

# Comfort Golden Age Center

## **MAY 2023**

## **CONTACT US TODAY!**

Email: info@comfortgac.org Phone: (830) 995-3032 Location: 628 Front St.

### **Mailing Address:**

P. O. Box 356 Comfort, Texas 78013

### Office Hours:

Monday - Friday 8:00 AM to 1:00 PM

### **New Website:**

www.comfortgac.org

#### **EXECUTIVE DIRECTOR**

Dinah Johnson dinah\_johnson@comfortgac.org

#### **ACTIVITIES COORDINATOR**

Leah Hagemeier leah\_hagemeier@comfortgac.org

# GOLDEN AGE CENTER FOUNDATION BOARD PRESIDENT

Gary Lindner

VICE PRESIDENT Kathy Bohn

SECRETARY/TREASURER Mary Southwick

#### **BOARD MEMBERS**

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



# Volunteer of the Month



#### **KEITH**

Our volunteer for **April** is **Keith Norris**. He helps deliver Meals on Wheels and does other jobs around the center. We appreciate all that he does for the center and our members.

#### In Flanders Fields

By John McCrae

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below."



On this Memorial Day, and every day, may you truly enjoy the many blessings of freedom secured for us by the sacrifices of America's heroic Veterans! (Charles Brown, National President PVA)

# CELEBRATE

## MAY BIRTHDAYS

- 4 Sidney Hasty
- 5 Emilio Pereda
- 8 Angela M. Brenz
- 11 Carolyn Meier
- 12 David Rodriguez
- 13 Frank Chamberlain
- 13 Julie Pfeiff
- 15 Connie Villanueva
- 15 Sharon A. LeBoeuf
- 15 JoAnn McCaleb
- 19 Leland Lingle
- 20 Leroy Brehm
- 25 Rodney Goodale
- 26 Aurora Rojas
- 29 Michele Greer
- 29 Anita Rivas
- 30 Marti DeCluitt
- 30 Belinda Zavala

## MAY ANNIVERSARIES

- 24 Ross and Betty Murphy
- 25 Elton and Carol Stilwell
- 26 David and LeEllen Herbst

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

How's your balance? Leg strength? Energy level?

Need a little help? For all Seniors! Men/Women invited!

## **GOLDEN AGE CENTER FITNESS**

### MOVEMENT AND MUSIC CLASSES

COME ENJOY SOME TONING AND TUNES JUST FOR YOU!

MONDAY AND THURSDAY AT 10AM-11AM
AT THE COMFORT VFW CENTER

CHAIRS, EQUIPMENT and WATER PROVIDED
Please wear your non-skid tennies!







TAUGHT BY LOCAL COMFORT RESIDENT- MARGARET STONE CERTIFIED FITNESS INSTRUCTOR 27 YEARS EXPERIENCE QUESTIONS? CALL ME AT 214-293-5655





Going with the Flow, Yo!

Easy Yoga

Tuesdays at 9:00 AM

with Rosie from Blue Heron Yoga!

at the VFW (next to the Comfort Golden Agenda Center)



This session is reserved for Golden Age Center Members Only!

Please RSVP at the Golden Age Center or via

email gacquest2016@amail.com.

## ACTIVITY CALENDAR- MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-1-	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
9am Bingo		10 am Craft Class	Bingo 9am	Bridge 9:30am	
Movement & Music Class 10am—11am		Poker 2pm-5pm Bingo 5:30pm	Blood Pressure Check 9:30am Movement & Music Class 10am—11am	1pm Senior Singles Luncheon	
- 8 -	- 9 -	- 10 -	- 11 -	- 12-	- 13 -
9am Bingo  Movement & Music Class 10am—11am	Easy Yoga 9am	11:30am- MAY 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 Bingo 5:30pm	Prescription Drug Safety 11:30am		
- 15 -	- 16 -	- 17 -	- 18 -	- 19-	- 20-
9am Bingo with a Twist — by Tri County Home Health	Easy Yoga 9am	Poker 2pm-5pm	Bingo 9am Blood Pressure Check 9:30am	Bridge 9:30am	
Movement & Music Class 10am—11am		Bingo 5:30pm	Movement & Music Class 10am—11am	BUNCO 1pm	
- 22 -	- 23 -	- 24-	- 25-	- 26-	- 27-
9am Bingo	Easy Yoga 9am		Bingo 9am	Bridge 9:30am	
Movement & Music Class 10am— 11am		Poker 2pm-5pm Bingo 5:30pm	Blood Pressure Check 9:30am Movement & Music Class 10am—11am	Pinochle Club 1 pm	
- 29-	- 30- Easy Yoga 9am	- 31- Poker 2pm-5pm	WAPPL		

