

The Silver Showcase

Volume 800 No. 2

Email: silvercenter@sbcglobal.net • Website: www.silvercenterseguin.com

February 2021

Board of Directors

President:

Danny Gonzales

Vice President:

Rosie Van Booven

Treasurer:

Gay Lynn Olsovsky

Secretary:

Sandy Stoneking

Board Members

Emma Jean Becker

Barbara Behal

Kelly Cross

Charles Crowley

Brenda Engelmann

Martha Greenlaw

Clint McGuffin

Jay Pfannstiel

Willo Mae Richter

Laverne Roskydal

Frank Starcke

SILVER CENTER STAFF

Executive Director

Glenda Layton

Assistant Director

Volunteer Coordinator

Pam Davis

Bookkeeper

Bill Davis

Receptionist

Ella Pullin

Maintenance

Bobby Vanderveer

Phone: (830) 303-6612

Fax: (830) 379-3813

LETTER FROM THE PRESIDENT:

As the month of February is upon us, we are all still here attempting to move forward with grace and determination. Our progress has been slow, yet we have made several positive steps forward in making the Center a place that you will be pleased to return to when all of this is behind us. We are working to ensure everyone's safety at the center, as well as our catered meal delivery customers.

Unfortunately, with COVID again on the rise, we are needing to suspend dances for the month of February as a precaution in the interest of everyone's health and welfare. I am ready for all of this to be back to normal. Speaking for my wife, Tammy, and myself, we miss seeing all of our Friday night dancer's smiling faces.

May God keep each and every one safe and healthy until we see each other again.

Sincerely,

Danny Gonzales

Isaiah 41:10 Fear not, for I am with you, be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand...



HELLO FROM THE FRONT DESK....

Well, it has been another tough month for Covid in our area. Due to the high numbers being reported we will unfortunately NOT BE HOLDING DANCES in February. Hopefully things will level out soon and we can start scheduling dances again, but to keep everyone safe, we will all be watching a few more old movies on TV... than we really wanted to!

Our dining room remains closed to walk in dining, but we are delivering more meals than ever! Please call us and request your lunch delivery or a meal that you'd like to come pick up a day ahead of time so we cook up enough for everyone!

We are still having Bridge games... and Civic Club luncheons... and we were also the location for an 'End of Life Celebration' in January. We are here for you!

There is no law or rule against having a get together here as long as we are all protecting ourselves and remaining socially distant. I want you and our staff to be safe. We cannot shut down the Center and simply stay home and expect to continue to stay in business... so we have to look all directions for ways to be here when this is mostly behind us. When you start planning your next event, please consider hosting it here at the Silver Center.

Until I see you again! Stay safe and please support the Silver Center in any way that you can. We need you...to stay in business until Covid is gone.

Glenda Layton 830-303-6612

BUSINESS MEMBERS

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

DIAMOND MEMBERS

*Gifted Hearts Hospice LLC.
Seguin Noon Lions*

PLATINUM MEMBERS

Guadalupe Regional Medical Center

GOLD MEMBERS

Advanced Home Health Services
Nogales Garden Club
Tres Hewell Mortuary

STANDARD MEMBERS

First United Bank
Emmanuel's Lutheran Church
Guadalupe County Republican Women
Hope Hospice
Nesbit Living & Recovery Center
Seguin Gazette-Enterprise
Sunrise Lions Club
Willowbrook Personal Care Home
Guadalupe Humane Society



Please be my Valentine,
 Not only on this day.
 But every day throughout the year,
 You're my best friend in every way.
 You are my box of Chocolates,
 In each piece a sweet surprise.
 You shower me with diamonds,
 With the sparkles in your eyes.
 You are my Valentine candy,
 With the loving words you say.
 You're like my dozen roses,
 You are my heart's bouquet
 You touch me with a tenderness,
 That gently warms my heart
 You truly are my lifeblood,
 I pray we'll never part
 You've given my life meaning,
 No one other throughout my life.
 You always bring me comfort,
 When my heart is filled with strife.
 You are my ray of sunshine,
 You're truly my best friend.
 Our souls are joined together,
 In a closeness that'll never end.
 You'll always been my sweetheart,
 Beyond the end of time.
 You give me so much happiness,
 Please be my Valentine....

Valentine Word Scramble

SSIK _ _ _ _

STREAH _ _ _ _ _

PHISDENIRF _ _ _ _ _

VOLE _ _ _ _

WSERFOL _ _ _ _ _

PIDUC _ _ _ _ _

GUH _ _ _

HERTATWSEE _ _ _ _ _

FAETCIFION _ _ _ _ _

MANROCE _ _ _ _ _

Please call Pam Davis at 303-6612 today to
 volunteer a couple of hours of your time
 around the Center.

VOLUNTEER - HOURS -
 265 Hours for Month of January

"Even if you just change one life, you've changed
 the world forever." - Mike
 Satterfield.

"Volunteers are paid in six figures...S-M-I-L-E-S."
 Gayla Le Maire

Helping others gives you a chance to give back to the
 community or make a difference to the people around
 you. It also offers an opportunity to develop new
 skills or to build on your existing experience and knowl-
 edge. SO...VOLUNTEER TODAY!

