

The Silver Showcase

Volume 900 No.11

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

November 2022

Board of Directors

President

Rosie Van Booven

Vice President:

Elizabeth Martin

Treasurer:

Martha Greenlaw

Secretary:

Bill Davis

Board Members

Barbara Behal

Syndee Bundick

Gary Kubenka

Elizabeth Martin

Karen McMath

Norman Partain

Beth Zies

Bingo Chair

Gay Lynn Olsovsky

SILVER CENTER STAFF

Executive Director

Glenda Layton

Event Coordinator

Pam Davis

Book Keeper

Pat Weber

Cook

LuAnn Archibeque

Catering Staff

Pierce Law

Shelly Lindsey

Kelly Perkins-Orozco

Janitor

Phone: (830) 303-6612

Fax: (830) 379-3813

Letter From the President:

Hello everyone!

Hopefully as you are reading this, the cooler temperatures of the fall will have decided to stay with us for a while!

The holiday season is quickly approaching and the Silver Center is getting busy once again. If you are in need of a holiday home baked pie please keep us in mind. The Silver Center will be selling fresh baked pies throughout the holidays, but we need to have advance notice of when you will need them. They will be baked on an "as ordered" basis and we need to have a minimum of two days notice before you can pick them up.

If you need a gift for the person who already has everything, consider a donation to the Silver Center in their honor. We will send them an appropriate card or we can give it to you so that you can personally deliver it!!

As always, stop by when you are in the neighborhood to say hello and thank you from the bottom of my heart for supporting the Silver Center!

Rosie Van Booven



HELLO FROM THE FRONT DESK....

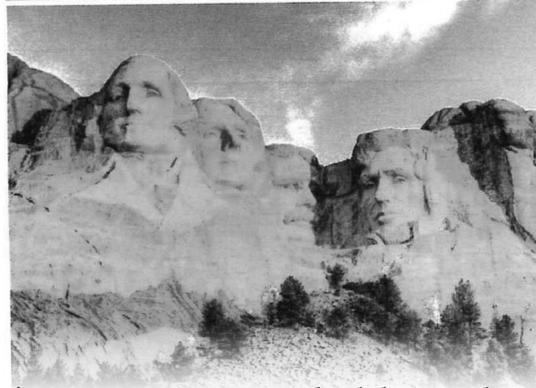
The Silver Center presents...
Shades of Ireland
with Optional 3-Night London Pre Tour Extension
with Optional 3-Night Edinburgh Post Tour Extension
October 7 - 16, 2023



The Silver Center presents...
Discover Switzerland, Austria & Bavaria
with Optional 3-Night Vienna Post Tour Extension
April 20 - 29, 2023



The Silver Center presents...
Spotlight on South Dakota
July 18 - 24, 2023



I'm going to go out on a limb here and simply state that I am SO GLAD that some of the Covid craziness is behind us. Yes, people still get sick, but you know what? People get diagnosed with Heart Disease and Cancer and the Flu every day, too.

The Silver Center can help connect you with fabulous travel agents that have served us for many years with great services. Please give me a call if you have a destination that you are wanting to travel to and I will see if Collette Tours can set it up for you. LET'S GET OUT THERE AND ENJOY LIFE WHILE WE CAN!!! Don't wait. Go visit a friend or some family NOW!

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

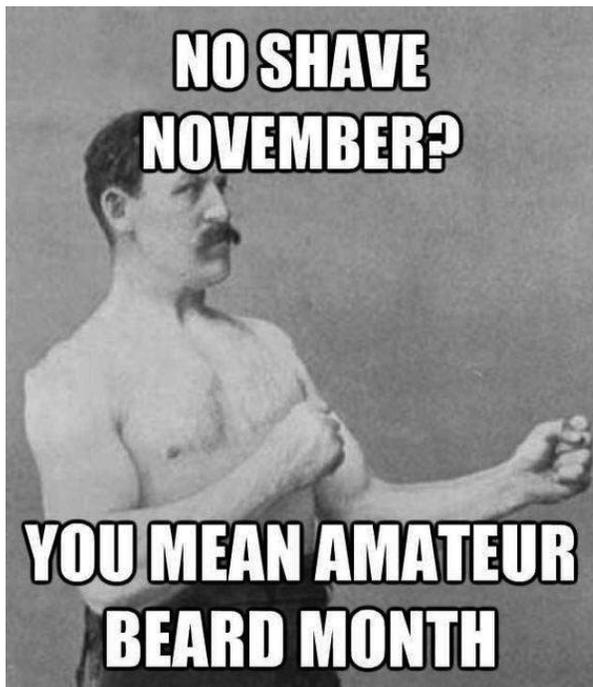
STANDARD MEMBERS

First United Bank
Emanuel's Lutheran Church
Guadalupe County Republican Women
Nesbit Living & Recovery Center
Seguin Gazette-Enterprise
Sunrise Lions Club
Guadalupe Humane Society
Gary Kubenka Painting
Mid Texas Symphony Guild



November Word Scramble

- YADILOH _ _ _ _ _
- IVESTALER _ _ _ _ _
- LUFKNAHT _ _ _ _ _
- KEYUR _ _ _ _ _
- DRUOG _ _ _ _ _
- MOEH _ _ _ _ _
- NIDREN _ _ _ _ _
- NIKMPU _ _ _ _ _
- SINGSSELB _ _ _ _ _
- THERGAING _ _ _ _ _
- LUFTEAGR _ _ _ _ _
- MAIFLY _ _ _ _ _
- GIVSGINKNATH _ _ _ _ _
- MAH _ _ _ _ _



Please call Glenda Layton at(830) 303-6612 today to volunteer a couple of hours of your time around the Center.

