

The Silver Showcase

Volume 700 No. 11

November 2020

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LETTER FROM THE PRESIDENT:

It's time for our Holiday Raffle! 2020 has been a truly financially tough year for the center. I hope you take a moment and go by (or call them) and purchase a raffle ticket (or 5) to help us make it through the lean months.

We need your donations now more than ever.

GET YOUR RAFFLE TICKET NOW!

The drawing will be held at the dance on the Friday night after Thanksgiving November 27th.

I want to thank the many people who have donated to our raffle thereby allowing us to purchase beautiful items for our raffle.

KEN'S EQUIPMENT REPAIR
CHRIS PETTIT & ASSOCIATES
GLENDA LAYTON

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GREEN GATE NURSERY

HEB

VARIOUS LOCAL BUSINESSES

AND THERE ARE MORE MORE PRIZES COMING IN DAILY!

I leave you with this scripture.

Ephesians 6:12

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”



Email: silvercenter@sbcglobal.net

Website: www.silvercentersequin.com

HELLO FROM THE FRONT DESK....

Well, November is here and the business has ramped back up! Please take a moment to go out and **VOTE!** We are a Guadalupe County Polling site, by the way.

We are hosting our Friday night dance again...and bridge, pinochle, and mahjonn groups are all back and having fun! Do you have a group that needs a place to hold an event? Let us know! We are also booking reunions and private parties... and remember you can reserve the Silver Center for your holiday family get together or office party, too.

We have a new Diamond Business member! Please welcome **GIFTED HEARTS HOSPICE LLC.** They are currently ready to assist families in our area, and they will be hosting a Lunch and Learn here to introduce themselves to you soon. Information is here for you in our lobby.

Our **Holiday Raffle** is currently in full swing! Please call (830) 303-6612 if you would like to purchase your ticket with a credit card over the phone...or you can stop by Monday -Friday (preferably in the afternoon) to purchase your ticket. We are not mailing tickets to your home this year because the raffle is totally new and different. Here is how we have our **Holiday Raffle** structured this year.

- 1) We will draw all of the winners at our dance on Friday night (11/27) at 9:30PM.
- 2) Our prizes are HUGE, fun, and quite varied so you will all find something fun!
- 3) You have a chance to win a brand new \$2,700 Husqvarna Riding Mower (on display in the lobby for you to see), a \$2,000 Diamond & 14kt Gold Necklace, \$1,200 Estate Legal Planning Services, a beautiful \$1,000 Black Angus Heifer, \$700 Engraved 12-gauge Shotgun, \$550 TWO Conceal Carry Classes and a Pistol and a Purse to carry it in (must be 21 to win this), a \$500 Wine Wagon full of adult beverages (must be 21 to win this), a \$500 "guided" Wild Hog or Predator Hunt, or one of the FIVE Shop & Dine gift baskets with each one valued at over \$500!
THANK YOU TO ALL OF OUR SPONSORS/DONORS!
- 4) Tickets are for sale here at the Silver Center Monday – Friday... and all of our Board Members also have tickets to sell... even if you need them delivered to your home!
- 5) The price of a raffle ticket is \$25 each –OR- you can get a free ticket, if you buy 5 raffle tickets for \$100.
- 6) **We were not able to hold the Taste of Seguin this summer so this is our one and only fundraiser this year.** Please support us with your raffle purchase and you might win some FABULOUS GIFTS!

Please stop by to see me sometime! We are here for you...and I hope to see you soon.

**With love,
Glenda**

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





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Our heart makes it home*

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- * 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

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Fax: 830-672-4543
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10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgement.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (especially if it's about your inability to let go of any or all of the above.

Awesome Life Tip

Learn how to laugh at yourself. Life is supposed to be joyful, and fun, so stop taking yourself and everything else so seriously. Everyone messes up, tips, says the wrong thing and makes a goof of themselves from time to time...it means you're human like the rest of us. Instead of bumming out, have yourself a laugh and move on!

November Word Scramble

ICUONROPCA

ETRSHVA

MEVRMPEB

ILIGPMR

KUTEYR

BCNERRRAY

INKPMUP

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

**VOLUNTEER - HOURS -
413 month of October**

VOLUNTEER!!

Start where you are.
Use what you have.
Do what you can.
Arthur Ashe

If you insist on measuring yourself, Place the tape around your heart rather than your head.

Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!



