



COMFORT GOLDEN AGE CENTER

FEBRUARY 2023 ISSUE

628 HIGHWAY 27
COMFORT, TX 78013

CONTACT US TODAY!

Email: gac.356@gmail.com

Phone: (830) 995-3032

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

ACTIVITIES COORDINATOR

Leah Hagemeier

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



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



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



<https://www.instagram.com/gac.356/>

©LPI

Volunteer of the Month



CHARLENE LEE

Each month we recognize a Volunteer.
Our volunteer for **January** is **Charlene Lee**.
She is our dependable and funny Bingo caller.
Thank you for all you do for the center.

MEALS ON WHEELS VOLUNTEERS WANTED FOR MEAL DELIVERIES

We are looking for a few good volunteers to help out with our Meals on Wheels deliveries!

If you can spare an hour or two a week, or help as a back-up/substitute, to deliver good food to local seniors in need, please come on by the Center and let us know! Valid DL and background check required. Call us at 830-995-3032 or come by the Center at 628 Front Street if you can help!

THANK YOU TO OUR CURRENT VOLUNTEERS

Thank you to all the volunteers that we have and to all the new volunteers that have come to our aid when we have desperately needed them in the spur of the moment.

Currently we have 4 full time routes that we deliver to on Monday thru Friday. This requires 6 to 8 people on a daily basis to deliver these meals. Most routes require a Driver and a Jumper to deliver the meals. Some people may prefer to do their route alone.

CELEBRATE

FEBRUARY BIRTHDAYS

- 2 Kathy Keller
- 2 Kimberly L Reeves
- 3 Jean Abernathy
- 3 Florence Ragsdale
- 6 Rosalyn O'Rear
- 8 Robert Anderson
- 8 Pam Petty
- 9 Beatrice Perez Swan
- 12 Cheri Horning
- 12 Edgar R Ligon, Jr
- 14 Bethany Brown
- 15 Rosie Meier
- 18 Brenda Seidensticker
- 19 Lil Soell
- 19 Sheryl Norcross
- 20 Dana Hock-Clarke
- 21 Patricia Carson
- 22 Kathy Martinez
- 23 Pedro Garcia
- 25 Kelly Coppage Foster
- 25 Amy Dorrow Epperson
- 26 Florene Rusch
- 28 Charlene Jill Boyter

FEBRUARY ANNIVERSARIES

- 22 Bob and Kathy Bohn

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



CHAIR
YOGA

COMFORT GOLDEN
AGE CENTER

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@gmail.com.

ACTIVITY CALENDAR- FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		- 1 - Craft Class 10am Poker 2pm-5pm	- 2 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am—11am	- 3 - Bridge 9:30am Singles Group 1pm	- 4 -
- 6 - 9am Bingo Movement & Music Class 10am—11am	- 7 - Easy Yoga 9am 42-Dominoes 1 pm	- 8 - 11:30am- FEBRUARY Birthday & Anniversary Celebration Poker 2pm-5pm	- 9 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am—11am	- 10 - Bridge 9:30am	- 11-
- 13 - Loteria 9am Movement & Music Class 10am—11am	- 14 - Easy Yoga 9am VALENTINE'S DAY	- 15 - Poker 2pm-5pm	- 16 - Bingo 9am Movement & Music Class 10am—11am	- 17 - Bridge 9:30am BUNCO 1PM	- 18-
- 20 - 9am Bingo with a Twist — by Tri County Home Health Movement & Music Class 10am—11am	- 21 - Easy Yoga 9am	- 22 - Poker 2pm-5pm	- 23 - Bingo 9am Blood Pressure Check 9:30am Movement & Music Class 10am—11am	- 24 - Bridge 9:30am Pinochle Club 1 pm	- 25-
- 27 - 9am Bingo Movement & Music Class 10am—11am	- 28 - Easy Yoga 9am				

FEBRUARY
 BIRTHDAY AND ANNIVESARY CELEBRATION
 11:30 AM ON WEDNESDAY, FEBRUARY 8TH
 Lunch will be provided
 Cake provided Comfort Nursing & Rehab
 Ice Cream by Gaddis Methodist Outreach
 If you would like to have lunch with us, please
RSVP by February 6th
 Call Dinah Johnson at 830-995-3032



FEATURED SENIOR OF THE QUARTER BARBARA ST. CLAIR ZOELLER

I was born September 13, 1941 to M. B. and Cleo Belle St. Clair at home on the river in the middle of Llano. Though the house is gone I can see the place where it stood every time I cross the bridge. My siblings were M.B. III, Laurina, Alvina, Logan, Waymon and Gorman. Gorman died of pneumonia at 2 years. Carolyn and Cindy were born in Fredericksburg. Daddy worked for Virdell Water Drilling. He was hired by Texas-New Mexico Pipeline and we moved to Fredericksburg. On washday Mother heated water in a black pot over a fire in the backyard. When I was three I got too close, stumbled and fell into the fire. My brother Logan pulled me out. Mom made a paste of flour and water and plastered it over the burns on my leg. I guess it was the right thing to do as I never had any problem with it.