VOLUNTEER - HOURS - October
425 Hrs

THANK YOU to our VOLUNTEERS for being selfless, generous, and thoughtful. You have helped make a difference in the lives of others!

DONATIONS FOR OCTOBER

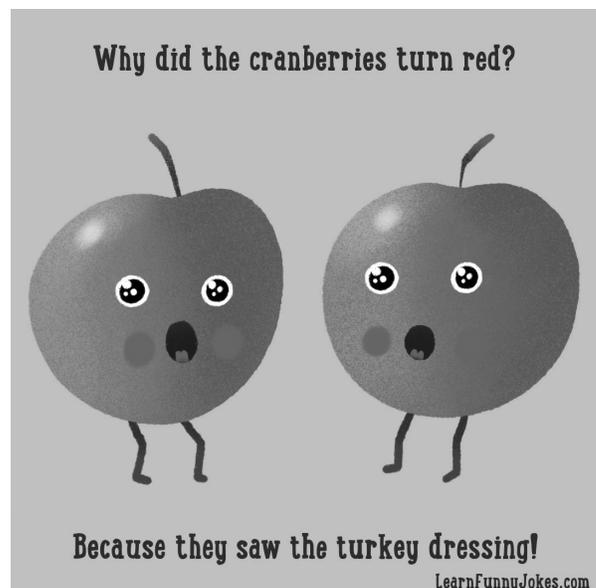
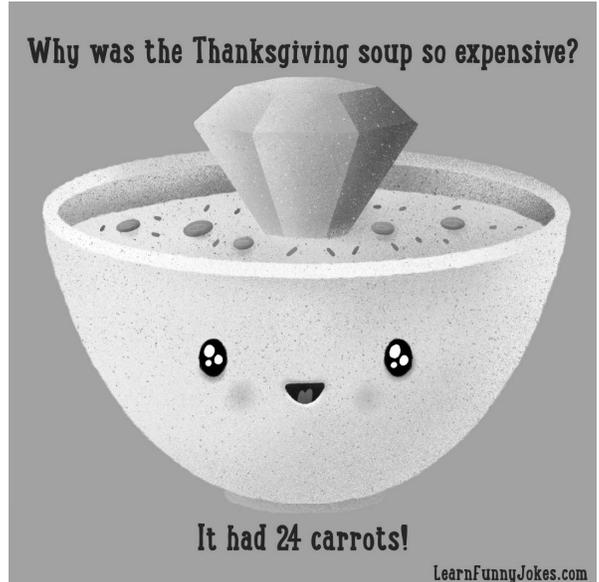
FUNKY
MONKEY


*Birthdays
of the
Month*

Please verify your birthday and let us know if
we have it incorrect in our system.
Either way, we want to say HAPPY BIRTHDAY ...
and thank you/or your membership!!!

NOVEMBER BIRTHDAYS

loyce Scarlett	11/2
Brandis Snoland	11/2
Connie Meyer	11/3
Barbara Effenberger	11/4
Roger Buely	11/8
David Dowell	11/8
Sydney Burton	11/9
Linda Fritz	11/9
Carolyn Thomas	11/9
Ioan Griffin	11/11
Beverly Forcey	11/12
Judy Price	11/12
Gerald Desch	11/14
Frances Desch	11/15
Linda Schuler	11/16
Myrna Altwein	11/18
Paul Martin	11/24
Mary Styblo	11/26
Karen Huff	11/27
Pam Davis	11/30



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.**

WHAT'S COOKING FOR NOVEMBER

Nutella Dark Chocolate Pie - *A variation on the very popular French Silk Pie, but no raw eggs. This pie is light and airy, while being rich in flavor. Topped with silky whipped cream to finish it makes the perfect, easy dessert. The filling is no bake. It will be a huge crowd pleaser with anyone who loves chocolate.*

1 9-in. pie crust, cooked and cooled	2 pts. Heavy Whipping Cream	¼ C. Granulated Sugar
1 tsp. Vanilla	8 oz. Cream Cheese	1 C. Nutella
1 C. Powdered Sugar		

Pour 1 pint whipped cream into a bowl, whip with an electric mixer. Add the granulated sugar and vanilla. Beat on a higher speed until the cream is at the same stiffness you would want for whipped cream. Add the cream cheese, Nutella, and powdered sugar and mix until well incorporated. Pour the pie filling into the cooked, cooled pie crust and place in fridge to chill for about 4 hours. Just before serving, make the additional whipped cream. Place the whipped cream, powdered sugar, and vanilla in a bowl of an electric mixer. Beat on a medium speed until peaks form. Spread on top of pie, slice and serve.

Overnight Pecan Pie French Toast - *This makes a wonderful Thanksgiving brunch item for your house full of guests.*

¼ C. Milk	¼ C. Heavy Cream	6 large eggs, plus 3 egg yolks	2 Tbsp. Vanilla
1 loaf French Bread, cut into 8 slices		6 Tbsp. Butter	1 C. Light Brown Sugar, packed
1/3 C/ Light Corn Syrup		¼ C. Maple Syrup	1 C. Pecans, chopped

In a large bowl combine milk, cream, eggs, yolks, and vanilla and beat well, set aside. Arrange sliced bread in a large shallow bowl. Pour the liquid mixture over the bread. Cover tightly with plastic wrap and refrigerate for at least 6 hours, or overnight. When ready to bake, preheat oven to 350 degrees. In a small saucepan over medium heat, melt the butter. Remove from heat and whisk in the brown sugar, corn syrup, maple syrup, and pecans. Spread this mixture evenly across the bottom of a 3 quart casserole dish. Carefully arrange the soaked bread on top. Bake for 35 minutes. Cool for 5 minutes, then serve warm.