Thank you to the many volunteers at the Silver Center.
 Your assistance is invaluable and what we do at the center
 could not get done without you. Thank you, thank you,
 thank you.

**Never leave home
without a kiss, a
hug and an "I love
you". Then remove
the dog hair from
your mouth as you
walk to the car.**

**We all know
mirrors don't lie...**

**I'm just grateful
that they don't
laugh.**

**I think my dog
always follows me
to the bathroom
because I always
follow him outside
and he thinks
that's the way it
works.**

**You come from
dust, you will
return to dust.**

**That's why I don't
dust.
It could be
someone I know.**



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

- * Skilled Nursing Care
- * Physical, Occupational & Speech Therapies
- * Rehabilitation available up to 6 days a week
- * Stroke Rehabilitation
- * Complex wound care
- * Tracheostomy care
- * E-stim, Vital-stim & Ultrasound
- * Wii-abilitation
- * Delicious meals

**THE HEIGHTS
OF GONZALES**
701 North Sarah DeWitt
Gonzales, Texas 78629
Phone: 830-672-4530
Fax: 830-672-4543
www.TheHeights

**COUNTRY CARE MANOR
REHABILITATION & LONG TERM CARE**
2736 fm 775
Lavonia, Texas 78121
Phone: 830-779-2355
Fax: 830-779-5503
www.CountryCare.com

**MY WISH FOR ALL - May you be
blessed with three bones:**

- 1. A Wish Bone for you to dream on
and make things happen.**
- 2. A Back Bone for courage and
strength.**
- 3. And a Funny Bone to laugh at life
all the way through!**

**What do you call cheese that's not
yours? NACHO CHEESE!**

**Golf is like taxes; you drive hard to
get to the green, then end up in the
hole!**




Birthdays of the Month

IF YOUR BIRTHDAY HAS PASSED PLEASE CALL
AND LET US KNOW WHEN YOU'D LIKE TO
COME BY TO PICK UP YOUR COMPLIMENTARY
MEAL.


FEBRUARY BIRTHDAYS

Beverly Wescott	2/2
Virginia Kay Moeller	2/4
Anne Costas	2/6
Sue Boesen	2/7
Theodore Barrientos	2/8
Brenda Bloch	2/8
Sandra Foss	2/9
Normale Reece	2/9
Karen Seward	2/14
Dana Malaer	2/15
Martha Greenlaw	2/18
Katie McClain	2/18
Clara Orbeck	2/18
Victor Sotello	2/18
LaVerne Roskydal	2/20
Aurora Duque-De-Estrada	2/22
Ruth Boger	2/24
Ann Hodges	2/26
Lynnette Jackson	2/26
Vee Ridgeway	2/27
Raydean Orlowski	2/29



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

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



Live Well. Live WellMed.

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

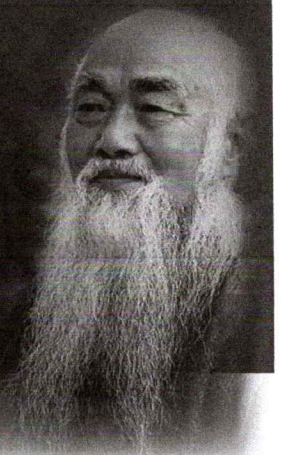
WORDS OF WISDOM

"If (Jesus) felt that He had to pray, how much
more do we need to pray!"- Billy Graham

"If God is your partner, make your plans
big!"

"Worry does not empty tomorrow of its sor-
rows; it empties today of its strength."
-Corrie Ten Boom

"Aim at Heaven and
you will get earth
thrown in. Aim at
Earth and you will get
neither."
- C.S. Lewis



2021 is a New Year and we will be here celebrating New Beginnings!



The Crystal Chandelier Ballroom at The Silver Center is a beautiful place to take the first step toward your 'happily ever after' ... or to celebrate the many years of love and life that you have already shared together!

Please remember our venue as you and your family plan your family events this year!

A Personal Invitation.

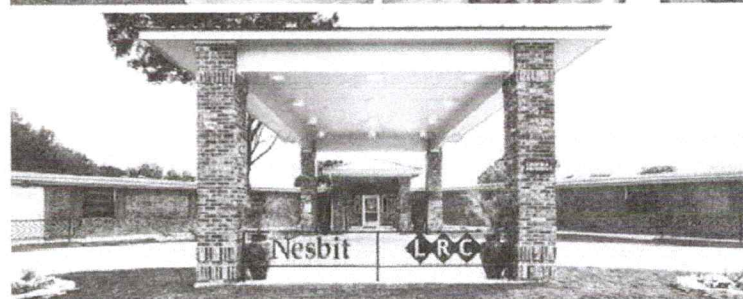
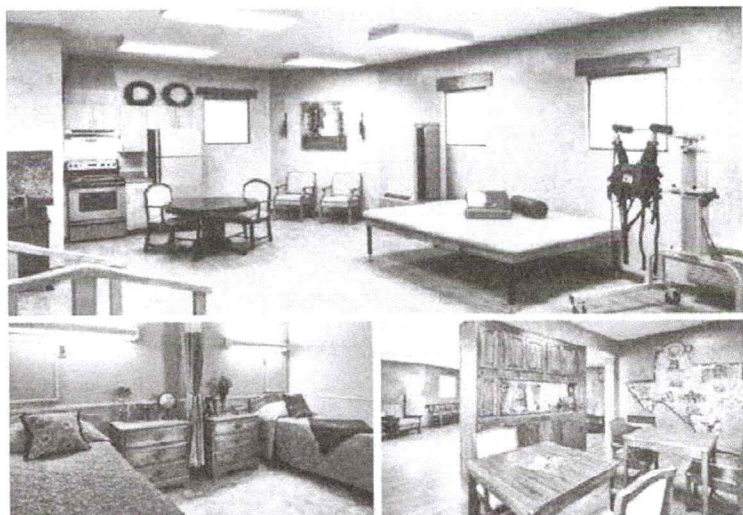
Nesbit LRC has been voted **"Best Nursing/Rehab Facility in Seguin"** four years in a row by the community in the Seguin Gazette Enterprise poll.

