

# The Silver Showcase

Volume 600 No. 1

February 2019

## Board of Directors

### OFFICERS

**President:** Denise Kopecki  
BC-HIS

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PhD, MSN, RN

**Secretary:** Jan Almon

**Treasurer:** Gay Lynn Olsovsky

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Russell Zaiontz  
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## SILVER CENTER STAFF

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**Assistant Director  
Volunteer Coordinator**  
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Doreen Dunnihoo

**Food Service Chef**  
Dorothy Funderburg

**Kitchen Assistant**  
Samantha Estrada

**Maintenance Coordinator**  
Yancey McCartney

**Phone:** (830) 303-6612

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[silvercenter@sbcglobal.net](mailto:silvercenter@sbcglobal.net)

**Website:**

[www.silvercenterseguin.com](http://www.silvercenterseguin.com)

## President's Corner...

Well Happy February! I hope your January was a wonderful month and gave you a chance to review last year and start strong for 2019. If your goals included being more active, we have several health related events throughout the month. Want to be more involved in the community? Pam is always looking for volunteers for many events throughout the year, at all times of the day. Want to have more community and be socially active? Check out the calendar and come to any event that peaks your interest. We are happy to make introductions and get you plugged in to a group. No one is without a friend here at the Silver Center.

As we are in the month of love, I would like to ask each member that visits the Silver Center to show some love to our Staff and Volunteers who keep the center running smoothly every day! The whole board is amazed at how many events, meals and people who are reached every single month!

This year, we would like for all the members to get to know the Board of Directors better. So starting this month, we will have a "Board Member Spotlight" so that we can introduce you to a Board Member and help everyone get to know the board a little better. We are happy to serve all the members of the Center and hope you know how loved each member is here at the center.

Sincerely,  
Denise Kopecki, President

## BOARD SPOTLIGHT - GAYLYNN OLISOVSKY- FINANCE CHAIR

**Where do you work:** Seguin Gazette for the past 38 years.

**How long have you been in Seguin:** Life Long Resident of Seguin and Guadalupe County.

**How did you first learn about the center:** When the building was purchased 25 years ago.

**What do you do for fun:** I run after my 3 grandchildren Haylee 7, Tyler 9 and Casey 15. I work and live on my family's farm. We have cattle, we garden and other things along with my husband, Teddy. I volunteer with the different non-profit organizations such as the Silver Center, Guadalupe County Fair Association, Guadalupe County Bras for A Cause, Seguin Chamber Ambassador, and Guadalupe County Youth Livestock Show. We sneak off, occasionally, to Eagle Pass for a little down time. Plus there are our two daughters and their husbands who I love doing things with-Sarah and Jeremy Lougue and Paula and Jonathan Lorton. Plus our four fur babies, 2 chocolate labs, 1 Weimaraner and 1 we haven't figured out yet after 13 years...our Chester might be a chow or maybe a terrier mix. And then there are the 2 cats who always show us what they catch at my back door. Mostly, I just spend time with family and friends.

**If you had a genie grant you one wish what would it be:** To cure cancer.



## Hello From the Front Office!

February snuck up on me! How about you? Are the days racing by? We have something fun and new to do this month. Do you have a special Valentine that you need a beautiful card for? Our one and only Susan Casto will be here on Friday, Feb 1st from 11-1 and Monday, Feb 11th from 11 – 1 to help you ‘MAKE IT AND TAKE IT!’ Come in and see what she has in store for you! She has all of the card supplies and lots of ideas, AND she will help you AND it is all free! All we need is YOU to come in and make a Valentine card for a loved one. It can be your sweetheart, your child, your grandchild, or your neighbor. Make someone’s day special by remembering them with a Valentine card!

Speaking of Valentine’s Day, we will be holding our SWEETHEARTS DANCE on Feb 15th while you dance to the tunes of Charles & the Fabulous 4! Come out and enjoy the night with us!

Are you looking for someplace different to go on vacation this year? Collette Tours works with us to find great destinations for you to enjoy. Mike Sprute, with Collette Tours, will be here on Tuesday, Feb 12th to preview a great vacation package at 1PM in the conference room. The tour he will be showing you slides on is a visit to Washington DC. That trip departs from here on September 26th. He also has a Tennessee Christmas tour he wants to tell us about and a Christmas on the Danube Cruise package this year. Previews for those tours will be coming up soon. Last but not least, if you have any place you want to visit, Mike says he can get the Silver Center credit as long as we sit down and work it up as a special through them. Let me know! I’ll see what it costs to have Collette Tours take care of your special vacation... wherever you want to go.

