

# COMFORT GOLDEN AGE CENTER

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



<http://www.comfortgoldenagecenter.org/>



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# THIS AND THAT

©LPI

## ICE STORM - FEBRUARY 2021

The Comfort Golden Age Center is thankful for all the help and donations that we received this past week. The weather and road conditions made it impossible for us to be able to receive meals from Boerne and deliver them to our Meals on Wheels clients.

On Friday, the 19<sup>th</sup> we started delivering Meals on Wheels. This was due to the fact that -BUBZ SMOKE SHACK made dinners for all of our Meals on Wheels and congregante members. Thank you to Bubba Smith and his crew for your donation.

On Saturday, the 20<sup>th</sup> we were able to deliver a meal, lettuce, bottle of water and a bag of food items from the Food Bank to everyone on all three of our routes.

Monday, the 22<sup>nd</sup> we will be back and delivering meals from the menu.

We want to thank all the individuals and businesses for the food and water that they donated to the center.

During the time we were closed Julie and Tim Pfeiff delivered needed items to members that had special requests. Thank You!!

Our food pantry has been restocked with the additional donations. A pantry list will be sent out along with the Monday meal. We will be able to fill these pantry requests.

THANK YOU TO EVERYONE THAT HELPED IN ANY WAY TO MAKE THIS ALL HAPPEN.

NOTE: On page 7 I have added some pictures of the Meals on Wheels drivers and some of the people that made food and water donations. I know that we were not able to get pictures of everyone but just now that we thank all of you for everything you did.



**--FREE INCOME TAX PREPARATION AND E-FILE--**

**--A COMMUNITY SERVICE FOR 30 YEARS--**

Your **FREE**, volunteer-staffed community service is again available in Boerne, Kendall County, and surrounding areas. We prepare and e-file individual income tax returns at the Boerne Library and this includes **FREE** electronic filing. **There are no income or age restrictions.** Due to COVID and Tax-Aide restrictions, returns will only be done at the Boerne Library in 2021. Tax returns will be prepared by **appointment only** from February 16<sup>th</sup> through April 14<sup>th</sup> at the Boerne Library, 451 N Main St. every Monday, Tuesday, and Wednesday 10am-6 pm - except for Monday, Feb. 15<sup>th</sup>, President's Day, when the Library is closed. Face masks and temperature checks are required on Library entry. Spanish language tax assistance is available on Mondays.

Returns are by **appointment only** and Taxpayers must come to the Library to make their appointment and pick up several required forms. You can contact the Library during their normal hours at (830) 249-3053 to make an appointment but must **STILL** pick up several documents at the Library and fill them out **BEFORE** your appointment.

We can assist with tax questions and complete the most commonly used tax forms. Taxpayers must bring a copy of last year's tax return, photo ID, and Social Security card for each person on the return. Volunteers preparing tax returns are not IRS employees, but are trained and certified by the IRS.

If further information is desired, please call Vernon Markworth at 830-537-5248 or e-mail: [vernonm@gvtc.com](mailto:vernonm@gvtc.com)



# ACTIVITY CALENDAR- MARCH 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	- 16 - Coffee 10 am	- 17 - Coffee 10 am  ST. PATRICK'S DAY	- 18 - Bingo 9am Coffee 10 am Movement & Music Class 10am—11am	- 19 - Bridge 9:30am Coffee 10 am	- 20 - FIRST DAY OF SPRING
- 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 -
- 29 - Bingo 9am Coffee 10 am	- 30 - Coffee 10 am	- 31 - Coffee 10 am			



THE GOLDEN AGE CENTER BAKE SALE  
SATURDAY, APRIL 3RD AT 9AM.

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

## CELEBRATE THE 2021 MARCH FOR MEALS!

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs - commonly referred to as Meals on Wheels - have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, *you* can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.