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

When you can't live or recover in your own home, we invite you to ours.

Nesbit LRC
Living & Recovery Center

1215 Ashby Street Seguin, TX 78155
(830) 379-1606 • www.nesbitlrc.com



MEMORIES TAKEN FROM AUTOGRAPH BOOKS THAT WILL EVOKE A FEW CHUCKLES

I hope you sit on a tack of success and rise rapidly!

Mary had a little lamb. She set him on a shelf. Every time he wags his tail, he spansks his little self.

I'm not a Southern beauty. I'm not an Eastern rose. I'm a little Western girl, with freckles on my nose.

I like pumpkins. I like squash. I like you, I do, by gosh.

I'm not Joe Penner. I'm not Mae West, but I'd love to be the one that loves you best!

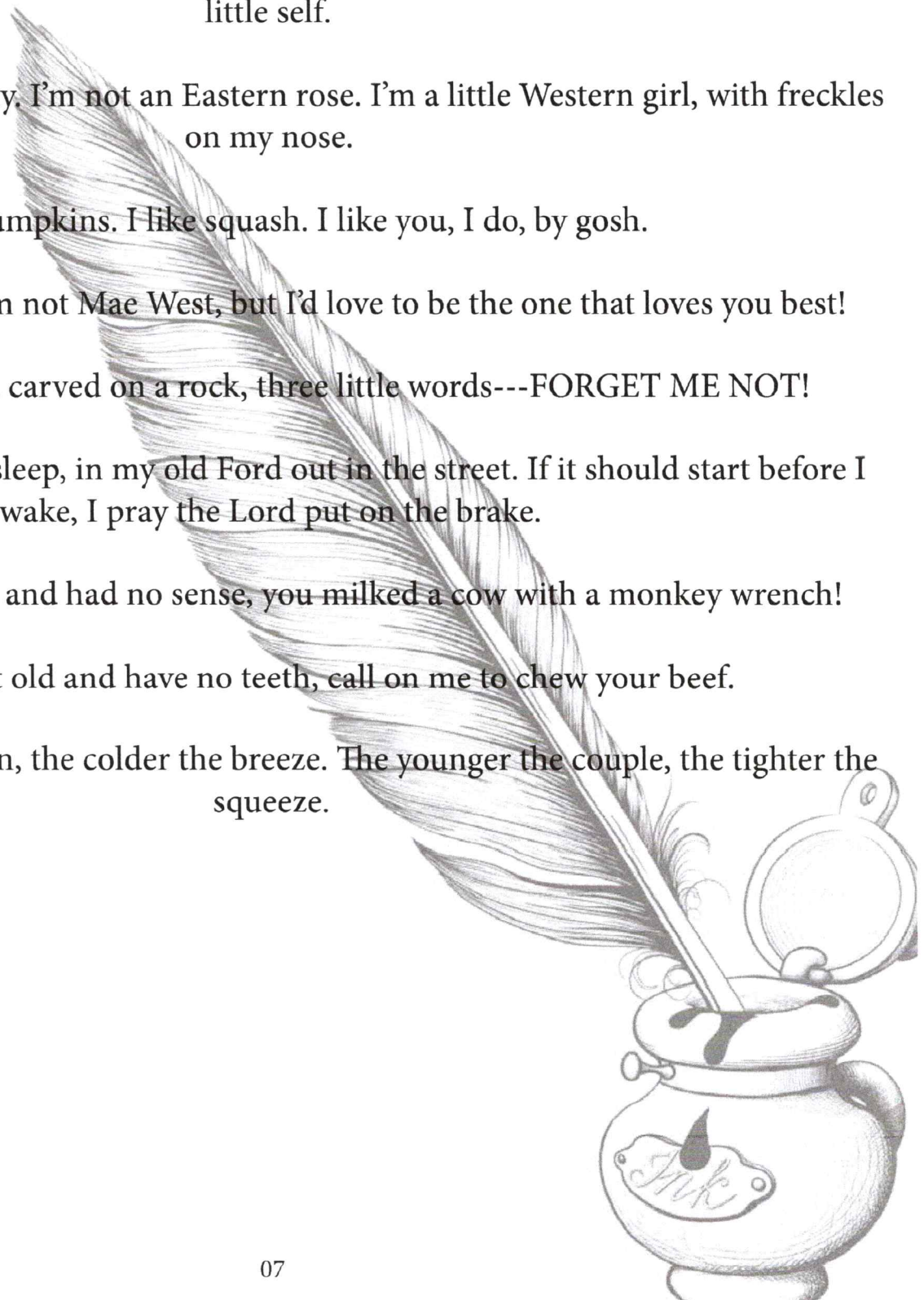
Down the meadow, carved on a rock, three little words---FORGET ME NOT!

