

# The Silver Showcase

Volume 700 No.2

February 2020

## Board of Directors

### OFFICERS

**President:** *Danny Gonzales*

**Vice President:** *Denise Kopecki,  
BC-HIS*

**Secretary:** *Jan Almon*

**Treasurer:** *Gay Lynn Osovsky*

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## SILVER CENTER STAFF

### Executive Director

*Glenda Layton*

### Assistant Director

### Volunteer Coordinator

*Pam Davis*

### Bookkeeper

*Bill Davis*

### Receptionist

*Anna Raderstorf*

### Food Service Chef

*Pamela Byrd*

### Kitchen Helper

*Elyzabeth Raderstorf*

### Maintenance Coordinator

*Yancey McCartney*

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

**Fax:** (830) 379-3813

### Email:

*silvercenter@sbcglobal.net*

### Website:

*www.silvercenterseguin.com*

## LETTER FROM THE PRESIDENT:

Well, hello fellow members, friends, and volunteers. The year 2020 is off and running. I would like to start by saying "Thank You" for your support! We are happy to report that the Silver Center is doing well. The Silver Center has the opportunity to further our commitments to our community working with the Veterans office next-door, as their ever growing needs expand, and we are looking forward to many more great years with them. As we all know they provide a great service to our community.

As always, the month of February is filled with tons of activities and opportunities to volunteer. We are also trying to plan for a number of fundraisers and would love to have your input, ideas, and willingness to volunteer.

I pray you all have a great month and until I see you again God Bless you all.

Thank you,  
Danny Gonzales  
Board President

**"Dear Children, let us not love with words or  
speech but with actions and in truth."**

**I John 3:18**



## HELLO FROM THE FRONT DESK....

Yahoo! It's February and Pam and I are going on a short tropical vacation to renew ourselves so we can come back happy, healthy, and rested. The Center will remain open with our excellent staff helping you in every way so you can also have a joyous week. Our cook, Pamela Byrd and helper Elyzabeth, will do their very best to keep up the delicious food while Bill & Yancey keep the doors open and closing on time. The show must go on!!!

We have some new talent (and some tried and true talent) for our dances this month. **2/7 WRANGLER COUNTRY, 2/14 LONE STAR PICKERZ, 2/21 COUNTRYMEN, & 2/28 GOOD OLE BOYS** will be here to entertain you until 11PM every Friday night. Our doors are open at 6:30 and the music starts at 7:30PM. Y'all asked for some NEW BANDS... and we had Bill go search some out. So, now we need for you to come on out and enjoy them. Do you have a favorite song that you want to hear? Don't be shy! REQUEST IT! Let us know what you think... & let the band know what you think!

Valentine's Day is on a Friday this month. We have a new band (for us) here that night. Talk to a friend, a neighbor, or your sweetie and come out and enjoy the music of the Lone Star Pickerz, February 14th at 7:30. We will have some fun door-prizes for you that evening too.

We have 3 Lunch & Learns back this month. Please check your calendar and come out and support our sponsors on the 18th, 20th, and the 25th (but remember you need to RSVP because their seating is limited to a certain number that they can allow).

Is your membership up to date? Most people don't remember we have yearly dues. Please check to see if you need to renew so you keep getting your newsletters.

Next month we will stop sending them out to folks who are not current in an effort to save some postage. It's simple to renew. Let us know if you've moved or not and drop off your \$40. We want to have YOU as a member.

Mahjongg anyone? The Zonta club is hosting their fundraiser here in February by holding a Mahjongg tournament! This tournament, through the Zonta Club, is a wonderful way to help others and have a great time doing it.

We love you and appreciate you. Please come and visit us here at the Silver Center soon.

