

# COMFORT GOLDEN AGE CENTER

FEBRUARY 2021

628 HIGHWAY 27  
COMFORT, TX 78013  
P.O. BOX 356

## CONTACT US TODAY!

**Email:** [gac.356@gmail.com](mailto:gac.356@gmail.com)

**Phone:** (830) 995-3032

**Executive Director**

Dinah Johnson

**Location:**

628 State Hwy. 27  
Comfort, Texas 78013

**Mailing Address:**

P. O. Box 356  
Comfort, Texas 78013

**Office Hours:**

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

**EXECUTIVE DIRECTOR:**

Dinah Johnson

**GOLDEN AGE CENTER  
FOUNDATION BOARD**

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*HAPPY VALENTINE'S DAY !!*



<https://www.facebook.com/goldenagecenter>



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BINGO EVERY MONDAY AND THURSDAY AT 9AM.



Stacy Buck from **Embrace Hospice** has brought her enthusiasm for an hour of Bingo fun. Thanks **Embrace** for the bingo prizes and fresh pastries from a local favorite coffee bar and bakery.



Seniors are having fun at our Comfort Golden Age Center with Monday Bingo at 9:00 (socially distanced and mask wearing). Thank you Stacy Whittemore and **Hill Country Memorial** for calling bingo and bringing fresh muffins from her very own kitchen. Coffee and delicious treats for the Seniors.

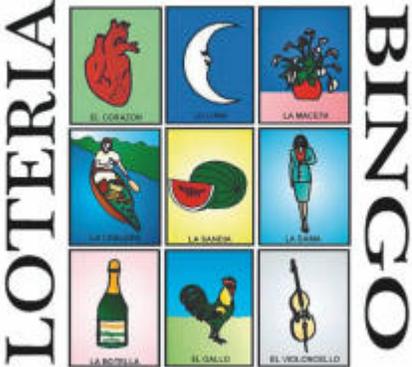
Everyone is welcome to come and play Bingo.  
We play every Monday and Thursday at 9am.

\*\*\*Please call [830-995-3032](tel:830-995-3032) to reserve your spot.\*\*\*  
Remember to wear your mask and come join in the fun.



# ACTIVITY CALENDAR- FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- 1 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 2 - Coffee 10 am	- 3 - Coffee 10 am	- 4 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 5 - Bridge 9:30am Coffee 10 am	- 6 -
- 8 - Loteria 9am Coffee 10 am Movement & Music Class 10am—11am	- 9 - Coffee 10 am	-10 - Coffee 10 am	- 11 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 12 - Bridge 9:30am Coffee 10 am	- 13 -
- 15 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am <b>Presidents' Day</b>	- 16 - Coffee 10 am	- 17 - Coffee 10 am	- 18 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 19 - Bridge 9:30am Coffee 10 am	- 20 -
- 22 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 23 - Coffee 10 am	- 24 - Coffee 10 am	- 25 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 26 - Bridge 9:30am Coffee 10 am	- 27 -



## LOTERIA TIME!

Enjoy a different and fun way to play bingo with Monica Zuniga from Alamo Hospice. Win Prizes!

When: Monday, February 8, 2021  
 Time: 9:00 am  
 Where: Comfort Golden Age Center, 628 Front St. (830-995-3032)

\*\*\* Please call [830-995-3032](tel:830-995-3032) to reserve your spot. Space is limited.\*\*\*

Brought to you by:   

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**

## FEATURED SENIOR OF THE QUARTER DOROTHY NELL ATWOOD FALTIN

Dorothy Nell Atwood Faltin was born in Bishop, Texas August 10, 1931. Living on a farm 5 or 6 miles from town neighbors were scarce, but 1.5 miles away lived a neighbor with 2 little girls and we became lifetime friends. After 1<sup>st</sup> grade the Atwoods moved to Edinburg, Texas going to Middle school and then to LaPryor, Texas. After high school Dorothy attended A & I College in Kingsville where she met the "Love of Her Life" Dee Dee Faltin over a pair of boots sitting on the stair case in the science building. After graduation, in Spring of '52 Dee Dee took a managerial position with Palmer Ranch in Sarasota, Florida building a pure-bred herd of Santa Gertrudis. In October of '52 we were married, beginning our lives as Mr. and Mrs.!