Now I lay me down to sleep, in my old Ford out in the street. If it should start before I wake, I pray the Lord put on the brake.

When you were little, and had no sense, you milked a cow with a monkey wrench!

When you get old and have no teeth, call on me to chew your beef.

The higher the mountain, the colder the breeze. The younger the couple, the tighter the squeeze.



Fun Facts About February

February is a month full of astonishing and surprising facts. Obviously, the most common February fact is that it is the shortest of all months, with 28 days and 29 days every 4 years. It is the only month that has no full moon. February comes from the Latin word februa, which, means, “to cleanse.” The month was named after the Roman Februalia, which was a king festival of purification and atonement.

The most amazing fact about February lies in its odd original name. In Old English, February was called Solmonath (Mud month) or Kale-mouath (Kale or cabbage month).

This month is packed with holidays and history. February 2 is Groundhog Day -we wait with bated (and ice-cold) breath to see whether winter will continue another six weeks. For you history buffs out there, The Dachs, who were German-speaking immigrants, settled in Pennsylvania. Punxsutawney Phil knows for sure. Each year on Groundhog Day, people flock to Gobbler’s Knob in Punxsutawney, Pennsylvania, to await the forecast of the local rodent celebrity. Well folks, because of COVID-19, they have cancelled the celebration.

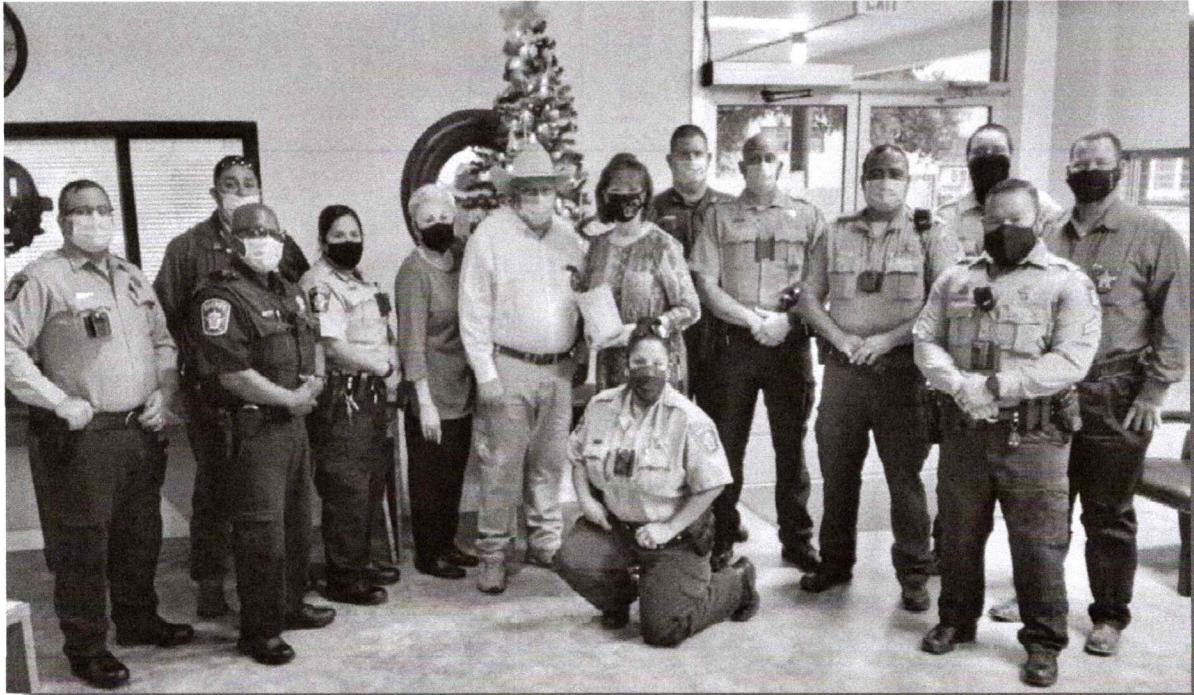
February 12 is Abraham Lincoln’s Birthday. We all know February 14 is Valentine’s Day. Heads up, love birds! This holiday is filled with love, flowers, and chocolate. Then there’s President’s Day, a federal holiday also known as Washington’s Birthday that is celebrated on the third Monday in February. His actual birthday is February 22. February 25 is Mardi Gras, aka “Fat Tuesday”, which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday. February 29 is a Leap Day. This extra day is added to our calendars every four years to ensure that our seasons and calendars don’t drift out-of-sync!

February is also African-American History Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

If you were born in February or you know someone born this month, you might want to know some traits of these folks. These folks are extremely honest. They are not afraid to tell the truth regardless of the situation and consequences. They will easily point out your mistakes without waiting for a right moment. They make good friends and can offer constructive criticism at every walk of life. Many of us tend to avoid honest people because we are afraid of the truth. When you have friends who celebrate their birthdays in February, you can be sure they are true friends.

