



Comfort Golden Age Center

MAY 2025

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Comfort, Texas 78013

Office Hours:
Monday - Friday
8:00 AM to 3:00 PM
*But if the lights are on,
come on in!*

New Website:
www.comfortgac.org

EXECUTIVE DIRECTOR

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dinah_johnson@comfortgac.org
Cell Phone: 210-454-7212

PROGRAM & GRANT COORDINATOR

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aaron_brooks@comfortgac.org

ACTIVITY COORDINATOR

Kerri Luke
kerri_luke@comfortgac.org

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Our Vision: Our vision is to be the Go-To place for older and aging adults in our community.



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MAY BIRTHDAYS

7 Louise Doyen
 8 Angela M. Brenz
 9 Anna Floyd
 12 David Rodriguez
 13 Frank Chamberlain
 13 Julie Pfeiff
 15 Sharon LeBoeuf
 15 Connie Villanueva
 15 JoAnn McCaleb
 19 Leland Lingle
 24 Maurice Pollack
 25 Rodney Goodale
 26 Aurora Rojas
 26 Carol Williams
 29 Michele Greer
 29 Anita Rivas
 30 Marti DeCluitt
 30 Belinda Zavala

MAY ANNIVERSARIES

24 Ross and Betty Murphy
 26 David and LeEllen Herbst

2025 Membership Drive!

Anyone can join!
 We are not just for Seniors!
 All ages are welcome to join and benefit from our many activities and programs.

Renewing Member \$25 New Member \$30 Couple \$40
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 (annual membership runs from Jan-Dec)

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That Nation which respects and honors its dead, shall ever be respected and honored itself."
 - Brevet Lieut.-Col. Edmund B. Whitman, 1868

Memorial Day, a federal holiday held the last Monday in May, is the nation's foremost annual day to mourn and honor its deceased service men and women. Originally called Decoration Day, it was formalized by a "Memorial Day Order" issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868. The modern proclamation calls on Americans "to observe Memorial Day by praying, according to their individual religious faith, for permanent peace."



Comfort Golden Age Center Ambassadors

- ♦ Schatzie Norris
- ♦ Doris Lusty
- ♦ Janice Pfeiffer
- ♦ Marti DeCluitt
- ♦ Shirley Noll

ACTIVITY CALENDAR- MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>NOTE: Calendar is correct at time of printing but is subject to change.</div>			1 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music	2 9:30am Bridge 1 PM Senior Singles Lunch At Brene's	3
	5 9am Bingo 1pm Crocheting with Doris	6 9am Easy Yoga 10am Movement & Music 1pm 42/Dominoes	7 10 am Craft Class 2 pm Poker 5:30pm Bingo	8 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music 11:30am Life After 80 Support Group	9 9:30am Bridge 1pm SPADES
	12 9am Bingo 1pm Karaoke	13 9am Easy Yoga 10 am Movement & Music 1pm Philosophy Stream	14 11:30am Birthday Blast 2pm Poker 5:30pm Bingo	15 9 am Bingo 9:30am Blood Pressure Check 10am Movement & Music 1PM CORNHOLE	16 9:30am Bridge 1pm BUNCO
	19 9am Bingo 1pm Crocheting with Doris	20 9am Easy Yoga 9:30am Price Is Right 10am Movement & Music	21 11:30am Lunch & Learn-"Key Life Decisions" 2pm Poker 5:30pm Bingo	22 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music 1pm Price is Right	23 9:30am Bridge 10am-4pm Hearing Screenings 1pm LeftCenterRight
	26 CLOSED FOR MEMORIAL DAY MEMORIAL DAY	27 9am Easy Yoga 10am Movement & Music 11:15am Nutrition Nuggets 1pm Philosophy Stream	28 2pm Poker 5:30pm Bingo	29 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music	30 9:30am Bridge 1pm-Game of Choice—Bring Friends!
			31		