In September '53 I began teaching school in Fruitville School in Sarasota County, but in November Dee Dee received a letter saying he would be drafted; however he joined the army as he was in National Guard. In November he left for school in Ft Knox, KY After 6 months he was sent back to Camp Irvin, California. I finished teaching the year and joined Dee Dee. We lived in Yermo and I taught 2<sup>nd</sup> grade there. The following year I spent 6 months in Barstow, California as a home bound teacher. Dee Dee was discharged as a 1<sup>st</sup> lieutenant as they couldn't convince him to stay and we headed back to Sarasota, Fl.

Our son Brian was born in 1956 and daughter Disa in 1963. In 1965 things changed as the Palmers both

died and their holdings changed. We then headed back to Texas.

It was the spring of 1965 and much to do. Center Point ISD called and asked me to finish the year as a teacher resigned. After the second call, I reluctantly accepted teaching Home Economics for them and ended up teaching 20 years, taking off a year when our Disa died but the students (my kids) filled a void in my life.



DOROTHY AND DEE DEE FALTIN

### CHRISTMAS MEALS DELIVERED TO OUR MEALS ON WHEELS CLIENTS

We delivered meals on Christmas Eve that the Comfort Gaddis United Methodist Church prepared for them. Thank you Nancy Mallow, Stewart Lambert, Rosemary Collins and Fred Collins for all your hard work making the meals and getting them ready for us to deliver. Meals were delivered by Julie Pfeiff, John and Evelyn Rolfe and Keith and Schatzie Norris.



# VOLUNTEERS OF THE MONTH

## Monica Zuniga & Karen Martin



Monica Zuniga from Alamo Hospice and Karen Martin from Tri-County Home Health have been helping us deliver meals on wheels for a few years. We appreciate their help. Thank You!!

## VOLUNTEER OPPORTUNITIES

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. There are several areas that she needs help with at this time. Any amount of time that you can help would be greatly appreciated.



**THANK YOU** to everyone that has been volunteering even more of their time so that we were able to open up again. In order to be open it has taken extra cleaning and changes to the way we have to do things. Thank you so much for all that you are doing to help at the center. We appreciate all of you.



### FEBRUARY BIRTHDAYS

- 8 Pam Petty
- 9 Hazel Petty
- 19 Lillian Soell
- 20 Dana Hock-Clarke
- 22 Kathy Martinez
- 28 Esperanza Diaz

### FEBRUARY ANNIVERSARIES

- 20 Chuck and Susie McVea
- 22 Bob and Kathy Bohn

### SENIOR RECIPES

#### PORK CHOP AND POTATO BAKE

From Edna Wiedenfeld

- 6 pork chops, browned
- 1 can cream of celery soup
- 1/2 cup milk
- 1/2 cup shredded cheese
- 1/2 cup sour cream
- 1-24oz. Pkg. frozen hash brown potatoes
- 1 can French fried onions
- Salt and pepper to taste

Combine soup, milk, sour cream, salt and pepper, 1/4 of cheese and 1/2 can onions. Spoon mixture over potatoes that are in baking dish. Arrange pork chops over potatoes. Bake at 350 degrees for 1 hour. Top with remaining cheese and onions and heat until melted. This recipe came from "Home Town Recipes". It is a cookbook that was printed by the Comfort Golden Age Center many years ago.

Enjoy!!

### GIFT -n- THRIFT SHOP

The Gift-N-Thrift Shop is open from 10AM -1PM, Monday thru Friday.

We have an assortment of items that may be of interest to you.

Stop by and see what we have available.

# LOCAL HISTORY

## KINFOLKS TO VISIT DURING WORLD WAR II By Elmer Burow

We had just settled down for a nap on the back porch after dinner (for those too young to remember, dinner at that time was served at noon) when we heard the telephone ringing. Two long and one short rings was us, my family, so Mom went to answer it. It was our uncle from Fredericksburg saying that they wanted to come visit on Sunday.