Beef Cabbage Stir Fry – *Ground Beef Stir Fry with shredded cabbage is not only easy to make but incredibly tasty. This might be your new favorite low carb recipe using simple ingredients*

Stir Fry Sauce

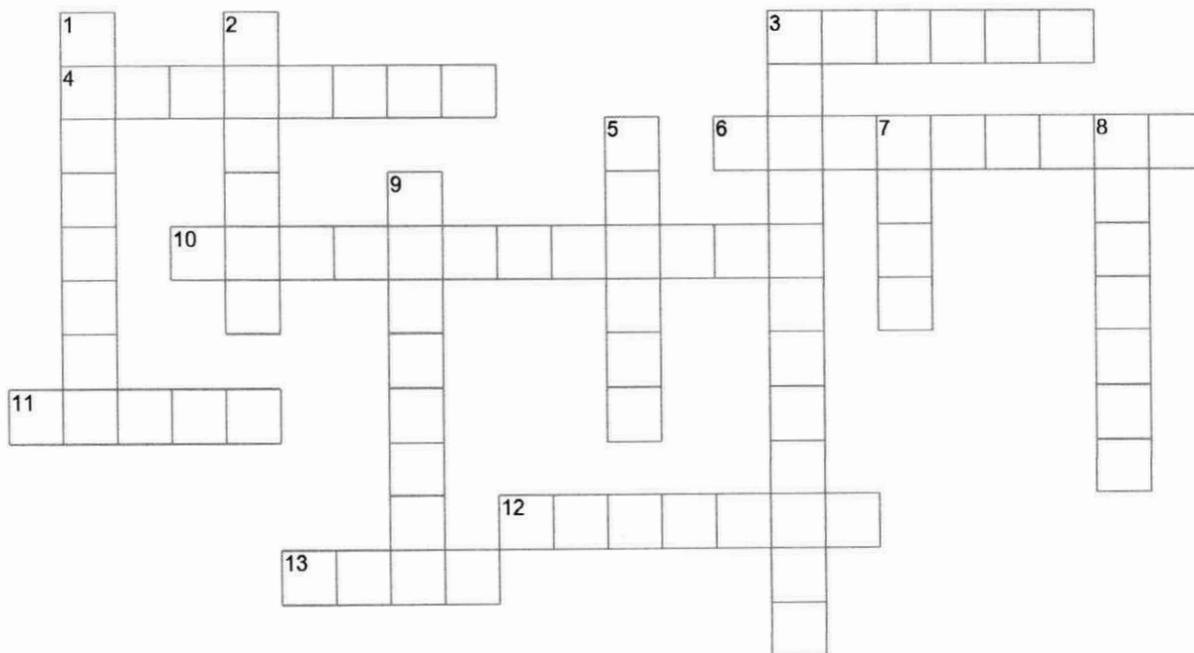
4 Tbsp. Soy Sauce
2 Tbsp. Oyster Sauce
1 Tbsp. Hoisin Sauce
2 tsp. Chinese Cooking Wine (Apple Cider Vinegar,
Mirin, Dry Sherry, or White Vinegar)
1 tsp. Sesame Oil

Stir Fry

1 Tbsp. Oil
1 Small Onion, sliced
4 Cloves Garlic, minced
1 tsp. Ginger, minced
1 lb. Ground Beef
1 Head Cabbage, core removed, leaves shredded
1 Carrot, peeled and shredded
Salt and Pepper, to taste

Combine stir fry ingredients in a bowl. Set sauce aside. Heat cooking oil in a large skillet over medium high heat. Saute onions until they begin to soften, about 3 minutes. Cook the garlic and ginger until fragrant, about 30 seconds. Add the beef, breaking up into small pieces as it cooks, until browned, about 5 minutes. Once beef is browned, add half of sauce to the beef, stir frying to coat evenly coat. Add the cabbage and carrots; continue cooking while stirring until the cabbage is wilted. Taste test and season with salt and pepper, if needed. Stir in the remaining sauce. Serve warm.

Thanksgiving Crossword



ACROSS

- 3. Bird eaten at Thanksgiving.
- 4. Thanksgiving food that can be mashed or baked.
- 6. The ship that brought the Pilgrims to North America.
- 10. Where the Pilgrims got off their ship.
- 11. A big meal.
- 12. Large orange vegetable.
- 13. Yellow vegetable grown by Native Americans.

DOWN

- 1. Thanksgiving dessert made from apples.
- 2. People you are related to.
- 3. Holiday of this crossword.
- 5. Long line of people marching down the street.
- 7. The season of Thanksgiving.
- 8. Country that Pilgrims came from.
- 9. Eleventh month of the year.

CORN
MAYFLOWER
TURKEY
PARADE

PLYMOUTH ROCK
FAMILY
APPLE PIE
FALL

NOVEMBER
ENGLAND
POTATOES

THANKSGIVING
FEAST
PUMPKIN



*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**

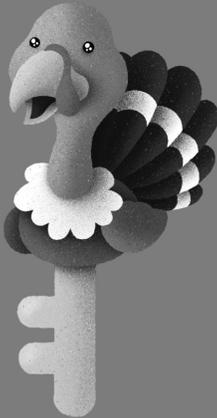
701 North Sarah DeWitt
Gonzales, Texas 78629
Phone: 830-672-4530
Fax: 830-672-4543
www.TheHeights

**COUNTRY CARE MANOR
REHABILITATION & LONG TERM CARE**

2736 fm 775
Lavernia, Texas 78121
Phone: 830-779-2355
Fax: 830-779-5503
www.CountryCare.com



What kind of key can't open doors?



