

COMFORT GOLDEN AGE CENTER

MARCH 2023 ISSUE

628 HIGHWAY 27 COMFORT, TX 78013

CONTACT US TODAY!

Email: gac.356@gmail.com Phone: (830) 995-3032 Location: 628 State Hwy. 27 Mailing Address: P. O. Box 356 Comfort, Texas 78013 Office Hours: Monday - Friday 8:00 AM to 1:00 PM

EXECUTIVE DIRECTOR Dinah Johnson

ACTIVITIES COORDINATOR Leah Hagemeier

GOLDEN AGE CENTER FOUNDATION BOARD PRESIDENT Gary Lindner

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Schatzie Norris Jane Perilloux David Herbst Frank Martinez Ruth Zoeller Kelly Dizdar



Volunteer of the Month



CINDY THOMAS Our volunteer for February is Cindy Thomas. She regularly helps with Meals on Wheels delivery and leading some of our Movement & Music exercise classes.

Thank you Cindy for sharing your time, energy and hugs.





2



MARCH BIRTHDAYS

- 1 Beatris A. Carlos
- 5 Charlotte Dehn
- 7 Jo Groff
- 10 Myrtle Telken
- 11 Crystal Tedder
- 12 Maria Lopez
- 14 Charles Cade
- 14 Kathy Scoles
- 15 Greg R Stone
- 16 Gary Allen Cobb
- 16 Melissa Martinez
- 17 Louise Homilius
- 20 April B. Massey
- 21 Yolanda Arizola
- 23 David DeLuna
- 24 Anne Stewart
- 25 Carolyn Overstreet
- 26 Joan Bray
- 30 Bob Evans
- 30 Fay Zoeller

MARCH ANNIVERSARIES

- 8 Alfredo and Yolanda Arizola
- 16 Paul and Liz Burge

NOTE: If you are a member and we missed your birthday please let us know.



ACTIVITY CALENDAR- MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		- 1 -	- 2 -	- 3 -	- 4 -
		Craft Class 10am Poker 2pm-5pm	Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am—11am 11am-Advanced Directives	Bridge 9:30am Singles Group 1pm	
- 6 -	- 7 -	- 8 -	- 9 -	- 10 -	- 11-
9am Bingo Movement & Music Class 10am—11am	Easy Yoga 9am	11:30am- MARCH Birthday & Anniversary Celebration	Loteria 9am Blood Pressure Check 9:30am Movement & Music Class 10am—11am	Bridge 9:30am	
	42-Dominoes 1 pm	Poker 2pm-5pm	11am-Cold, Flu or CoVid		
- 13 -	- 14 -	- 15-	- 16 -	- 17 -	- 18-
9am Bingo	Easy Yoga 9am		Bingo 9am	Bridge 9:30am	
Movement & Music Class 10am—11am			Blood Pressure Check 9:30am	St. Patrick's Day Potluck 11:30am-1pm	
		Poker 2pm-5pm	Movement & Music Class 10am—11am	BUNCO 1PM	
- 20 -	- 21 -	- 22-	- 23 -	- 24-	- 25-
9am Bingo with a Twist — by Tri County Home Health Movement &	Easy Yoga 9am		Bingo 9am Blood Pressure Check 9:30am	Bridge 9:30am	
Music Class 10am— 11am		Poker 2pm-5pm	Movement & Music Class 10am—11am		
- 27-	- 28 -	- 29-	- 30 -	- 31-	
9am Bingo Movement & Music Class 10am—11am	Easy Yoga 9am	Poker 2pm-5pm	Bingo 9am Movement & Music Class 10am—11am		
MARCH BIRTHDAY AND ANNIVESARY CELEBRATION 11:30 AM ON WEDNESDAY, MARCH 8TH Lunch will be provided			GOOD CHEER		
-	d Comfort Nursin Gaddis Methodis	-	GOOD FRIENDS		
If you would lik	e to have lunch wi VP by March 6th Johnson at 830-9	th us, please	GO	OD LU	CK

FEATURED SENIOR OF THE QUARTER BARBARA ST. CLAIR ZOELLER

I was born September 13, 1941 to M. B. and Cleo Belle St. Clair at home on the river in the middle of Llano. Though the house is gone I can see the place where it stood every time I cross the bridge. My siblings were M.B. III, Laurina, Alvina, Logan, Waymon and Gorman. Gorman died of pneumonia at 2 years. Carolyn and Cindy were born in Fredericksburg. Daddy worked for Virdell Water Drilling. He was hired by Texas-New Mexico Pipeline and we moved to Fredericksburg. On washday Mother heated water in a black pot over a fire in the backyard. When I was three I got too close, stumbled and feel into the fire. My brother Logan pulled me out. Mom made a paste of flour and water and plastered it over the burns on my leg. I guess it was the right thing to do as I never had any problem with it.

