The Silver Showcase

Volume 5 0 1 No. 1 January 2019

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BC-HIS

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PhD, MSN, RN

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Phone: (830) 303-6612 Fax: (830) 379-3813 Email:

silvercenter@sbcglobal.net

Website:

www.silvercenterseguin.com

President's Corner...

Auld Lang Syne and Happy New Year to each and every one of you as we ring in 2019 and reflect on 2018. In 2018 the Silver Center had a huge year! It started off with our New Year's eve party. January, which had normally been a slower month had a steady stream of events and in February we had a fun Mardi Gras themed Valentine's Day dance and party. March brought the one-year anniversary of Glenda joining as our Executive Director, as well as the center gaining Pam Davis, the volunteer coordinator turned assistant director and decorator extraordinaire. April brought in the Guadalupe County A&M club for muster. May brought many graduation and wedding celebrations. June was all hands on deck for our largest outside event and fundraiser "Taste of Seguin" at the Colosseum. July and August brought a slew of summer activities and health fair. June we began hosting the monthly Seguin Chamber of Commerce luncheons each month. October we held a fun masquerade Halloween dance. November we hosted the first annual Thanksgiving Day community meal with Hulk Construction That served 300 people. And December was a another very busy month with our Holiday raffle and numerous holiday parties including our holiday open house and festival of lights with Santa and his little elf.

All of these highlights do not include the daily lunches, weekly meetings and dances and monthly activities like the Silver Opry and weekly Friday night dances. On any given day we have between 10 to 24 volunteers helping out in some aspect of events that happen at the Silver Center. We know that the Silver Center success could not happen without each and every one of you volunteers and we thank you so much for helping us have another successful year.

As the board and staff look forward to 2019's activities being even better than previous years, we want to invite everyone to come out and see these events, have lunch, join in some classes, and game nights that we have going on at the center. The staff does such an amazing job to keep the center full of fun

activities for everyone to enjoy. Don't forget Monday - Friday delicious lunches!

I hope 2019 brings you health, happiness, and all of your goals come true!

Sincerely, Denise Kopecki, BC-HIS President

Hello From the Front Office!

This year has been a whirl-wind for us here at the center. New staff and new goals and new menus. I can only say it has been a joy to get to know more of you and to be able to connect with you on many levels. This job is more than a job. It's all about people. Your needs, your wants, and your expectations. I want you to know even in our busiest times that we want to know what you're thinking or needing from us.

I hope you enjoyed our Christmas Festival of Trees and visited with Santa. One of our board members was a very gracious SANTA this year. Thank you Mark Harshman! Another one of our board members, Jay Eric Pfanstiel, starred in our Country Christmas Opry with Gabe Galvan, & Bill Davis. If you don't know our board members we will be starting to use a portion of our newsletter every month that will help you get to know them better! It's a pretty thankless job. I appreciate the time that the board members give us.

I truly hope you are enjoying our daily meal services and our catering as well. If you would like to see something new on our menu, please let me know. Cooking is no fun unless someone enjoys it! Our food costs have gone up in the past 2 years. With that in mind, we are probably going to either add tax to the meal (that we are currently paying for you) or go up slightly in our lunch price. I will send out more in the days ahead after we sit down and quietly figure out how to keep making delicious food on a budget.

I hope to see you at our January Opry on the 17th when we host Carol Cochran & Priscilla Speed for our show. Come on out and BRING A FRIEND!

I pray that God Blesses you and your family in the New Year. Come by for a visit.

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

PLATINUM MEMBERSHIP

Edward Jones Investments First Commercial Bank Guadalupe Regional Medical Center

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Advanced Home Health Services
Angel Pest Control
Guadalupe Regional Medical Center Volunteers
Guadalupe Valley Nursing Center
Humana Agent- Jesse Ojeda
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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







- 1/2 David Lippe
- 1/3 Carol Mangham
- 1/5 Daryl Styblo
- 1/5 Emma Jean Becker
- 1/8 Barbara Webb
- 1/9 Sharon Haecker
- 1/9 Marilyn Kemp
- 1/11 Michelle Rappmund
- 1/12 Ray Hause
- 1/12 Lorine Henderson
- 1/22 Ann Theiss
- 1/22 Beth Zies
- 1/23 Eldon Simons
- 1/23 Judith Johnson
- 1/28 Patrice Mueller
- 1/29 Lillian Mondin
- 1/30 Rusty Clopton

On Friday, January 4, 2019 starting at 1:00 p.m. you are invited to join us to celebrate our November Birthdays with gifts, cake and bingo! Heart to Heart Hospice and Abiding Home Health are sponsoring this special event. We have a lot o fun, so join us for our January HAPPY BIRTHDAY CELEBRATION! All members are invited, but do consider bringing a friend.