FEATURED SENIORS OF THE QUARTER SAM & KATHY L'HUILLIER

Both of us were born in Marquette, Michigan. We met after Sam got out of the U.S. Air Force in 1969. We married in 1970 and had two children. Aaron, who is living in Wisconsin and Carrie, who met a local Texan and married him after her tour in the Air Force here in Texas. They have 3 children and that is the main reason we now live here. When Sam retired in 2006, we snow bired here in the Comfort area to be by our grandkids. We camped at Top of the Hill Campground 1 year where Kathy worked at the store and checked in the campers. She did not care for that because she had to work the weekends and could not be with the grandkids. Kathy volunteers at HCFS Thrift Store in Boerne. While spending the winter here in 2009 a small home by our daughter came up for sale and we bought it. Having two homes was not a good option for us, so we moved to Texas full-time. We did a lot of fishing in Lake Superior and gardening when we lived in Marquette. We go to Michigan and Wisconsin once a year to visit and try to catch some cookoffs too. We have a Beagle-Husky dog named Jackie. She is 15 and goes to a lot of our cookoffs. She keeps us busy with all her allergies. We started cooking competition Chili back in 2009 and did well in most cookoffs.

After joining the Comfort Golden Age Center, they asked if we would help set up a Chili Cookoff there and we did and 7 more times since then.

The Golden Age Center started the Movement and Music exercise class, and we do that along with Bingo. We now have our first Great Granddaughter and lives near us. We are very fortunate to be near our grandkids.



To It May Concern:

I have had the privilege of working with **Dinah Johnson**, the **Executive Director of the Comfort Golden Age Center**, for a number of years now. I work with senior centers nationwide from Connecticut to Alaska to help them secure advertising support for the newsletters my company publishes for them. I have met a number of great center directors in my 17 years in this job. However, I have never met anyone quite like Dinah.

She is constantly engaged in finding better ways to do things to make the Comfort Golden Age Center a better place. Dinah is a talented leader and one who exudes the love she has for the center and the members of the center. She is also a well known fixture and advocate for all things good in the Comfort area. I have been fortunate to watch this senior center grow and grow since the first visit I made there many years ago. Dinah has been at the forefront of all of that growth. She has a unique way of involving others to help and get them excited about any problem or challenge she identifies.

Through Dinah's efforts and diligence, as well as all of those who serve with her in so many capacities the town of Comfort has a warm, inviting place for people to come and share in activities, educational programs, and many other things. Many larger cities don't have a senior center with near the activities and help they offer in the community as the Comfort Golden Age Center.

On a personal note, Dinah has accomplished all of this while caring for her great husband who has suffered many debilitating and difficult health challenges the last number of years. She seems to have an endless capacity to accomplish things and love those around her.

I am proud to call Dinah Johnson my friend. She is the type of friend everyone hopes to have!

Best wishes!

Bill Clough

Advertising Sales Executive



UPCOMING EVENTS



Senior Singles Lunch

Friday, May 2nd @ 1:00 pm

BRENE'S KITCHEN

429 Front Street, Comfort, TX

Please RSVP by Wednesday, April 30th
at the Comfort Golden Age Center,
www.myactivecenter.com or
call Doris at 210-912-2730

If you would like to carpool, please be at
the Comfort Golden Age Center by 12:30

Members and non-members welcome!



Join us for

CRAFTS

in May!



Yarn Wrapped Bottles!

Join us for creating festive
looking bottles perfect for
spring wildflowers or any
home decor of your choice.

Wednesday,
May 7th
10:00 am

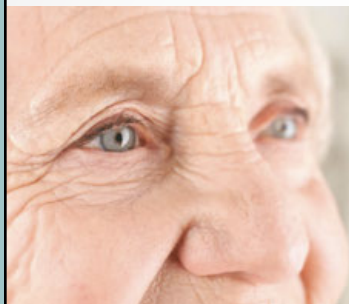
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Monday, May 5th

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Comfort Golden Age, Comfort, TX

4C 05-1230

WHEN THE LOCAL HISTORY PAGE BEGAN

The **Local History** page started with the **April 2020** issue. During this time it has been my pleasure to showcase a large number of local writers. They have provided a glimpse into the early years of Comfort. The majority of the writers are part of the Comfort Heritage Foundation.