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. Admission is \$10.00. PLEASE NOTE: The doors open at 6:30 pm. BYOB is not 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

November

- 6 - Good Ole Boys**
- 13 - Tom Teboe**
- 20 - Countrymen**
- 27 - Randy Carson**

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

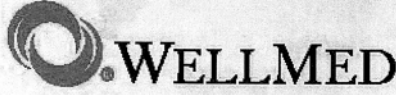
NOVEMBER BIRTHDAYS

Joyce Scarlett	Nov-2
Barbara Effenburger	Nov-4
Danny Gonzales	Nov-6
Roger Buley	Nov-8
David Dowell	Nov-8
Sydney Burton	Nov-9
Theodore Barrientos	Nov-9
Charles Greenlaw	Nov-11
Joan Griffin	Nov-11
Judy White	Nov-11
Thomas Hotman	Nov-12
Judy Price	Nov-12
Susie Sulaica	Nov-13
Don Desch	Nov-14
Karlene Fey	Nov-14
Fran Desch	Nov-15
Christine Cloughly	Nov-16
Robert Sebesta	Nov-16
Donald Bell	Nov - 17
Leroy Dietert	Nov-19
Shirley Hand	Nov-19
Mary Styblo	Nov-26
Karen Huff	Nov-27
Harold Coor	Nov-28
Pamela Davis	Nov-30



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



ELECTION ★ DAY ★ November 3, 2020



Bingo is BACK @ The Silver Center.

Please Join Heart to Heart Hospice and

The Heights of Gonzales on Friday,

November 6th at 1PM for BINGO!

Please join us for lunch and stay to play!

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



November Lunch Menu

Dine-In, Pick up or Delivery Available.

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

All for only \$8.00. Please join us!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chopped Steak Au Jus	3 Spaghetti & Meat sauce	4 Chicken Pot pie	5 Roast Pork & Dressing	6 Fish or Shrimp
9 Enchiladas	10 Sausage & German potato salad	11 Chicken Teriyaki & Fried rice	12 Meatloaf	13 Fish or Shrimp
16 Beef tips served over buttered noodles	17 Chicken & Rice casserole	18 Irish beef stew served with cornbread	19 Paprika chicken	20 Fish or Shrimp
23 Shepherd's Pie	24 Smothered pork chops	25 BBQ Chicken Sliders	26 Holiday Closed	27 Closed
30 Fried chicken strips served with gravy				

**We Are OPEN for Dine-In Lunch Service
11-1 Mon.-Fri.**

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVING TIME ENDS! FALL BACK ONE HOUR!	2 11:00 - 1:00 Lunch	7-7 ELECTIONS BEING HELD IN EZELL 11:00 - 1:00 Lunch	4 11:00 - 1:00 Lunch 11:00 Chamber Luncheon	5 11:00 - 1:00 Lunch 12:00 Noon Lions	6 11:00 - 1:00 Lunch 1:00 Pinochle 1:00 FIRST FRIDAY Bingo! 7:30PM Dance to GOOD OLE BOYS	7
8	9 11:00 - 1:00 Lunch 11:30 Ambassadors Meeting 5:30 Gideons Meeting	10 9:00 Yoga 10:00 Bridge 11:00 - 1:00 Lunch	11 11:00 - 1:00 Lunch	12 11:00 - 1:00 Lunch 10:30 Bridge 12:00 Noon Lions	13 11:00 - 1:00 Lunch 1:00 Pinochle 7:30PM Dance to TOM TEOBE	14 8:00 Conceal Carry class

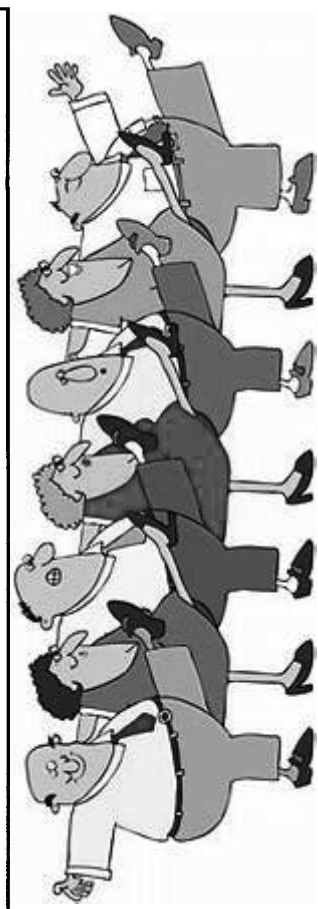
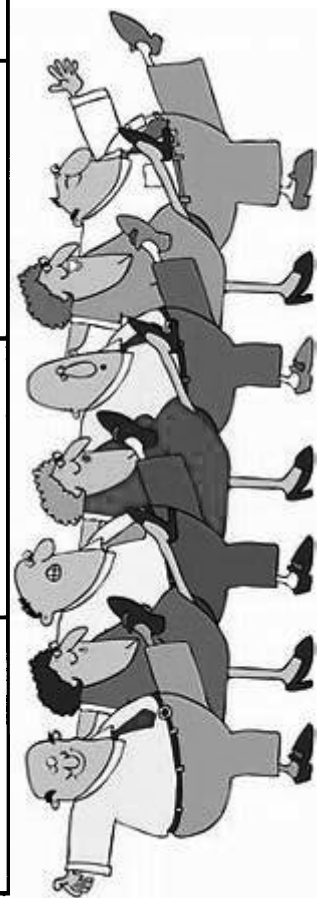
Hot Lunch