The birthstone for this month is the amethyst, derived from the Greek amethystos, which means “a remedy against drunkenness.” The purple variety of quartz that has captivated humanity for millennia. Amethyst can be found in the collections of royal families throughout Europe and Asia. Wearing of the amethyst can also be a symbol of personal empowerment and inner strength.

The Guadalupe County Sheriff Department donated over \$3,800 to the Silver Center recently to help defray some of the losses incurred due to Covid shut downs.



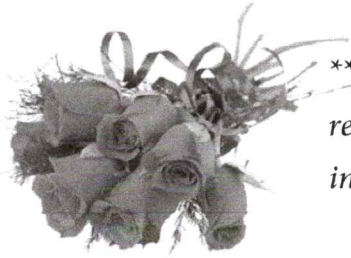
THE SILVER WOULD LIKE LIKE TO THANK THEM ALL FOR THEIR KINDNESS & GENEROSITY.

The Silver Center was recently honored with a HOMETOWN HERO AWARD from the Seguin Area Chamber of Commerce for all of the work done by the center during Covid.

Shown: Sandy Stoneking, Board member; Pam Davis, Assistant Director; Glenda Layton, Executive Director



MEMORIALS



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

In memory of Lorene Schraub:

By: Velma Buie|Stan & Susan Casto|Gay Lynn Olsovsky
Carol Nevins|Myrtle Huebinger|Mary Ann Bienek

In memory of Robert Rios & Walter Engelmann:

By: Brenda Engelmann

In honor of Terrance Sconlan:

By: Joanne Hunter

In honor of Mildred Finch:

By: Cherie Simpson|Kenneth Smith| Stephen Finch

THM

Tres Hewell Mortuary, Inc.

Family Owned and Operated

Tres Hewell, President

P.O. Box 820
165 Tor Drive
Seguin, Texas 78156

Phone (830) 549-5912
Fax (830) 549-5918
Cell (830) 660-5809

www.treshewell.com



Memorial in Honor of:

Send Acknowledement 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



- 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

Call Karen Taylor or Lindsey Taylor to schedule your tour today!

(830) 379-8882

License #050604

"Look to Seguin Assisted Living for a Carefree Future"



Our sincere thanks to our donors this past month:

Glen Schievelbein
Mark Moore
Arminda Acevedo
United Way
Linda Rice
Grace Zimmerman
Fred & Sue Blumberg
Advanced Home Health
Linda D Talley
Jay Eric Pfanstiel
Randy & Robin Morris
Guadalupe County Sheriff's Department
Pat Watkins
Charles Dilocker
Sherry Dawson
Derek White
Betsy Martin
Willie & Brenda Bloch
Evelyn Arentz

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.

LMIT NTOSWA

**Yoga Class
is Cancelled
until further
notice!!!**

ADVANCED
Hearing
aid
center

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



NATIONAL BOARD FOR
CERTIFICATION IN HEARING
INSTRUMENT SCIENCES

Comprehensive Hearing Evaluations
Digital Technology • Repair & Service of Most Brands
Hearing Aid Batteries • Swim Plugs • Earmolds
Assistive Listening Devices

30-Day Trial Period • Financing Available
Medicaid & Most Major Insurances Accepted

122 S. Moss ~ Seguin, Texas 78155
"Across from Guadalupe Regional Medical Center Entrance"

*"to help you hear
better we listen
with our heart..."*

830-372-2237

830-372-2380 fax

1110Q5M

SMILE AWHILE

Submitted by Velma Buie

A FEW WORDS FROM THE WISE, THE WITTY, AND THE WEATHERED

Getting old is something we all do, regardless of our social status. Some people handle it better than others. It does have benefits! Quotes from some of our senior friends:

"Age is just a question of mind over matter. If you don't mind, it doesn't matter."

"I've seen it all, heard it all, done it all, I just can't remember it all!"

"I don't let age bother me too much. There are three signs of old age: Loss of memory...I forget the other two."

"Don't worry about SENILITY---when it hits, you WON'T know it."

"Wrinkles should indicate where smiles have been."

"At my age, by the time I find temptation, I'm too old to give into it."

"Middle age is when you begin to exchange emotions for sympathy---and when your age starts to show around the middle."

"Man is old when he begins to hide his age; Woman when she begins to tell hers."

"You're not too old until it takes longer to rest up than it does to get tired."

"You know you are getting old when the candles cost more than the cake."

"You know you're getting old, when you stoop down to tie your shoes, and wonder what else you can do while you are down there."

MONEY BAG LOST

Bob and Lilly lived in a small town. One day they decided to walk across town to visit the school they had attended years ago. On their way home, they discovered a money bag in the street, that probably fell out of an armored car near the bank. When they got home, they counted the money and discovered they had found \$50,000. Bob said, "We've got to give that back." Lilly said, "Finders keepers. We'll hide it in the attic."

The next day, sure enough, two guys came by and asked if they had found the bag of money. Lilly said, NO!" But then Joe speaks up and said, "Yes, it's in the attic." Lilly says, "Pay him no mind. He has dementia and doesn't know what he is saying." The officer looked at Joe and said, "Tell me how it happened." Joe replied, "Yesterday we were coming home from school..." The officer said to the other officer, "O.K., let's go Jim. I'm convinced that she is telling the truth."

KIDS SAY THE FUNNIEST THINGS!