### MAY

9:30am Price Is

Right

CENTER IS CLOSED TODAY

BIRTHDAY AND ANNIVESARY CELEBRATION
11:30 AM ON WEDNESDAY, MAY 10TH
Lunch will be provided by Kelly Dizdar
Ice Cream by Gaddis Methodist Outreach
If you would like to have lunch with us, please
RSVP by May 8th

Call Dinah Johnson at 830-995-3032



Bingo 5:30pm

## FEATURED SENIOR OF THE QUARTER GARY L. LINDNER

Gary Lindner is a fourth generation descendent of 1853 Michael Lindner family that settled in Comfort. He was born to Robert and Marguerite Lindner on August 2, 1947 and grew up on the family ranch 5 miles southwest of Comfort. He learned how take care of livestock, hard work and honesty early in life. He hauled hay, cut cedar posts, built fences, plowed, fields etc. In summer he worked for the Comfort Wool & Mohair Company, Steves Lumber Yard. In winter he hunted and trapped. Gary attended Comfort Schools and graduated in 1965.

Gary received a Congressional appointment to the U.S. Air Force Academy (USAFA) in 1965 from Congressman O.C. Fisher. He excelled in academics, sports, and military training. He was frequently on the Deans, Commandants, and Superintendents Lists. He graduated in 1969 with a Bachelor of Science degree, commissioned as a 2<sup>nd</sup> Lieutenant and was selected to attend U.S. Air Force (USAF) Undergraduate Pilot Training at Randolph AFB near San Antonio.

It was during Pilot Training that he met the love of his life, Barbara Blaha. After Gary graduated from Pilot Training, they were married December 28, 1970, in Randolph AFB Chapel, and began an adventure that took them all over the U.S. and Europe for 29 years and 22 different addresses. They were blessed with three children Brett, Laura, and Todd (deceased).

Gary served in a series of operational flying assignments that included 872 hours of intense air combat 1971-1973 in Vietnam/Southeast Asia. He was promoted to Colonel and Command Pilot ahead of his peers, and selected for command that included a flying training squadron at Del Rio, TX; the largest Support Group in the U.S at Lackland AFB, and historic Tempelhof Air Base in Berlin Germany. He also had staff assignments at Omaha NE, Norfolk VA, Washington DC, Montgomery AL, and San Antonio TX. During his career he earned the Legion of Merit (3) Distinguished Flying Cross (1) Meritorious Service Medal (4) Air Medal (9) and numerous other awards and decorations. He earned a master's degree from Auburn University in 1979. Gary retired from USAF in 1998 and moved back to Comfort.

From 1998- 2004 Gary was a Senior Vice President for San Antonio Southwest Business Corporation and in his first year he earned the prestigious million dollar round table status for over \$1 million in insurance sales. He transformed a major division to profitability for 5 consecutive years. From 2004-2015 Gary served in senior leadership positions in the non-profit organizations. From 2004-2010, he was Chief Operating Officer of ACCION Texas in San Antonio. With positive leadership he quadrupled the outstanding portfolio

and became the largest microlender in the U.S. In 2010 he was recruited to be President & CEO of PeopleFund in Austin and grew the organization from five county service area to statewide lender that achieved national prominence. He opened 8 new offices and quadrupled loan volume. During his tenure, both he and PeopleFund earned numerous exceptional performance awards.

Gary is fourth generation owner of the Lindner Four L Ranch which has been in continuous agricultural production since 1875. He has been involved in numerous community activities - Chairman Community Foundation of the Texas Hill Country, Chairman Comfort Boys and Girls Club, Commander VFW Post 8569, Co-Chair of highly successful Comfort 150-year Jubilee Celebration, Sacred Heart Catholic Church Pastoral Council President, Secretary/VP Comfort Area Foundation, Treasurer Comfort Cemetery Association, President Comfort Golden Age Center, and Board of numerous national, state, and regional non-profit organizations.

