

COMFORT GOLDEN AGE CENTER

628 HIGHWAY 27
COMFORT, TX 78013

MAY 2021 | NEWSLETTER

CONTACT US TODAY!

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

Office Hours:

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

EXECUTIVE DIRECTOR:

Dinah Johnson

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THIS AND THAT

©LPi



Comfort Golden Age Center was honored to accept a \$1900.00 donation from Hochheim Prairie Branch 120. Dinah was presented with the check by Matt Stackhouse and Patrice Davison. On behalf of the Center we are thankful for the donation and to be able to provide more access to our program for check ins and scheduling of programs.



For Easter--Our Homebound Seniors were given this special treat. "Everyone needs a basket" said Stacy Whittemore of HCM Homecare and Hospice. She donated all the supplies and created these baskets. HCM Wellness Center Some CHS students helped to make the baskets, also.



Thank you to Amy Dorow-Epperson for the fruit, bananas, oranges and grapes. The fruit was sacked up and ready for the Meals on Wheels drivers to give to our homebound. Helping Amy is Nancy Mallow, one of our Meals on Wheels volunteers. The fruit will be a treat to our homebound.



Alamo Area Council of Governments (AACOG) Janina Lopez donated the bags and Sonya Medrano-Barrera delivered them to us for our Safety Program. Accepting the AACOG bags for the Senior Safety Committee is Evelyn Rolfe, Committee Chair. The Safety Committee will be filling these bags with emergency items and will be given to our seniors.

ACTIVITY CALENDAR- MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open for Coffee and Social Time 8am to 1pm	Open for Coffee and Social Time 8am to 1pm	Open for Coffee and Social Time 8am to 1pm	Open for Coffee and Social Time 8am to 1pm	Open for Coffee and Social Time 8am to 1pm	- 1 -
- 3 - Bingo 9am Movement & Music Class 10am-11am	- 4 -	- 5 - Poker 2pm-5pm	- 6 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am-11am	-7- Bridge 9:30am	- 8 -
- 10 - Loteria 9am Movement & Music Class 10am-11am	- 11 -	- 12 - Poker 2pm-5pm	- 13- Bingo 9am Blood Pressure Check 9:30am Memory Matters With Karen 9:30 Movement & Music Class 10am-11am	- 14- Bridge 9:30am	- 15 -
- 17- Bingo 9am Movement & Music Class 10am-11am	- 18 -	- 19- Poker 2pm-5pm	- 20 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am-11am	- 21 - Bridge 9:30am	- 22 -
- 24 - Bingo 9am Movement & Music Class 10am-11am - 31 - HOLIDAY CENTER CLOSED	- 25 -	- 26 - Poker 2pm-5pm	- 27 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am-11am	- 28- Bridge 9:30am	- 29-



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 STEWART LAMBERT—Part 2

When construction was completed there we moved to Greens Bayou where my dad worked on another munitions facility. I went to school there. We lived in our trailer on the San Jacinto River. The owner of the property had a son and we had great fun crabbing. When the tide would come in we would go out in his boat and wait for the tide to push the crabs into the river. We could catch at least a dozen at a time then take them to an island in the river, build a fire and boil them. They tasted pretty good.

As my Dads construction job was nearing completion when my Dads brother in law, who worked for Texaco, contacted him about a possible job with Texaco. They hired him and we moved to Jacinto City, a suburb of Houston where we sold our trailer and bought a nice 2 Bedroom house.

I entered Oates Prairie School, another school that only went thru the eighth grade. In the ninth grade I was bused to John Marshall Jr. High about 10 miles from my home. In the tenth grade I was bused to Jeff Davis High School, across the street from Marshall Jr. High. In the Eleventh Grade I transferred to Galena Park High School which was a short distance from my home. Around 4 months later, Texaco closed their refinery. My Dad didn't want to be transferred to another Refinery so he and my mother started looking for a business to buy. They found a general Store in Huffsmith for sale and they bought it.

I then transferred to Tomball High School where I graduated in 1951. While there I was ineligible for all sports my senior year, except track, where I won the high and low hurdles Regional championship and placed in both at the state meet finals.

I met and fell in love with my future wife. Dianne Moller, We later got engaged however she broke our relationship when I was in the army.

I entered the University of Texas School of Architecture in the fall of 1951 was an average student. (Maybe I'm bragging) I decided to lay out a semester and buy a car but instead I got drafted.