- Glenda

## **BUSINESS MEMBERS**

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

## **DIAMOND MEMBERS**

*Seguin Noon Lions*

## **PLATINUM MEMBERS**

Edward Jones Investments  
First Commercial Bank  
Guadalupe Regional Medical Center  
Texan Renew Hearing Center

## **GOLD MEMBERS**

Advanced Home Health Services  
Angel Pest Control  
Nagales Garden Club  
Tres Hewell Mortuary

## **STANDARD MEMBERS**


First United Bank  
Emmanuel's Lutheran Church  
Guadalupe County Republican Women  
Hope Hospice  
Nesbit Living & Recovery Center  
Robinson Creek Home Health & Hospice  
Russell Zaiontz PhD, MSN, RN  
Seguin Gazette-Enterprise  
Sunrise Lions Club  
Willowbrook Personal Care Home





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

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

## February Word Scramble

YPSO \_\_\_\_\_

ELSAK \_\_\_\_\_

SGLKGSNAIAIL  
 \_\_\_\_\_

NOKIGNOEL \_\_\_\_\_

USHSCS \_\_\_\_\_

NAVTLEINE \_\_\_\_\_

BMANEUL \_\_\_\_\_

ZHISATC \_\_\_\_\_



Amy Trost,  
 BC-HIS, ACA  
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 122 S. Moss ~ Seguin, Texas 78155  
 "Across from Guadalupe Regional Medical Center Entrance"

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." - Unknown



Please call Pam Davis to volunteer a couple of hours of your time around the Center. Your greatness is not what you have, it's what you give.

Volunteer Hours for December, 2019 --- 560.5

WELLMED will be sponsoring another BINGO opportunity on Friday, December 20 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.

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

**Doors open at 6:30 PM**

**Music begins at 7:30 PM**

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

**830-303-6612**

### **2020 Schedule**

#### **January**

- 3 - Jay Eric & Friends
- 10 - Bob Appel
- 17 - Vernon & Friends
- 24 - Cactus Country
- 31 - Randy Carson

#### **February**

- 7 - Wrangler Country
- 14 - Lone Star Pickerz
- 21 - Countrymen
- 28 - Good Ole Boys

#### **March**

- 6 - Carol Cochran/Shades of Country
- 13 - Tom Teboe
- 20 - Gabe Galvan
- 27 - Randy Harrison

#### **April**

- 3 - Randy Carson
- 10 - Jay Eric & Friends
- 17 - Wrangler Country
- 24 - Vernon & Friends

#### **May**

- 1 - Bob Appel
- 8 - Most Wanted
- 15 - Countrymen
- 22 - Randy Harrison
- 29 - Good Ole Boys

#### **June**

- 5 - Lone Star Pickerz
- 12 - Carol Cochran/Shades of Country
- 19 - Cactus Country
- 26 - Randy Harrison

#### **July**

- 3 - Randy Carson
- 10 - Most Wanted
- 17 - Wrangler Country
- 24 - Jay Eric & Friends
- 31 - Bob Appel

#### **August**

- 7 - Gabe Galvan
- 14 - Most Wanted
- 21 - Countrymen
- 28 - Randy Carson

#### **September**

- 4 - Good Ole Boys
- 11 - Cactus Country
- 18 - Carol Cochran/Shades of Country
- 25 - Lone Star Pickerz

#### **October**

- 2 - Jay Eric & Friends
- 9 - Vernon & Friends
- 16 - Randy Harrison
- 23 - Bob Appel
- 30 - Wrangler Country

#### **November**

- 6 - Good Ole Boys
- 13 - Tom Teboe
- 20 - Countrymen
- 27 - Carol Cochran/Shades of Country

#### **December**

- 4 - Cactus Country
- 11 - Gabe Galvan Band
- 18 - Lone Star Pickerz
- 25 - Merry Christmas/NO DANCE
- 31 - Paul Sanchez & Wrangler Country





*Birthdays  
of the Month*

“If your birthday is this month, come by the business office and pick up your free lunch coupon. Come and enjoy a hot and delicious lunch on us! If your birthday did not make it on our list, please come by so we can update your membership.”