He is life member of the VFW, Red River Valley Fighter Pilots Association, Military Order of Daedalians, Air Force Academy Sabre Society, and Knights of Columbus.



## COMFORT GOLDEN AGE CENTER

We were super-honored to have as our guest, and BE SERVED BY, <u>Kendall County Judge Shane</u>
<u>Stolarczyk</u> (Shane's birthday was Monday, April 10th!) and his Assistant, **Melissa**, for our April Birthday and Anniversary luncheon! Super-tasty lunch and cake also provided by said guest! Thank you for visiting, supporting, and FEEDING us at the <u>Comfort Golden</u>
Age Center



Members enjoying our April birthday and anniversary luncheon.

## 2023 MARCH FOR MEALS

## COMMUNITY CHAMPIONS WEEK

Thrilled to have such awesome community support!

Precinct 4 Commissioner Chad Carpenter helped us out this week, joining a regular volunteer, Cindy Thomas, with our Meals on Wheels deliveries! Thank you and shout-outs to all who join us to help and support our programs to keep our local seniors happy and healthy!





We were honored to welcome a visit at the Comfort Golden Age Center from Justice of the Peace Precinct 4, Frieda Pressler, in support and recognition of the 2023 March for Meals Community Champions Week! We got help from Judge Pressler, and a couple of our regular volunteers, Mary Keller and Doris Lusty, handing out Congregate meals as a part of our Meals on Wheels program - serving those in need with regular, nutritious meals.

## LOCAL HISTORY

# No Easter Bunny, But a Baby Brother Instead!

## **Oral History of Ross Murphy**

My sister Colleen was disappointed because she did not get an Easter bunny on Easter Sunday, April 9, 1939. Instead of a bunny she got me, her little brother Ross Clay and I wasn't so little. I tipped the scales a little over 10 pounds. Dr. Jones came to my Grandmother Murphy's house to deliver me. Sometime after my birth in Comfort we moved to Kerrville.

We lived in Kerrville near the state hospital until my father was drafted into the army at age 36 when we returned to Comfort. We lived in an old house owned by Gilbert Melchor. When the corner house next door was offered for sale for \$1500, my parents bought it. They made small monthly payments until it was paid for.

My earliest memories are playing anti-over with Colleen and Randolph and Betty Jean Burleson. We played softball in the street with Carl Joe and George Raute. In our backyard we played with little cars, built tunnels, and made stick pens. We climbed trees and built forts. We quit playing at dark.

We took baths on Saturday night with water heated on the stove and poured into the bathtub. Colleen was first, then me, then Randolph, then our parents. A kettle of hot water was added as each person got their bath. We did not waste water.

When Papa came home from World War II where he was a cook, it took him a while to get a job he liked. For several years he worded for Mr. Dan T. Holekamp as a parts man. He had Saturday afternoons off. When he came home from work at noon on Saturday, he brought a pint of ice cream, three cream soda, and we all five shared this delicious treat. e went to Clasby's Café and each had a delicious hamburger, shared three bags of chips, and drank ice tea. Then it was off to the Comfort Theatre to see the movie of the week. We got to the movie midway through the film, so we stayed to see all the previews and the beginning of the movie. This time together was a weekly treat for all our family.



H.C. Murphy holding baby Randolph, Edna Murphy Ross Murphy and Colleen Murphy

# ROSS MURPHY LEARNED HOW TO WORK

By Betty H. Murphy

The time came when Daddy asked for a \$10 raise from Mr. Holekamp to be added to his \$150 per month salary and was turned down. Mother and Daddy decided to go into business for themselves, borrowed money, and bought the Mobile Station from Richard Brough who was retiring. This small business improved our family's fortunes.

From little on, Mother helped me do lawn work. "You don't jus mow, you rake and trim," she admonished me. Every dime I make, I saved. Mother and Mrs. Goforth had high expectations for me to be a doctor. Unfortunately the sight of blood made me sick, so that dream went away.

In the 7<sup>th</sup> grade I set up bowling pins at the Comfort Bowling Alley beside Colleen, Juell Krauter and Marvin Toepher. I worked 3 nights a week for 3 hours and earned \$1.05 plus a 6 cent Pepsi Cola. Each night. I did this job on through out 8<sup>th</sup> grade and saved this money also.