Hot Lunch



15													
16	11:00 - 1:00 Lunch												
17	9:00 Yoga 11:00 - 1:00 Lunch 5:00 SC Board Mtg. 6:30 Neighborhood Watch Meeting	18	11:00 - 1:00 Lunch	19	11:00 - 1:00 Lunch 12:00 Noon Lions	20	11:00 - 1:00 Lunch 1:00 Pinochle 7:30pm Dance to THE COUNTRYMEN	21	4PM WEDDING				
22		23	11:00 - 1:00 Lunch	24	9:00 Yoga Bridge 10 11:00 - 1:00 Lunch	25		26	CLOSED THANKSGIVING	27	RAFFLE DRAWING TONIGHT! CLOSED 7:30pm Dance to CACTUS COUNTRY	28	
29		30		1 December	PLANNING A PARTY? BOOK IT HERE TODAY! WE ARE OPEN!	<p>HOLIDAY RAFFLE DRAWING IS THIS MONTH! NO PRIZE LISTED IS LESS THAN \$500.00!</p> <p>PLEASE CALL 830-303-6612 TO PURCHASE YOUR RAFFLE TICKET TODAY. YOU CAN PURCHASE IT OVER THE PHONE OR SOMEONE WILL EVEN TAKE IT TO YOUR HOUSE!</p> <p>WIN A RIDING MOWER, OR A DIAMOND NECKLACE, OR A GUN, AND MUCH, MUCH MORE!</p>							



MEMORIALS



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

THM

Tres Hewell Mortuary, Inc.

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Tres Hewell, President

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165 Tor Drive

Seguin, Texas 78156

www.treshewell.com

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Fax (830) 549-5918

Cell (830) 660-5809



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

Fun Facts about the Month of November

The month of November is the last full month of autumn in the northern hemisphere. Many parts of the country are beginning to experience colder temperatures and even snow during this month. Our days grow shorter, especially once most of the U.S. "falls forward" by one hour, exiting Daylight Saving Time on the 2nd Sunday of November.

November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.

In the United States, this month is associated with No Shave Month, a movement that encourages men to grow a beard as a symbol of cancer awareness. Australia and Canada have a similar movement where they grow a mustache instead of a full beard.

The birthstone of November is the topaz and the citrine, both known for their calming energies, bringing warmth and fortune to those who wear them. The topaz in particular symbolizes friendship and it is said to cure madness and eliminate nightmares. Pure topaz is colorless but in its most common form ranges in color from brownish orange to yellow.

The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek word crys and canthemum, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism. Depending on their color, chrysanthemums have different meanings, the red ones symbolize love, the white ones stand for innocence, and the yellow ones denote unrequited love.

Special holidays this month include All Saints' Day, All Souls' Day, Veteran's Day, and Thanksgiving. Famous people who share a November birthday are, Jonathan Swift, author of "Gulliver's Travels", Mark Twain, Sir Winston Churchill, American artist Georgia O'Keeffe, and famed TV journalist Walter Cronkite.

NO BAKE PUMPKIN GINGERSNAP CHEESECAKES

- 8 OZ. Cream cheese, softened
- 2 C. Powdered sugar
- 2/3 C. Pumpkin puree or canned pumpkin
- 1 tsp. Pumpkin pie spice
- Gingersnap Cookies, crushed.

Whip together the cream cheese, pumpkin and pumpkin pie spice. Gently blend in the powdered sugar. Spoon mixture equally into little ramekins. Top with the gingersnap cookies that have been crushed. Refrigerate until ready to serve.