**FEBRUARY BIRTHDAYS**

Beverly Wescott	2/2
Robert Kellner	2/3
Philip Whisnand	2/3
Theodore Barrientos	2/8
Brenda Bloch	2/8
Sandra Foss	2/9
Normale Reece	2/9
Karen Jewand	2/14
Dana Malaer	2/15
Dean Webb	2/16
Clara Orbeck	2/18
Laverne Roskydal	2/20
Ann Hodges	2/26
Lynnette Jackson	2/26
Vee Ridgeway	2/27



**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, 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.

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



# MEMORIALS

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

## In Memory of: Erno Huebinger

By: Richard and Hazel King

## In Memory of: Evelyn "Mousie" Haese

By: Glenda Layton Brandis Smoland and Family  
Billy Haese Mr. and Mrs. Garrett Layton  
Sharee Layton Mr. and Mrs. Will Layton  
Bill, Pam and Kristopher Davis

## In Memory of: Mildred Deiker

By: Myrtle Huebinger

## In Memory of: Robert Rios

Don Effenberger  
Eldon Simons

By: Brenda Engelmann

# THM

**Tres Hewell Mortuary, Inc.**  
Family Owned and Operated

Tres Hewell, President

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Seguin, Texas 78156

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

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

## BIRTHDAY BINGO

On Friday, February 7, 2020 starting at 1:00 pm, 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, fun event. We have a lot of fun, so join us for our February HAPPY BIRTHDAY CELEBRATION!

All members are invited, (it doesn't have to be your birthday) but consider bringing a friend or two!



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*



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



# February Lunch Menu

Serving from 11:00 - 1:00

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
<b>3</b>	Spaghetti w/ Meatballs	4 Paprika Chicken	5 Beef Stew	6 Hamburger Steak & Gravy	7 Fried Fish or Shrimp
<b>10</b>	Fried Chicken	11 Chili & Pinto Beans	12 Jerk Pork	13 Chicken Parmesan	14 Fried Fish or Shrimp
<b>17</b>	Smothered Pork Chops	18 Chicken Florentine/Pasta	19 Sausage w/ Rice & Beans	20 Roast Beef	21 Fried Fish or Shrimp
<b>24</b>	Chicken Pot Pie	25 Roasted Pork & Dressing	26 Shepherd's Pie	27 Chicken Cordon Bleu	28 Fried Fish or Shrimp

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

## SANDWICHES

Ham  
 Turkey  
 Classic Club  
 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 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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check out the <b>Lunch Menu</b></p> <p>Delicious Hot Meals and Custom-made Sandwiches and Salads</p> 						
<b>2</b> 9:00 Spirit of Joy Lutheran Church	<b>3</b> 9:00 Tai Chi <b>11:00 - 1:00 Lunch</b> 12:00 Bunco 12:00 Zonta Board Meeting	<b>4</b> 9:00 Quilters 9:00 Yoga 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 EB Bunco	<b>5</b> 9:00 Painters 9:00 Bunco 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 12:00 Chamber Membership Luncheon 1:00 Mahjongg	<b>6</b> <b>11:00 - 1:00 Lunch</b> 12:00 Noon Lions 1:00 Beginner's Mahjongg 1:00 Collete Tours Imperial Russia	<b>7</b> 9:00 Yoga <b>11:00 - 1:00 Lunch</b> 1:00 Pinochle 1:00 Birthday Bingo 7:30 Dance to WRANGLER COUNTRY	<b>8</b> 8:00 Farmer's Market
<b>9</b> 9:00 Spirit of Joy Lutheran Church	<b>10</b> 9:00 Tai Chi <b>11:00 - 1:00 Lunch</b> 6:00 Gideons	<b>11</b> 9:00 Yoga 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 6:00 - 8:30 GAME NIGHT	<b>12</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 Evelyn Bridge 1:00 Mahjongg	<b>13</b> 8:00 - 3:00 Mahjongg Toumey <b>11:00 - 1:00 Lunch</b> 12:00 Noon Lions	<b>14</b> 9:00 Yoga 10:00 2 & 4 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 Pinochle 7:30 Dance to LONE STAR PICKERZ	<b>15</b> 8:00 Farmer's Market
<b>1</b> 8:00 Farmer's Market						