This came as quite a surprise because we were in the middle of the second world war and everything was hard to get. You had to have stamps to get gasoline and everything was rationed. To make a long trip all the way from Fredericksburg to Comfort was quite a trip. After all that was at least 25 miles, the speed limit was 30 MPH and you had to make sure that you had a repair kit and air pump because you were pretty sure that you were going to have at least one flat tire on such a long trip. Your tires were pretty slick because you couldn't buy a new tire anywhere and they could pick up sharp objects anywhere.

Sunday morning there were many things to do. We had to sweep where there was nothing to sweep, bake bread and get everything ready for company. My job was to go catch a chicken for dinner but make sure to get one that was not laying. That was easy for me because there was one rooster that would get after me when I went to get eggs. After putting water in the old kettle and starting a fire that rooster did not have long to live. After chopping his head off, he was put into the hot water and his feathers came off real easy.

With my job done, I stayed away from the house because I knew my mother would have something else for me to do. Finally in the middle of the morning we heard their car rattling down the road and our company was there.

Both families had a lot to talk about because each one had sons in the service that were overseas and they had no idea when they could come home. While the grownups were talking, my cousin and I were making plans for the afternoon. We had been working all morning and my rooster had turned into delicious chicken and dumplings, along with all of the other things Mother had fixed.

After a big dinner my cousin and I grabbed up the old single shot 22 and headed for the

creek. It was quite a walk to the creek but it was worth it. This pond was spring fed and stayed cool all the time. After a nice long swim it was time to try out the old 22. That old gun was with me all the time and I knew exactly where it shot so I could really impress my cousin. At least that was my intention.

After this my cousin impressed me. He pulled a sack of Bull Durham out of his pocket with the rolling papers and matches. Boy, this meant we could smoke all we wanted and no one would ever know. Our cigarette rolling was not very good but we did get one to smoke every now and then. The smoke tasted awful and it made me cough but I wasn't going to tell my cousin that. After all we were smoking like the big boys.

It was getting late and Ma always fixed lunch around 4:00 so we headed back to the house, one stop on the way home. We stopped at a live oak tree and chewed on a lot of the leaves so Ma could not smell the tobacco on our breath. I had tried smoking before and she caught me every time.

Ma had a nice lunch fixed when we got home with homemade bread, coffee cake, sausage and all kinds of good stuff. She always made sure that the company was not hungry on their way home.

After all the good byes, the company started on their way home because they had a long way to go home and they didn't know how much trouble they might have with the tires.

That evening we were sitting there talking about how nice it was to see the kinfolks and what a good time we had. We even talked about maybe going to their house sometime.

By the way, my Ma did smell the tobacco on my breath and I got a lecture about smoking.

For more great stories told by Elmer Burow, check out his books at the library. They make great reading.

# Starting Afresh and Anew... It's a Process

by Monica Zuniga, Alamo Hospice



I think it is safe to say that the consensus of our last year has been at the very least challenging. Many lost family members and loved ones or knew someone who did. Add life just being life and it was pretty tough. There are some that can look back and see some good from what we have all been through, and that can be a good thing. Below are some ways that can help get us to that point of seeing the good, which could get our 2021 off to a great start.

**Take time to grieve losses.** I have learned working in the hospice field that it is important to take time to feel the emotions you need to need to feel and work through losses. In a poem, called "But it Hurts... Differently" Earl A. Grollman beautifully illustrates how grief can work. (See inset)

**Work at adopting a positive perspective.** Once you have developed a good thought process about grieving losses, this is a great way to bring happiness back into your life. Look for things that are positive. Identify them and then think about them over and over. This can really help on days that start off feeling impossible to get through.

**Stay healthy and get plenty of exercise.** Step out into the sunshine, take a leisurely walk, get plenty of sleep, write down what you are thankful for, take your vitamins, and eat healthy foods while indulging in a guilty pleasure every now and then (chocolate, anyone?). Be gentle with yourself.

