The Silver Showcase

Volume 600 No. 5 May 2019

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BC-HIS

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

silvercenter@sbcglobal.net

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www.silvercenterseguin.com

President's Corner...

Happy spring! Can you believe it is already May? As the temperatures are heating up, and we move more into graduation and wedding season, I am so happy to see all of the different events we have coming up, and the people that are going to be welcomed into our Silver Center. Gail Harshman, Russell Z., & Mark Z. from our Board have been really working hard to beautify the outside of the center and I just want to thank them so much for everything they're doing.

Hey, have you noticed all of the new activities and classes that we are now offering at the Silver Center? From Wellness U, to Yoga twice a week, and Beginners Mahjong on Thursday mornings, we are working to get fun things to do in our lineup of events. Please take a look at our calendar. If there is something that interests you and isn't offered at the center, please let Pam or Glenda know to see if we can find a resource to be able to offer that to you, our members.

I also want to wish a *Happy Mother's Day* to all of our mothers here at the center. May your day be filled with love, and may you also know just how appreciated you truly are.

Sincerely, Denise Kopecki President



Hello From the Front Desk

May is upon us and that means the planning for Taste of Seguin is in full swing. We hope to make this year's Taste exceptionally fun and exciting since we're bringing it home to celebrate right here at the Silver Center! Please mark your calendars for June 25 and join us for a wonderful night of fun and food at the Silver Center! Tickets will once again be \$25 in advance or \$30 at the door. Our focus for the evening is 'There's No Place Like Home'! (I believe a very smart GOOD WITCH had that line in one of my favorite movies!). We have some very exciting and different auction items and several ways to win these great items this year. We will have a fun Wizard of Oz theme for our show and of course, fabulous home cooking and tasty beverages! If you own a catering or restaurant type business, please call and talk to us about becoming one of our vendors/contestants.

The Silver Opry in May will find two of your favorites on stage! Please join us on Thursday, May 16th when you'll find Sally Carlson and Hayden James performing that evening. Please take some time to join us and listen to some great classic country music.

We are looking for people who would like to spend some time enjoying lighthearted competition with a rousing game of dominoes. We've had several new members ask why we don't have dominoes on our game night or some afternoon here at the center. So...I am just bringing up the subject to see if we could get together a group that might enjoy spending some time playing dominoes. Please give us a call at the center if you would like to be in charge of getting this together or participating in it.

I hope to see you soon and remember **THERE'S NO PLACE LIKE HOME...** unless it's your second home at the Silver Center!

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

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First Commercial Bank
Guadalupe Regional Medical Center
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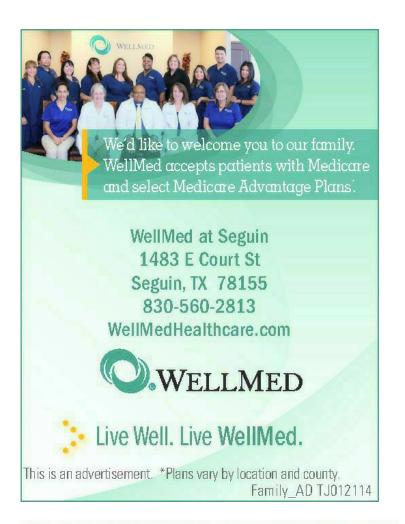
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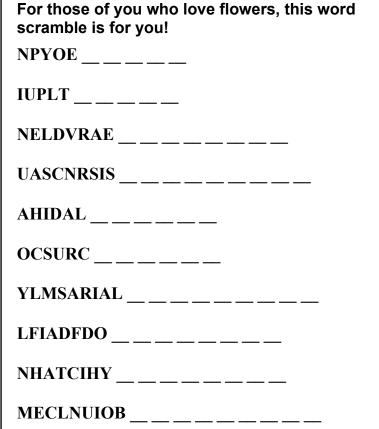
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May Word Scramble



Martin Luther King, Jr. once said, "Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You don't have to know the



second theory of thermodynamics in physics to serve. You only need a heart full of grace, a soul generated by love." Our stupendous volunteers worked a total of 613.25 hours for the month of March! Although retired, many of these folks stay busy giving of their time and energy to improve our community.