I went into the Army and had Basic training at Camp Roberts and Fort Ord, California. I was then sent to Gary Air Force Base where I completed an Aircraft Mechanic Course and was sent to Ft. Hood where rose to the rank of sergeant and Communications Chief for Ft. Hood Army Aviation.

While on leave in 1955, my high school sweetheart's sister called me and told me Dianne was still in love with me so I went to Angleton where she was working for her Uncle, the County Judge. I called her and told her I was in the area visiting an Army buddy. I invited her out to Dinner when things kind of got out of hand. The next thing we know we are making wedding plans for the next day. I went home and returned to pick her up after work where she got the marriage license. We got married in the new Methodist church in Tomball that night and visited with my parents before heading for Fort Hood and married life.

Just before I got discharged Dianne and I bought a small house in Austin. We also bought all new appliances and started remodeling. In the fall of 1956 I re-enrolled in The University Architectural School.

I was privileged to have a good wife and four beautiful children. My first born was Stewart Wayne (Wayne) who won the baby contest at the University in 1957. Later in life he bought a print shop which he successfully operated until his death. Victoria Dianne (Vicki) was born June 10, 1959 was a dental Hygienist. Michael Douglas (Doug) was born July 29, 1962 who is retired a Soldier and Mary Louise who is a teacher in Center Point was born July 8, 1965.



I became a Registered Architect in 1965. I had received my kn job training at the Texas Highway Dept. and Page Southern Page, Architects. This work included work in The Texas Highway Department, Building Section where I assisted designing Highway Offices, Maintenance Buildings and Tourist Bureau Buildings. After 3 years I was hired by Page Southerland Page, Architects, Austin, Texas where I worked primarily on Schools, College Buildings, and Hospitals

Within a year after becoming a registered Architect I rented an office but couldn't generate enough work to make a living. While trying to generate work, I went to the Texas Parks and Wildlife Dept. looking for park work. They could not give work but offered me a job as park Architect. The first Architect since the CCC days/ While in the Park Department I rose to Assistant Director of Parks for Planning Design and Construction. After six years I resigned to open my own architectural office again- Stewart B. Lambert, Architect and Associates.

Work done by my firm included hospitals, Parks jobs for the City of Austin, Texas Parks and Wildlife and Wildlife Department, Texas State Railroad, Rusk City Park. Apartments Motels, State Building Commission Office Building. State lease office buildings and Residences.

Other Involvements

President, of the Austin Chapter of the Construction Specifications Institute

Treasurer, of the Austin Chapter of the American Institute of Architects

President, of the Hill Country Chapter of the American Institute of Architects

President, of the Center Point Independent School District Board of Directors

NOTE: If you missed part 1 of Stewart's story then you can read about it in our April Newsletter.

VOLUNTEER OF THE MONTH

Elmer Burow



Every month we recognize a Volunteer. In April the center recognized Elmer Burow. Elmer has volunteered in many areas which include delivering meals for many years. Presently he has been writing articles for our monthly newsletter. Congratulations and we thank you for the many hours you have given to the Center.

Comfort Golden Age Center volunteers delivered over 65 Easter meals and cupcakes. These meals were prepared and donated by the **Horseshoe Pub & Pizza** to our Meals on Wheels homebound.

Thank you to the volunteers who delivered - Keith and Schatzie Norris, Julie Pfeiff and John and Evelyn Rolfe. We hope that everyone had a Happy Easter.

We appreciate all the businesses that help us to help the homebound.

Note: We regret that we did not get to take a picture of the crew at the **Horseshoe Pub & Pizza** that put together these meals for our Meals on Wheels clients.

MAY BIRTHDAYS

- 5 Emilio Pereda
- 8 Angela M. Brenz
- 12 David Rodriguez
- 13 Frank Chamberlain
- 13 Julie Pfeiff
- 15 Connie Villanueva
- 15 JoAnn Mc Caleb
- 17 Terry Butler
- 19 Leland Lingle
- 24 Paula Butler
- 25 Rodney Goodale
- 25 Aurora Rojas
- 30 Marti DeCluitt

MAY ANNIVERSARIES

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

Don't Miss This!