A tur-key!

LearnFunnyJokes.com

What should you wear to Thanksgiving dinner?



A har-vest!

LearnFunnyJokes.com

**THE BEST DAY OF NOVEMBER IS NOVEMBER 1ST.
NOT BECAUSE IT'S THE CHANCE TO START FRESH...**



**IT'S BECAUSE OF ALL THE
DISCOUNTED HALLOWEEN CANDY.**

imgflip.com

We wish you a
Merry Chri...

IT'S
NOVEMBER!!



Everything You Need To Know About November

What's happening in November? November has been thought of as the month for food, when the best of cooks can shine and the best of eaters will surely get their fill ahead of winter.

November the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice does not occur until late December. Named for the ninth (*novem*) month in the early Roman calendar, into a social time of community suppers, feasts of thanksgiving, and general elections. People celebrate Election Day, Sadie Hawkins Day, the end of Daylight Savings Time, Veterans Day, Thanksgiving Day, the start of Hanukkah and the first Sunday of Advent this month.

"And the dead leaves lie huddled and still,
No longer blown hither and thither;
The last lone aster is gone;
The flowers of the witch hazel wither..."
Robert Frost (1874 – 1963)

November's full moon is traditionally called the Beaver Moon. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.

November weather folklore states:

"If there's ice in November that will bear a duck,
There'll be nothing after but sludge and muck."

"November take flail; let ships no more sail."

"If trees show buds in November, the winter will last until May."

"Ice in November brings mud in December."

"A heavy November snow will last until April."

The birthstone for November is the topaz, usually yellow to amber color. The ancient Greeks believed that topaz could make a wearer invisible. A symbol of honor and strength, topaz was also believed to bring longevity and wisdom.

November's birth flower is the chrysanthemum. Generally, chrysanthemums represent cheerfulness. A red one conveys, "I love you." White symbolizes truth or pure love, and a yellow one indicates slighted love.

This birthday month zodiac signs are Scorpio, from Oct. 31 to November 22 and Sagittarius from November 23 to December 21. These birth babies are more likely to be left handed, have a lower risk of heart problems, lung cancer, and multiple sclerosis and are less likely to be depressed. Elusive and mysterious, Scorpios are one of the most misunderstood signs. Scorpios are a water sign that uses emotional energy as fuel, cultivating powerful wisdom through both the physical and unseen realms. They are natural leaders and can be extremely serious. Oh the places Sagittarians go! This *fire* sign knows no bounds. They are always on a quest for knowledge. They have a blend of passion, curiosity, intensity, and adaptability fueled by wonder lust and spiritual adventure. They are on a perpetual quest for knowledge. It is not all fun and games as they are notorious for their bluntness and brutal honesty, which many times lead to misunderstandings, communication breakdowns, and many hurt feelings. Both of these November born signs are usually humble and sweet but they can get furious at times. They normally decide to avoid touching a fight, but once provoked, they can be furious and a danger for others. Hence, you should not provoke any of these two signs or it won't take a minute to get the tables turned.

Some famous November birthdays include Daniel Boone, Alan Sheppard, Marie Curie, Charles Schulz, Grace Kelly, Mark Twain, and Winston Churchill.



Thanksgiving Day

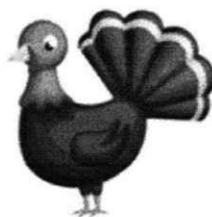
Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





- 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"

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

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

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

WELLMED

Live Well. Live WellMed.

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

Catering by The Silver Center



CHRISTUS Health Plan Medicare Seminar...

At The Silver Center (510 E. Court St. Seguin) in the Magnolia Room.

November 17th from 2 to 4PM. Come enjoy some pie and coffee and learn about Medicare and CHRISTUS Health Plan Generations a Medicare Advantge Plan open and available to you!

Limited seating. RSVP REQUIRED.

Please call 844.753.0638 to reserve your spot today!



Did You ever wonder why?

1. In California , you can't take a picture of a man with a wooden leg. Why---you've got to Use a camera!
2. Johnnie's mother had 3 children. The first was named April-the second was named May. What was the name of the third child? If you said June, you were wrong! It was Johnnie.
3. What was the name of our president in 1975? His name was the same as it is now---Joe Biden.

I just had my Patience tested. It is Negative!

I've finally reached the Wonder Years: I wonder where I parked my car---I wonder where I left my phone---I wonder where my glasses are--I wonder what day this is?

If we ever get into another Lockdown, why don't they train all the Amazon people to give the Vaccine? The entire population would then be immunized by Saturday---or by Wednesday if you've got Prime. When I'm an old lady--I'm going to leave snacks in little plastic bags on the floor all over the house, in case I fall down.

I was at the bar last night when the waitress screamed, "anyone know CPR?." I yelled back "hell yes, I know the entire alphabet." Everyone laughed except this one guy.

Diet Tip: If you think you're hungry---you might just be thirsty. Have a bottle of wine first and then see how you feel.

Maybe if we start telling people the brain is an APP, they'll start using it.

Husband asks why did you marry me? Wife replied "because you are funny". Husband: I thought it was because you thought I was good in bed." Wife: "You see you are hilarious."