<b>16</b> 9:00 Spirit of Joy Lutheran Church	<b>17</b> 9:00 Tai Chi <b>11:00 - 1:00 Lunch</b> 1:00 Friends Bunco	<b>18</b> 9:00 Yoga 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 12:00 Lunch & Learn 5:00 SC Board Mtg. 6:00 Garden Club	<b>19</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 Mahjongg	<b>20</b> <b>11:00 - 1:00 Lunch</b> 12:00 Noon Lions 12:00 Lunch & Learn 1:00 Beginner's Mahjongg 6:00 LULAC Dinner	<b>21</b> 9:00 Yoga 10:00 - 3:00 AACOG Counseling <b>11:00 - 1:00 Lunch</b> 1:00 Pinochle 1:00 WellMed BINGO 7:30 Dance to COUNTRYMEN	<b>22</b> 8:00 Farmer's Market
<b>23</b> 9:00 Spirit of Joy Lutheran Church	<b>24</b> 9:00 Tai Chi 9:30 EB Cards <b>11:00 - 1:00 Lunch</b>	<b>25</b> 9:00 Yoga 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 12:00 Lunch & Learn	<b>26</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 Evelyn Bridge 1:00 Mahjongg	<b>27</b> <b>11:00 - 1:00 Lunch</b> 11:30 Republican Women's Luncheon 12:00 Noon Lions 1:00 Beginner's Mahjongg	<b>28</b> 9:00 Yoga 10:00 2 & 4 Bridge <b>11:00 - 1:00 Lunch</b> 1:00 Pinochle 7:30 Dance to GOOD OLE BOYS	<b>29</b> 8:00 Farmer's Market

**30**  
9:00 Spirit of Joy  
Lutheran Church

**Planning a Wedding, Anniversary Party, Reunion?**

The Silver Center's facilities are perfect for your event.

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 Do you answer yes without knowing the question?  
 Do you need to see someone's face to hear them?

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Denise Kopecki, BC-HIS  
 Board President



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# A Personal Invitation.

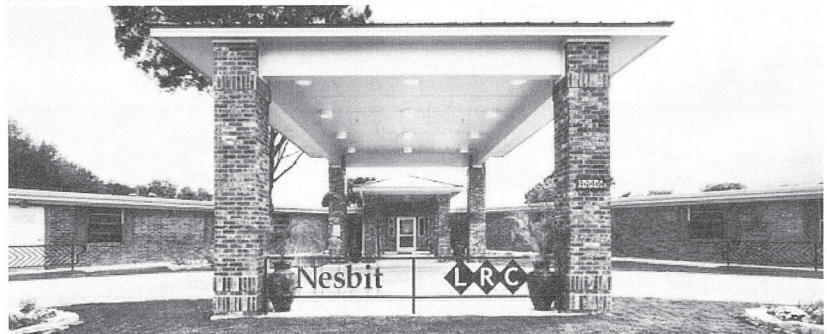
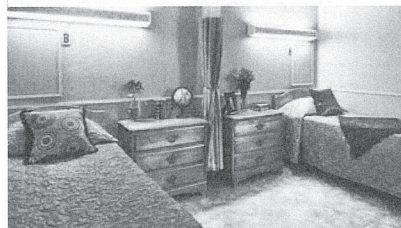
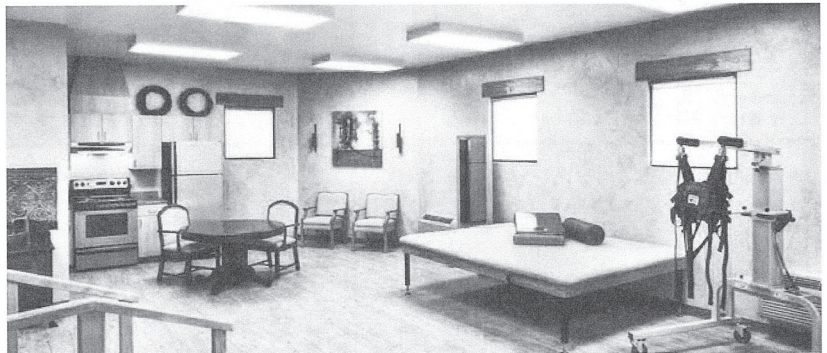
Nesbit LRC has been voted **"Best Nursing/Rehab Facility in Seguin"** four years in a row by the community in the Seguin Gazette Enterprise poll.