In 8<sup>th</sup> grade I took over August Faltin's newspaper route when he left for college. I used my bicycle for 6 days a week and my mother drove me on Sundays. Usually I cleared about \$50 per month that I saved. In 9<sup>th</sup> grade I bought August Faltin's old Wizard motorbike for \$50. Mother helped me during sports seasons. She enjoyed it. Next, I bought August Faltin's Indian motorcycle for \$200. Three years later I sold it to my cousin, Wayne Flach, for \$185.

In addition to those jobs, I learned many skills at our service station, changed tires for 50 cents, got \$1.25 for a car wash, and filled gas tanks when gas was 20 cents a gallon. My parents accepted an offer to move to the Gulf Station on U.S. 87.

When they moved there they got an additional 5 cents a gallon for every gallon sold. They added some groceries for the public. (An early day convenience store) Daddy was asked to drive a school bus and Mother ran the station. Their examples probably contributed to my understanding that a strong work ethic was much to be desired.

Our social life centered on birthdays in the family. Mostly the men played blackjack and the women did needlework. Later we all feasted on homemade cakes, pies, coffeecake, cookies and coffee. The little kids played outside if the weather was nice and always ate last.

On Sundays we kids went to Sunday School and our parents joined us for church. Mother wore a hat on Communion Sundays, and she always carried a lacey handkerchief in her hand, never a purse.

Growing up in Comfort, Texas was a lot like growing up in Mayberry. My childhood gave me the support I needed to do well during high school, survive the National Guard, and graduate college. I always knew my parents loved me, my friends liked me, and that my teachers encouraged me. It was small town USA!



# )UPCOMING EVENTS



## Getting Funky with Frames!



Join us on

Wednesday, May 3rd @ 10:00 AM to decorate your own keepsake frame!

#### PLEASE BRING YOUR OWN FRAME (old or new),

and any keepsake items (buttons, gems, pins, coins, cards, postcards, pictures, etc.) you'd like to use IN or ON your frame.

Any size frame will work, but suggest 5x7 or 8x10, with a minimum frame width of 2 inches.

Basic supplies and some trinkets/décor items will be provided.



Please RSVP at the Golden Age Center or via email at info@comfortgac.org.





THE COMFORT GOLDEN AGE CENTER

welcomes

## Aubrie Walker from SACADA

to present and educate on



## **Prescription Drug Safety**



Thursday, May 11th @ 11:30 AM

Open to the general public!

Non-members welcome!

Please RSVP at the Golden Age Center or email info@comfortgac.org to hold your spot!



## **COMFORT GOLDEN AGE CENTER**

Join us for our

## **May Senior Singles Lunch!**

Friday, May 5<sup>th</sup> @ 1:00 pm

# Café at the Ridge



in Kerrville 13439 S Ranch Road 783

Please RSVP by Wednesday, May 3rd, at the Comfort Golden Age Center, or call Doris at 210-912-2730!

If you would like to carpool, please be at the Comfort Golden Age Center by 12:20 PM for a 12:30 PM departure!

Members AND Non-Members welcome!



## **Comfort Golden Age Center**



## **DID SOMEONE SAY** BINGO?!

BEGINNING WEDNESDAY, APRIL 5TH

**EVERY WEDNESDAY @ 5:30 PM** 

AT THE COMFORT GOLDEN AGE CENTER

COME ON OVER AND JOIN US FOR A ROUND OR TWO!

THIS IS IN ADDITION TO OUR EXISTING BINGOS, EVERY WEEK, MONDAYS & THURSDAYS, 9:00 AM

CALL 830-995-3032 OR EMAIL info@comfortaac.ora FOR MORE INFORMATION!