BIRTHDAY BINGO

<u>Windsor</u>

—— NURSING AND —— REHABILITATION CENTER OF SEGUIN Core Values
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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.

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

January

- 4 Jay Eric & Friends
- 11 Burgandy
- 18 Bob Appel
- 25 Wrangler Country

February

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

March

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

April

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

May

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

<u>June</u>

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

<u>July</u>

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

August

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

September

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

October

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

November

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

December

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





Our Amazing volunteers make our Silver Center more 'people' friendly and are our amazing Ambassadors of good will. Total Volunteers hours for November was a fantastic



709.50 hours. Volunteers make a huge difference in how the Silver Center operates.

"Your life is your message to the world, make sure it's inspiring." The Silver Center is always looking for good volunteers. Please become one of the team.



MEMORIALS

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



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

THM

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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.treshewell.com



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!



JANUARY 2019 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	2	3	4
	CLOSED	Steak Fingers w/ Gravy	Mushroom Chicken	Chef's Blue Plate Special or Fish or Shrimp
7	8	6	10	11
Meatloaf w/ Brown Gravy	Pulled Pork	Paprika Chicken	Smothered Pork Chops	Chef's Blue Plate Special or Fish or Shrimp
14	15	16	17	18
Chopped Steak Au Jus	Chili & Combread	Spaghetti w/ Meat Sauce	Chicken or Cheese Enchiladas	Chef's Blue Plate Special or Fish or Shrimp
21	22	23	24	24
Chili Mac & Combread	Cheese Soup & Salad Bar	Polish Sausage/Sauerkraut	Hearty Beef Stew	Chef's Blue Plate Special or Fish or Shrimp
28	29	30	31	
Beef Chalupas	Chicken Strips w/ Gravy	Chicken Cordon Bleu	King Ranch Casserole	

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 Cup of Soup \$3.00 \$4.50

Chicken Salad Plate Tuna Salad Plate

SALADS

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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5	CLOSED FOR NEW YEAR'S DAY	2 9:00 Painters 9:00 Bunco 10:00 Bridge 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:30 Mahjongg	3 11:00 - 1:00 Lunch* 12:30 Noon Lions 12:30 Beginner's Mahjongg*	4 11:00 - 1:00 Lunch* 1:00 BIRTHDAY BINGO 6:30pm Dance to JAY ERIC & FRIENDS*	8:00 Farmer's Market
6 9:00 Spirit of Joy Lutheran Church*	7 9:00 Tai Chi* 11:00 - 1:00 Lunch* 12:00 Zonta Board	8 9:00 Yoga 9:00 Bunco 10:00 Bridge 11:00 - 1:00 Lunch* 12:00 SKAT 5:30 Symphony Guild 6:00 - 8:30 GAME NIGHT	9 9:00 Painters 9:00 Bunco 10:00 Bridge 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:30 Mahjongg 12:30 Evelyn Bridge	10 11:00 - 1:00 Lunch* 11:00 - 1:00 Blood Pressure Check* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	11 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 Pinochle 6:30pm Dance to BURGANDY*	8:00 Farmer's Market