Call Pam Davis, our Volunteer Coordinator, at 303-6612 if you are interested in volunteering at the Silver Center.

WELLMED will be sponsoring another BINGO opportunity on May 17 at 1:00 pm. REMEMBER: WELLMED BINGO is every 3rd Friday through December. Come join us for an afternoon of fun 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.

2019 Silver Center Friday Night Dance Schedule

<u>May</u>

- 3 Shades of Country
- 10 Countrymen
- 17 Charles and the Fabulous 4
- 24 Rex Allen McNeil
- 31 Vernon and 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

<u>September</u>

- 6 Vernon & Friends
- 13 Jav 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





5/1	Betty Tubbs
5/1	Viola Trost
5/2	Norman Waite
5/2	Judy Neighbors
5/3	Elizabeth Schott
5/5	Penny Hill
5/5	Raymond Cude
5/5	Frank Bell
5/6	Irmgard Threet
5/6	Sam Smith
5/7	Grace McFarland
5/8	Rev. H. W. Fruehling
5/11	Betty Bohmler
5/11	Maria McReynolds
5/14	Doris Nell Voges
5/17	Stan Meyer
5/12	Donna Bender
5/20	Emilio Trevino
5/25	Greg Griffin
5/27	Morris Robbins
5/28	Helen Ross
5/30	Bonnie Kesel

<u> Windsor</u>

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OF SEGUIN

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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.

BIRTHDAY BINGO

On Friday, May 3, 2019 starting at 1:00 PM, you are invited to join us to celebrate our May birthdays with gifts, cake, and BINGO. Heart to



Heart Hospice and Abiding Home Health are sponsoring the special, fun event. We have a lot of fun, so join us for our May HAPPY BIRTHDAY CELEBRATION! All members are invited, (it doesn't have to be YOUR birthday) but consider bringing a friend or two!

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

In Memory of: Ruby Ulbricht By: Sam & Mary Smith

In Memory of: Martha Longmire By: Mary Ann Norris



THM

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Tres Hewell, President

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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!



May Lunch Menu

Entrees Served with 2 Sides, Salad, Roll, Dessert, Freshly Brewed Iced Tea or Coffee

\$7.00 for Silver Center Members ◆ \$7.50 for non-members

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chopped Steak	2 Beef Stroganoff	3 Fish or Shrimp
6	7	8	9	10
King Ranch Chicken	Smothered Pork Chops	Beef Tips over Rice	BBQ Chicken	Fish or Shrimp
13 Open-faced	14	15	16	17
Roast Beef Sandwich	Stuffed Pasta Shells	Meatloaf	Chicken Enchiladas	Fish or Shrimp
20	21 Ground Beef	22 Chicken Parmesan	23	24
Chicken Strip Basket	Cabbage Rolls	over Angel Hair Pasta	Jerk Pork Luau	Fish or Shrimp
27 CLOSED FOR	28	29	30 Shrimp Alfredo over Pasta	31
MEMORIAL DAY	Polish Sausage	Paprika Chicken		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