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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.*

**NYLN TMCLHAERP**



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Our heart makes it home*

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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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*Mon. Tues. & Thurs. 8-5 • Wed 8-1 • Fri 8-4*



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.

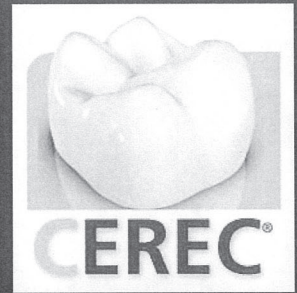
**The cost: \$2.00 per person for members and \$2.50 per person for non-members.**

**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, February 6 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!

Anyone interested in beginning or joining a group to play "Pegs & Joker", Board game, please contact Ann or Lee White - 713-818-4621. Beginners absolutely welcome!



*Same Day  
CROWNS*

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



**Janice Weinman, D.D.S.**

# TICKLE YOUR FUNNY BONE!

Submitted by Velma Buie

## FACTS OF LIFE

I try not to repeat my jokes, but a friend brought me a newspaper clipping that was too cute, and everyone had a good laugh about it --- maybe you won't remember either.

Earl and Nancy, a couple in their senior years, were sitting on the couch. Nancy reached over and grabbed Earl's hand and asked, "Do you remember how we used to sit and hold hands?" "Oh yes," replied Earl. Nancy continued, "And then you would reach over and give me a peck on the cheek. And then you would reach over and nibble on the back of my neck?" "Oh yes," replied Earl as he started to get up. "Where are you going, Earl?" "To get my teeth!"

## GONE FISHING

A Priest, a Rabbi, and a Baptist preacher decided to go fishing. They rented a boat and went out a ways on the lake and anchored the boat to enjoy the afternoon. The fish were biting and they were having a good fishing day! Then the Priest decided he needed a bathroom break. He steps out of the boat and "walks on water" to the shore. The Rabbi decided to take his turn and walked to the shore. When he returned, the Baptist preacher took his turn as well. But when he stepped out into the water, he sank to the bottom. The other two looked at each other and said, "We forgot to tell him where the rocks were on the other side of the boat"

## RELIGIOUS BUMPER STICKER

The other day I went to the religious bookstore where I bought a bumper sticker for my old Dodge, that read, "Honk if you really love Jesus." I put it on the back bumper of my car, and I am really glad I did. What an uplifting experience followed!

I was stopped at the light of a busy intersection...I got lost in my thoughts about the Lord, and I didn't notice the light had changed. The bumper sticker really worked! I found lots of people who love Jesus. Why, the guy behind me began to honk like crazy! He must really love the Lord because pretty soon he leaned out the window and yelled, "Jesus Christ!" as loud as he could. Why, it was like a football game with him shouting, "Go Jesus Christ, Go!" Everyone else started honking too, so I leaned out the window and waved and smiled to all those loving people. There must have been a guy from Florida back there because I heard him say something about a sunny beach, and I saw him waving in a funny way with only his middle finger stuck up in the air.

I recently asked my two grandsons what that meant. They kinda squirmed, looked at each other, giggled, and told me that it was the Hawaiian Good Luck sign, so I leaned out the window and gave him the good luck sign back.