		t s a t a
19 8:00 Farmer's Market	26 8:00 Farmer's Market	Friday Night Dances Silver Center presents the besegional country music band Friday night. Dances ar to people of all ages. Regula ers maintain that our wooder efloor is the best is the area! Doors open at 6:30 Dance from 7:30 – 11:00
18 11:00 - 1:00 Lunch* 1:00 Pinochle 6:30pm Dance to BOB APPEL*	25 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 Pinochle 6:30pm Dance to WRANGLER COUNTRY*	Friday Night Dances The Silver Center presents the best of regional country music bands every Friday night. Dances are open to people of all ages. Regular dancers maintain that our wooden dance floor is the best is the area! Doors open at 6:30 Dance from 7:30 – 11:00
17 11:00 - 1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg* 6:00 Sim Silver	24 8:30 Chamber Board Breakfast 11:00 -1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg	31 11:00 - 1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg* 5:30 Seguin Citizen of the Year Reception
16 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:30 Mahjongg	23 9:00 Painters 10:00 Bridge 11:00 -1:00 Lunch* 11:30 Kiwanis 12:30 Mahjongg	30 9:00 Painters 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:30 Mahjongg
15 9:00 Yoga 11:00 -1:00 Lunch* 12:00 SKAT 5:00 S/C Board Mtg. 6:00 Garden Club	22 9:00 Yoga 10:00 Bridge 11:00 - 1:00 Lunch* 12:00 SKAT	29 9:00 Yoga 11:00 - 1:00 Lunch* 12:00 SKAT
14 9:00 Tai Chi* 11:00 - 1:00 Lunch* 6:00 Gideons	21 9:00 Tai Chi* 11:00 - 1:00 Lunch * 1:00 Friends Bunco	28 9:00 Tai Chi* 9:30 EB Cards 11:00 -1:00 Lunch* 1:00 Silver Needlers
13 9:00 Spirit of Joy Lutheran Church*	20 9:00 Spirit of Joy Lutheran Church*	27 9:00 Spirit of Joy Lutheran Church*

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!

Your Hearing Health is Important!

We service all mades and model of hearing devices!



Denise Kopecki, BC-HIS **Board President**



519 King St. Ste 104, Seguin, TX 78155 www.texanhearingcenter.com

(830) 399-4195

A Personal Invitation.

Nesbit LRC has been voted "Best Nursing/Rehab Facility in Seguin" four years in a row by the community in the Seguin Gazette Enterprise poll.

Our newly remodeled facility, family owned and operated since 1958, offers a wide array of recovery and rehabilitation services.

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Th erapies using the state of the art equipment.

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Call and ask about medicaid pending. For referrals please call anytime, Rosie Jimenez Cell: 830-491-9236 Fax: 830-303-7153 VA Contract Accepted



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 8th.







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"Caring for Smiles from Ages 1 to 100"

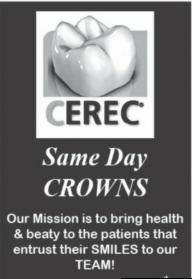
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Janice Weinman, D.D.S.

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, November 8. 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

A POEM TO CHILL THE SOUL!

Did you ever go to bed at night and craw beneath the sheet to have your slumber ruined by a pair of icy feet? There's many a poor husband who groans in deep despair, when he finds beneath the covers, lies a two-foot Frigidaire.

What is the use of counting sheep, it's just a waste of breath. Those poor defenseless animals would simply freezes to death!

It's bad enough to try to rest, where heated comforts lack, but, oh the shivering torture of a chilled foot in one's back.

No male on earth can rise at morn with spirits gay and bright, when he has been thus imprisoned in cold storage all the night.

The Little wife who shares his bed may have a heart of gold, but why did nature spoil the job with feet so bitter cold?

There's far more frigid temperature in a woman's single toe, than there is in Arctic Circles where it's 45 below.

Why don't some brilliant scientist invent an antifreeze to bring the circulation back below milady's knees.

Still, there's one consolation, if you'd check upon it men, be glad your spouse has but two feet, instead of nine or ten.

IN ORBIT

Did you hear that NASA recently put a bunch of Holsteins into low earth orbit? They called it the herd shot around the world.

TWO BOLL WEEVILS

Two boll weevils grew up in South Carolina. One went to Hollywood and became actor. The other stayed behind in the cotton fields and never amounted to much. The second one, naturally became the lesser of two weevils.

3 LEGGED DOG

A three legged dog walks into a saloon in the Old West. He slides up to the bar and announces: "I'm looking for the man who shot my paw."

CHESS EXPERTS

A group of enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

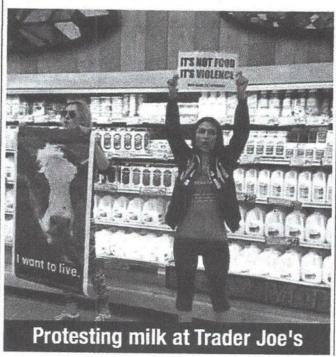
"But why," they asked, as they moved off. "Because," he said, "I can't stand chess nuts boasting an open foyer."

TWINS

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "AMAL". The other goes to a family in Spain. They named him "JUAN". Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband, whe wishes she also had a picture of AMAL. Her Husband responds, "They're twins! If you've seen JUAN you've seen AMAL.