Our Silver Opry star this month will be Kirk Herbold! Kirk is a fabulous local talent and blesses us with his presence on Thursday, Feb 21st. If you haven’t seen him pick a guitar and sing yet, you have to put it on your calendar right now! We have invited a fabulous co-star for his show, but I can’t put out the name until it’s confirmed... I hope to see you at the Opry! Doors open at 6 for dinner.

Stop by the office and say hi! You complete my days with your smiles. Will you be MY Valentine? (wink)

Glenda Layton

Executive Director

830-303-6612

## BUSINESS MEMBERS

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

### DIAMOND MEMBERSHIP

Seguin Noon Lions  
Pecan County Chiropractic

### PLATINUM MEMBERSHIP

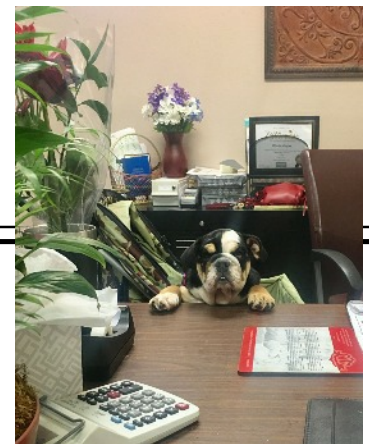
Edward Jones Investments  
First Commercial Bank  
Guadalupe Regional Medical Center

### GOLD MEMBERSHIP

Advanced Home Health Services  
Angel Pest Control  
Guadalupe Regional Medical Center Volunteers  
Guadalupe Valley Nursing Center  
Humana Agent- Jesse Ojeda  
Texan Renew Hearing Center  
Tres Hewell Mortuary

### STANDARD MEMBERSHIP

Advanced Hearing Aid Center  
First United Bank  
Charles Villeneuve Insurance  
Emmanuel’s Lutheran Church  
Guadalupe County Republican Women  
Guadalupe County Humane Society  
Hope Hospice  
Minigrip LLC  
Nesbit Living & Recovery Center  
Nogales Garden Club  
Robinson Creek Home Health & Hospice  
Russell Zaiontz PhD, MSN, RN  
Seguin Gazette-Enterprise  
Sunrise Lions Club





We'd like to welcome you to our family.  
WellMed accepts patients with Medicare  
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WellMedHealthcare.com



**Live Well. Live WellMed.**

This is an advertisement. \*Plans vary by location and county.  
Family\_AD TJ012114

## February Word Scramble

MDTERANENE \_ \_ \_ \_ \_

RSOUMOA \_ \_ \_ \_ \_

CFENAIE \_ \_ \_ \_ \_

BHOERAHRTT \_ \_ \_ \_ \_

NTIOFUAITNA \_ \_ \_ \_ \_

UOKSMTOCNR \_ \_ \_ \_ \_

NESILNTTAME \_ \_ \_ \_ \_

GANYNRIE \_ \_ \_ \_ \_

December was a busy month for the Silver Center, but it was also a short month! Our volunteers, who are always amazing, worked a total of 538



hours. The center is ALWAYS looking for volunteers, so if you have some extra time on your hands, talk to Pam Davis, our Volunteer Coordinator. We really need you! Gillian Anderson, from the X-Files, said, "Be of Service! Whether you make yourself available to a friend or to a co-worker, or you make time every month to do volunteer work, there is nothing that promotes more of a feeling of empowerment than being of service to someone in need."



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**aid**  
**center**

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Amy Trost,  
BC-HIS, ACA  
Owner  
Independent  
Hearing Instrument  
Specialist

**NBC**  
**HIS**  
NATIONAL BOARD FOR  
CERTIFICATION IN HEARING  
INSTRUMENT SCIENCES

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better we listen  
with our heart..."*

830-372-2237  
830-372-2380 fax

1110QSM

**We have another "BINGO" opportunity! WELLMED will be sponsoring Bingo on the 2nd Friday in February (February 8) starting at 1:00 PM. After this 1st Bingo, WELLMED Bingo will be held every 3rd Friday starting in March and going through December. Sounds like fun! Come and bring a friend!**



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.

