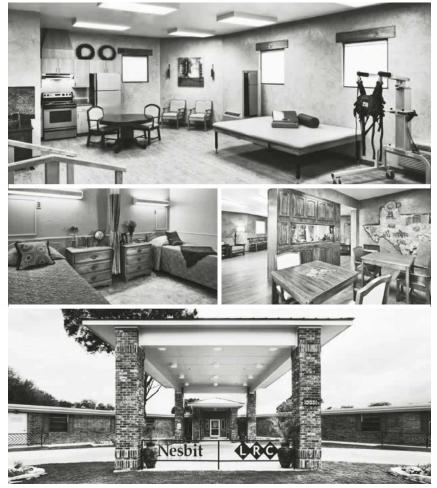
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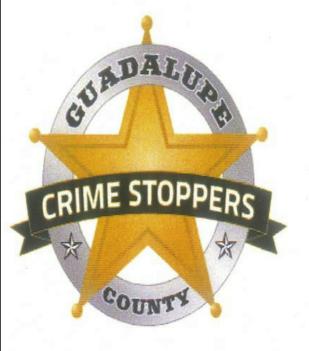
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& beaty to the patients that entrust their SMILES to our TEAM!





Janice Weinman, D.D.S.

Stephanie Jones, D.D.S.

Thursday, March 8, 2018

11:30 AM -1:00PM



Heart to Heart Hospice and **Guadalupe Valley Nursing Center**

are sponsoring this Lunch and Learn. The topic is very interesting and might be a lot of fun. It is called "Virtual Reality Travel." Come check it out! Please join us by calling 830-303-6612 to reserve a lunch and a seat.

Thursday, March 15, 2018

11:30 AM-1:00 PM

Hope Hospice and Remarkable will sponsor an interesting presentation on "Joint Replacement Surgeries." Join us for this wonderful and informative presentation. Call 830-303-6612 to reserve your seat and a hot delicious meal. Hope to see you there.

FIND YOUR NAME

A member's scrambled name is in the newsletter each month. If it is your name, call the Silver Center at 303-6612 and receive a free coupon of your choice.

INCID TNLPA

BLOOD PRESSURE CHECKS

Windsor Nursing and Rehabilitation Center of Seguin offers free blood pressure checks at the Silver Center on Wednesdays from 12:00 PM -1:00 PM.

Guadalupe Valley Nursing Center will be checking blood pressure and blood sugar on Tuesdays at the Silver Center from 12:00 PM -1.00 PM

Tickle Your Funny Bone!

Misprints That Actually Appeared in Church Bulletins - submitted by Velma Buie

- 1. The Fasting and Praver Conference includes meals.
- 2. The sermon this morning: "Jesus Walks on Water." The sermon tonight: "Searching for Jesus."
- 3. Ladies don't forget the rummage sale. It's a chance to get rid of things not worth keeping around the house. Don't forget your husbands.
- 4. The peace-making meeting scheduled for today has been cancelled due to conflict.
- 5. Remember in prayer, the many who are sick in our community. Say "Hell" to someone who doesn't care much about vou.
- 6. Don't let worry kill you off---let the church help.
- 7. Miss Charlene Mason sang, "I Will Not Pass This Way Again," giving obvious pleasure to the congregation.
- 8. For those of you who have children and do not know it, we have a nursery downstairs.
- 9. Next Thursday, there will be try-outs for the choir. They need all the help they can get.
- 10. Barbara remains in the hospital and needs blood donors for more transfusions. She Is also having trouble sleeping and requests Pastor Jack's sermons.
- 11. The Rector will preach his farewell message after which the choir will sing "Break Forth Into Joy."
- 12. Irving Benson and Jessie Carter were married on October 24 in the Church. So ends a friendship that began in their school days.
- 13. A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- 14. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
- 15. Eight new choir robes are currently needed due to the addition of several new members, and to the deterioration of some older ones.
- 16. Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.
- 17. Please place your donation in the envelope along with the deceased person you want remembered.
- 18. The church will host an evening of fine dining, super entertainment, and gracious hostility.
- 19. Potluck supper Sunday at 5:00 PM---Prayer and medication to follow.
- 20. The ladies of the church have cast off clothing of every kind. They can be seen in the basement on Friday afternoon.
- 21. This evening at 7:00 PM, there will be a hymn singing in the park across from the church. Bring a blanket and be prepared to sin.
- 22. Ladies Bible Study will be held Thursday morning at 10 AM. All are invited to lunch in the Fellowship Hall after the B.S. is done.
- 23. The Pastor would appreciate it if the ladies of the congregation would bring their electric girdles for the pancake breakfast next Sunday.
- 24. Low Self-Esteem Support Group will meet Thursday at 7 PM. Please use the back door.
- 25. Weight-Watchers will meet at 7:00 PM at the First Presbyterian Church. Please use the large double door at the side entrance.
- 26. The associate Minister unveiled the church's new tithing campaign slogan last Sunday. "I upped my pledge---Up yours."