HERBY RHODES ROLLS

- 1 -30 count bag of Rhodes Rolls
- 2 sticks butter, melted
- 1 Tbsp. Dried Rosemary, crush in your hand
- 1 Tbsp. Dried oregano
- 1 Tbsp. Dried Thyme
- 6 Cloves Garlic, minced

In a small saucepan melt butter over low heat and add in herbs and garlic. Cook on low until just melted and very fragrant, careful not to brown. Working with one roll at a time, roll the frozen rolls in the butter and set in a greased pan about 2 inches apart. Cover with plastic wrap and let rise 4 to 5 hours, until rolls double in size. Preheat oven to 350 degrees. Bake for 15-20 minutes until golden brown. Remove rolls from oven and brush with any remaining melted butter and top with flaky salt. Serve warm.

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.

OBB NLKELRE



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BACK**

ADVANCED
Hearing
aid
center

Amy Trost,
BC-HIS, ACA
Owner
Independent
Hearing Instrument
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CERTIFICATION IN HEARING
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better we listen
with our heart..."*

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830-372-2380 fax



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- Selective menu at all meals
- Daily Activities
- Loving Competent Care
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(830) 379-8882

License #050604



"Look to Seguin Assisted Living for a Carefree Future"

Silver Center's 2020

RAFFLE TICKETS

ON SALE NOW!

\$25 EACH OR 5 FOR \$100

Your chance to win...

(On display in the lobby) RIDING MOWER	\$2,700	WINE WAGON VALUED AT OVER	\$ 500
14kt DIAMOND NECKLACE	\$2,000	GIFT BASKET VALUED AT OVER	\$ 500
ESTATE PLANNING LEGAL PACKAGE	\$1,200	GIFT BASKET VALUED AT OVER	\$ 500
BEAUTIFUL BLACK ANGUS HIEFER	\$1,000	GIFT BASKET VALUED AT OVER	\$ 500
12 GAUGE ENGRAVED SHOTGUN	\$ 700	GIFT BASKET VALUED AT OVER	\$ 500
22 PISTOL, 2 CONCEAL CARRY CLASSES & HANDBAG	\$ 550		
GUIDED HOG (OR PREDATOR) HUNT	\$ 500		
Raffle Prizes totaling over			\$10,650

SMILE AWHILE
Submitted by Velma Buie

JUST A LITTLE INFORMATION ABOUT THE LOCKDOWN

- 1) Our town is so small—we don't have a "Town Drunk"—so we all take turns.
- 2) Some people only write lockdown because they can't spell Kwarinteen!
- 3) This would be a perfect time for grocery stores to take its carts to get a wheel alignment.
- 4) The longer I stay home, the more homeless I look.
- 5) Wearing a mask inside your home is now highly recommended. Not so much to prevent COVID 19—but to stop you from eating so much.
- 6) I've never been so thankful to be so low maintenance---no nails, no lashes, no crazy hair Upkeep, no Botox, no tanning booths...I'll just be the same "hot mess!"
- 7) Everybody is posting Memes and talking about coming out of quarantine with a new skill or hobby. Sometimes I wonder if all of this is happening because I didn't forward that message to 10 other people.
- 8) I trained my dog to fetch a beer for me. It may not sound too impressive, but he gets it from the neighbor's fridge.

LOST HIS HAT

An elderly man was quite unhappy because he had lost his favorite hat. Rather than go purchase a new one, he decided he would go to church and steal one out of the vestibule. When he got to church, an usher interrupted him at the door, and ushered him to a pew where he had to sit and listen to an entire sermon on the Ten Commandments. After church, the man met the pastor in the vestibule doorway, shook his hand vigorously and said, "I want to thank you for saving my soul today, preacher. I came to church today to steal a hat, but after hearing your sermon on the Ten Commandments, I decided against it." The pastor responded, "You mean the commandment 'Thou shalt not steal,' changed your mind?" The old man said, "No, the one about adultery did. As soon as you said that, I remembered where I left my hat."

Dr. Jones's secretary turned in her resignation today. "Why?" asked her friend. "Because she saw him kissing his wife."

The teacher asked Junior to make up a sentence using the words "**defeat**", "**defense**", and "**detail**". Junior scratched his head for a minute then said,

"De Feet of de horse went over defense before detail."



Prayer of Thanksgiving:

Lord, as I participate in the all-too-consuming activities that require my attention today, I pray that I would not lose sight of You.

Give me a heart of gratitude which looks beyond my appreciation for things, for comfort, for peace, for prosperity.

Give me a heart of gratitude which refuses to surrender to frivolous complaint or to seek more than you have given or to succumb to the annoyances and frustrations of this world.