We had a good childhood. We all helped keep the house neat and clean, make beds, do dishes. We never swept after dark...bad luck. Visited with our many cousins and played hide and seek, kick the can, Andy Over and listened to some scary ghost stories. Got chased by a huge tarantula once and found we could run and scream. We rode stick horse, climbed trees and played outside a lot. When I was seven we were doing acrobats and I fell on the edge of the sidewalk and broke my arm. An ambulance was called, but I got hysterical because I thought only dead people rode in ambulances. A kind neighbor drove us to the hospital.

My first book that was my own was Alice in Wonderland. I read it until it fell apart. I still love to read but now I fall asleep when I do.

I was always a bit jealous of people that had grandparents. I only knew my paternal grandfather. My other grandparents died before my mom and dad were teenagers. Their childhoods were really rough. Maybe that is why my mom was so kind and gentle.

The day before my fourteenth birthday my sister Laurina died in a car crash. She was one of the twins and had been married for only a year.

My brother Waymon taught me to drive in a 1949 Ford, standard shift, of course. When I got my license the most fun thing was to "drag main." My dad hated that expression. Gas was about 20 cents a gallon, so for a dollar you could "drag" a lot.

In my Jr and Sr year I took the Distributive Education Course. I would attend class half a day and work half a day at The Prescription Lab.

The place to be on Saturday night was Pat's Hall dancing around the tree and that is where I met "my cowboy." Oh my, he was so handsome in his orange boots and cowboy shirt and "could he dance!!!" He just danced right into my heart and stayed there. C. Daniel and I married after I graduated and we moved to Comfort to live in the Schwethelms Apartments by the river. Our first daughter died shortly after birth and soon after we were fortunate to buy a home on Hwy 27 just past Cypress Creek bridge from Joe and Tillie Heinen. Our daughters Teresa and Donna were born while we lived on 27.

After awhile we moved across town and purchased a home on Lindner Ave. It was around the corner from Opa and Omie so the girls could walk over sometime. Birthdays at home before marriage had resulted in a cake and a present, but birthdays in the Zoeller family was cause for a celebration! Most all of the family showed up and they all brought food. There was lots of talking, eating and laughter. That is a tradition that I miss a lot. After Opa died we bought the house and moved in with Omie. It was on Cypress Creek and in 1978 flooded with 39 inches of water in the house.

I worked for awhile at International Mapping Co which



employed a lot of local people. We also needed a babysitter and were lucky to find Lillian and Arthur Burow. They were so good to the kids that when I went to pick them up they did not want to go home with me.

The first time I went with C. Daniel to feed his dad's cows I thought it would be so much fun. I did not now the cows would run up to you if you were sitting on back of the truck on top of "their" hay. I was a city girl and had never been around an animal larger than a cat. Cows were huge to me and bulls downright scary. I never made that mistake again. I began working at Mooney Aircraft after Donna was born. It was the most fun job I ever had. Mainly, women got to wear pants. It was my first time to use a drill and rivet gun connected to an air hose. My partner was Marilyn Ernst from Fredericksburg; we built ailerons for the wing. Mooney employed a lot of people at that time and we put out three planes a day. While still at Mooney I began working Saturdays at the Comfort Post Office. This led to part-time and eventually full time work. After 16 years I was named Postmaster and held that job for 16 more years. I worked with some great local people that made my job easier because they got along and respected each other.

I coached a girls softball team, the Basetrotters, for several years and we did not lose a game in four years, then the players change and you lose a few. They were all good sports and supported each other.

We took a few vacations in our travel trailer and Teresa and Donna loved "playing house." Went to Monahans Sand Dunes, Goose Island and Big Bend where we rode the "ferry" across the river to Mexico and on the return trip the rowers were not strong enough for the current and we drifted downstream a bit. We drove to Colorado a few times, Nashville and Memphis Tennessee and Disney World. After Donna and John Spencer married us five flew to Yellowstone Park and rode the rapids on the Snake River. When our grandchildren Haley and Corey were old enough we flew to Disney World and had a great time.

Haley graduated from Schreiner University and Corey from Tarleton University. When he came home he brought not only a new dog Jax but a girlfriend Tori and her dog Rosco. They were married and are parents to my Great-granddaughter, Lorilei Sarajean who shares my middle name Jean. I am humbled by this honor and think about what my grandparents missed and how blessed I am to live a long life and enjoy family and good friends like they did not.