Chicken or Tuna Salad SANDWICHES Pimento Cheese Classic Club Turkey Ham

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

Chicken Salad Plate Tuna Salad Plate Chef Salad Grilled Chicken Salad

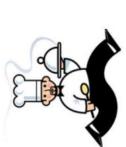
SALADS

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thursday May 16 7:00 Hayden Ja	fez mes	Silver OPRY turing Sally Carlson	1 9:00 Painters 9:00 Bunco 10:00 Bridge 11:00 - 1:00 Lunch 12:00 Kiwanis 12:00 - 1:00 Blood Pressure Check 1:00 Mahjongg	2 11:00 - 1:00 Lunch 12:00 Noon Lions 1:00 Beginner's Mahjongg	3 9:00 Yoga 11:00 - 1:00 Lunch 1:00 Pinochle 1:00 - 3:00 Birthday Bingo 7:30pm Dance to SHADES OF COUNTRY	4 8:00 Farmer's Market 8:00 Gideons
5 9:00 Spirit of Joy Lutheran Church	6 9:00 Tai Chi 11:00 Bunco 11:00 -1:00 Lunch 12:00 Zonta Board	7 9:00 Yoga 9:00 Quilters 9:00 Marathon Bridge 11:00 - 1:00 Lunch 12:00 SKAT 1:00 WellMed University "Healthy Menus"	8 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 12:00 Kiwanis 12:00 - 1:00 Blood Pressure Check 1:00 Evelyn Bridge 1:00 Mahjongg	9 10:30 Bridge 11:00 - 1:00 Lunch 12:00 Noon Lions 1:00 Beginner's Mahjongg 1:00 Collette Tours – Nashville Slide Show	10 9:00 Yoga 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch 1:00 Pinochle 7:30pm Dance to THE COUNTRYMEN	8:00 Gideons



The Taste of Seguin is returning home to The Silver Center

Tuesday, June 25

"There's no place like Home" Vendor Space Available Event Sponsors Welcome

Get Your Tickets Now

18 8:00 Farmer's Market 8:00 Gideons 1:00 Private Party	25 8:00 Farmer's Market 8:00 Concealed Weapon Class 8:00 Gideons	
17 9:00 Yoga 11:00 -1:00 Lunch 1:00 WellMed Bingo 7:30pm Dance to CHARLES & THE FABULOUS 4	24 9:00 Yoga 11:00 -1:00 Lunch 11:30 Lunch & Learn 1:00 Pinochle 7:30pm Dance to REX ALLEN McNIEL	31 9:00 Yoga 11:00 - 1:00 Lunch 1:00 Pinochle 7:30pm Dance to VERNON & FRIENDS
16 11:00 - 1:00 Lunch 11:30 Lunch & Learn 12:00 Noon Lions 1:00 Beginner's Mahjongg Doors open at 7:00 May	23 11:00 - 1:00 Lunch 11:30 Republican Women Luau Luncheon 12:00 Noon Lions 1:00 Beginner's Mahjongg	30 11:00 - 1:00 Lunch 12:00 Noon Lions 1:00 Beginner's Mahjongg
15 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 12:00 - 1:00 Blood Pressure Check 12:00 Kiwanis 1:00 Mahjongg	22 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 12:00 Kiwanis 12:00 - 1:00 Blood Pressure Check 1:00 Evelyn Bridge 1:00 Mahjongg	29 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 12:00 Kiwanis 12:00 - 1:00 Blood Pressure Check 1:00 Mahjongg
14 8:30 AARP Befensive Driving 9:00 Yoga 10:00 Bridge 11:00 - 1:00 Lunch 12:00 SKAT 6:00 - 8:30 Game Night 7:00 Homeowners	21 9:00 Yoga 11:00 - 1:00 Lunch 12:00 SKAT 5:00 S/C Board Mtg 6:30 Garden Club	28 9:00 Yoga 10:00 Bridge 11:00 - 1:00 Lunch 12:00 SKAT
13 9:00 Tai Chi 11:00 - 1:00 Lunch 12:00 Fire Protection for Adults 6:00 Gideons	20 9:00 Tai Chi 11:00 - 1:00 Lunch 1:00 Friends Bunco	27 Closed for Memorial Day Remember the Faffen
9:00 Spirit of Joy Lutheran Church	1.9 9:00 Spirit of Joy Lutheran Church	26 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!

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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.

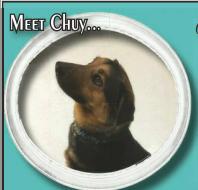
Our newly remodeled facility, family owned and operated since 1958, offers a wide array of recovery and rehabilitation services.