## **SILVER CENTER DANCEHALL – CLASSIC COUNTRY MUSIC**

***Doors open at 6:30 PM***

***2019***

***Music begins at 7:30 PM***

***510 E. Court St. Seguin, Texas 78155***

***830-303-6612***

### **July**

- 5 - Tom Teboe
- 12 - Charles & Fabulous 4
- 19 - Bob Appel
- 26 - Burgandy

### **February**

- 1 - Rex Allen McNiel
- 8 - Countrymen
- 15 - Charles & Fabulous 4
- 22 - Vernon & Friends

### **August**

- 2 - Shades of Country
- 9 - Countrymen
- 16 - Glen Collins
- 23 - Monte Good
- 30 - Rex Allen McNiel

### **March**

- 1 - Monte Good
- 8 - Most Wanted
- 15 - Shades of Country
- 22 - Burgandy
- 29 - Wrangler Country

### **September**

- 6 - Vernon & Friends
- 13 - Jay Eric & Friends
- 20 - Charles & Fabulous 4
- 27 - Wrangler Country

### **April**

- 5 - Glen Collins
- 12 - Gabe Galvan & Friends
- 19 - Bob Appel
- 26 - TBD

### **October**

- 4 - Burgandy
- 11 - Most Wanted
- 18 - Bob Appel
- 25 - Tom Teboe

### **May**

- 3 - Shades of Country
- 10 - Countrymen
- 17 - Charles & Fabulous 4
- 24 - Rex Allen McNiel
- 31 - Vernon & Friends

### **November**

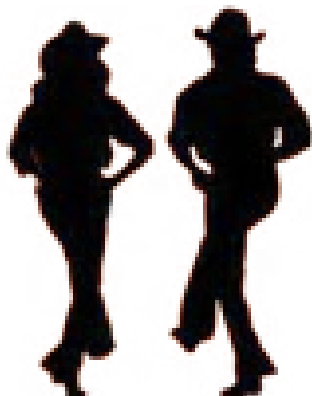
- 1 - Rex Allen McNiel
- 8 - Countrymen
- 15 - Charles & Fabulous 4
- 22 - Vernon & Friends
- 29 - Most Wanted

### **June**

- 7 - Monte Good
- 14 - Most Wanted
- 21 - Jay Eric & Friends
- 28 - Wrangler Country

### **December**

- 6 - Monte Good
- 13 - Gabe Galvan & Friends
- 20 - Tom Teboe
- 27 - Wrangler Country
- 31 - New Year's Eve - TBD



## Birthdays of the Month

2/2	Elizabeth Jerkins	2/26	Lynnette Jackson
2/2	Beverly Wescott	2/26	Ann Hodges
2/3	Philip Whisnand	2/27	Vee Ridgeway
2/3	Val Jean Kellner	2/28	Joyce Langford
2/4	Virginia Kay Moeller		
2/6	Anne Costas		
2/6	Bryan Boehm		
2/7	Marilyn King		
2/7	Sue Boesen		
2/7	Keith Bender		
2/8	Brenda Bloch		
2/8	Adela Barrientos		
2/9	Normale Reece		
2/9	Sandra Foss		
2/10	Clare DeLeo		
2/13	John Ulbrich		
2/16	Dean Webb		
2/18	Doris Woods		
2/18	Victor Sotelo		
2/20	Laverne Roskydal		
2/22	Aurora Duque-De-Estrada		

Two January birthdays were left off the list last month.  
Our deepest apologies!

Ditta Jennings 1/24 and Evelyn Martin 1/27

### 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.

## WINDSOR NURSING AND REHABILITATION CENTER OF SEGUIN

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Our 122-bed facility offers the *Very Best* in long-term care and is staffed by licensed registered nurses, licensed vocational nurses, certified medication aides, and certified nurses aides.



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**1219 Eastwood Drive • Seguin, Texas 78155**  
**[www.WNRCSeguin.com](http://www.WNRCSeguin.com)**

### BIRTHDAY BINGO

On Friday, February 1, 2019 starting at 1:00 p.m. you are invited to join us to celebrate our February Birthdays with gifts, cake and bingo! Heart to Heart Hospice and Abiding Home Health are sponsoring this special event. We have a lot of fun, so join us for our February **HAPPY BIRTHDAY CELEBRATION!** All members are invited, but do consider bringing a friend.