COMFORT GOLDEN AGE CENTER

NEW MEMBER TESTIMONIAL

We enjoyed our **February Birthday and Anniversary** celebration.

Cindy from Tri-County Home Health treated us to some beautifully decorated birthday cookies. **Gaddis Methodist Church** supplied the ice cream. It is always a good time for food and fellowship with our members.

If you were not able to attend perhaps you could join us on March **8th** for our next celebration.

King and Queen for 2023 are Calvin & Janice Pfeiffer.



Congratulations!!



We celebrated with birthday themed cookies!!

Greetings Y'all, After 6 months in Texas, I now understand how much easier "y'all" is rather than "all of you"....

Being a new resident in Comfort and having come on my own, I must share that the Golden Age Center has been such a blessing of friendship, support, resources, and great company.

The warmth of Dinah, Leah, Doris and all the wonderful folks who gather at the Center have enriched my life and pushed away any loneliness that might have otherwise tried to creep in.

Whether it's fresh eggs from Keith and Schatzie, a warm cup of coffee, crafts, or the joy of listening to the various Texas accents, I always feel welcome, right at home even, from the moment I come in. I always think the Golden Age Center smells like chocolate, but I may also have a good imagination... or an affinity for chocolate.

Another wonderful benefit has been visiting the Center on Thursdays with a friend I care for a few days a week. We play Bingo and enjoy the kindness and humor of Doris, Leland, Mary, Sam, Charlene, and of course Charlie.

Afterwards a game of cards, conversation, and a look through the food pantry and puzzles makes for a great start to our day. My friend just lights up in the company of such fine people who always take a moment to lend a hand or word of encouragement coupled with true sincerity. My friend and I make our time at the Center part of our "ladies time out" and I know she looks forward to it and her wonderful husband gets some free time for himself.

I encourage everyone to stop by the Golden Age Center and share the simple pleasure of good old fashioned hospitality, companionship, and all manner of resources for seniors.

Before I moved here, many asked me what I was going to do in Texas as I didn't know a soul, I replied, "I will make new friends as I am certain there's plenty of good folks to meet."

Indeed there are many kind folks here at the Comfort Golden Age Center, the Hill Country, deep in the Heart of Texas...

Feeling Blessed, Susan Bell



C. Daniel Zoeller was the lucky winner of the February Raffle drawing. The basket was made and donated by Kathy L'Huillier.

LOCAL HISTORY

The Local History page in this newsletter was started in the April 2020 issue with the story "Der Osterhase, The Easter Rabbit on the Guadalupe" by Anne and Mike Stewart. After that first story Anne Stewart has contributed more stories and has been instrumental in encouraging other local people to write their stories. This has provided us with an insight into some of the original families and their stories.

Anne & Mike Stewart - The May 2020 issue featured a story in which they wrote about the Spanish Influenza in Comfort in 1918. "Comfort and the Spanish Influenza".

Nancy Jones is the "poet of Cypress Creek" and has also written for several years.

She writes narrative poetry, people, events, special days, family, animals, about places in Comfort like the Alamo Meat Market when the Pankratz owned and operated it and Lindner Mill as a ghost ship in the fog.

Paul Urban and **Tony Navarro** wrote their pieces based on their theatrical experiences in the now defunct "Comfort Acting Company" under the direction of Harold Duke.

Elmer Burow

Published author beginning with a family history in the Cypress Creek History album with Mike Stewart in 2008, had a long piece published in the Texas German Historical Society's Journal anchored in Austin, Texas, and three books to his name.

Betty Murphy wrote the story "How Comfort Texas Took On a Challenge-Need For A Jaws Of Life 1981" and it was accompanied by a piece from **Tim and Cyndi Lynch** who wrote a story "Volunteers" in which they talked about the fundraiser.

Mary Anne Johnson, Comfort newcomer who walked into town and fit right in. She wrote Comfort, "A Hill Country Gem.

Ralph San Miguel, Ralph (changed from Rafael) had written for several years but never shown anyone. He walked in the Archives one Tuesday morning to research a relative and we met. He and Mike Stewart made an instant connection. And they have been friends and colleagues ever since..

He also writes a form of ghost stories. And, as you see, is also an artist. He drew the two sketches after Anne said, "You really need to start thinking illustrations or photos for your front and back covers. A week later he gave her the originals.