Laughing at your own mistakes, lengthens your life. Laughing at your wifes mistakes---may shorten it.

We all know that mirrors don't lie I'm just grateful that they don't laugh!

I like to make lists before I go to the grocery store. I also like to leave them lying on the Kitchen counter, and then guess what's on the list while I'm the store. A Fun Game!

You come from dust, you will return to dust. That's why I don't dust too often. It could be someone I know.

Remember when we used to smack the TV because the channel wasn't coming in very clear? I feel that way about far too many people!

If a tree falls on your Ex, in the woods and no one is around to hear it. You should probably get rid of the chain saw.

Wife: "I have a bag full of used clothing I'd like to donate." Husband: "Why not just throw them in the trash that would be so much easier. Wife: " but there are lots of poor starving people who could really use this clothes." Husband: "honey, anyone who fits into your clothes is not starving." Husband is now suffering from a head injury.

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

Jake called his doctor: he said "Doc, I need some advice. For 2 weeks now, when I get home from work, I find my wife in the arms of another man. They talk me into going with them to get a cup of coffee." Doc replies, "you don't need my advice, you need a lawyer." Jake says, "oh no, Doc, I just need to ask you, do you think I'm drinking too much coffee?"

Sadie asked her husband--if you subscribed to a Girlie magazine and found my picture in it, what would you do?" he replied, I'd cancel it.

SMILE AWHILE

Submitted by Velma Buie

POTATO PEOPLE

A girl potato and a boy potato had eyes for each other, and finally they got married and had a little sweet potato they called Yam. Of course, they wanted the best for Yam. When it was time, they told her about the Facts of Life. They warned her about going out and getting half-baked, so she wouldn't accidentally get mashed and get a bad name for herself like "hot Potato" and end up with a bunch of "Tater Tots". Yam said not to worry, no spud would get into the sack and make a rotten potato out of her. But on the other hand, she would not stay at home and become a "Couch potato" either. She would get plenty of exercise so as not to be skinny, like her shoestring potato cousins. When she went off to Europe, Mr. & Mrs. Potato told her, "You watch out for the hard-boiled guys from Ireland, and the greasy guys from France called the French Fries", and when she went out West to watch out for the Indians, so she wouldn't get scalloped. Yam said she would stay on the straight and narrow, and would not associate with those high classed Yukon Golds, or the ones from the other side of the tracks, who advertise their trade on all the trucks that say "Frito Lay". Mr. & Mrs. Potato sent Yam to Idaho P.U. (That's Idaho Potato University), so that when She graduated, she'd really be in the "Chips"; but despite all they did for her-One day she came home and announced she was going to marry Tom Brokaw.

Mr. & Mrs. Potato were very upset. They told her she couldn't possibly marry Tom Brokaw because he was just a COMMONTATER!

Right after the marriage ceremony, the groom approached the preacher and asked him what he owed him. The preacher, smiled and said, "oh pay me whatever you think this marriage is worth." The young man reached in his pocket and handed the preacher a dollar bill. The preacher thanked him, and the young man continued to stand there, as if he was expecting something else. After the awkward pause, the preacher asked, "Was there something else the groom replied, "I was waiting for my change."

Two young ladies were talking, when one turned to her friend and said, "I hear you have broken your engagement to John because your feelings toward him aren't the same anymore. Are you going to return his ring?" "Oh no, my feelings toward the ring are the same as ever."

A lady had her car windows tinted. A year later she still had not tried to pay for it. When the agent came to get his money, she replied, "You told me it would pay for itself in one year."

This evening, I asked my friend if he had taken a nap today. He replied, "I don't know-if I did, I

slept
right through it."

Louise came home and found Henry stalking around the house with a fly swatter in hand...Killed any yet" she asked. "Yep," Henry answered. "Two males and a female." "How could you tell the difference" "Well,, said Henry, "Two are on a beer can and one was on the telephone."