## MEMORIALS

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

In memory of: Robert Rios

By: Brenda Engelmann

In memory of: Walter Engelmann

By: Brenda Engelmann

In memory of: Erno Huebinger

By: Richard and Hazel King

In memory of: Donna Dice

By: Glenda Layton

By: Laverne Roskydal

In memory of: David Van Booven

By: Glenda Layton

In honor of: Myrtle Huebinger

By: Richard and Hazel King

# *T H M*

**Tres Hewell Mortuary, Inc.**

*Family Owned and Operated*

*Tres Hewell, President*

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165 Tor Drive  
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Phone: (830) 549-5912

Fax: (830) 549-5918

Cell: (830) 660-5809

[www.treshewell.com](http://www.treshewell.com)

Well it's official... With the cost of food going up every day and the price for our lunches here being as low as possible, we have decided that we need to add .50 to the price of our lunches.

Starting February 1st, the cost for our lunches will be \$7.00 for members & \$7.50 for non-members.

I truly feel this is still a great value for the amount of food & the quality of the homemade food that you receive here at The Silver Center. We appreciate you!

Thank you for your understanding.



Memorial in Honor of:

Send Acknowledgement to:

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Memorial from:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

*Thank you for the remembrance.*

*The Silver Center*

*510 E. Court*

*Seguin, Texas 78155*



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!



# Serving from 11:00 - 1:00

## February Lunch Menu

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 Fried Fish or Shrimp or Blue Plate Special
4 Mushroom Chicken	5 Cheese Enchiladas	6 Paprika Chicken	7 Chopped Steak	8 Fried Fish or Shrimp or Blue Plate Special
11 Smothered Pork Chops	12 King Ranch Chicken	13 Meatloaf	14 Chicken Parm w/ Spaghetti	15 Fried Fish or Shrimp or Blue Plate Special
18 Chicken Fried Steak	19 Chicken Cordon Bleu	20 Turkey Tetrazzini	21 Chicken Florentine	22 Fried Fish or Shrimp or Blue Plate Special
25 Country Ham	26 Spaghetti w/ Meat Balls	27 Cranberry Chicken	28 Italian Stuffed Shells	

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

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

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

### SALADS

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

To-Go orders and Delivery in a limited area available for an additional charge.

A tray of sandwiches is great for office lunch meetings. Call for more information. 303-6612



# FEBRUARY 2019

\* Open to the Public

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Two Interesting Presentations in February</b>  <b>Monday, February 4 1:00 – 2:00</b> <b>Campaign for Kidney Health</b>  <b>Tuesday, February 12</b> <b>Collette Tours</b> <b>“Spotlight on Washington D.C.”</b>						
<b>3</b> 9:00 Spirit of Joy Lutheran Church*	<b>4</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b> 12:00 Zonta Board 1:00 - 2:00 Campaign for Kidney Health Workshop*	<b>5</b> 9:00 Yoga* <b>11:00 - 1:00 Lunch*</b> 12:00 SKAT	<b>6</b> 9:00 Painters 9:00 Bunco 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 Kiwanis 11:30 Chamber Luncheon 12:30 Mahjongg	<b>7</b> <b>11:00 - 1:00 Lunch*</b> 12:30 Beginner's Mahjongg*	<b>8</b> 10:00 2 & 4 Bridge <b>11:00 - 1:00 Lunch*</b> 1:00 Pinochle 1:00 WellMed BINGO*  6pm Dance to COUNTRYMEN*	<b>9</b> 8:00 Farmer's Market Private Party Ezell Hall
					<b>1</b> <b>11:00 - 1:00 Lunch*</b> 11:00 - 1:00 Make-It, Take-It Valentines with Susan* 1:00 Pinochle 1:00 - 3:00 Birthday Bingo*  6:30 Dance to REX ALLEN MCNIEL*	<b>2</b> 8:00 Farmer's Market Private Party Sagebiel Hall