Anne said that it is a privilege to work with such a talented man.



Above is artwork drawn by Ralph San Miguel for one of his stories.

Robin Adams wrote a story about the "Pfeiffer family of Cypress Creek". A.C. Pfeiffer was her grandfather and he took her to eat at the Rathskeller and the cattle auction in Fredericksburg.

Joyce Behr wrote a poem "Comfort before it was Comfort".

Ryan Murphy contributed a story "Follow the Comfort Brick Road". He jumped off the second story porch of the Faust Hotel (now the Hotel Giles) with his friends onto the mattresses laying in the courtyard out back.

Judi Youngers wrote a story about the Comfort Barber Shop, "The Hats on the Wall Speak."

Anne Stewart stated "All in all, they are a talented bunch. I was privileged to work with them."

I am looking forward to printing more stories in the newsletter. There are more stories in the works and we hope that you are enjoying the ones that we have already shared with you.



UPCOMING EVENTS

Busy with Birdhouses!





Join us on Wednesday, March 1st @ 10:00 AM to decorate your own BIRD HOUSE!

Blank-slate houses will be provided for <u>the first 9</u> to sign up. Sign-ups after will be asked to bring their own...

Bring your own special items to decorate! Bling, buttons, coins, charms, beads, caps, jewelry, stamps, etc. etc. Basic supplies and some rustic décor will be provided.

Please RSVP at the Comfort Golden Age Center, or email <u>guestgac2016@gmail.com</u> to hold your spot!



Comfort Golden Age Center March Senior Singles Lunch!

Friday, March 3 @ 1:00 pm at Bella Sera 429 Front Street in Comfort



Please RSVP by Monday, February 27th, at the Comfort Golden Age Center, or call Doris at 210-912-2730! Members AND Non-Members welcome!

If you would like to <u>carpool or need a ride</u>, please let us know when you RSVP!

We will meet up at the Comfort Golden Age Center at 12:30 for a 12:45 departure!

Join us at the Comfort Golden Age Center for our first in a series of 2023 Health & Wellness Programs!

ADVANCED DIRECTIVES and MEDICAL POWER OF ATTORNEY



Thursday, March 2nd 11:00 AM

Donna Collier with New Century Hospice Snacks or a Lite Lunch will be provided!

This session is open to both members of the GAC and non-members - all ages welcome! *

Please RSVP at the Golden Age Center, call 830-995-3032, or email gacguest2016@gmail.com to hold your spot.

Comfort Golden Age Center 628 Front St. Comfort, Texas 830-995-3032

*Membership gives you access to all programs, activities, and events at the Golden Age Center! Join as a new member for only \$25/year! And you can join any time, any age!



SPECIAL PRESENTATION

Is it a COLD, the FLU...or COVID??

Sponsored by...







<u>Guest Speaker</u>

JENNY VANCKHOVEN, R.N. ADMINISTRATOR/DIRECTOR OF NURSES WITH TRI COUNTY HOME HEALTH



THURS., MARCH 9TH @ 11AM-12PM CST

LOCATION

DATE

COMFORT GOLDEN AGE CENTER 628 TX-27, COMFORT, TX (MEMBERS & PUBLIC WELCOME)