This page started with the writing talents of Mike and Anne Stewart. They wrote the story "Der Osterhase, The Easter Rabbit on the Guadalupe" for the April 2020 issue.

Elmer Burow wrote about his family history in the Cypress Creek History album.
Ross and Betty Murphy have shared stories about their life here in Comfort.
Ralph San Miguel wrote many stories and provided his artwork for some of his stories.

I will not even attempt to name all the people that have provided stories for the newsletter. Some of the names are Tim and Cyndi Lynch, Paul Urban, Tony Navarro, Mary Anne Johnson, Nancy Jones, Robin Adams, Leland Lingle, Joyce Behr, Ryan Murphy, Judi Youngers and so many others. It has been a generous gift to me and our local readers that they were able to dig deep and write about their ancestors and stories from their past.

I appreciate all the time and hard work that it takes to write these stories and I am grateful to everyone that shares their stories with us.

People are thrilled to read these stories and many local members are quick to tell me that they have given these stories to their children and grandchildren so that they are able to keep the stories and memories of Comfort and bygone days alive.

Note: If you have a story about early life in Comfort and would like to share it with our readers please contact me at jerolfe@hctc.net.

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LOCAL HISTORY

WHEN COMFORT WAS A BOOMTOWN-1945-1954 (Part 2 of 2)

By: **Betty H. Murphy Interview
of Ross C. Murphy**

Comfort had long ago insisted that its children must be educated, so good teachers were hired and the country schools were folded into the Comfort ISD. Shortly after WW II ended, Comfort fielded a 6-man football team, which competed with other area schools. This necessitated having a school band and a pep squad. The first year of 6-man was played at the old rodeo grounds. Fridays were a big afternoon as the game had to start by 4 p.m. as there were no lights for an evening match.

For fun, residents could also go to the Comfort Bowling Alley on Water Street that had four lanes. Because there was no automatic pinsetters, local youths were hired to set-up pins. According to Ross Murphy, that was a dangerous job. You had to watch out for pins flying everywhere. He loved it and earned \$1.05 for 3 hours of work and a Pepsi-Cola, (his favorite soft drink). The bowling alley was owned by Charlie Inguenhuett. Other recreation activities included the Comfort Bronchos. Games were played on the Flat s on Sunday afternoons and Comfort loved baseball.

Ross remembered the players and what position they played. Players were catcher-Clemens Heinen, pitcher-Melvin Pankratz, first base-Zonie Flach, second base-Martin Spenrath, short-stop-Manny Pankratz, third base-Joe Pantratz, left field-Skeeter Pankratz, center field-Harry Meckel, and right field Jimmy Tuttle. Jack Simmons was the announcer. Comfort made its own memories during those years. If a player missed practice, they were fined 25 cents.

Comfort had had electricity for some time and also had lights on many street corners thanks to Bandera Electric. By the early 1950's, telephone service had been upgraded and no longer needed operators to connect lines. Comfort in Kendall County Precinct # 4 voted itself a water district and most of the town had been connected to a city water system. It also included a sewer system to protect nearby Cypress Creek and Guadalupe River from local septic systems seeping into groundwater. Lone Star Gas offered their services to the community.

During these years, churches were filled with those who wanted spiritual nourishment. Those churches included Immanuel Lutheran Church, Sacred Heart Catholic Church, St. Boniface's Episcopal Church, and the Comfort Baptist Church. We must note that there was a large group who did not believe in any organized church or religion. When the time came and someone passed away, they were honored by Schaetter or Lindner Funeral Homes and, then, usually taken to the Comfort Cemetery for their final resting place.

Funerals were well attended and lovely flowers were prepared by one of the two flower shops in Comfort. They were created by either Vera Rausch at her flower shop just across Highway 27 from the funeral home, or Hilda Stieler's shop on Second Street just up from Cypress Creek. Comfort had another funeral home called Lindner-Zoeller for many years. Eventually, the Zoeller's sold out to the Lindner's and moved to New Braunfels. If one needed nursing care in their final days, Venita Bradshaw offered her home.