**Set goals.** Achievable ones. They can be daily, weekly, monthly. Goals met can give you a sense of accomplishment, and that's a great mood booster.

**Set time aside for YOU!** Find a fun hobby, listen to music, pray, read, dance around your kitchen... just work on enjoying life!

## **But it Hurts... Differently**

*There's no way to predict  
how you will feel*

*The reactions of grief are  
not like recipes,  
with given ingredients,  
and certain results.*

*Each person mourns in a  
different way.*

*You may cry hysterically, or  
you may remain outwardly controlled,  
showing little emotion.*

*You may lash out in anger against  
your family and friends,  
or you may express your gratitude  
for their dedication.*

*You may be calm one moment –  
in turmoil the next.*

*Reactions are varied and  
contradictory.*

*Grief is universal  
At the same time  
it is extremely personal.*

*Heal in your own way.*

EARL A. GROLLMAN



GO HOME SERVICES



# FEBRUARY MENU



**COMFORT GOLDEN AGE CENTER**  
**830-995-3032**  
**CALL BEFORE 8:45 AM TO ORDER MEALS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Chicken and Waffles Peas & Carrots Mac & Cheese	<b>02</b> Breakfast for lunch: Migas Style Eggs w/ Sausage Tortillas Mild Pico de Gallo O'Brien Potatoes Fruit Cocktail	<b>03</b> Taco Salad w/ Fixings Fruit Charro Pinto Beans	<b>04</b> Beer Battered Cod w/ Housemade Tartar Sauce Wild Rice Pilaf Sautéed Spinach & Mush- rooms	<b>05</b> Homemade All-Beef Meatloaf Beets w/ Onions Roasted Garlic Mashed Potatoes
<b>08</b> Beef Lasagna Green Beans & Squash Bread Pudding	<b>09</b> Roasted Chicken Collard Greens Black-Eyed Peas w/ Ham	<b>10</b> Cajun Style Catfish w/ Remoulade Herbed White Rice Sautéed Squash	<b>11</b> Roasted Pork Loin w/ Apple Cider Glaze Sweet Potatoes Steamed Cauliflower	<b>12</b> Grilled Chicken Cacciatore Penne Pasta Seasoned Zucchini
<b>15</b> <b>MEATBALL MONDAY!</b> Swedish Meatballs Egg Noodles Glazed Carrots	<b>16</b> Sausage & Shrimp Gumbo Fresh Okra & Stewed Toma- toes Steamed White Rice	<b>17</b> Grilled Hamburgers w/ Fixings Baked Beans Fresh Broccoli	<b>18</b> Oven Roasted Cod Florentine Orzo Pasta w/ Tomatoes & Basil Lima Beans w/ Dill	<b>19</b> King Ranch Chicken Borracha Beans Roasted Yellow Squash
<b>22</b> Chicken Fried Steak Buttermilk Mashed Potatoes Peas, Carrots and Corn Medley	<b>23</b> Pecan Crusted Tilapia Roasted Zucchini Spiced Apples	<b>24</b> Loaded Baked Potato w/ BBQ Pulled Chicken House Salad w/ Ranch Succotash	<b>25</b> Honey Glazed Ham Sautéed Spinach w/ Onions Roasted Yukon Gold Potatoes	<b>26</b> Grilled Chicken Sandwich w/ Fixings Roasted Herb Potatoes Buttered Green Peas
<b>1</b> Chicken Lasagna Ratatouille Cinnamon Apricots	<b>2</b> <b>BREAKFAST FOR LUNCH!</b> Scrambled Cheesy Eggs Sausage Links Lyonnaise Potatoes	<b>3</b> Calf Liver & Onions Beets Yukon Gold Mashed Pota- toes	<b>4</b> Loaded Mac & Cheese w/ Bacon & Green Onions Fresh Broccoli & Cauliflower Spiced Apples	<b>5</b> Texas Cowboy Stew Fresh Green Beans Corn Bread

# CENTER INFORMATION

## OUR MISSION

Comfort Golden Age Center's mission statement is to provide opportunities and resources to those over age 55 in the areas of physical and mental health, nutrition and education in the Comfort, Texas area.