628 Front Street Comfort, Texas 78013 www.comfortgac.org



### Comfort Golden Age Center

Please have your meal request by 8:15 on day of delivery

830-995-3032



MAY, 2023

Beef Tips w/ Gravy Fluffy Rice Okra Puntas de Res Arroz Okra	Chicken Rice Casserole Garlic Butter Carrots Apple Crumble Cazuela de Pollo y Arroz Zanahoria con Ajo Crujiente de Manzana	3 Sante Fe Pork Chop Mashed Cauliflower Corn O'Brien Chuleta de Puerco Pure de Coliflor Maiz	Beef Stew Mashed Potato Mixed Vegetables Guiso de Res Pure de Papa Verduras Mezclado	Chicken Parmesan Egg Noodles Italian Green Beans Pollo Parmesano Fideos Ejotes Italiano
8 Vegetable Lasagna Creamed Peas Roasted Carrots Lasagna de Verduras Guisantes Zanahoria al Horno	9 Lemon Pepper Chicken Rice Pilaf Parmesan Green Beans Pollo Limon y Pimienta Arroz Pilaf Ejotes con Parmesano	Tuna Salad Pasta Salad Ambrosia Salad Ensalada de Atun Ensalada de Pasta Ensalada de Ambrosia	Grilled Chicken w/ Honey Mustard Sauce Roasted Red Potatoes Hominy Pollo Salsa Miel y Mostaza Papas Rojas al Horno Maiz Molido	Sweet and Sour Pork Fried Rice Asian Vegetables Puerco Agridulce Arroz Frito Verduras Asiatica
15 Pork Tips w/ Gravy Egg Noodles Spinach Puntas de Puercco y Salsa Fideos Espinaca	16 Baked Chicken -Rosemary Mashed Yams Brussels Sprouts Pollo al Horno-Romero Pure de Batatas Coles de Bruselas	17 Mike's Meatloaf Whipped Potato Broccoli/Cauliflower Medley Mike's Pastel de Carne Pure de Papa Brocoli y Coliflor	18 Chili Dog Mac & Cheese Greens Hot Dog con Chile Macarrones con Queso Verduras Verde	19 Smothered Steak Herb Roasted Potato Carrots Carne en Salsa Papas con Hierbas Zanahoria
22 Chicken Tenders Baked Beans Roasted Broccoli Tiras de Pollo Frijoles BBQ Brocoli al Horno	Roasted Pork Loin Chickpea Salad Green Beans Puerco al Horno Ensalada de Garbanzo Ejotes	Roast Turkey w/Gravy Garlic Mashed Potato Balsamic Brussels Pavo con Salsa Pure de Papa y Ajo Col de Bruselas Balsamica	25 Beef with Broccoli Brown Rice Pilaf Mixed Vegetables Res y Brocoli Arroz Integral Verduras Mezclado	26 Cheese Enchiladas Mexican Pinto Beans Spanish Rice Enchiladas de Queso Frijoles Pintos Arroz Rojo
CLOSED IN OBSERVANCE OF MEMORIAL DAY  REMEMBER	Coconut Chicken Fried Rice Mixed Vegetables Pollo en Coco Arroz Frito Verduras Mezclada	31 Salisbury Steak Turnip Greens Baked Beans Carne Salisbury Hojas de Nabo Frijoles BBQ	AACOG Alamo Area Council Of Governments	Area Agency on Aging on Aging  Full-bland in the Pourses of Aging and Deadling Service Alamo Area Council of Governments

## 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: info@comfortgac.org Phone: (830) 995-3032 **Executive Director**: Dinah Johnson Location: 628 Front St. 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.



# New sign-up option for Events & Activities!

Check out our new website! www.comfortgac.org

As an active member, you can now sign up/ RSVP for classes and programs via MyActiveCenter: www.myactivecenter.com

Note: You will need the 4 digits on the back of your scan tag to create an account and sign up!

#### THANK YOU. THANK YOU. THANK YOU

We would like to thank everyone that came to our bake sale. And thank you to everyone that baked for the sale and contributed in any way to help make it a success.

We have added several new programs in the last month and it is nice to see the support that we have received. We appreciate your attendance at these events.

We had a Downsize/ Declutter program that provided lots of valuable information for us as we approach the time that we may have to make decisions about our items.

A new game we played was Price is Right. It was lots of fun and we won prizes that we guessed closest to the correct price.

A new Wednesday night bingo has been added. It starts at 5:30pm and ends promptly at 7:30pm. Be sure and check out our calendar and events page for programs that we will have this month.





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**Cindy Young** 

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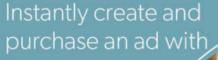
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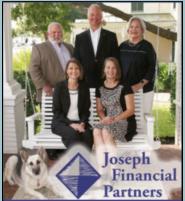
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