Will someone please explain to these idiots you don't kill a cow to get milk.



This is a non-political post.
You're welcome.

Scientists have yet to explain how 300 people can be working at a Wal-Mart but only 4 registers will be open.



- Large Apartments/3 floor plans to choose from
- · Selective menu at all meals
- Daily Activities
- Loving Competent Care
- Family Owned and Operated

www.SeguinAssistedLiving.com 226 Preston Dr., Seguin, Texas 78155

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License #050604





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2.60 % APY* Minimum deposit \$5000 1-year

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*Annual Percentage Yield (APY) effective 10/19/2018. 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 or contact your financial advisor for additional information. Subject to availability and price change. CD valued 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).

In Seguin

Kathy Nossaman 116 S. Moss St. 830-379-8534

Doug Martin 507 E. Court St. 830-379-0154

Steve Alyea 112 N. Camp St. 830-372-9059

Kristy Kirkland 109 S. River, #102 830-379-0817

Sebie Kirkland 519 N. King, #106 830-406-2337

Brandon Allen 809 E. Court, #100 830-379-9387

Edward Jones

MAKING SENSE OF INVESTING

Member SIPC

Opry Pictures







JOIN US FOR THE SILVER CENTER OPRY

Our Silver Center Opry comes around every 3rd Thursday of the month, which is January 17th, so don't forget to mark your calendars! The Silver Opry puts on the best show in town! Besides our wonderful Silver Opry Band, Jay Eric, Gabriel Gavin and Jerry King will also entertain us for the evening.

A delicious hot meal will be served. We start serving at 6:00 p.m. when the doors open. The bar also opens at 6:00 p.m. and closes around 8:00 p.m. The Silver Center has the BEST local talent and a super delicious meal, so please join us for a delightful, fun night! **DON'T FORGET: THURSDAY, JANUARY 17TH!**

Open House 2018





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!

Open House 2018





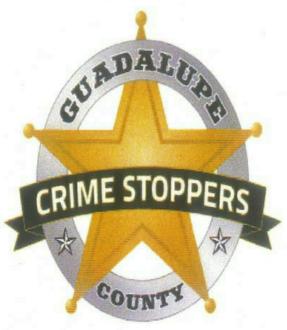








Guadalupe County Crime Stoppers



877.403.TIPS (8477) www.gccsTIPS.org

> Guadalupe County Crime Stoppers P.O. Box 542 Seguin, TX 78156-0542



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.

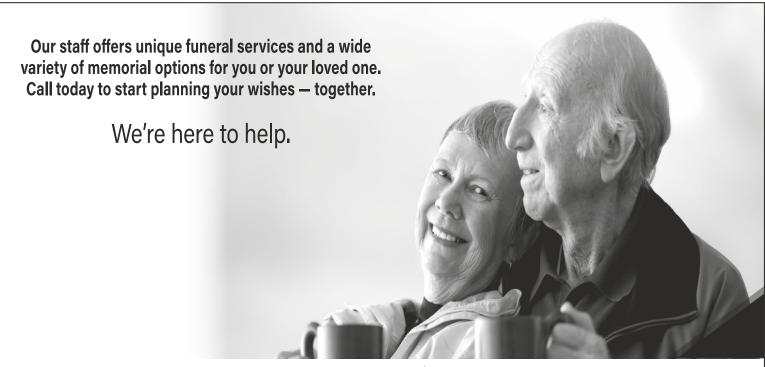
Where and by whom is this service provided?

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.







goetzfuneral.com



830-609-4906 2951 S. State Hwy 46 New Braunfels, TX 78130 guadalupevalleymemorialpark.com

FESTIVAL OF TREES

WE WOULD LIKE TO THANK ALL OF OUR TREE SPONSORS!







FESTIVAL OF TREES

WE WOULD LIKE TO THANK ALL OF OUR TREE SPONSORS!









This Month's Donations

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

Jami Doyle
First United Bank
Rev. H. W. Fruehling
Anne Theiss
Bobbie Wesch
Mary Jane Windle
Grace Zimmerman

Thank you for making a difference!

The Silver Center gratefully acknowledges the ongoing support of

The United Way

WE HAVE A MORTGAGE

Building Mortgage \$120,001.13

Monthly Payment \$1,424.11

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

2019 VOLUNTEERS 2019

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There is no "i" in Team, but we sure are glad there is "u" in our volunteers!



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