Give me a heart of gratitude which is so filled with thanksgiving that worry and concern have no room.

Give me a heart of gratitude which remembers you as the present Giver who is my refuge and my portion.

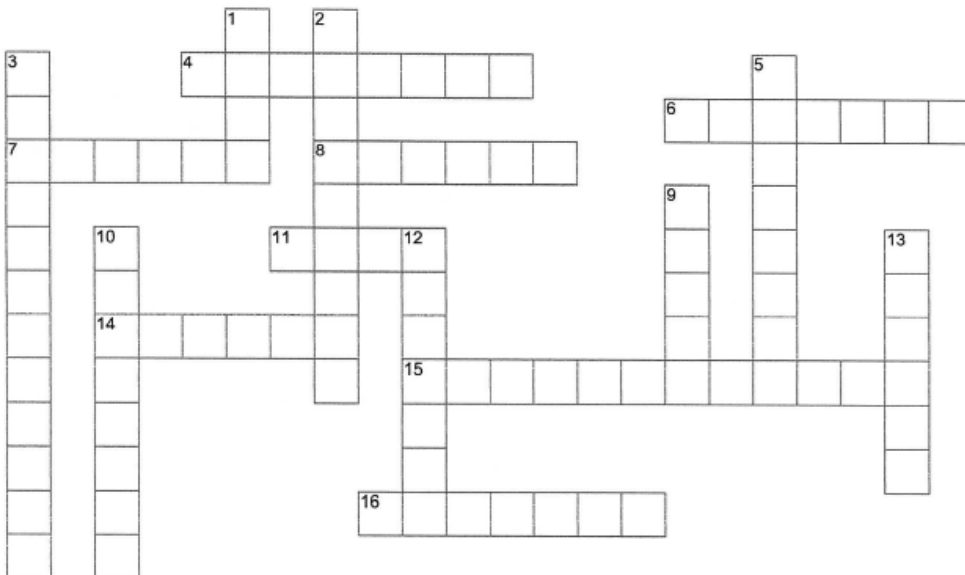
Give me a heart of gratitude which cries out Thanksgiving and praise even in the midst of anguish, pain, and frustration.

Give me a heart of gratitude which is capable of love, hope, and peace despite the tensions, hurts, and foolishness of this world.

Give me a heart of gratitude which is ever and always Yours. Amen

By D. L. Moody

THANKSGIVING CROSSWORD PUZZLE



ACROSS

4. Thanksgiving food that can be mashed or baked.
6. The pilgrim's made them from linen, wool and leather.
7. The season of Thanksgiving.
8. People you are related to.
11. Made with special recipe from butternut squash.
14. Long line of people marching down the street.
15. Where the Pilgrims got of their ship.
16. Country that Pilgrims came from.

DOWN

1. Yellow vegetable grown by Native Americans.
2. The ship that brought the Pilgrims to North America.
3. Holiday of this crossword.
5. Eleventh month of the year.
9. A big meal.
10. Thanksgiving dessert made from apples.
12. Large orange vegetable.
13. Bird eaten at Thanksgiving.

APPLE PIE
ENGLAND
NOVEMBER
FEAST

THANKSGIVING
TURKEY
POTATOES
FAMILY

PLYMOUTH ROCK
PARADE
MAYFLOWER
AUTUMN

PUMPKIN
CLOTHES
SOUP
CORN

On the Front Lines of COVID-19: Perspectives from three GRMC physicians

By Bhupinder Sangha, MD; Juan Arenas, MD; and Sarah Lester, MD

In our respective roles at GRMC, it is our obligation and privilege to care for patients who are admitted to the hospital with a wide range of medical diagnoses. When the coronavirus became widespread in Seguin and our surrounding communities this summer, we began to experience a surge of very sick COVID-19 patients admitted to the hospital. It became our responsibility to care for these patients and their families and to provide medical leadership to the hospital staff on managing the crisis.

An intense experience

Without a doubt, this experience has been the most physically, mentally and emotionally intense of our careers. While we had taken care of a few COVID-19 patients in the spring, there was an abrupt increase of very sick patients presenting to the Emergency Department beginning in June, and that volume of patients remained constant for several weeks. Having only emerged less than nine months ago, this illness is caused by a novel, or new, virus. Unlike other illnesses we treat, we are not able to rely on a history of medical research, clinical trials or extensive experience on how to best manage this particular disease. Physicians and researchers around the world are doing their best to identify the most effective treatment and medication options, but there are still many unknowns. This disease process is the most unpredictable we have ever observed—a patient can quickly take a turn for the worse without warning, and the range of symptoms are wide. Because this virus is so contagious and dangerous, hospitals are under federal mandate to prohibit visitors from entering the facility. This is one of the most heart-wrenching aspects of treating COVID-19 patients—not being able to invite families to be with their loved ones during their hospitalization and, in some cases, at their time of death.