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

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.

AEICR TSOTC



Yoga Class will meet in Ezell room every Tuesday and Friday at 9:00. 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.







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Our heart makes it home

- * Skilled Nursing Care
- * Physical, Occupational & Speech Therapies
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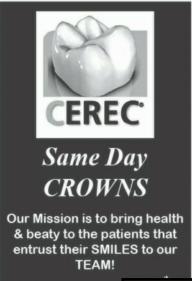
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Janice Weinman, D.D.S.

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. The doors open at 6:00 PM and close at 8:00 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, May 2. 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 won 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

Helicopter Ride

Morris and his wife, Esther, went to the State Fair every year. Every year, Morris would say, "Esther, I'd like to ride in that helicopter." Esther always replied, "I know Morris, but that helicopter ride costs \$50, and \$50 is \$50."

A few years later, Esther and Morris went to the fair. Morris said, "Esther, I'm 85 years old now, and if I don't ride that helicopter now, I may never get another chance." Esther replied, "Morris, that helicopter ride costs \$50, and \$50 is \$50." The pilot overheard their conversation, and he said, "Folks, I'll make you a deal. I'll take you both for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you! But if you say one word, it's \$50." They both agreed---and up they went.

The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but not a word was heard. When they landed the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't say a word! I'm impressed!" Morris replied, "Well, I was going to say something when Esther fell out, but \$50 is \$50."

Bubba went to a psychiatrist. "Doc," he said, "I've got trouble. Every time I get into bed, I think there's somebody under it. I'm going crazy!"

"Just put yourself in my hands for one year," said the psychiatrist. "Come talk to me three times a week, and we should be able to get rid of those fears." "How much do you charge?" asked Bubba. "Eighty dollars per visit," replied the doctor. Bubba said, "Hmmm...I'll sleep on it."

Six months later the doctor met Bubba on the street. "Why didn't you ever come to see me about those fears you were having?" asked the doctor. "Well, eighty bucks a visit, three times a week for a year is an awful lot of money!! A bartender cured me for \$10. I was so happy to have saved all that money, I went and bought a new pickup!"

"Is that so? And how, may I ask, did a bartender cure you?" asked the puzzled doctor. Bubba said, "He told me to cut the legs off the bed! Ain't nobody under there now!"

A local radio station interviewed an 80 year old lady, who had just married for the 4th time. She

told the reporter that her husband was an undertaker. He asked, "What did you previous 3 husbands do for a living before they passed away?" She replied, "My first was a banker, the 2nd a circus ringmaster, and the 3rd a preacher." One for the money, two for the

show, three to get ready, and four to go!

A successful man is one who can make more money than his wife can spend.

A successful woman is one who can find such a man.

Do you know how to catch a Unique bird? Unique up on him! And how do you catch a tame bird? The tame way.

HOW MANY WIVES

Two young boys were attending a wedding when one leaned over and asked the other, "How many wives can one man have?" His friend answered, "Sixteen...Four better, Four worse, Four richer, and Four poorer.

GRMC's Healthy Living

You don't need to travel far for world-class medicine. At GRMC, we believe in bringing the latest services and the highest quality of care to our patients. That's why we're pleased to highlight one of our new, distinctive services: pelvic floor rehabilitation.