The Golden Age Center is a place for senior citizens to gather in an atmosphere that promotes and utilizes life experiences and skills. The goal of the Golden Age Center is to provide an environment that validates the changing needs and interests of the members, enhances growth and dignity and encourages connection with each other and the Comfort Community.

## MEMBERSHIP

As a member of the Comfort Golden Age Center a Comfort community Senior Adult (55+) or a disabled person of any age is able to enjoy important social interaction with other members. We have important health classes on a variety of topics that relate to our seniors.

**Note::** Annual membership fee is \$10 per person.

## YOUR DONATIONS ARE NEEDED!

Our seniors are great folks with lots of happy years ahead! The Golden Age Center provides them with a great place to meet with friends, play games, socialize as they also get good nutrition. YOU CAN HELP to enhance and continue our programs by donating by check to the MAILING address below. Thank you!

## CONTACT

Email: [gac.356@gmail.com](mailto: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

## FROM THE EDITOR

The Golden Age Center is open now with approved restrictions and limited capacity.

Plans have been put in place to keep everyone safe and healthy and still be able to be with friends. Members are playing bingo and the coffee group is able to meet with their friends.

If you have any ideas or comments you can notify me at [jerolfe@hctc.net](mailto:jerolfe@hctc.net).

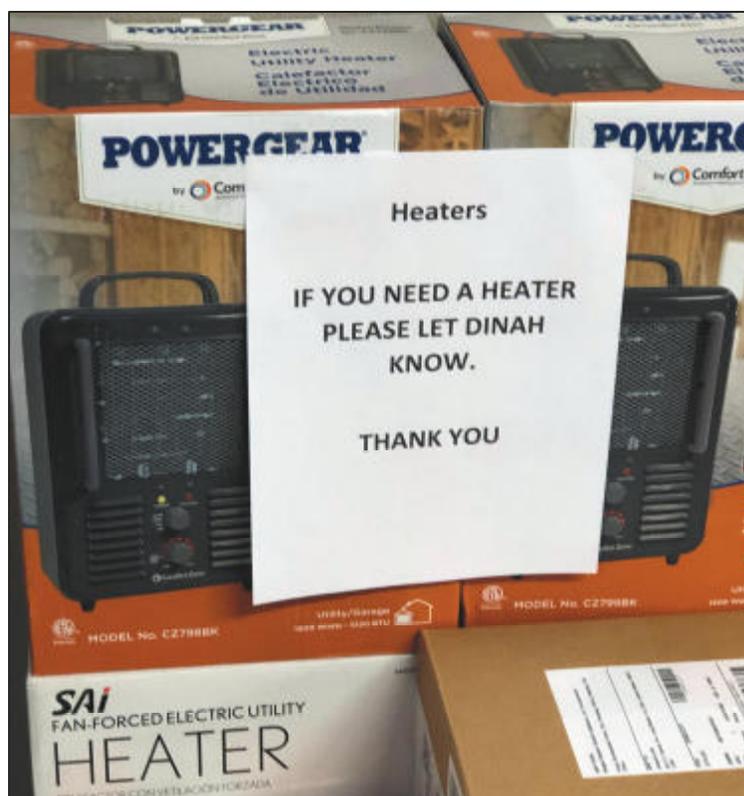
Evelyn Rolfe  
Newsletter Editor

## MEMBERSHIP RENEWAL

It is now time to renew your membership to the Comfort Golden Age Center.

If you are not a member now is a good time to become a member of the center.

Annual membership fee is \$10 per person.



\* \* \* \* \*

## SMALL ELECTRIC HEATERS AND BLANKETS

Small electric heaters and blankets have been donated to the center and we have been handing them out to any of our Meals on Wheels clients that have requested them.

If you know of someone that needs a heater or blanket please call Dinah at the Comfort Golden Age Center.



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