Prevention is our best defense

The highly contagious nature of the disease caused us to worry about staff exposure. We limited the number of staff who entered patient rooms, and we were diligent about the proper use of personal protective equipment. We want the public to understand the severity and unpredictability of this disease. We may experience one or more surges of cases in the future, and we may be living with the weight of this pandemic for a while. The best weapon we have against this disease is prevention—taking simple steps such as washing hands, wearing masks and maintaining social distancing. We cannot be complacent. We can assure our community that we will continue to do our utmost to take care of all patients under our care, and that GRMC will continue to provide excellent and compassionate care.

Taking the lead on COVID-19: About the authors

Our hospital and community are very fortunate to have the expertise and dedication of three talented physicians at the forefront of our COVID-19 response. Dr. Sangha is an intensivist, triple board-certified in internal medicine, nephrology and critical care. He provides additional support to the hospitalist group in addition to having a part-time office practice in Seguin. The hospitalist group is composed of several providers. The two who headed up our COVID-19 response this summer were Dr. Arenas, who is double board-certified in internal medicine and health care quality and management, and Dr. Lester, who is also board-certified and highly skilled in high acuity critical care. These physicians could not have devoted their full attention to the COVID-19 surge had it not been for their very capable hospitalist colleagues: Martin Levett, MD, and MaKenzi Burke, PA, who continued to focus on all other patient medical needs during this critical time period.



We are all looking forward to the Holidays!

*This holiday season, The Silver Center will be selling delicious pre-ordered pies. **\$15.00***

With your special order, we will prepare your apple, cherry, pumpkin, coconut meringue, chocolate cream, or pecan pie! You don't have to wait until Thanksgiving or Christmas! Just call and let us know when you want your hot, fresh pie (and please give us a weeks' notice) and we can have it ready! Call 830-303-6612

Gratitude and Thankfulness

Thankfulness and **gratitude** are the two words that we often use to express the benefits we receive in life. However, most people do not understand the differences between the two. Simply put, gratitude means you are grateful and you can show it in many ways, including reciprocating help, helping someone without expecting a return of favor. On the other hand, thankfulness often means nothing more than saying the words, "Thank you". This is a good act to say, however, this action often happens after the person received the benefits and it is more like an automatic response.

Webster defines thankful as "conscious of benefits received"; a conscious act from the person who has received the benefit. Thankfulness happens in an instant and is more like a polite behavior to show that you express your appreciation. Society has conditioned people to be thankful rather than grateful. It is easy to express thankfulness, and as a social norm, is applicable in general situations while gratitude is the special manifestation of spirituality, love, and affection. Grateful is a feeling, while thankful is an act. Thankfulness often happens at the surface, gratitude is more like having a sense of thankfulness and the feeling is from within. You feel grateful not only for the people you appreciate but also things that you feel have been of great help to you in your life.

One powerful way to bring the sense of gratefulness into your life is by writing a gratitude list. Feel the gratefulness and express it through your writing. This will train you to become a grateful person who is blessed with greatness and opportunities. Gratitude is the manifestation of love, commitment, and devotion toward those innate objects that are meaningful to you. It encompasses shared experiences, love, and understanding that the universe has conspired to connect us together. Gratitude starts from the mind. You have to believe that people and things are helping and doing good for you to feel the appreciation. Being grateful can grow beyond the act of thankfulness. You are willing to sacrifice and do something special even without someone requiring you to. This feeling is normally stemmed from the willingness from within ourselves. The way to live an enriching and fulfilling life is to live with gratefulness.

When you focus your mind on how privileged you are, it makes it easy for you to want to bless other people and express your deep sense of appreciation toward other things. Being thankful is great and being grateful is even better. You want to live a life with feelings that you are always blessed with the people and things around you. Only you can achieve this state of being through gratefulness.

Thankful...Grateful...Blessed. You see it everywhere; on signs to hang in our houses, posted on social media, and even on t-shirts. What a great sounding phrase, but do we really know what it means? Do we believe these words enough to live them out or is it just a cute trendy thing to say? As we approach Thanksgiving, this is a perfect time to take a moment to sit back and reflect on what these words really mean.