<b>10</b> 9:00 Spirit of Joy Lutheran Church*	<b>11</b> 9:00 Tai Chi* 11:00 - 1:00 Make-It, Take-It Valentines with Susan* <b>11:00 - 1:00 Lunch*</b> 5:30 Gideons	<b>12</b> 9:00 Yoga* 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 12:00 SKAT 1:00 Collette Tours* 6 - 8:30 Game Night	<b>13</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 Kiwanis 12:30 Evelyn Bridge 12:30 Mahjongg	<b>14</b> <b>11:00 - 1:00 Lunch*</b> 11:00 - 1:00 Blood Pressure Check* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	<b>15</b> <b>11:00 - 1:00 Lunch*</b> 1:00 Pinochle  6pm Dance to CHARLES & THE FABULOUS FOUR* <i>Sweetheart Dance</i> ♥♥♥	<b>16</b> 8:00 Farmer's Market  LULAC Meeting 6:00 - 10:00 pm
<b>17</b> 9:00 Spirit of Joy Lutheran Church*	<b>18</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b> 12:00 Friends Bunco 6:00 Shriners	<b>19</b> 9:00 Yoga* <b>11:00 - 1:00 Lunch*</b> 12:00 SKAT 5:00 Silver Center Board Meeting 6:00 Garden Club 7:00 Private Meeting Ezell Room	<b>20</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 Kiwanis 12:30 Mahjongg	<b>21</b> <b>11:00 - 1:00 Lunch*</b> 12:00 Noon Lions 12:00 - 1:00 Lunch & Learn* 12:30 Beginner's Mahjongg*  6:00 - 9:30 <b>The Silver Opry</b> featuring Kirk Herbold Jimmie Bolado	<b>22</b> 10:00 2 & 4 Bridge <b>11:00 - 1:00 Lunch*</b> 12:00 Republican Women Luncheon 1:00 Pinochle  6pm Dance to VERNON & FRIENDS*	<b>23</b> 8:00 Farmer's Market
<b>24</b> 9:00 Spirit of Joy Lutheran Church*	<b>25</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b>	<b>26</b> 9:00 Yoga* 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 12:00 SKAT	<b>27</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 Kiwanis 12:30 Evelyn Bridge 12:30 Mahjongg	<b>28</b> 9:00 - 5:00 Zonta Tournament <b>11:00 - 1:00 Lunch*</b> 12:00 Noon Lions 12:30 Beginner's Mahjongg*	<b>Coming in March</b>  <b>Birthday BINGO</b> <b>Friday, March 1</b> <b>1:00 – 3:00pm</b> <b>Celebrate March Birthdays</b> <b>Everyone Welcome</b>	

Do you ask people to repeat?  
 Do you miss out on the punchline of jokes?  
 Does your family complain the TV is too loud?  
 Do you answer yes without knowing the question?  
 Do you need to see someone's face to hear them?

If your answer is yes to 2 or more questions, call today to schedule a FREE hearing screening!

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Denise Kopecki, BC-HIS  
Board President



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## A Personal Invitation.

Nesbit LRC has been voted  
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 four years in a row by the community in the  
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Our newly remodeled facility, family owned  
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 home, we invite you to ours.

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MEET Chuy...



*Our Facility Pet Chuy is just one of the ways we deliver*

## Memory Care Beyond Compare!

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### We also Offer:

- Enhanced Activity Program
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Whether you need Fast Track Rehab or Long Term Care, we want you to experience why our residents say ...

*"When you can't be at home, Come to our Hacienda"*

**1637 N. King ♦ Seguin, TX 78155**

Call and ask about medicaid pending.

For referrals please call anytime, Rosie Jimenez

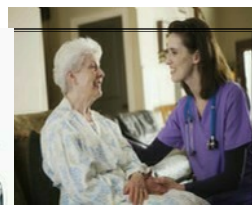
Cell: 830-491-9236 Fax: 830-303-7153

VA Contract Accepted

### 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.*

**DNRAEYA WRIOKSOL**



*Our care makes the difference.  
Our heart makes it home*

**Yoga class will meet in the Ezell room every Tuesday at 9:00 a.m. for a cost of \$2 per person per class. Come join friends for an exciting stretching of body, mind and soul. Yoga does more than burn calories and tone muscles.**



**Yoga is a total mind – body workout that combines strengthening and stretching poses with deep breathing relaxation. First class in 2019 will be on January 8<sup>th</sup>.**

- \* Skilled Nursing Care
- \* Physical, Occupational & Speech Therapies
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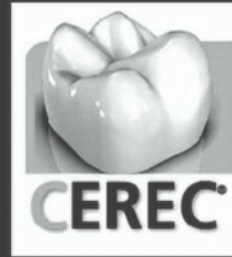
*"Caring for Smiles from Ages 1 to 100"*

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**Same Day  
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Our Mission is to bring health  
& beauty to the patients that  
entrust their SMILES to our  
TEAM!