I was driving my three young children around town one summer evening, when a woman in the convertible ahead of us stood up and waved. She was stark raving naked! As I was reeling from the shock, I heard my five-year-old shout from the back seat, "Mom, that lady isn't wearing her seat belt!"

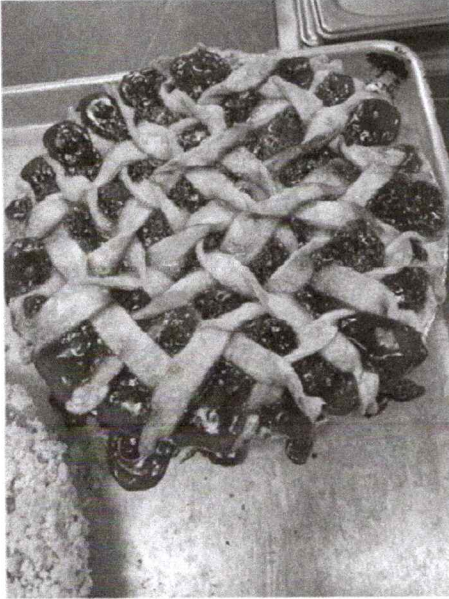
My son, Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So, I fished it out and threw it in the trash. Zachary stood there for a minute, then ran to my bathroom and came out with my toothbrush. He held it up and said, "We better throw this one out too then, cause it fell in the toilet a few days ago!"

A woman was trying to get the last of the ketchup out of the jar. During her struggle, the phone rang, so she asked her four-year-old to answer it. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."



Pies are not just for the holidays!

Please remember our catering services as you start the New Year and have celebrations!



Stuck at home? You might as well enjoy it with something delicious in your hand! We are still making delicious homemade pies and cakes (made to order) at the Silver Center. Call and order a minimum of 24 hours in advance. Your goodie will be made fresh, hot, and ready for you to pick up. 830-303-6612

WORD PHRASES FROM OUR CHILDHOOD DAYS

We at the other end of the chronological arc have the advantage of remembering these are words that once strutted upon the early stage and are now heard no more! You'll have to find someone over the age of 50 to explain these terms!

Remember "Fender Skirts?" and "Continental Kits" – They were bumper extenders, and tire covers, that were supposed to make any car look as cool as a Lincoln Continental.

And when did we quit calling them "Emergency Brakes"? - At some point "Parking Brake" became the proper term.

I'm sad too that almost all the older folks are gone who would call the "Accelerator", the foot feed. Many people today, do not even know what a clutch of foot-feed is!

Or that the "Dimmer Switch" and the "Starter" are both on the floor of the car.

"Supper" is another word that has gone by the wayside. Most everyone today now goes to dinner.

The word "Ratfink" is a nasty put-down used in the 60's.

When was the last time you heard the quaint phrase "In the Family Way?" The word Pregnant was considered a little too graphic for use in polite company. So we talked about Stork Visits.

Nobody complains about Lumbago anymore." Maybe Castor Oil cured it!

SOME WORDS ARE NOT GONE, BUT DEFINITELY ON THE ENDANGERED LIST!

FUNNY COMICS...

**Did you know
ants never get
sick? It's because
they have little
Anty Bodies...**

**Please don't
unfriend me.**

**Every family has
one weird relative.**

**If you don't know
who it is, then it's
probably you.**

**Laughter is the
best medicine.
Or wine.
It might be
wine.**

**Remember when we
had to smack the
TV because the
channel wasn't
coming in clearly?
I feel that way
about far too many
people.**

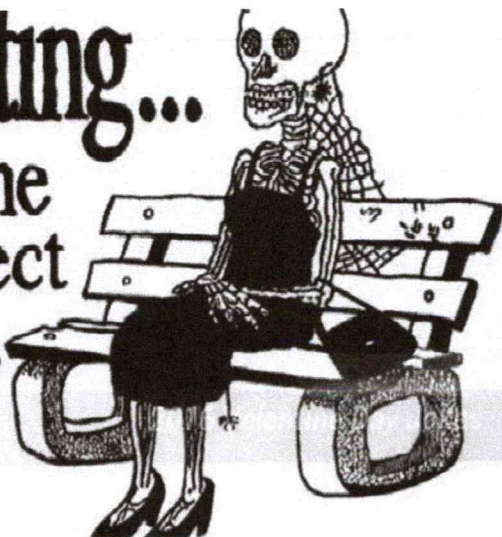
I like to make lists.

**I also like to leave
them laying on the
kitchen counter and
then guess what's on
the list while at the
store.**

Fun game.