A Recent Flight to Dallas - submitted by Velma Buie

On a recent Delta flight to Dallas, the Captain came on the PA system and announced: "Ladies and gentlemen, we have now reached an altitude of 30 thousand feet. It is a beautiful sunny day, the weather is great, and it looks like we're going to have a good flight to Dallas. We should arrive in about 40 minutes." Then suddenly the pilot said, "Oops--Oh my God! And there was a tense moment before the pilot came back on and said, "Sorry folks, the Stewardess just brought me a cup of hot coffee, and I spilled it in my lap. You ought to see the front of my pants!" To which a nervous passenger yelled back, "You ought to see the back of mine!" 14





Thyme to ... garden, water, weed.

Guadalupe County Master Gardeners

Spring Plant Sale

Saturday, March 17 Parking Lot of the Silver Center 510 E Court, Seguin 8 am – 2 pm or till sold out

Vegetables, Ornamentals, and Native & Adapted Plants (Rain date March 24)



Southerners know their vacation spots: The beach The rivuh The crick

Southerners know everybody's first name: Honey Darlin' Shugah

Southerners know the movies that speak to their hearts: Fried Green Tomatoes Driving Miss Daisy Steel Magnolias Gone With the Wind



Pistachio Salad Submitted by Velma Buie

1 box (3.4 oz.) instant pistachio pudding

Mix with 20 oz. can crushed pineapple and juice

Stir until mixed well. Set aside.

Add: 1/2 cup chopped pecans, 2 cups mini marshmallows, and 8 oz. Cool Whip.

Fold into 1st mixture. Chill.

This is a very nice dessert for St. Patrick's Day!



When it comes to your to-do list, put your future first. To find out

how to get your financial goals on track, contact your Edward Jones financial advisor.



Kathy Nossaman Financial Advisor

116 S. Moss St. Seguin, TX 78155 830-379-8534



Kristy Kirkland **Financial Advisor**

109 S. River, #102 Seguin, TX 78155 830-379-0817

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Doug Martin Financial Advisor

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www.CountryCare.com



JOIN US FOR THE SILVER CENTER OPRY

We have such a great time every 3rd Thursday of the month listening to local talent, visiting with friends, and maybe dancing a little.

Please mark your calendar for Thursday, March 15 at 7:00 PM. Natalie Rose, Jimmie Bolado and Gabriel Galvan are our entertainers for the evening, and our very own Silver Opry Band will be in charge of providing the fabulous background music for the evening!

Supper starts at 6:00 PM when the doors open. The bar also opens at 6:00 and ends around 8:00 PM. We have the best local talent and a super great meal, so please join us for a delightful night!



WANTED: PEOPLE WHO LOVE TO DANCE.

If you have gotten in the rut of just staying home on Friday nights, the Silver Center Dance Hall offers you a very pleasant alternative. The Hall offers some of the best in local entertainment in an atmosphere of fun and camaraderie.

According to Executive Director Glenda Layton, each band brings its own unique perspective to traditional country music. Patron: enjoy the diversity and, at the same time, appreciate one of the best exercise regimes available.

While the Center is noted for its service to seniors and the community, on Friday nights the Dance Hall is open to people of all ages who enjoy dancing to country music. The ages of the different bands members offers a mixture of music from the past to some of today's artists.

If one of your New Year's resolutions is to spend more time with your significant other in an atmosphere other than the house, the kids and the lawn, give yourself a treat. Let your feet relearn the dance steps you were noted for in the past. Come meet your friends in a place where you don't have to do the cleanup at the end of the night. Do your heart, your spouse, and your mind a favor, start dancing again. You're never too old.





MARCH SILVER STAR



Hank Coor was chosen as the March Silver Star! Thanks to Hank, who is a Charter member of the Silver Center, we have this beautiful, wonderful center where seniors can come to enjoy each other's company, play games, take classes, eat lunch, and just relax if they want to. Hank was among a group of men in 1996 who saw a need for Seguin and made it a reality. He helped remodel the old Baesinger's Grocery Store which took approximately 3 years to refurbish and complete the project.