Janice Weinman, D.D.S.



Forrest Arguelles, D.D.S.



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 will need to be part of a group or start a new group or have a new table with a standing group. If you don't know if there is a group playing "YOUR" game, call the center and get connected with others that might also be looking for an open group.
- 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, February 7. 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) Please tidy up your own area before you leave at 8:30 p.m.

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!

# **Tickle Your Funny Bone!**

Submitted by Velma Buie

## **Smile A While**

### **Not So Smart Fisherman**

Two guys rented a boat on the lake. After fishing for several hours at various spots and catching nothing, they decided to try one more time before calling it quits. Suddenly the fish started biting, and they caught their limit within 20 minutes. "Hey, we should mark this spot so next time we'll know where to fish," the first man told his buddy. "Good idea," the second man replied, taking out a can of spray paint and making a large X on the floor of the boat. "Why'd you do that?" his friend asked. "Now anyone who rents this boat will know where to fish!"

### **Doctor Examines His Patient**

After finishing his examination, the doctor looked at his patient and said, "I can't find the exact cause of your problem, but it's probably due to drinking too much." The patient replied, "Gee, I'm sorry to hear that, Doc. I'll come back when you are sober."

### **Our Wedding Day**

"I remember my wedding day very distinctly," the elderly gentleman said. "I carried my new bride across the threshold of our little house and said, "Honey, this is your and my little world." "And I suppose you've lived happily ever after?" his friend asked. "We've been fighting the world's championship ever since."

### **Meals On Wheels**

Our big Tom cat died, and when he got to Heaven, St. Peter met him and asked--"Do you have a last wish?" "Yes. I would like to have a nice soft pillow to sleep on. All my life I've had to sleep on a cold hard floor." POOF! And his wish was granted. A few days later, four little mice died and went to Heaven. St. Peter asked them, ""Do you mice have a last wish?" One little mouse replied, "Yes. I will speak for all of us. We would each like to have a pair of roller skates. We are so tired of running so hard every day." POOF! And their wish was granted. A few days went by, and St. Peter came across the Tom cat. He asked, "Are you enjoying your soft pillow?" "Oh yes! It's wonderful, and I'm really enjoying those meals on wheels too!"

### **Fill 'ER UP!**

For those who travel, often the best food is at a truck stop. I wonder what the waitress would have to say if someone actually ordered their breakfast as this guy did.

A trucker came into the Truck Stop Café and placed his order. He said, "I want three flat tires, a pair of headlights, and a pair of running boards." The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights, and a pair of running boards. What does he think this is, an auto parts store?" "No," the cook said. "Three flat tires means three pancakes; a pair of headlights is two eggs sunny side up; and a pair of running boards are two slices of bacon." "Oh, ok," said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer. The trucker asked, "What are the beans for, Blondie?" She replied, "I thought while you were waiting for the flat tires, headlights, and running boards, you might as well gas up too!"



## GRMC named Five-Star Recipient for Hip Fracture Treatment for 12th Consecutive Year

Guadalupe Regional Medical Center (GRMC) is 5-star rated for Hip Fracture Treatment outcomes for the 12th year in a row according to a study released by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals. This achievement is part of new findings and data featured in the Healthgrades 2019 Report to the Nation. The new report demonstrates how clinical performance continues to differ dramatically between hospitals regionally and nationally. Every year, Healthgrades evaluates hospital performance at almost 4,500 hospitals nationwide for 32 of the most common inpatient procedures and conditions.

Variation in care has a significant impact on health outcomes. For example, from 2015 through 2017, if all hospitals as a group performed similarly to hospitals receiving 5 stars as a group, then on average 222,210 lives could potentially have been saved and 157,210 in-hospital 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.

"At GRMC we are continuously striving to achieve clinical excellence," says GRMC's Vice President of Quality Rhonda Unruh. "This Healthgrades distinction is evidence of the efforts our dedicated medical staff and clinical teams make day in and day out to ensure the very best, quality outcomes for the patients who trust us with their health care."