November 2022

Events

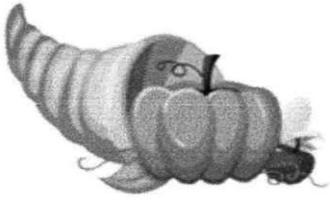
November

December

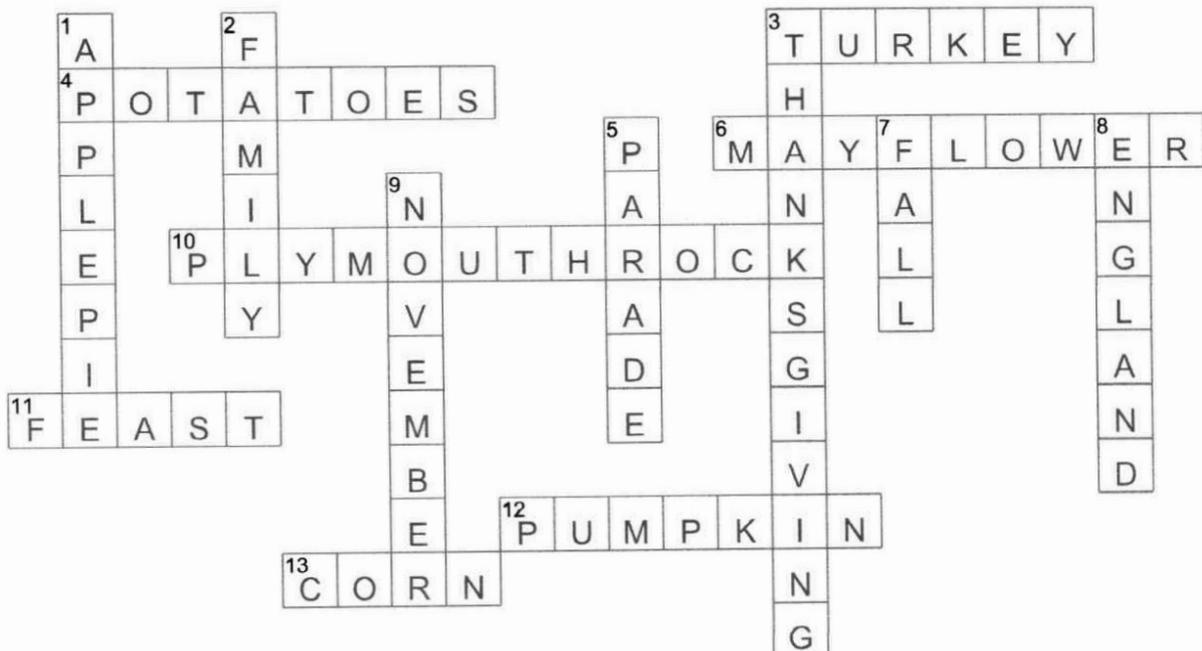
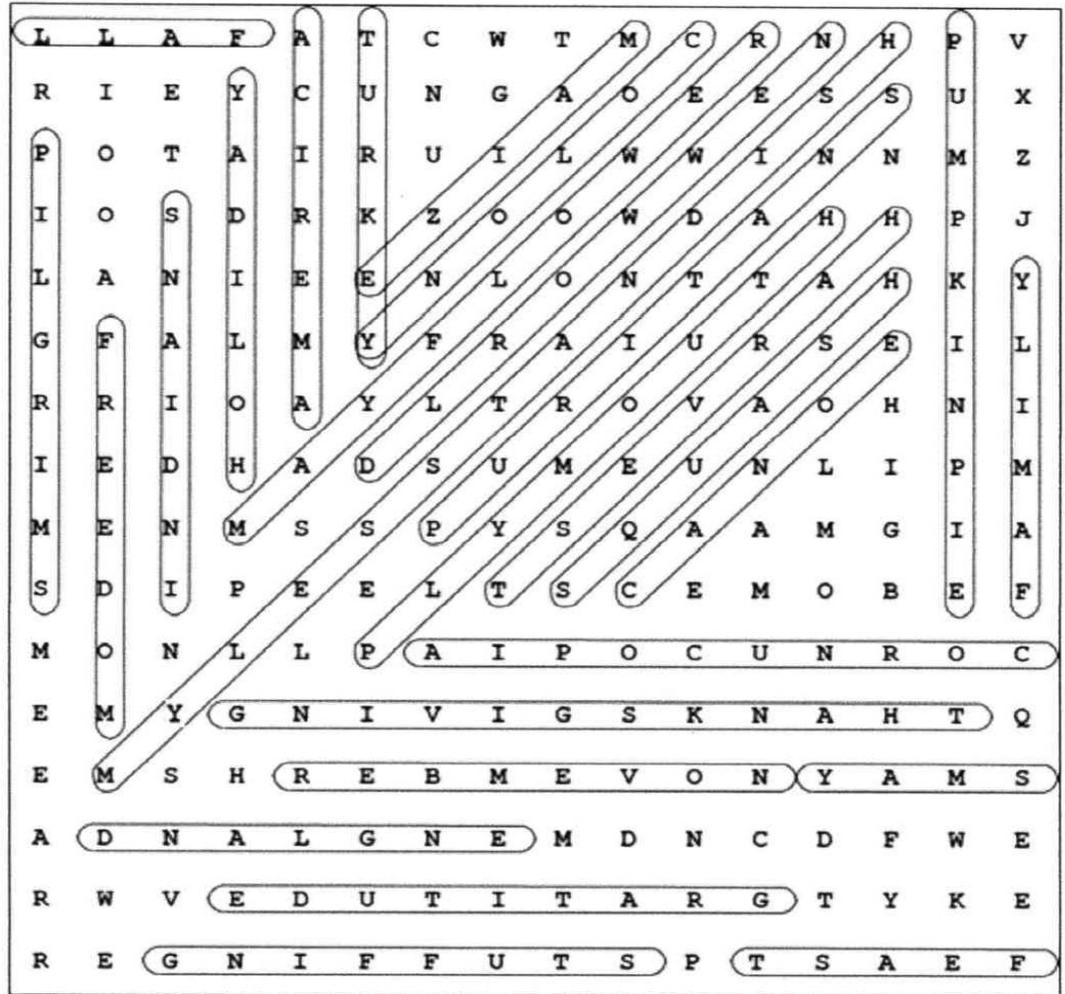
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Center Closed	11/1 BRIDGE Gideon's Meeting	2 BRIDGE CHAMBER LUNCHEON Mahjongg WE CATER C of C	3 11:30a Noon Lions	4 2:30p Line Dancing	5 Wedding 3p Celebration of Life
6	7 Center Closed	8 BRIDGE 7a ELECTIONS	9 Mahjongg	10 11:30a Noon Lions	11 VETERANS DAY 2:30p Line Dancing	12 Birthday Party
13	14 Center Closed 2p Birthday party	15 BRIDGE 5:30p Board of Direct	16 BRIDGE Mahjongg	17 RSVP to Medicare pie 11:30a Noon Lions 2p Medicare Pie & In	18 2:30p Line Dancing	19
20	21 Center Closed	22 BRIDGE	23	24 CLOSED THANKSGIVI	25 CLOSED Friday	26 Center Closed
27 Center Closed	28 Center Closed	29 BRIDGE	30	12/1 11:30a Noon Lions	2 2:30p Line Dancing	3 CAR CLUB

Answers



Thanksgiving Day Fourth Thursday of November





easyMedicare

A non-government website powered by e-TeleQuote Insurance, Inc.