Memory Matters! with Karen



Thursday, May 13, 2021

9:30 am

LOCAL HISTORY

MAY IS NATIONAL STROKE AWARENESS MONTH

STROKE VICTIMS AND THEIR CARETAKERS

LUCY MARTINEZ SAN MIGUEL

BY RALPH SAN MIGUEL JR.

This morning I am letting my wife, Lucia, “Lucy” sleep a little late so I am going to do the chores that she usually does. Cleaning house starts around 6:00 a.m. and by 10:00 a.m. I sweep the front room and the kitchen and then I mop both rooms. I take out the trash, wash the dishes, make coffee, plus wash a load of clothes. When the clothes dried, I folded them and put them away. This is something I don’t normally do. It has become, however, a new “normal” routine. “I’m done. I’m exhausted.”

I love working outside: cutting grass, weed-eating, fixing what’s broken. I’m a handy man!

And then it’s time to wake up Lucy. “Lucy, it’s time to wake up.” Breakfast is ready so I go back to the kitchen to wait for her. I continue doing my writing. I love to write, take notes of our ancestors. I hear Lucy coming around the corner. She’s a little slow. I can hear the sound of wheels and she finally turns the corner. The “sound of wheels” is her walker. You see, Lucy has had her fourth stroke. It breaks my heart to see her like this, unable to do normal things. I am now her caretaker! It’s been more than a year and she is still unable to write. To look at her in person, you would never know that she has these issues. . She also has a little memory loss and trouble walking. I had to adjust to my new way of life. Getting therapy for her has been hard to get! I have to help her all I can.

My mother, Elizabeth “Licha” Garcia San Miguel, the daughter of Vicente and Precilliana Garcia of Comfort, also suffered several strokes. With help, my mother was able to walk again. She was a student in the Comfort Schools, belonging to the Girl Scouts and the Pep Squad. When she married my father, they moved to Tempe, Arizona where they lived for 61 years. In 2010 she had another stroke and with other health issues did not recover. She passed away in 2011. Like my wife, my mother was a stroke victim.

Due to my insurance company’s network we could no longer get therapy in Kerrville. I had seen Lucy get the therapy she needed after the first stroke so when the sessions were over I worked with her at home. Now I have to take her to San Antonio twice a week. They have

taught her to do many things that she could no longer do. The traffic is a nightmare, too many eighteen wheelers! This new therapist is helping Lucy walk and to use her hands again. There are those who have therapy prescribed for them but do not want to do it. For any stroke victim therapy is a must! Not moving, getting stiff, sitting too long will result in bigger problems.

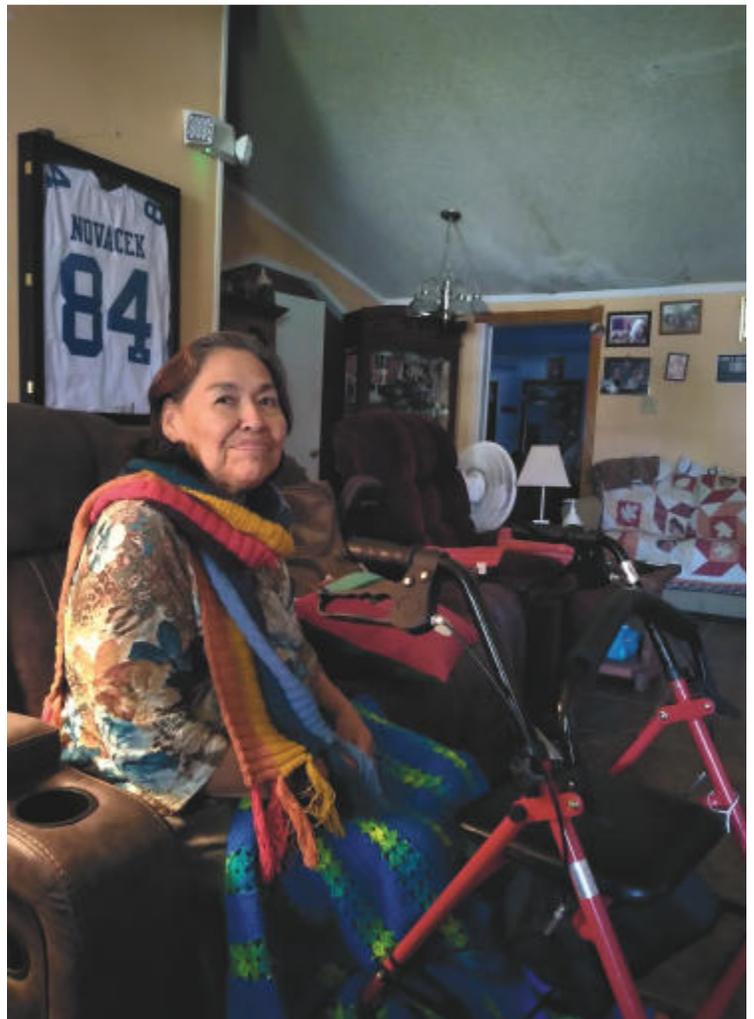
This story was written for all stroke victims, survivors and loved ones, for better or worse, in sickness and in health, until death do us part. God bless each of you.