In addition to Christmas, Easter, and Thanksgiving, German families celebrated birthdays, often with dancing and games. Mexican families celebrated with a Quinceanera. Weddings and anniversaries were big events often held at Fairyland Dance Hall owned by Pete

Spenrath. Additionally, there were numerous community benefits for local churches and organizations. The Comfort Fire Department was supported with a big annual dance. All these events gave excitement to the community, and people needed those new automobiles.

In Comfort, one could have their choice of cars-Dan T. Holekamp offered Chevrolet, Pontiac, and Buick and Chevrolet pick up. Bernard Stieler offered Ford, Lincoln and the Ford pick-up. Mrs Lina Spenrath offered the Plymouth, Dodge, or the Dodge pick-up. With so many cars running around town it was imperative to have gas stations. Comfort had lots of them.

H. C. Murphy ran the Mobile Station across from the park. Just up Highway 27 was Twin Gables run by Erwin Klemstein and Sam Waite. At the corner of Highway 27 and Seventh Street was the Humble Station run by Milton Ersch. Just across Seventh was Sinclair run by Erno Bohnert. The Gulf station just around the curve was run by Mr. Ross out of Boerne. Across Roosevelt was the Texaco managed by Arthur Spenrath later sold to Arthur Vadnais. Across Highway 27 was Conoco managed by Mrs. Spenrath. Finally, the Rathskeller on U.S. 87 with Sinclair completed the 8 service stations.

There were several more important shops. One was the Comfort Hatchery that bought and sold eggs and baby chicks. Chummey Below owned the Comfort Creamery. At the corner of High and Highway 27, the Comfort Produce also sold eggs.

As televisions became popular, repair shops opened. One was by Elmer Homilius down at Twin Gables. Another TV repair shop was by Cicso Reeh, which was next door to City Cleaners (Owned by Eugene Pankratz) on High Street. Additionally, there were several insurance agents and real estate offices.

Most men needed a haircut so Tommy Flach filled that need at the small barbershop next to Krum's Drugstore. For the women, Mildred (Pankratz) Sprowls and May Edwards owned beauty shops.

As the Centennial celebration brought an end to the first 100 years of the town of Comfort, few realized that there would be another 3 to 4 years of exceptional drought. The town was fortunate that several businesses including a map-making facility opened which provided jobs for many farm and ranch wives. These jobs kept many ranchers' taxes paid during a very trying time.

Possibly the single most important business in Comfort was the *Comfort News* which documented everything that its citizens needed to know. The Belsey Family made it a point to print everything going on in the Kendall County seat of Boerne in addition to covering all local events. Thanks to this paper during those years, the Comfort Heritage Archives has much original material for research.

During the Centennial Celebration, Comfort became a destination with the museum hosting some 1000 visitors. Miss Paula Inguenhuett owned that building and assisted the Literary Social Club in collecting historical treasures of the community. The Comfort Post Office always seemed to be busy. Mr. Kutzer was postmaster for many years. Everyone was grateful for the money lent by the Comfort State Bank owned by Albert Faltin. Everyone prayed for rain, which finally came and saved a very depressed town.

My favorite oxymoron is, "Change is the only constant." This is certainly true of the Comfort Community then and now. In reviewing all these businesses and events, one must realize that Comfort has been blessed throughout its history. Hopefully, it will continue in the years to come.

UPCOMING EVENTS

JOIN US FOR
**KARAOKE
& RAINBOW
PUNCH!**



MAY 12TH @ 1PM

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CASINO Night 2025

Thank you to the many volunteers, donors and participants who helped make our Casino Night 2025 a great success. Thank you to Kathy and Wade for the delicious food. Ian from Hermann Sons for the building and hospitality. Throughout the evening we were pleased to hear that everyone was enjoying the event. We are grateful for everyone and your continued support of the Comfort Golden Age Center and our vision.



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Comfort Golden Age, Comfort, TX

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HAPPENINGS AT THE COMFORT GOLDEN AGE CENTER

We LOVE our Volunteers! We held our Volunteer Appreciation Luncheon for all those who volunteered in 2024. We have almost 90 volunteers who give their time and talents to making a difference in the lives of seniors in our community!! BIG THANK YOU to Peterson Health / Del McElroy for sponsoring our volunteer luncheon!