**Instead of a sign
that says "Do not
disturb", I need
one that says
"Already
disturbed, proceed
with caution."**

**Waiting...
for the
perfect
man.**



**We are not
aging, we are
ripening to
perfection.**



"Come back, young man. He needs a booster shot." 16

February Menu, 2021

2/1 Vegetable Beef Soup

2/2 Baked Chicken

2/3 Cheese Enchiladas

2/4 Meatloaf

2/5 Fried Fish

2/8 Potato Soup

2/9 Sheppard's Pie

2/10 Paprika Chicken

2/11 Pot Roast

2/12 Fried Shrimp

2/15 Chili & Beans

2/16 Chicken Cacciatore

2/17 Sausage

2/18 Spaghetti & Meatballs

2/19 Fried Fish

2/22 Chicken Soup

2/23 Smothered Pork

2/24 Beef Enchiladas

2/25 Chicken Florentine

2/26 Fried Shrimp

February 2021

February

March

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6		1	2	3	4	5	6
7	8	9	10	11	12	13	7	8	9	10	11	12	13
14	15	16	17	18	19	20	14	15	16	17	18	19	20
21	22	23	24	25	26	27	21	22	23	24	25	26	27
28							28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	2/1 Vegetable Beef Soup	2 Baked Chicken	3 Cheese Enchiladas	4 Meatloaf 12p Noon Lions	5 Fried Fish	6
7	8 Potato Soup	9 Sheppards Pie 10:30a Bridge Game	10 Paprika Chicken	11 Pot Roast 10:30a Bridge Game 12p Noon Lions	12 Fried Shrimp	13
14	15 Chili & Beans	16 Chicken Cacciatore	17 Sausage	18 Spaghetti Meatballs 12p Noon Lions	19 Fried Fish	20 Concealed Carry Class
21	22 Chicken Soup	23 Smothered Pork 10:30a Bridge Game	24 Beef Enchiladas	25 Chicken Florentine 10:30a Bridge Game 12p Noon Lions 12p Republican Women	26 Fried Shrimp	27

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

 **CIMA**
CIMA HOSPICE
830.643.1971
www.cimahospice.com/central-texas

**VALENTINE
WORD SCRAMBLE
ANSWERS**

KISS
HEARTS
FRIENDSHIP
LOVE
FLOWERS
CUPID
HUG
SWEETHEART
AFFECTION
ROMANCE

**Guadalupe County
Crime Stoppers**



877.403.TIPS (8477)
www.gccsTIPS.org

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

Mini Ham Puffs

2½ oz. Ham, finely chopped
1 small onion, finely chopped
1 egg, beaten
2 (8 oz.) Refrigerated Crescent Rolls
¾ Cup Swiss Chess, grated
Salt and Pepper to taste

Preheat oven to 350 degrees. Mix all ingredients together. Unroll crescent rolls and roll dough into balls. Place in lightly greased mini-muffin pan. Fill with ham mixture. Bake for approximately 15 minutes or until lightly browned.

Bacon/Vegetable Bread

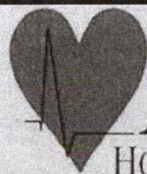
3 cans regular biscuits	1 lb. bacon, fried and drained
¾ cups green bell peppers, chopped	1 cup butter
¾ cups red bell peppers, chopped	½ cup Parmesan cheese
¾ cups celery chopped	Salt and pepper to taste
¾ cups red onion, chopped	

Crumble cooked bacon and set aside. Saute vegetables in butter. Cut biscuits into fourths. Combine vegetables, bacon, and biscuits together. Pour into greased Bundt pan. Bake for 30 minutes in 350 degree oven.

Strawberry Nut Bread (The “Love” Bread) for Valentine’s Day

3 cups flour	1 tsp. soda
1 tsp. salt	1 Tbsp. cinnamon
2 cups sugar	4 eggs, beaten
1¼ cups oil	2 cups strawberries, thawed and sliced
1¼ cups chopped pecans	

Combine all dry ingredients. Add eggs, oil, strawberries, and pecans. Stir until all ingredients are moistened. Spoon batter into 2 well-greased 9X5X3 loaf pans. Bake at 350 degrees for 60-70 minutes or until bread tests done. Cool in pans for 5 minutes, then remove from pans and transfer to wire rack to complete cooling.



"The agency with a heart"
ADVANCED
 HOME HEALTH SERVICES™

1064 E. Ireland Seguin, Texas
 830-379-6171 • 800-288-3921

Our Services Include:

Nursing • Physical Therapy • Home Health Aides

Speech Therapy Occupational Therapy

*Serving Guadalupe, Comal, Caldwell,
 Hays, Gonzales, Wilson
 and surrounding counties since 1995.*



Voted Best Home Healthcare
 by Readers Choice 2018



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?

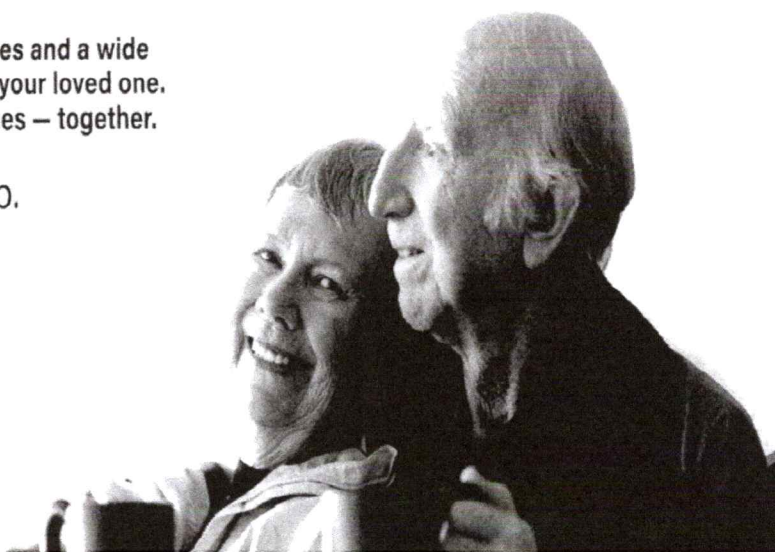
We believe the best time and place to have this conversation is before a health crisis occurs; over the kitchen table instead of over an ICU bed. We can see you at home, at your Assisted Living home, or your Nursing home, and sometimes in the hospital.