This remembrance was written in memory of my mother, Licha San Miguel and also for Mike Stewart who had had a stroke when I met him at the Comfort Archives. He and his wife, Anne, worked there as volunteers. As I finish this story of my wonderful wife of 50 years, I will continue to care for her. We have been together since 1949 and I will always be there for you.

Love,

Ralph G. San Miguel Jr.

September 23, 2020.





Our Meals on Wheels volunteers delivered the BBQ plates, Brisket, Ribs or Chicken with sides donated by the Comfort High School **Grillmasters BBQ Cooking Team**. We are very proud of these young men, they will be going on for further competition. We are very thankful for this team and their teacher Ron Krobot for thinking of the Comfort Golden Age Center. We received lots of compliments from the homebound clients.



County Commissioner Don Durden rode along on one of our Meals on Wheels routes. He was able to meet most of our clients. Riding along allowed him to learn how the Meals on Wheels process works. We appreciate him taking time out of his day to join us.



CROSSWORD PUZZLE

ANSWERS ON PAGE 9

ACROSS

- 1 Vehicle compartment
- 4 Bad (pref.)
- 8 Legal weight of a rupee
- 12 Certified Public Accountant (abbr.)
- 13 Chin. dynasty
- 14 Olive genus
- 15 Mulberry of India
- 16 Hing
- 18 Jute/lander
- 20 Mother of Pollux
- 21 Dadaist
- 23 Carriage
- 25 Syphilis
- 26 Oaf
- 27 Palestine Liberation Organ. (abbr.)
- 30 Lady's title
- 31 Civet
- 32 Limb
- 33 Adjective-

- forming (suf.)
- 34 Thought
- 35 Bull (pref.)
- 36 Maple genus
- 37 Hop
- 38 Treatment
- 40 Stag
- 41 Acacia (2 words)
- 44 Edible seed
- 47 Viking
- 48 Adriatic seaport
- 49 Sphere
- 50 Concert halls
- 51 Fertilizer ingredient
- 52 Drop

DOWN

- 1 Circuit Court of Appeals (abbr.)
- 2 Amazon tributary
- 3 Alopecia
- 4 Sing
- 5 S. Afr. fox
- 6 Central Intelligence Agency (abbr.)
- 7 Dolt
- 8 Tribe symbol
- 9 Foul-smelling
- 10 Maiden loved by Zeus
- 11 Wider than AAAA
- 17 Overjoy
- 19 Donkey
- 21 Borden calf
- 22 N.Z. bird
- 23 Hard question
- 24 Sambar deer
- 26 Millrace
- 27 Boll (2 words)
- 28 Weakly colored (pref.)
- 29 Monster
- 31 Kitchen tool
- 35 Pitch
- 36 Braz. timber tree
- 37 Rom. province
- 38 Coagulated milk
- 39 Female friend (Fr.)
- 40 Employ
- 41 Man's name: abbr.
- 42 Father: Arabic
- 43 Exclude
- 45 Age
- 46 Warp yarn