GRMC's board-certified orthopedic surgeons, Jack Deetjen, M.D., Trent Twitero, M.D., and G. Steven White, M.D., who have more than 75 years of combined surgical experience performing thousands of surgeries are honored to have GRMC be the recipient of a 5-Star rating in Hip Fracture Treatment from Healthgrades for the 12th consecutive year.

"Clinical quality varies significantly between hospitals, so it's important for consumers to use information about outcomes to assess where to receive care," said Brad Bowman, MD, Chief Medical Officer at Healthgrades. "This 5-star rating for Guadalupe Regional Medical Center showcases the expertise and commitment of GRMC to their patients."

*\*For its analysis, Healthgrades evaluated approximately 45 million Medicare inpatient records for almost 4,500 short-term acute care hospitals nationwide to assess hospital performance in 32 common conditions and procedures, and evaluated outcomes in appendectomy and bariatric surgery using all-payer data provided by 15 states and the District of Columbia. 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 2019 Report to the Nation and detailed study methodology can be found at [www.healthgrades.com/quality/](http://www.healthgrades.com/quality/).*

*\*Statistics are based on Healthgrades analysis of MedPAR data for years 2015 through 2017 and represent three-year estimates for Medicare patients only.*





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\*Annual Percentage Yield (APY) effective 01/18/2019. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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**Kristy Kirkland**  
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**Thursday, February 21  
11:00 AM**

*Have you ever taken a tumble or missed a step and landed on the floor? Pretty scary, isn't it? Remarkable and Hope Hospice will provide this Lunch and Learn.*

*The topic will be "Balance and Fall Prevention".  
Lunch at 11:00am*

*Topic Discussion at 12:00 noon.  
Come with questions and some of your concerns.  
Please call the Silver Center 830-303-6612 for reservations.*

## February WORD SCRAMBLE ANSWERS

ENDEARMENT	INFATUATION
AMOROUS	MOONSTRUCK
FIANCEE	SENTIMENTAL
HEARTTHROB	YEARNING



**JOIN US FOR  
THE SILVER CENTER OPRY**

Our Silver Center Opry comes around every 3rd Thursday of the month, which is Thursday, February 21 this month, **SO DON'T FORGET TO MARK YOUR CALENDARS!** The Silver Opry puts on the best show in town! Besides our wonderful Silver Opry Band, Kirk Herbold is our featured entertainer this month.

A delicious hot meal will be served. We start serving at 6:00 PM when the doors open. The bar also opens at 6:00 PM and closed around 8:00 PM. The Silver Center has the most spectacular local talent around and a super delicious meal, so please join us for a delightful, fun night!

**DON'T FORGET:  
THURSDAY, FEBRUARY 21**









**Where there is LOVE,  
there is LIFE!**

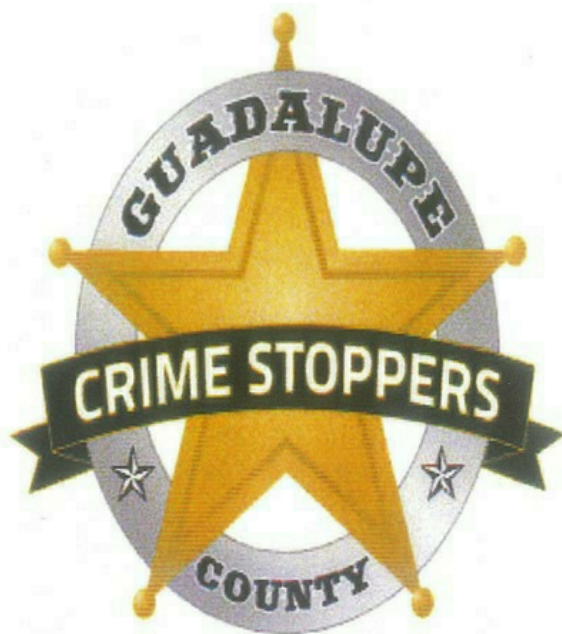
  
**CIMA HOSPICE**  
**830.643.1971**  
[www.cimahospice.com/central-texas](http://www.cimahospice.com/central-texas)

**On Friday,  
February 15th,  
we will be  
having our  
annual  
Valentine's  
Sweetheart Dance!**

**We are accepting door prizes for  
that evening at intermission. Please  
contact Glenda or Pam at (830) 303-6612.**



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Crime Stoppers**



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**[www.gccsTIPS.org](http://www.gccsTIPS.org)**

Guadalupe County Crime Stoppers  
P.O. Box 542  
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## What is Advanced Care Planning?