We are thankful. We are Grateful. We are blessed. If we truly believe these things, then it should affect how we live our everyday lives. Moment by moment, with a heart filled with gratitude, with a spirit of thankfulness, knowing we are blessed by God. We have been blessed in order to be a blessing.

How can we be more of a blessing to others? First, we have to get our focus off ourselves. We must look at the world around us. When we do, we see the abundance that we have in our lives and we cannot help but turn around and share it with others. Let us take Thankful, Grateful, and Blessed to a deeper meaning. Do not make it one's focus one day a year or use it as trendy decor. **Instead, let us influence the world around us by living Thankful, Grateful, and Blessed lives 365 days a year.**



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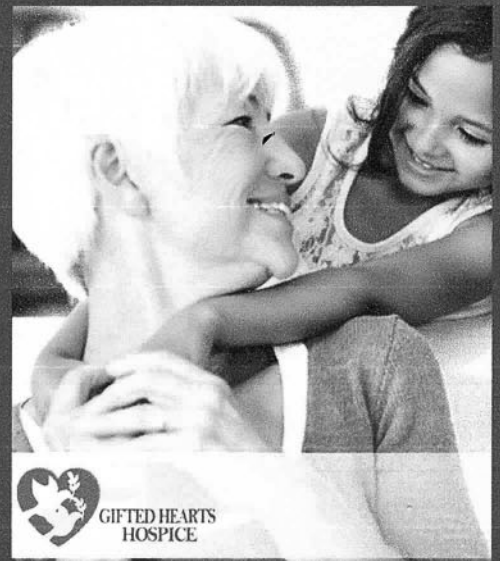
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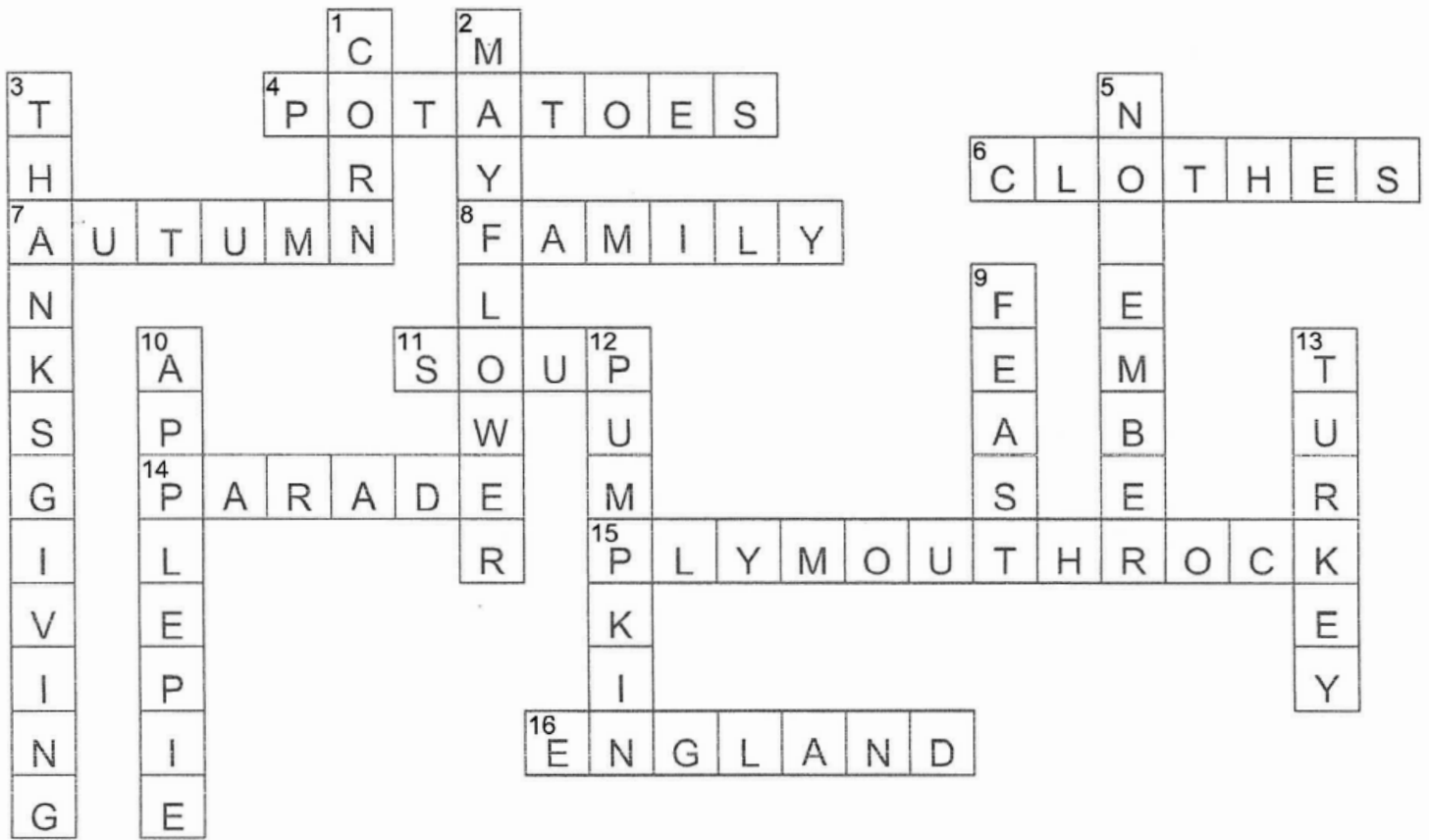
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THANKSGIVING CROSSWORD PUZZLE ANSWERS