Hank was in the military for 2 years. He trained in light weapons for 8 weeks, then he trained in heavy weapons for 8 more weeks. In the end, he was sent to Washington D.C. where he was assigned to the President's Honor Guard under President Eisenhower.

After the military, Hank lived in Dayton, Ohio for 7 1/2 years and worked for the Ohio Bell Telephone Company. In 1964, Hank moved to Seguin and worked for Southwestern Bell. He became a full-fledged Texan at this point! Hank retired from AT&T in 1993.

Hank and his sweetheart, Virginia, have been married 35 years. They have a son, Thomas, who lives in California. They also have a daughter, Tammy Burns, who lives in Georgetown. Hank also has two stepsons. Dr. Bryan Patterson, a podiatrist, who recently retired and Dr. Jeff Patterson, a dentist at Fort Sam Houston. The Coors have been blessed with 4 beautiful grandchildren: Andy, Aaron, Ryan, and Lee. They also have four great grandchildren: 3 year old Jenna, 3 year old twins Grayson and Lizzy, and finally baby Hailey, who is only 8 months old. Hank and Virginia have quite a large family and they get together whenever they can.

Some highlights in Hank's life that really stand out for him is he has been a member of the Elks Lodge for 45 years. In 1983, he bowled a PERFECT 300 game! And finally, two times in his life, he has had a hole in one. One was at the Bandit Golf Course and the other was Starcke Golf Course.

Hank's hobbies include taking care of his yard and gardening. He also enjoys reading. He reads the newspaper from cover to cover, and he has several magazines he enjoys reading such as Texas Highways, Popular Mechanic, National Geographic and Birds and Blooms. Although Hank and Virginia no longer travel, they have seen quite a bit of the world. They have been to Germany, Switzerland, Alaska, Florida, California just to name a few.

Hank and I had a great visit over the phone. He worked with my dad, Mr. Van Booven, while refurbishing the grocery store into our wonderful Silver Center, so we were able to reminisce a bit. Come by the center and meet our newest Silver Star, Hank Coor.



More Bounce Tips Submitted by Myrtle Huebinger

- 11. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.
- 12. To freshen the air in your car Place a sheet of Bounce under the front seat.
- 13. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between food and the pan.
- 14. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.
- 15. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
- 16. Eliminate static electricity from Venetian blinds...Wipe the blinds with a sheet of Bounce to prevent dust from resettling.
- 17. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.
- 18. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.
- 19. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
- 20. Golfers put a Bounce sheet in their back pocket to keep the bees away.

Just a few more tricks with Bounce. More in the April newsletter!

Healthgrades Names GRMC 5-Star Recipient in Total Knee Replacement, Hip Fracture Treatment, and Appendectomy

Guadalupe Regional Medical Center (GRMC) has achieved 5 stars for its performance in Total Knee Replacement, Hip Fracture Treatment, and Appendectomy from Healthgrades, the leading online resource for comprehensive information about physicians and hospitals. These achievements are part of new findings and data released by Healthgrades and featured in the *Healthgrades 2018 Report to the Nation*. Every year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals nationwide for 34 of the most common inpatient procedures and conditions.*

"The Healthgrades 5-star recognitions are a testament to the high standard of care provided to patients every day at our facility. This national recognition confirms our commitment to provide high-quality, safe care to each life we are privileged to touch, as well as exemplifies the dedication of our staff when caring for patients", said Robert Haynes, CEO of Guadalupe Regional Medical Center.

For the 11th consecutive year, GRMC has been the recipient of a 5-Star rating in Hip Fracture Treatment from Healthgrades, as well as a 5-Star rating in Total Knee Replacement surgeries for the 5th consecutive year. GRMC's board-certified orthopedic surgeons, Jack Deetjen, M.D., Trent Twitero, M.D., and G. Steven White, M.D., have more than 75 years of combined surgical experience performing thousands of bone, joint and muscle-related surgeries. GRMC also received 5-Star recognition for the third year in a row for appendectomies performed.