This is a process of coming to understand, reflect on, discuss and plan for a time when you cannot make your own medical decisions. Discussing and planning for patient's preferences for life sustaining treatment in the future.

## What is involved in the planning process?

Talking with family and health care providers about your care decisions and formally documenting them is very important. Legal documents discuss the type of care you want, where care happens, and who provides it so your family knows your choices and understand who you want to speak for you when you can't speak for yourself.

## Care decisions can be about:

- Choosing or refusing tests, procedures and medicines, and life-sustaining treatments.
- Choosing persons to speak for you when you are unable to speak for yourself.
- Completing the necessary legal documents that will guide health care professionals in the future.

## Where and by whom is this service provided?

We believe the best time and place to have this conversation is before a health crisis occurs; over the kitchen table instead of over an ICU bed. We can see you at home, at your Assisted Living home, or your Nursing home, and sometimes in the hospital.

Our teams of Advance Care Planning Facilitators are specially trained to guide this conversation and to complete the necessary legal documents. We will provide all advance directives and this service is at no cost to you.

To arrange a consultation with an Advanced Care Facilitator please call: 830.401.7704.



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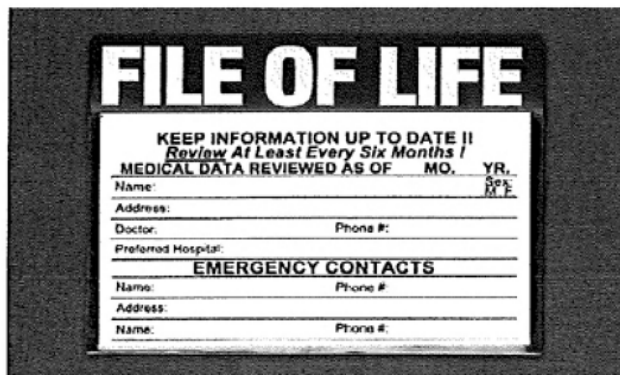
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## Every Second Counts



In medical emergencies seconds can mean the difference between life and death. A File of Life sticker on your door alerts first responders that your up-to-date Medical Information is attached to your refrigerator in a magnet. No cost to you!

Call Amanda Smalley with Robinson Creek Home Health & Hospice at 361-550-6898 and she will come to you and help you get your File of Life done!

## Campaign for Kidney Health



### A Chronic Kidney Disease Special Innovation Project

## Free Classes for People with Diabetes, High Blood Pressure or At-risk for Kidney Disease

*Also for anyone who wants to learn more about preventing kidney disease*

### Get empowered to take control of your kidney disease

- Learn how diabetes and high blood pressure increases your risk for Chronic Kidney Disease
- Learn about two simple tests to detect changes in your kidneys function and what the numbers mean
- Learn how to protect your kidneys from damage and prevent the progression of kidney disease

## Sign Up Today!

**To find free workshops in your area contact the organization listed below:**

Silver Center 510 E. Court St, Seguin

Monday, February 4th 1:00pm-2:00pm

Contact: Ann Camacho, RN @ 830-484-4237

## This Month's Donations

The Directors and Staff  
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Texas Renew Hearing  
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Patty Bailey	Denise Kopecki
Roy Balter	Lynn Lamprecht
Barbara Behal	Glenda Layton
Evelyn Bender	Sherry Lehman
Brenda Bloch	Evelyn Martin
Willie Bloch	Glenna McKandles
Velma Buie	Connie Myer
Susan Casto	Yolanda Newman
Charles Crowley	Kathy Nossaman
Patricia Custer	Raydean Orlowski
Bill Davis	Ruth Owens
Pam Davis	Lynda Redix
Doreen Dunnihoo	Allan Reese
Brenda Engelmann	Willo Mae Richter
Mary Ferry	LaVerne Roskydal
Sharon Frederickson	Erica Scott
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Dorothy Funderburg	Santa Smith
Gail Harshman	Frank Starcke
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Kay Lynn Hawkins	Eric Threet
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