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.

Our staff offers unique funeral services and a wide variety of memorial options for you or your loved one. Call today to start planning your wishes – together.

We're here to help.



Goetz

830-379-2313
 713 N. Austin St.
 Seguin, TX 78155
 goetzfuneral.com


GUADALUPE VALLEY
 MEMORIAL PARK

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

A Pharmacist says to an older patron: “Take one of these pills every 4 hours, or as often as you can get the cap off!

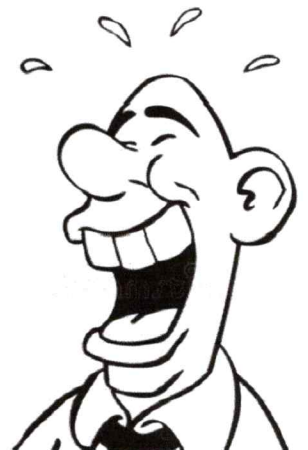
REMEMBER old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs.

I have become a little older since I saw you last and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentleman every day.

As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life!
A 95-year-old man went to see his doctor for a check-up. He told the doctor he was getting married in a week or so. Doc replied, “Mr. Jones, that could be fatal!” Mr. Jones replied, “Oh well, if she dies, she dies.”

YOU KNOW HOW TO FISH

An elderly couple were at home watching TV. Phil had the remote, and he was switching channels back and forth between a fishing channel and the porn channel. Sally became more and more annoyed, and she finally said, “For gosh sakes, Phil, leave it on the porn channel. You know how to fish!”



We ♥ Our



Emma Jean Becker	Brenda Englemann	Glenda Layton	Jay Eric Pfannstiel
Barbara Behal	Michele Fairey	Sharee Layton	Willo Mae Richter
Velma Buie	Sharon Frederickson	Evelyn Martin	LaVerne Roskydal
Kelly Cross	Danny Gonzalas	Joyce McCloskey	Frank Starcke
Chuck Crowley	Tammy Gonzales	Clint McGuffin	Sandy Stoneking
Bill Davis	Martha Greenlaw	Jerry McMath	Ruth Swicegood
Pam Davis	Stacy Hilz	Karen McMath	Rosie Van Booven
Billy Dawson	Shirla Humistan	Lilo Mondin	Milt Watson
Dana Dawson	Bob Kellner	Gibson Nesbit	
Sherry Dawson	Lyn Lamprecht	Gay Lynn Olsovsky	

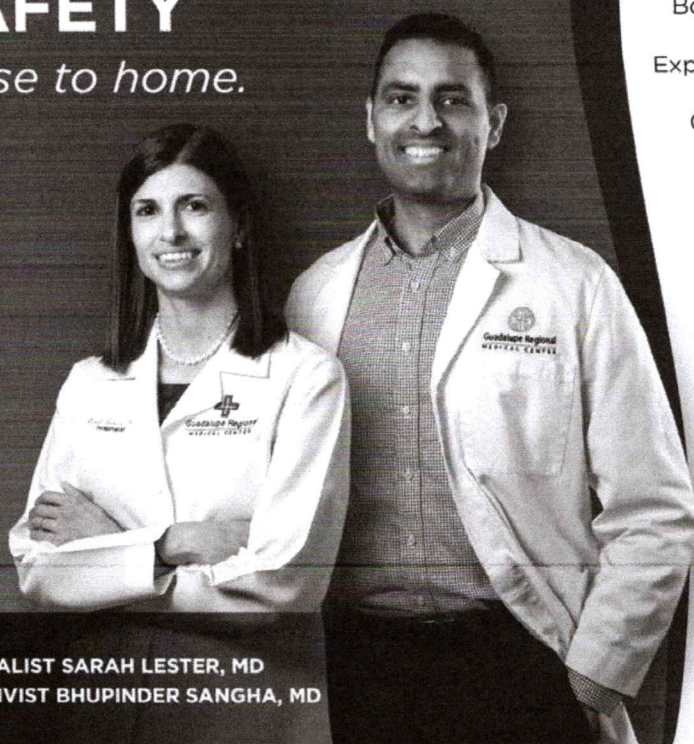
SEGUIN-GUADALUPE COUNTY
SENIOR CITIZENS' CENTER
510 E. COURT STREET
SEGUIN, TEXAS 78155

U.S. POSTAGE PAID
NON-PROFIT
SEGUIN, TX
PERMIT NO. 23

FEBRUARY 2021

WORLD-CLASS SAFETY

Close to home.



HOSPITALIST SARAH LESTER, MD
INTENSIVIST BHUPINDER SANGHA, MD

National recognition for Patient Safety
Board-certified and highly skilled physicians
Experienced and compassionate nursing staff
Comprehensive COVID-19 safety protocols



Guadalupe Regional
MEDICAL CENTER

Advanced Medicine. Personal Touch.



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