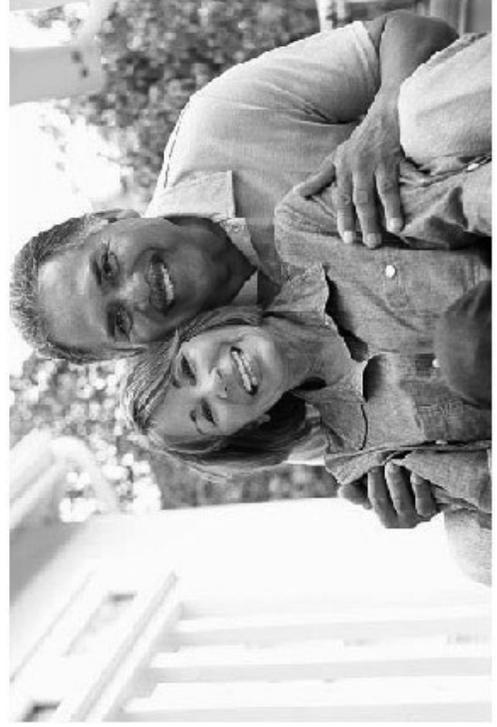
Top Medicare Providers

Plans that offer dental,
vision, hearing, transportation,
OTC cards, Silver Sneakers
and a whole lot more!!!

Call today to get more information and a quote
from a licensed agent. 1-800-579-2152 TTY 711

Your referring rep is
Charles Harris

His rep ID is
AEF44



NOVEMBER WORD SCRAMBLE ANSWERS

HOLIDAY
RELATIVES
THANKFUL
TURKEY
GOURD
HOME
DINNER
PUMPKIN
BLESSINGS
GATHERING
GRATEFUL
FAMILY
THANKSGIVING
HAM

ADVANCED
Hearing
aid
center

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



NATIONAL BOARD FOR
CERTIFICATION IN HEARING
INSTRUMENT SCIENCES

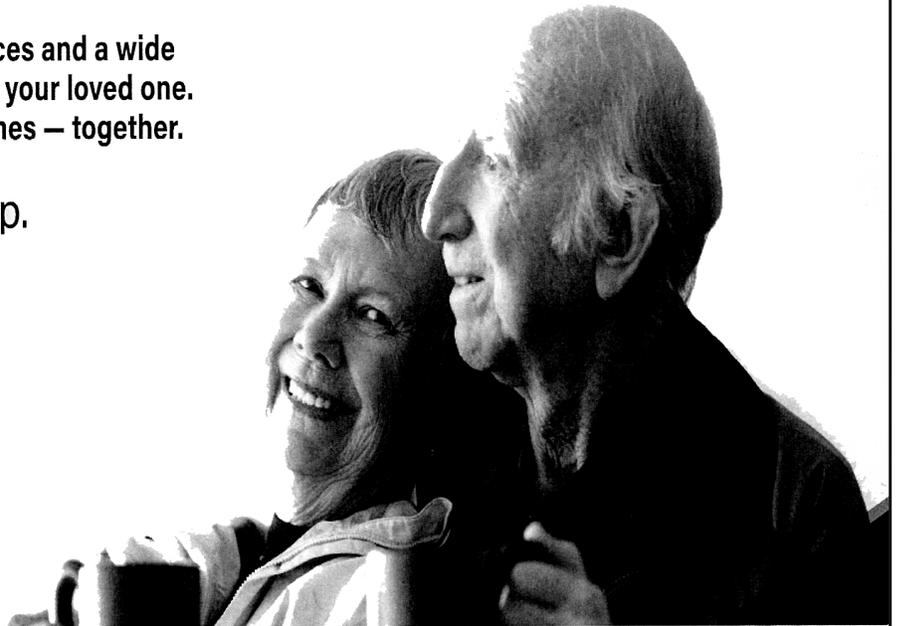
Comprehensive Hearing Evaluations
Digital Technology • Repair & Service of Most Brands
Hearing Aid Batteries • Swim Plugs • Earmolds
Assistive Listening Devices
30-Day Trial Period • Financing Available
Medicaid & Most Major Insurances Accepted
122 S. Moss ~ Seguin, Texas 78155
"Across from Guadalupe Regional Medical Center Entrance"

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

830-372-2237
830-372-2380 fax

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



MEMORIALS

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

You will all be missed...

Memorial for Harley Lenardson

Velma Buie & Family
Annette Eicher
Glenda Layton
Mary Ann Norris
Norman Partain
Pat Weber

Memorial for Glen Soefje

Bill & Pam Davis
Glenda Layton
Norman Partain

In Honor of Velma Buie

Annette Eicher



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

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

GRMC Reaching Out to the Community

Parkinson's Wellness Recovery Program

Provided by the therapists in our Outpatient Rehab department for patients with Parkinson's disease, this program is designed to use exercise and problem-solving to encourage positive changes in the body and brain to slow disease progression, restore function and improve quality of life. If you or a loved one has been diagnosed with the neurological disorder of Parkinson's disease, this program is an excellent opportunity to incorporate proven exercises daily at home and in our clinic. For more information, call **830.401.7665**.