A couple of the people were so caught up in the joy of the moment that they got out of their cars and were walking towards me. I bet they wanted to pray, but just then I noticed the light had changed, so I stepped on the gas. It's a good thing I did, because I was the only car to get across the intersection. I looked back at them standing there. I leaned out the window, gave them a big smile, and held up the Hawaiian Good Luck sign as I drove away. Praise the Lord for such wonderful folks!

Why don't pirates take a shower before they walk the plank? They just "Wash Up" on the shore!

A smile is truly the best thing you can put on your face!





# THE Silver CENTER

## **Volunteering:**

As your Volunteer Coordinator, it is a new year and I have pondered the question of volunteering for several weeks. We here at the Silver Center have many, many needs that a volunteer could do. I treasure each of the men and women who **volunteer** their time to this center.

You might ask yourself: Is volunteering a good deal, a burden, or just a thorn in your side. Helping others is not a burden. Volunteering is a way to brighten other's lives and bring a feeling of satisfaction upon yourself. Acts of kindness towards others as a community encourages and influences others to pursue volunteering. Obviously, the people helped, benefit but the volunteer receives a feeling of fulfillment for themselves.

Making a difference in one person's life is not changing the world; many have been helped and many continue to help. This is what truly matters. Your involvement makes you become a more valuable citizen while setting a good example for younger generations. Beyond a doubt, volunteering benefits all who are involved.

Glenda and I are told daily, "You need to slow down," "You look so tired," "You need to get some rest." Yes, we might be all of that...but, if we have events, whether they are community based, memorials, weddings, dances, birthday parties, and yes even funerals, and we have no volunteers, we must do the work ourselves to "help" those who wanted the Silver Center as their venue. From January 2019 to December 2019, Glenda and I "volunteered" a total of 2,604 hours. **These are donated volunteer hours.**

**We sure could use your help.** There are 365 days in a year, 24 hours in a day, for a total of 8,760 hours in a year for you to volunteer. On a smaller scale, an average month has 30 days or 720 hours that one could dedicate to volunteering. People volunteer for a wide variety of reasons, especially wanting to help others. Some people are uncomfortable with the notion that a volunteer benefits from doing volunteer work. **We have heard a gamut of excuses for why folks do not volunteer.** Traditionally, volunteer work is seen as a form of charity, based on unselfishness, generosity, and compassion. The best volunteer does have the desire to serve others, but this does not exclude other motivations as well.

Do you need to change your thoughts about volunteering? Something you do for people who are not as fortunate as you...to...thinking of it as an exchange. Consider that most people find themselves in need at some point in their lives. So today, you may be the person with the ability to help, but tomorrow you may be the recipient of someone's volunteer efforts. Don't you hope there will be a volunteer when you need them? Pay it forward!

I implore each of you to consider donating one, two, or more hours of your time each week or month. We have positions as cash sales for lunches, dances, and bar, silverware wrapping, laundry, newsletter folding, minor maintenance jobs, such as painting, servers/helpers for filling glasses, and many other positions not written here. A "perk" when one volunteers is a meal during lunch. **Will you make that call to the Center today (830-303-6612) and Volunteer, or are you going to continue sitting by waiting for others to do your bidding?**

**LET US ALL WORK TOGETHER FOR A BETTER TOMORROW!**

*Pam Davis*

## GRMC Named America's Best Hospitals for Patient Safety

Guadalupe Regional Medical Center (GRMC) receives the 2020 Women's Choice Award as one of America's Best Hospitals for Patient Safety. This award recognizes safe surgery practices and lower rates for complications and infections.

Guadalupe Regional Medical Center has been named one of America's Best Hospitals for Patient Safety by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that GRMC is in the top 8% of 4,814 U.S. hospitals for patient safety; specifically GRMC falls into the top 4% of U.S. hospitals for patient safety.

"This national recognition from the Women's Choice Award signifies that GRMC is one of 379 award recipients representing the hospitals that have met the highest standards for patient safety in the U.S. by the Women's Choice Award", said Robert Haynes, CEO for Guadalupe Regional Medical Center. "This award confirms our testament to the high standard of care provided to patients every day by the staff at GRMC and to our dedication in providing high-quality, safe care to every life we are privileged to touch."