ACROSS

4. Thanksgiving food that can be mashed or baked.
6. The pilgrim's made them from linen, wool and leather.
7. The season of Thanksgiving.
8. People you are related to.
11. Made with special recipe from butternut squash.
14. Long line of people marching down the street.
15. Where the Pilgrims got of their ship.
16. Country that Pilgrims came from.



DOWN

1. Yellow vegetable grown by Native Americans.
2. The ship that brought the Pilgrims to North America.
3. Holiday of this crossword.
5. Eleventh month of the year.
9. A big meal.
10. Thanksgiving dessert made from apples.
12. Large orange vegetable.
13. Bird eaten at Thanksgiving.



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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?

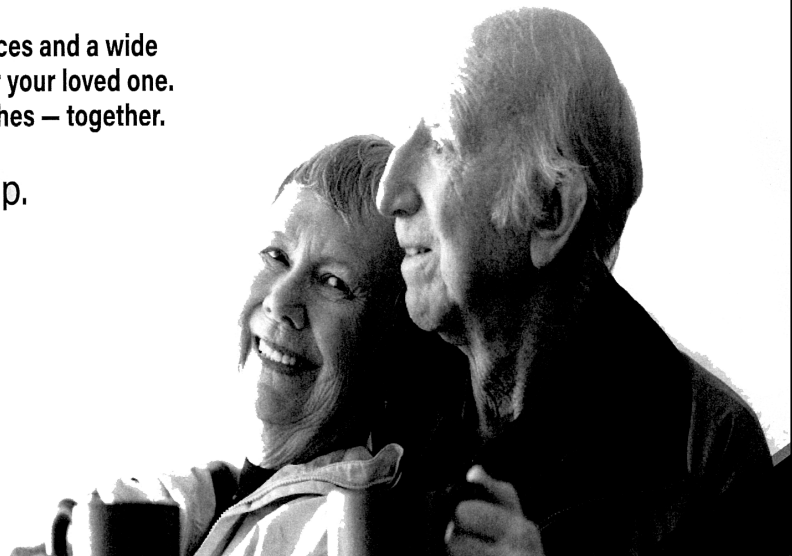
We believe the best time and place to have this conversation is before a health crisis occurs; over the kitchen table instead of over an ICU bed. We can see you at home, at your Assisted Living home, or your Nursing home, and sometimes in the hospital.

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.

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BOARD SPOTLIGHT

Emma Jean - Board Member



Where do you work or volunteer? I am a realtor at Century 21, a Library volunteer and a Faith Church Volunteer.

How long have you been in Seguin? I am a life resident.

How did you learn about the Silver Center? I knew it when it was Baenzinger's Grocery.

What makes the Silver Center Special to you? There are many socialization opportunities and I can be of service.

What do you do for fun? I read, travel, play with the grans, and eat out before COVID-19.

Do you have a spouse, children, grandchildren or pets? I am the widow of Don Becker, I have two grown children and 3 grans – 2 boys and a girl.

Do you have any hobbies? I like baking, taking care of container plants, and pond and marine science.

What would you like to tell us about yourself or your family? I am a retired school administrator.

If you had a genie grant one wish, what would it be? I would wish for World peace and good health worldwide.

We ♥ Our



Emma Jean Becker

Sherry Dawson

Shirla Humistan

Lilo Mondin

Barbara Behal

Brenda Englemann

Bob Kellner

Gibson Nesbit

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