**PLEASE RSVP BY CALLING 830-995-3032 OR VIA EMAIL TO ATTN: LEAH AT GACGUEST2016@GMAIL.COM

MARCH MENU

	ILK Please	have your meal reques	fort Golden Age Center ve your meal request by 8:15 f delivery. 830-995-3032		
	1	1		1	
AACOG Alone Area Council Of Governments	Area Agency <u>on Aging</u> Mark tri Camile Countries	1 Sausage Gumbo Fluffy Rice Okra Gumbo de Salchicha Arroz Blanco Okra	2 Chicken Parmesan Egg Noodles Green Beans Pollo Parmesano Fideos Ejotes	3 Beef Steak Fingers Mashed Potato Sumac Sweet Com Bistek de Res en Trosos Pure de Papas Elote Dulce de Zumaque 10 Beef Enchilada Spanish Rice Pinto Beans Enchiladas de Carne Arroz Rojo Frjoles	
6 Vegetable Quiche Roasted Broccoli Spiced Warm Peaches Quiche de Vegetales Brocoli Asado Duraznos en Almibar	7 Blackened Fish Golden Hominy Turnip Greens Pescado estilo Cajun Garbanzos Dorados Hojas de Nabo	8 Hamburger Baked Beans Oven Baked Fries Hamburguesa Frijoles con Salsa BBQ Papas al Horno	9 Pork Loin w/ Gravy Rice Pilaf Green Beans Lomo de Puerco en Salsa Arroz Pilaf Ejotes		
13 Chicken & Lettuce Wrap Pasta Salad Fruit Medley Ensalada Pollo y Lechuga Ensalada de Pasta Ensalada de Frutas	14 BBQ Beef w/ Bun Baked Beans Buttered Corn Barbacoa de Res con Pan Frijoles con Salsa BBQ Helote con Mantequilla	15 Orange Glazed Pork Chop Herb Roasted Potato Carrots Chuletas Puerco Glazeados Papas Rostizadas Hierbas Zanahorias	16 Rosemary Chicken Breast Mashed Yams Green Beans Pechuga de Pollo Romero Pure de Camote Ejotes	17 Irish Beef Stew Mashed Potato Braised Cabbage Estofado Carne Irlandese Pure de Papas Estofado de Col	
20 Coconut Chicken Fried Rice Oriental Vegetables Pollo en Coco Arroz Frito Vegetales Orientales	21 Beef Stroganoff Parsley Noodles Brussels Sprouts Shoganoff de Res Fideos en Perejil Bruselas	22 Turkey a la King Peas & Peppers Roasted Beets Pavo a la Reina Chicharos con Pimientos Remoladia Asada	23 Glazed Meatloaf Whipped Cauliflower Calico Corn Pastel de Carne Glazeado Coliflor Batida Elote Calico	24 BBQ Chicken Roasted Potato Chuck Wagon Beans Pollo en Barbacoa Papas Rostizadas Frijoles Rancheros	
27 Smoked Turkey Sausage Red Beans and Rice Okra Salchida Pavo Ahumada Frijoles Rojas con Arroz Okra	28 Chicken Pasta Primavera Italian Green Beans Pasta Primavera con Polk Ejotes Italianos	29 Beef Burgundy Bowtie Pasta Baby Carrots Carne de Res con Vino Pasta de Corbata Zanahorias Pequenas	30 Glazed Ham Steaks Mac & Cheese Southern Greens Bistek Jamon Glaseado Macarron con Queso Hojas Verdes del Sur	31 Lemon Pepper Chicken Rice Pilaf Roasted Broccoli Pollo Limon y Pimienta Arroz Pilaf Broccoli Rostizado	

LUNCH * ALMUERZO-12:00 PM-1:00 PM

Lunch is based on a voluntary contribution of \$5.00 for members, \$7.00 for non-members and \$3.00 for Meals on Wheels. All reservations will be accepted until 8:15 AM. Services will not be denied if a contribution is not made.

Hay una contribucion voluntaria de \$5.00 para miembros, \$7.00 para no miembros y \$3.00 para Meals on Wheels (servicio de comidas a domicilio). Todas las reservaciones seran aceptadas hasta las 8:15 AM. No se negaran los servicios si no se hace una contribucion.

CENTER INFORMATION

COMFORT GOLDEN AGE CENTER MISSION STATEMENT

Enriching life for older adults to enhance their well-being and social interaction.

VISION STATEMENT

The "Go To" place for older adults in our community...

CONTACT

Email: gac.356@gmail.com Phone: (830) 995-3032 Executive Director: Dinah Johnson Location: 628 State Hwy. 27

Mailing Address: P. O. Box 356 Comfort, Texas 78013

The center has several volunteer opportunities at this time. If you have some spare time and would like to help out please call Dinah Johnson at 830-995-3032.

2023 Membership Information! New members ALWAYS WELCOME!

We now have both Individual <u>and</u> Business Memberships! And ANYONE – any age, any time - can be a member!

When you become a member of the Comfort Golden Age Center, you join a group of caring community members that support and empower older adults to build even more active, healthy, and inspired lives. We encourage people of all ages to join our Center for social interaction, fun, and a sense of sharing and community!

Individual Membership

- \$20 per year for renewing members, \$25 for new members
- Includes access to the following (not all inclusive!): games, social activities, health and wellness programs, luncheons, exercise classes, and various community resources.
- Junior Membership (18 and younger) \$10 per year

Business Membership

- \$100 per year
- Includes general recognition/publicity in support of our local senior community, and invitation to the Comfort Golden Age Center for special activities and programs.

Come by the Comfort Golden Age Center at 628 Front Street - email us at gacguest2016@gmail.com - for more information or to complete a 2023 Membership Application!

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Comfort Golden Age, Comfort, TX



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CONTACT ME Mike Ward

mward@lpicommunities.com (800) 950-9952 x2324

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