Stroke Recovery Group

The group meets monthly at GRMC, coordinating a network of patients and families who share helpful information and encouragement about successfully recovering from stroke. Patients, family members and healthcare professionals discuss concerns, ideas and solutions for navigating the path toward stroke recovery. Whether you or your loved one has experienced a recent stroke or has been recovering for years, we welcome you to this free forum. Dealing with the results of a stroke can be an isolating, confusing and frustrating process, but connecting with others who are on a similar journey has proven to be extremely helpful. Join us on the first Wednesday of every month at 3 p.m. in the GRMC Inpatient Rehab Unit, or call **830.401.7789** for more information.

Mental health services through the Teddy Buerger Center (TBC)

The highly skilled counselors at the TBC provide a variety of programs and classes to help individuals and families manage difficult behavioral issues. Classes include:

- Anger Management: a 12-week cognitive behavior therapy program
- Chemical Dependency: both a 10-week intensive and a 16-week supportive outpatient program
- Domestic Violence: providing help in volatile family situations to educate and resolve conflict
- Employee Assistance Program: provides affordable, short-term counseling and a 24-hour help line to employees of local businesses and employers
- Outpatient Mental Health: designed to provide counseling to individuals, couples and families to address common mental health concerns such as depression, low self-esteem, anxiety, grief, abuse, trauma and stress

For more information, call **830.401.1367**.

Heritage Program for Seniors

This group is tailored specifically to older patients who are suffering from deep sadness, anxiety or unresolved grief. Overseen by Rebecca Castro, MD, a psychiatrist specializing in geriatric psychiatric problems, this program has assisted hundreds of elders since 1998. For more information, call **830.401.7428**.

Cardiopulmonary Rehab

Pulmonary rehabilitation is for patients who have chronic respiratory diseases, are symptomatic and have decreased daily life activities due to lung disease. Pulmonary rehabilitation is designed to reduce symptoms, optimize functional status and restore the patient to the highest possible level of independent function. With triple-board-certified Bhupinder Sangha, MD, as the medical director, the goal is to help patients become more physically active and to learn more about their disease, treatment options and how to cope. Rather than focusing solely on reversing the disease process, rehabilitation attempts to reduce symptoms and reduce disability from the disease.

For more information, call **830.401.7414**.

Calling all people who would like to help us as Volunteers!

We truly need someone to help us set up the announcement letters on the street sign out front, assist us in setting up the rooms for scheduled events, tidy up rooms after events, if you're certified we could use your help in the kitchen or bar area, and on occasion we need help with news articles, & folding the newsletter so it can get to the post office on time. Are you looking for a way to help?

(830) 303-6612

Please call
Glenda Layton
Tuesday – Friday after 2
to discuss the possibilities!



"The agency with a heart"

ADVANCED
HOME HEALTH SERVICES™

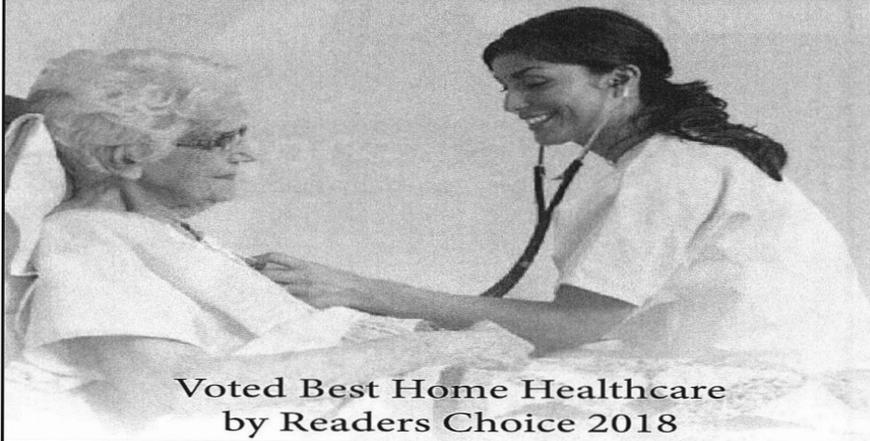
1064 E. Ireland Seguin, Texas

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

Guadalupe County Crime Stoppers



877.403.TIPS (8477)
www.gccsTIPS.org

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

We ♥ Our



Emma Jean Becker

Barbara Behal

Velma Buie

“Buster” Cage

Bill Davis

Pam Davis

Brenda Englemann

Dena Flanagan

Tom Franczak

Martha Greenlaw

Shirla Humistan

Bob Kellner

Gary Kubenka

Glenda Layton

Sharee Layton

Shelly Lindsey

Karen McMath

Betsy Martin

Paul Martin

Evelyn Martin

Gay Lynn Olsovsky

Norman Partain

Ella Pullen

Frank Starcke

Kay Stuart

Rosie Van Booven

Pat Weber

Beth Zies

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

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

Novemebr 2022



GRMC WELCOMES FAMILY MEDICINE PHYSICIAN
Esther Robbins, MD

NOW ACCEPTING PATIENTS

Dr. Robbins completed her residency at Texas Tech University Health Sciences Center and was a faculty physician with the Department of Family and Community Medicine for three years. While in Lubbock, she practiced full-spectrum family medicine while training residents and medical students. Her goal is to empower her patients to take control of their own health while providing comprehensive family care, including pediatric, adult, gynecologic, and geriatric care. Dr. Robbins and her family look forward to becoming active members of Seguin.

411 S. King St. • Seguin, TX 78155 • 830.379.0299

Guadalupe Regional
MEDICAL CENTER