You'll never guess who won the door prize given by our Board President Mary Rich Southwick?!!
If you guessed Barbara Zoeller, you'd be correct!!



Del McElroy from Peterson Health and Barbara Zoeller with the door prize that she won at the luncheon.



VOLUNTEER APPRECIATION LUNCHEON

Sharing is Caring Program

at Comfort Golden Age Center



The Sharing is Caring Program loans out medical equipment to those in need. We have items such as walkers, shower chairs, bedside steps, and much more. Give us a call if you are in need, or if you have items to donate to this program!

"I am reaping the benefits of this program right now with the medical supplies I needed for my knee surgery. They will go right back to the center when I'm finished with them. Thankful and blessed." - a recent program recipient

Volunteers For Meal Delivery Needed!!

Flexible schedule on a daily, weekly, monthly, or substitute basis! Deliveries take place between 10:30 am-1 pm M-F. The rewards are incredible! You may be the only person our meal recipients see that day--you deliver both food for their body AND for their soul!



COMFORT GOLDEN AGE CENTER SERVING OUR SENIORS!



VOLUNTEERS AND DONORS HELP US MAKE THESE THINGS HAPPEN!
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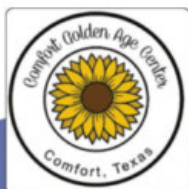
COME ON DOWN!

There are 2 opportunities every month to play
at the Comfort Golden Age Center!!



May Opportunities:
May 20th (Tues), 9:30 am
May 22nd (Thurs), 1 pm

Sponsored by:



Nutrition Nuggets



May 27th @ 11:15 AM

Kera Dutton, Registered Dietician
from Kendall County Ag Extension joins us
monthly to present an informative and hands-on
workshop about new and evolving nutrition
research relevant to aging adults.

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Commit to Getting the Care You Need as You Age

Older adults in America are living longer lives and will outnumber people under the age of 18 by nearly [500,000 by 2034](#), according to the U.S. Census Bureau.

However, living longer does not automatically mean living healthier or happier. In fact, nearly [61%](#) of people in America aged 65 and older live with chronic conditions, according to the National Institutes of Health, and a report from the National Academies of Sciences, Engineering and Medicine found nearly 1 in 4 older adults are considered to be [socially isolated](#).

Research published in “Health Affairs” [indicates](#) that people who advocate for their own care feel more empowered. The age-friendly health systems approach can help older adults take control of their well-being and demand care that helps them maintain independence by making sure their doctors know their needs and preferences, also called “what matters.”

Just as the name implies, age-friendly care prioritizes what matters most to each individual older adult and helps meet goals such as daily walks around the neighborhood or cooking favorite meals. To get started, consider these four essential elements of age-friendly care from The John A. Hartford Foundation to discuss with your doctor:

What Matters. As people age, what matters most to them might change. It is important to share concerns, goals, wishes, needs and experiences with your health care providers. What matters also includes end-of-life care goals and preferences.

Medication. Many older adults take multiple medications, which can cause side effects and, in turn, impact daily living. Honest conversations with doctors about medications, their interactions and side effects can ensure treatment plans are optimizing quality of life.

Mental Activity. Older adults are at higher risk for dementia, depression, and delirium, and conversations with medical providers about changes in memory or mood and annual screenings for dementia and depression can lower the risk.

Mobility. Staying active can help older adults maintain health and independence. Talking to health care providers about mobility concerns can identify personalized tips to improve strength, flexibility and balance.

Healthy aging is possible when the patient and care team are on the same page with the same plan in mind. For ideas on how to start these conversations, visit johnahartford.org/agefriendly.

(Courtesy of Family Features)

BLOOD PRESSURE CHECKS

Thursday, 9:30am

Per provider availability

1st Thursday—Comfort Nursing/Rehab

2nd Thursday—Peterson Hospice

3rd Thursday—Embrace Hospice

4th Thursday—AIP Hospice

5th Thursday—Embrace Hospice

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INFORMATION

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Our Mission

Our mission is to enrich the life for older and aging adults to enhance their well-being and social interaction.



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Answers to Crossword puzzle shown on Page 14

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