Pelvic Floor Rehabilitation

GRMC's Outpatient Physical Therapy Unit's Pelvic Floor Rehabilitation program is a new service that treats health issues resulting from dysfunctional pelvic floor muscles. Pelvic Floor Dysfunction (PFD) refers to a wide range of problems that occur when the muscles of the pelvic floor are not functioning normally. PFD can be due to infections, poor posture, trauma, surgery, pregnancy or childbirth. Some of the health issues that result from PFD are overactive bladder, pelvic pain, urinary incontinence, and sexual health concerns. You might think you're alone with PFD, but in fact millions of people are suffering from pelvic floor dysfunction. However, it often goes unidentified and untreated. Statistically, over 25 million Americans suffer from urinary incontinence and 20% of Americans will suffer from some type of pelvic floor dysfunction during their lifetime. It's important to note that PFD can affect all people regardless of their gender or age. Here is some background information to help better understand the pelvic floor and dysfunction. The pelvic floor is made up of muscle and tissue that connect the pubic bone to the tailbone. This connection helps maintain upright posture, support abdominal and pelvic organs, and control the bladder. When these muscles become overactive or overused, they can become weak, tight or spastic. Other symptoms can include chronic pelvic pain, prenatal and postpartum muscle dysfunction, increased tension or pain in pelvic floor muscles, incontinence, groin pain, and burning or frequent urination.

The good news is our specially-trained physical therapists at GRMC can evaluate and treat the multifaceted condition of pelvic pain and Pelvic Floor Dysfunction. As a patient, your therapist will identify and address the contributing factors of pelvic floor dysfunction. They do this by utilizing an individually designed and specific treatment regimen geared towards each patient's individual needs. Pelvic Floor therapy can include a variety of exercises such as breathing and relaxation techniques, posture training, flexibility and strength, therapeutic exercises, as well as an individualized home exercise program.

If you'd like to know if you could benefit from pelvic floor rehabilitation, here is a screening tool to help you. Please make a note of all that apply.

- I sometimes have pelvic pain.
- I can remember falling onto my tailbone, lower back or buttocks (even in childhood).
- I sometimes experience one or more of the following symptoms: accidental urination, feeling unable to completely empty my bladder, having to void within a few minutes of a previous void, pain or burning with urination, difficulty stopping or frequent stopping/starting of urine stream.
- I sometimes have to get up to urinate two or more times a night.
- I sometimes have a feeling of increased pelvic pressure.
- I have a history of pain in my low back, hip, groin or tailbone or have sciatica.
- I sometimes experience bowel control symptoms.
- I sometimes experience pain or discomfort with sexual intercourse.
- Sexual activity increases one or more of my symptoms.
- Prolonged sitting increases my symptoms.

If you said yes on three or more of these areas, pelvic floor dysfunction is likely. You could be an ideal candidate to benefit from GRMC's Outpatient Physical Therapy Unit's Pelvic Floor Rehabilitation program. For more information on Pelvic Floor Therapy at GRMC, please call 830.401.7565.



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License #050604



"Look to Seguin Assisted Living for a Carefree Future'

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



Financial Advisor 507 E. Court St. Seguin, TX 78155 830-379-0154

Doug Martin



Steve Alyea Financial Advisor 112 N. Camp St. Seguin, TX 78155 830-372-9059



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

Kristy Kirkland



Financial Advisor 519 N. King, #106 Seguin, TX 78155 830-379-8534

Sebie Kirkland



Brandon Allen Financial Advisor 809 E. Court St., #100 Seguin, TX 78155 830-379-9387

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www.edwardjones.com

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- SEGUIN -

COME BY FOR A TOUR OF OUR HEALTHCARE CENTER

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www.remarkablehealthcare.net

There will be a Lunch and Learn on Thursday, May 16th. Lunch is served between 11:00-12:00 and the Lunch and Learn presentation follows. Hope Hospice and Remarkable Healthcare are sponsoring this event. We do not have a topic yet, but all our Lunch and Learns are always amazing, fun, and informative. Please call (830) 303-6612 for reservations.





On Friday, May 24, there is another Lunch and Learn sponsored by Goetz Funeral Home and Guadalupe Valley Memorial Park. Lunch is served between 11-12 and the Lunch and Learn presentation follows. Call for reservations!

JOIN US FOR THE SILVER CENTER OPRY

JOIN US FOR THE SILVER CENTER OPRY Our Silver Center Opry comes around every 3rd Thursday of the month which is Thursday, May 16 this month! MARK YOUR CALENDARS NOW SO YOU DON'T FORGET!