To receive the award, hospitals must also use an Inpatient Safe Surgery Checklist to assess effective communication and safe practices during three perioperative periods: prior to administration of anesthesia; prior to skin incision; and prior to the patient leaving the operating room or procedural area. "Very few hospitals can say they are the safest in the country, and by identifying those who are, the Women's Choice Award is helping the female consumer identify the hospitals in her area that are dedicated to creating the safest patient experience," said Delia Passi, Founder and CEO of the Women's Choice Award. "This recognition is critical for women as they make 80% of healthcare decisions and need to know they are putting themselves—and their family members—in safe hands."

The methodology used to select GRMC as one of America's Best Hospitals for Patient Safety is unique in that it evaluates 11 Centers for Medicare and Medicaid Services' (CMS) measures of infections and complications, Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results along with primary research about women's healthcare preferences. It is the only award recognizing excellence in patient safety based on robust criteria that consider patient satisfaction and clinical excellence.

Healthcare has made significant strides in patient safety in recent years. Hospital-acquired conditions declined 21% from 2010 to 2015, resulting in 125,000 fewer patient deaths according to a report from the U.S. Department of Health and Human Services. Hospital-acquired conditions are conditions that a patient develops while in the hospital being treated for something else.

GRMC is proud of this recognition and happy that this will help patients - women and men alike

– make smart healthcare choices. GRMC is a hospital dedicated to creating the safest patient experience possible and they are proud to take care of you now and well into the future. To learn more about the Women's Choice Award and GRMC visit [grmedcenter.com](http://grmedcenter.com).



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**They're Not Dangerous  
If You Raise Them Right**



**And Neither  
Are The Dogs**



**My kids will never  
know the joy of  
finding a quarter  
in the coin return**



**Now I know why they call it  
ICU.**



**Incredible.**

I'M AT THAT DELUSIONAL  
AGE WHERE I THINK  
EVERYONE MY AGE LOOKS  
WAY OLDER THAN I DO

**COMMON SENSE**  
**IS LIKE DEODORANT.**  
**THE PEOPLE WHO**  
**NEED IT MOST**  
**NEVER USE IT.**

Accidentally went  
grocery shopping on an  
empty stomach and now  
I'm the proud owner of  
aisle 4.



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



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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:

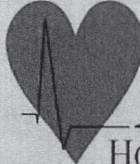
- Choosing or refusing tests, procedures and medicines, and life-sustaining treatments.
- Choosing persons to speak for you when you are unable to speak for yourself.
- Completing the necessary legal documents that will guide health care professionals in the future.

## 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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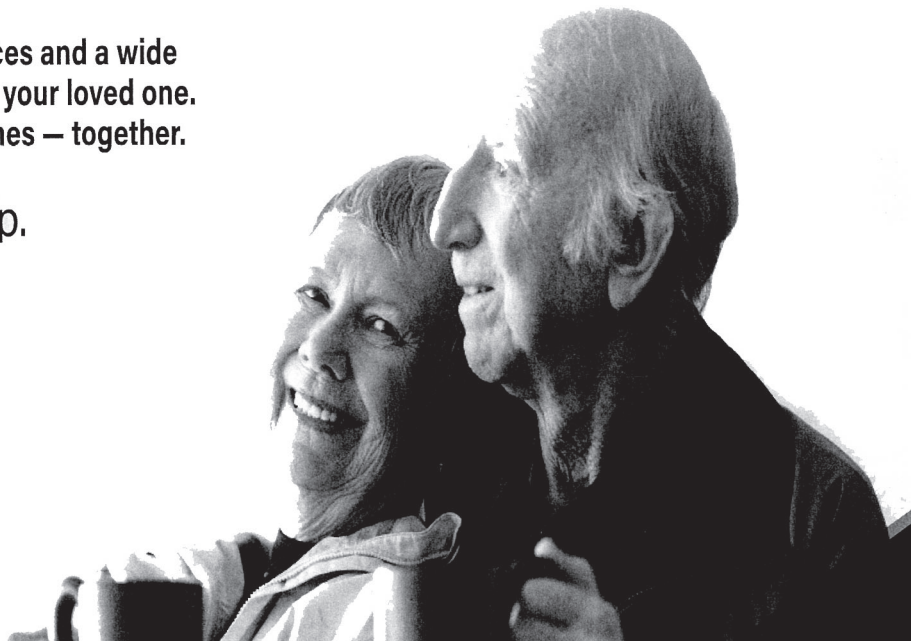
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### **LUNCH AND LEARN**