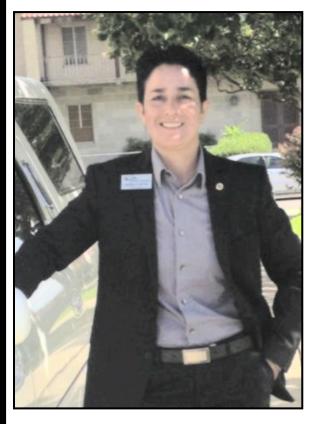
"At GRMC we are continuously striving to achieve clinical excellence," says GRMC's Executive Director of Quality Rhonda Unruh. "The Healthgrades awards are evidence of the efforts our dedicated medical staff and clinical teams make every day to ensure the very best, quality outcomes for the patients who trust us with their care."

The Healthgrades 2018 report demonstrates how clinical performance continues to differ dramatically between hospitals regionally and nationally. This variation in care has a significant impact on health outcomes. For example, from 2014-2016, if all hospitals as a group, performed similarly to hospitals receiving 5 stars as a group, on average 219,568 lives could potentially have been saved and 164,454 complications could potentially have been avoided.** A 5-star rating indicates that GRMC's clinical outcomes are statistically significantly better than expected when treating the condition or performing the procedure being evaluated.

"In an environment where consumers have more choices about where to receive their care, a hospital's commitment to achieving high-quality outcomes is fundamental," said Brad Bowman, MD, Chief Medical Officer, Healthgrades. "Because consumers place such value on this information, hospitals that achieve five stars for Total Knee Replacement, Hip Fracture Treatment, and Appendectomy stand out in their marketplace."

*For its analysis, Healthgrades evaluated approximately 45 million Medicare inpatient records for nearly 4,500 short-term acute care hospitals nationwide to assess hospital performance in 32 common conditions and procedures, and evaluate outcomes in appendectomy and bariatric surgery using all-payer data provided by 17 states. Healthgrades recognizes a hospital's quality achievements for cohort-specific performance, specialty area performance, and overall clinical quality. Individual procedure or condition cohorts are designated as 5-star (statistically significantly better than expected), 3-star (not statistically different from expected) and 1-star (statistically significantly worse than expected) categories. The complete *Healthgrades 2018 Report to the Nation* and detailed study methodology, can be found at www.healthgrades.com/quality.

Goetz Funeral Home Guadalupe Valley Memorial Park



Public Open Forum on Death Related Topics:

It's difficult to talk about death or dying, but we all will need to do it at some point in our lives. We need to feel the freedom to talk to others about our questions, our concerns, our experiences, and learn from each other.

Question of the Month:

Is embalming required by law in the state of Texas?

Answer:

No, embalming is not required by law in the state of Texas; although it may be suggested depending on the type of funeral service you select. If a family selects funeral services such as, Direct Cremation or Immediate Burial, it does not require embalming.

We encourage you to ask us those questions that may be weighing over your heads; and you may submit your questions to the following:

Marina P. Reyna Funeral Director/Embalmer ~ Goetz Funeral Home marina.reyna@dignitymemorial.com 713 N. Austin Street -Seguin, Texas 78155 (830) 379-2313



Sounds like a great night out for family and friends, doesn't it? On every 2nd Tuesday, The Silver Center is having a *GROUP GAME NIGHT*. Doors open at 6:00 PM and close at 8:30 PM. The cost: \$2.00 per person for members and \$2.50 per person for non-members.

Here are the Rules:

- 1) You must have a group. You cannot join a group when you get here.
- 2) When you call (830-303-6612) to reserve your space, give a head count of the people in your party so that a table can be set up for your group.
- 3) Call by Thursday, March 1. Be sure to call the Thursday before game day to reserve your spot!
- 4) Bring your own cards, game pieces, or whatever you need for your game.
- 5) Bunco, Bridge, Poker, Mahjongg, Pinochle, or any other game is okay by us.
- 6) Must clean your own area/space before you leave at 8:30 pm.

Sound like fun? Well it is, and it is also a wonderful time to play and relax with your family and friends. Please join us and don't forget to call for your reservation!

This Month's Donations

The Directors and Staff gratefully acknowledges the financial support of its donors:

Susan & Stan Casto Chuck Crowley Kathleen Gibson Kay Lynn & Doug Hawkins Glenda Layton Jim Paul



The Silver Center gratefully acknowledges the ongoing support of

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WE HAVE A MORTGAGE

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The Silver Center would not exist without the efforts of its awesome

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2018

There is no "i" in Team, but we sure are glad there is "u" in our volunteers! SEGUIN-GUADALUPE COUNTY SENIOR CITIZENS' CENTER 510 E. COURT STREET SEGUIN, TEXAS 78155 U.S. POSTAGE PAID NON-PROFIT SEGUIN, TX PERMIT NO. 23

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