This article was taken from [mealsonwheels.org](http://mealsonwheels.org)

# VOLUNTEERS OF THE MONTH

Anne Stewart



Anne is a volunteer for the Comfort Golden Age Center. She is very valuable in helping to encourage members of our community to share their stories in the column **LOCAL HISTORY**. We are very grateful to her for all that she does to help get these stories out to the community. Anne encourages people to write and tell stories from the past.

## 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.



### MARCH BIRTHDAYS

- 1 Beatris A. Carlos
- 10 Myrtle Telken
- 15 Gregory R Stone
- 16 Gary Allen Cobb
- 17 Louise Homilius
- 20 April B. Massey
- 21 Yolanda Arizola
- 22 Micky Dunagan
- 24 Anne Stewart
- 25 Carolyn Overstreet
- 30 Bob Evans
- 30 Fay Zoeller

### MARCH ANNIVERSARIES

- 7 Kevin and Patti Miles
- 8 Alfredo and Yolanda Arizola
- 16 Paul and Liz Burge

### SENIOR RECIPES

#### CHEESE LOG

Nellie Smith

1 lb. sharp cheddar cheese, grated  
1—8oz. Pkg. cream cheese  
1 1/2 cloves garlic, crushed  
1/2 tsp. salt  
Dash of red pepper  
Chili powder (to roll in)  
Mix all ingredients together to a creamy consistency and roll in chili powder. Place in refrigerator in waxed paper and leave for at least 4 hours. Slice and serve with Ritz crackers.

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

## IT ALL STARTED WITH A TAP ON THE SHOULDER

By Ralph San Miguel

I've been doing research on my ancestors for a couple of years. I decided to go to the Comfort Heritage Foundation Archives here in Comfort to see what I could find. And indeed I did find a lot. There were just a handful of people, maybe five, working in the building that morning. I had copies made of what I found. All of a sudden, I felt this tap on my shoulder. No, I don't remember which side but it was like maybe two taps.

When I turned around there was this lady looking at me! I didn't know her. I didn't know what she wanted. Maybe I was sitting on her special chair or maybe I owed her money? Et cetera, on and on. Those thoughts ran through my head as fast as a lightning bolt!! Was I doing something wrong? Am I in trouble? I don't think that I stole any books? These thoughts took about five seconds!

As she asked me what are you doing, I told her that I was doing research on my ancestors and my wife's ancestors. I said I've been doing this for about three years, but I never have been to the archives and yes, I did find lots of information. I was so happy that I donated a couple of items to the archives! She began asking me questions. I don't remember what she said but, "Oh, before I forget, her name is Anne Stewart. She moved on and then this nice man came up to me and said, "Can I help you?" I thought he was a worker. I noticed he was walking a little slow. I realized that he was a stroke victim. My mother was the same way. My mother was Elizabeth Garcia San Miguel. She was a Comfort native. Her parents were Vicente and Precilliana Garcia. I'm sorry, Anne, I did not know that the man was your husband. This took place in early 2020. Later I saw Anne again at the library where I was doing more research and this man was with her. I met Anne again at the archives and we started talking. She said that she loved history. So do I.

All of a sudden, she asked me how would I like to write my stories and put it them in a Newsletter. I really couldn't answer her. She said "Just think about it." I did think about it. I told myself who else was going to read my stories? Little did Anne know that I'd been writing since the 1970s. I wrote my stories just as they really happened. They are all true stories. I wrote them down and just put them away! I wrote so that I wouldn't forget my family stories! After writing two stories for the newsletter, Anne asked me "How

about writing a book?" I didn't know. This was a chance of a lifetime. I could not pass it up. I finally gave in. She is a swift talker!

I want to take this time to thank Mike and Anne Stewart for helping me. Anne and I became friends and I have learned some bits and pieces about her life. She was born in 1940 on Easter Sunday, "A Bunny was Born" in Burnet, Texas. This town is not far from Marble Falls, which it is a very nice place about 80 miles from Comfort, Texas. Anne met her husband, Mike Stewart, in Austin at the University of Texas, married in 1960. They lived in New Mexico and in 1977 moved to Comfort on her family's farm in 1977. They were living in a house in town when I met them. I am sad to say that Mr. Mike passed away in May 2020 At the time of his passing; I still did not know she was married to him. They were married 59 years and 51 weeks.