On Tuesday, February 18, at 12:00, Hacienda Oaks and Freedom Hospice will be sponsoring a discussion on "Sweet Ways to Love Your Heart." Join us for a hot delicious lunch and a seat for this fun, informative presentation. Call 830-303-6612 for reservations.

On Thursday, February 20 at 12:00, Hope Hospice will be sponsoring a presentation on "Death and Dying." Join us for a delicious lunch, a seat, and another informative topic. Call for reservations.

On Tuesday, February 25 at noon, American Senior Benefits of Texas will have a presentation on "What Medicare Does Not Pay For." Call 830-303-6612 for reservations for a hot lunch and a seat!

### **AACOG BENEFITS COUNSELING**

Join Joyce for a personal counseling session on Feb 21th between 10AM-3PM. Call to set up the time best for you. You will be able to discuss benefits that might be available to you to see if you will qualify.

You can get assistance on filling out and submitting forms. Discuss Medicare, Medicaid, Long term insurance, Low income subsidy, and/or nutrition assistance. Do you need a ride to the Silver Center? For this counseling or to join us for a nutritious hot lunch? Do you need a ride getting to a doctor's appointment? AACOG can help. Call 1-866-889-7433 for transportation information. Come to the Silver Center and talk to Joyce.



Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

I wonder why we are so so obsessed with trying to find intelligent life on other planets, when we can't even find intelligent life here?



When I finish eating something I have to show my hands to the dog like I'm a blackjack dealer...

SOME PEOPLE WON'T ADMIT THEIR FAULTS. I WOULD, IF I HAD ANY.

## This Month's Donations

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

First United Bank  
Kathy Nossaman

**THANK YOU  
FOR YOUR  
GENEROSITY!**

**Volunteering  
is a work of  
Heart**

The Silver Center gratefully acknowledges the ongoing support of

The United Way

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

## 2020 VOLUNTEERS 2020

Jan Almon	Sherry Lehman
Roy Balter	Kay Lewis
Barbara Behal	Evelyn Martin
Evelyn Bender	Glenna McKandles
Denise Blair	Lilo Mondin
Brenda Bloch	Connie Myer
Willie Bloch	Gibson Nesbit
Velma Buie	Yolanda Newman
Susan Casto	Kathy Nossaman
Joan Ceyanes	Betty O'Neal
Rusty Clopton	Ruth Owens
Sandy Clopton	Rose Marie Rader
Charles Crowley	Anna Radersdorf
Patricia Custer	Elyzabeth Radersdorf
Bill Davis	Joe Rea
Pam Davis	Lynda Redix
Brenda Engelmann	Willo Mae Richter
Sharon Frederickson	LaVerne Roskydal
Danny Gonzales	Erica Scott
Tammy Gonzales	Bob Sebesta
Gail Harshman	Santa Smith
Mark Harshman	Frank Starcke
Stacy Hilz	Sandy Stoneking
Ann Hodges	Holly Taylor
Myrtle Huebinger	Eric Threet
Shirla Humiston	Viola Trost
Sandi Jackson	Clarence Urban
Bob Kellner	Joyce Utley
Denise Kopecki	Charles Villeneuve
Lynn Lamprecht	Pat Villeneuve
Glenda Layton	Art Woytek
Sharee Layton	Ellie Woytek

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