The Silver Opry puts on the best show in town! Besides the terrific Silver Opry band, Hayden James and Sally Carlson are our features entertainers this month. Many of you know these two entertainers, and they are quite impressive.

We serve a delicious hot meal and this month we will be serving DOROTHY'S FAMOUS CHICKEN ENCHILADAS starting at 6:00 PM when the doors open. The bar also opens at 6:00 PM and closes at 8:30 PM. Who could ask for a more entertaining evening? We have the most spectacular local talent around and a hot delicious meal to boot! So, please join us for a fun, delightful night of dancing, good music and great friends!













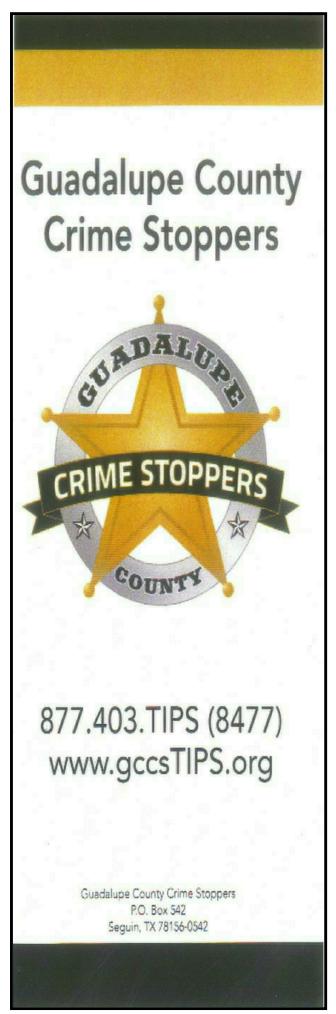






MAY WORD SCRAMBLE ANSWERS

PEONY
TULIP
LAVENDER
NARCISSUS
DAHLIA
CROCUS
AMARYLLIS
DAFFODIL
HYACINTH
COLUMBINE





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.





Submitted by: Glenda Layton

The teacher asked her students which state they thought had the most cows? A little girl raised her hand and said, "Texas!" The teacher said, "That is right. You get an 'A'. Now which state has the the most sheep?"

A little boy raised his hand and said, "Montana." The teacher said, "That's right. You get an 'A'. Who can tell me which state has the most turkeys?"

Little Johnny raised his hand and said, "That's easy! Washington D.C."

The teacher gave him an A+.

"There's no place like home!"



SAVE THE DATE & JOIN US Tuesday, JUNE 25th

We are bringing
THE TASTE OF SEGUIN
back home to the Silver Center

Great food and a lot of fun, too!
510 E Court St Seguin (830)303-6612

Pre-sale Tickets on sale now!

\$25 pre-sale \$30 @ the door

This Month's Donations

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

Pam and Bill Davis
J.W. Funderberg
Roy Hall
Glenda Layton
Sharee Layton
Carlos Pomeroy
Raymond & Michelle Rappmund
Russell Zaiontz
Grace Zimmerman
Mark Zoboroski

Thank you for making a difference!

The Silver Center gratefully acknowledges the ongoing support of

The United Way

WE HAVE A MORTGAGE

Building Mortgage \$117,240.59

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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May 2019



If you suffer from symptoms like overactive bladder, urinary incontinence and pelvic pain, you may have Pelvic Floor Dysfunction (PFD). The good news is our specially trained physical therapists at GRMC can evaluate and treat this condition through an individually designed treatment regimen geared towards your needs. Therapy can include breathing and relaxation techniques, posture training, flexibility and strength, therapeutic exercises, as well as a home exercise program. Let us help you regain control.

For more information on Pelvic Floor Therapy at GRMC, call 830.401.7565



1215 E. Court St. | Seguin, TX 78155 | 830.379.2411 grmedcenter.com