Writing my first article for Anne, I wanted her to read it and decided to go and find where she lived. I knew it was High Street. Driving by I saw a man standing outside, so I stopped, said "Excuse me, do you know where Anne Stewart lives?" He replied "Yes. She lives here, but she's sleeping right now. She's under the weather, her husband passed away." I said, "Oh, no. I'm sorry. Could you give this article to her?" As I gave it to him, he waved the article in the air and said, "This will help her snap out of it. She thrives on stories." "Who are you," I asked. "I'm Alex, Anne is my mother." I said you're her son. I said "I'm sorry about your Dad. Wow! That was a double whammy. I didn't know."

Anne likes going to the library for books to read. She loves reading the Jack Reacher books from the movie with Tom Cruise. She loves going to the archives. She is a very busy lady! She keeps her mind on the go all the time, likes to meet with her friends and going to exercise three times a week at the VFW. I always call it "the gym." You are probably asking yourself how do I know all these things. Well, Anne and I have meetings on my writing and what to do next for the Golden Age Center newsletter. We talk about my article, decide where to go with it and then when the business part of our meeting is over, we talk about history, the people and events of our community. The older the history the better. I ask her many questions to get to know her life, so as a writer, that's how I know. I am closing this story and hope you enjoy it.



Keith and Schatzie handed out blankets from HEB.



K-BUBZ SMOKE SHACK and his crew made BBQ Chicken dinners for all our Meals on Wheels clients and members.



Margaret, Katy, John, Evelyn, LeEllen and David delivered meals (from **Rainbow Center**) Lettuce from **Highs Café** and bags of grocery items from **Hill County Daily Bread** on Saturday.



Bob and April loading up meals to be delivered on the first day of this ice storm.



Amy Dorrow-Epperson (pictured) and Andrea Forshee Brawner purchased and delivered cereal, eggs, potatoes, soups, snack crackers, canned goods and many more needed items to our center. They also brought cases of water and blankets. Thank you so much!!



**High's Cafe** (Denise and Darren) delivered lettuce, bread and other items to be given to our seniors.



# MARCH 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 Lasagna Ratatouille Cinnamon Apricots	<b>02</b> <b>BREAKFAST FOR LUNCH!</b> Scrambled Cheesy Eggs Sausage Links Lyonnaise Potatoes	<b>03</b> Calf Liver & Onions Beets Yukon Gold Mashed Potatoes	<b>04</b> Loaded Mac & Cheese w/ Bacon & Green Onions Fresh Broccoli & Cauliflower Spiced Apples	<b>05</b> Texas Cowboy Stew Fresh Green Beans Corn Bread
<b>08</b> Sloppy Joe Sandwiches Peas & Carrots Tater Tots	<b>09</b> <b>TILAPIA TUESDAY</b> Pecan Crusted Tilapia Saffron Rice Steamed Broccoli	<b>10</b> Braised Pork Cutlets Mashed Potatoes Cauliflower with Butter	<b>11</b> Baked Cod w/ Vera Cruz Sauce White Rice Green Peas w/ Mint	<b>12</b> Grilled Hamburgers w/ Fixings Baked Beans Cinnamon Peaches
<b>15</b> Chicken Fried Steak Corn w/ Onions Garlic Mashed Potatoes	<b>16</b> Chicken Pot Pie w/ Biscuit Bread Pudding Sautéed Spinach	<b>17</b> Bangers & Mash Sausage Mashed Potatoes w/ Onions Gravy Roasted Brussel Sprouts	<b>18</b> Chicken & Waffles Lima Beans w/ Dill Mac & Cheese	<b>19</b> Pork Cutlet w/ Piccata Sauce Au Gratin Potatoes Steamed Cauliflower
<b>22</b> Grilled Chicken Breast Sandwich Pineapple Coleslaw Spiced Pears	<b>23</b> Beef Lasagna House Salad w/ Ranch Ratatouille Hot Apricots	<b>24</b> Baked Cod Florentine Wild Rice Pilaf Fresh Sautéed Veggie Medley	<b>25</b> Pecan Crusted Pork w/ Honey Butter Green Beans w/ Basil Orzo Pasta	<b>26</b> Texas Taco Salad w/ Fixings Borracho Beans Glazed Carrots
<b>29</b> Beef stroganoff Egg Noodles Buttered Green Peas	<b>30</b> Loaded Baked Potato w/ BBQ Chicken Black Eyed Peas Sautéed Green Beans	<b>31</b> Grilled Chicken Bruschetta Green Beans w/ Onions and Basil Parsley New Potatoes		