MAY MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Chicken Fritter w/ Gravy Garlic Mashed Potatoes Veggie Medley	04 Baked Lemon Catfish Green Peas Orzo Pasta	05 Beef Fajitas Mexican Rice Seasoned Squash	06 Roast Pork Loin w/ Gravy Beets & Onions Hot Spiced Peaches	07 Char Broiled Beef Patty w/ Fixings Potato Salad Fresh Fruit
10 Smothered Pork Chop Collard Greens Au Gratin Potatoes	11 Beer Battered Cod Corn O'Brien Wild Rice House Salad	12 Grilled Pesto Chicken Sautéed Zucchini Steamed Rice House Salad	13 Trio of Cold Salad: Tuna Salad Chicken Salad Macaroni Salad w/ Crackers	14 Sweet & Sour Chicken Fried Rice Cinnamon Pears
17 Summer Chicken Stew Yukon Gold Potatoes Turnip Greens	18 Meatballs w/ Gravy Buttered Rice Succotash	19 Grilled Pork Chop w/ Pan Gravy Roasted Herbed Red Potatoes Sautéed Spinach & Onions	20 Cajun Style Catfish Black eyed Peas w/ Snap Green Beans Pears & Peaches Medley	21 BBQ Beef on Bun Pinto Beans Steamed Broccoli
24 Homemade Chicken Salad on Leaf Lettuce Fruit Medley Potato Chips	25 Baked Ham w/ Apple Glaze Sliced Beets Buttermilk Mashed Potatoes	26 Sliced Roast Turkey Breast Sweet Potatoes Green Beans	27 Baked Cod Veracruz Cilantro Herbed Rice Buttered Lima Beans w/ Dill	28 King Ranch Chicken Black Beans Fresh Summer Squash w/ Cilantro
31 Closed for Memorial Day.				



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

Phone: (830) 995-3032

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

GIFT -n- THRIFT SHOP

The Gift-N-Thrift Shop is open
Monday thru Friday 10AM -1PM
Saturday 10AM-3PM

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

Stop by and see what we have available.

You can check us out on Facebook and see what items have been added.

NOTE: If you have any items that you would like to donate to our thrift store please call Dinah. We do not have room to take very big items.

MEMBERSHIP RENEWAL

Have you renewed 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.



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.

FROM THE EDITOR

The Comfort Golden Age Center would like to thank all the volunteers, bakers, and patrons who helped make our Spring Bake Sale a huge success. We appreciate your support very much.

Texas Senator, Donna Campbell stopped by and visited with us at our Bake Sale.

Please follow us on Facebook and see everything that is happening at the center. There is more information and pictures from the events. The newsletter does not have enough space to print all that happens.

If you have any ideas or comments you can notify me at jerolfe@hctc.net.

Evelyn Rolfe, Newsletter Editor

Answers to the crossword puzzle found on page 7.

C	A	B		C	A	C	O		T	O	L	A	
C	P	A		H	S	I	A		O	L	E	A	
A	A	L		A	S	A	F	E	T	I	D	A	
			D	A	N	E			L	E	D	A	
E	R	N	S	T			P	R	A	M			
L	U	E	S		L	O	U	T		P	L	O	
M	R	S		R	A	S	S	E		L	E	G	
O	U	S		I	D	E	A		T	A	U	R	
				A	C	E	R		D	A	N	C	E
				C	A	R	E		H	A	R	T	
G	U	M	A	R	A	B	I	C		P	E	A	
E	R	I	C		B	A	R	I		O	R	B	
O	D	E	A		U	R	E	A		D	A	B	

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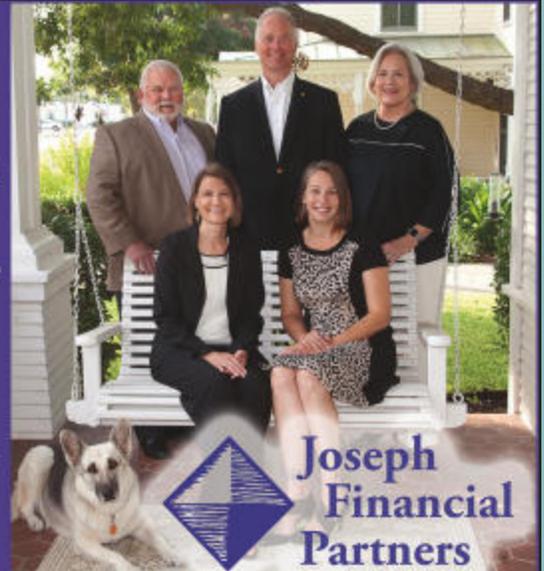
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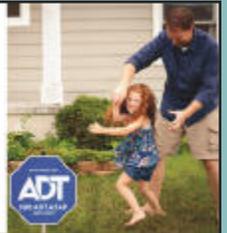
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