# 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.

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

Evelyn Rolfe  
Newsletter Editor

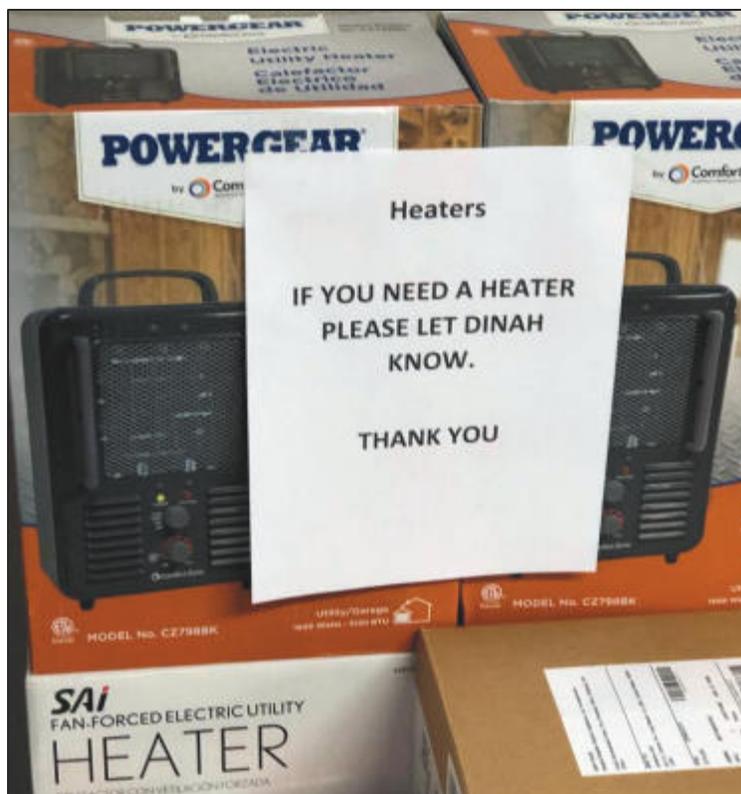
## MEMBERSHIP RENEWAL

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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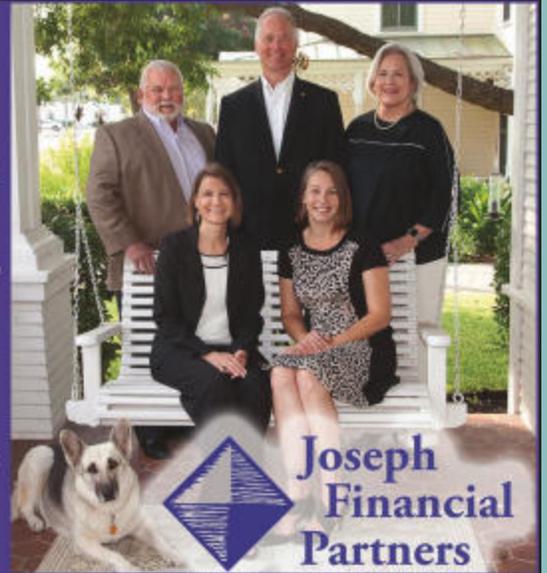
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