We had a good childhood. We all helped keep the house neat and clean, make beds, do dishes. We never swept after dark...bad luck. Visited with our many cousins and played hide and seek, kick the can, Andy Over and listened to some scary ghost stories. Got chased by a huge tarantula once and found we could run and scream. We rode stick horse, climbed trees and played outside a lot. When I was seven we were doing acrobats and I fell on the edge of the sidewalk and broke my arm. An ambulance was called, but I got hysterical because I thought only dead people rode in ambulances. A kind neighbor drove us to the hospital.

My first book that was my own was Alice in Wonderland. I read it until it fell apart. I still love to read but now I fall asleep when I do.

I was always a bit jealous of people that had grandparents. I only knew my paternal grandfather. My other grandparents died before my mom and dad were teenagers. Their childhoods were really rough. Maybe that is why my mom was so kind and gentle. The day before my fourteenth birthday my sister Laurina died in a car crash. She was one of the twins and had been married for only a year.

My brother Waymon taught me to drive in a 1949 Ford, standard shift, of course. When I got my license the most fun thing was to "drag main." My dad hated that expression. Gas was about 20 cents a gallon, so for a dollar you could "drag" a lot.

In my Jr and Sr year I took the Distributive Education Course. I would attend class half a day and work half a day at The Prescription Lab.

The place to be on Saturday night was Pat's Hall dancing around the tree and that is where I met "my cowboy." Oh my, he was so handsome in his orange boots and cowboy shirt and "could he dance!!!" He just danced right into my heart and stayed there. C. Daniel and I married after I graduated and we moved to Comfort to live in the Schwethelms Apartments by the river. Our first daughter died shortly after birth and soon after we were fortunate to buy a home on Hwy 27 just past Cypress Creek bridge from Joe and Tillie Heinen. Our daughters Teresa and Donna were born while we lived on 27.

After awhile we moved across town and purchased a home on Lindner Ave. It was around the corner from Opa and Omie so the girls could walk over sometime.

Birthdays at home before marriage had resulted in a cake and a present, but birthdays in the Zoeller family was cause for a celebration! Most all of the family showed up and they all brought food. There was lots of talking, eating and laughter. That is a tradition that I miss a lot. After Opa died we bought the house and moved in with Omie. It was on Cypress Creek and in 1978 flooded with 39 inches of water in the house.

I worked for awhile at International Mapping Co which



employed a lot of local people. We also needed a babysitter and were lucky to find Lillian and Arthur Burow. They were so good to the kids that when I went to pick them up they did not want to go home with me.

The first time I went with C. Daniel to feed his dad's cows I thought it would be so much fun. I did not know the cows would run up to you if you were sitting on back of the truck on top of "their" hay. I was a city girl and had never been around an animal larger than a cat. Cows were huge to me and bulls downright scary. I never made that mistake again. I began working at Mooney Aircraft after Donna was born. It was the most fun job I ever had. Mainly, women got to wear pants. It was my first time to use a drill and rivet gun connected to an air hose. My partner was Marilyn Ernst from Fredericksburg; we built ailerons for the wing. Mooney employed a lot of people at that time and we put out three planes a day. While still at Mooney I began working Saturdays at the Comfort Post Office. This led to part-time and eventually full time work. After 16 years I was named Postmaster and held that job for 16 more years. I worked with some great local people that made my job easier because they got along and respected each other.

I coached a girls softball team, the Basetridders, for several years and we did not lose a game in four years, then the players change and you lose a few. They were all good sports and supported each other.

We took a few vacations in our travel trailer and Teresa and Donna loved "playing house." Went to Monahans Sand Dunes, Goose Island and Big Bend where we rode the "ferry" across the river to Mexico and on the return trip the rowers were not strong enough for the current and we drifted downstream a bit. We drove to Colorado a few times, Nashville and Memphis Tennessee and Disney World. After Donna and John Spencer married us five flew to Yellowstone Park and rode the rapids on the Snake River. When our grandchildren Haley and Corey were old enough we flew to Disney World and had a great time.

Haley graduated from Schreiner University and Corey from Tarleton University. When he came home he brought not only a new dog Jax but a girlfriend Tori and her dog Rosco. They were married and are parents to my Great-granddaughter, Lorilei Sarajeon who shares my middle name Jean. I am humbled by this honor and think about what my grandparents missed and how blessed I am to live a long life and enjoy family and good friends like they did not.

COMFORT GOLDEN AGE CENTER



Comfort Golden Age Center representatives receiving the check from the Grant we received in December. **Baptist Health Foundation of San Antonio**. We are very appreciative for all the help they have done for us the last 2 years.

We enjoyed our **January Birthday and Anniversary celebration**. We had lasagna, tossed salad and garlic bread for lunch.

Embrace Hospice treated us to these lovely cakes. **Gaddis Methodist Church** supplied the ice cream. It is always a good time for food and fellowship with other members.

If you were not able to attend perhaps you could join us on **February 8th** for our next celebration.



Note: I apologize for not having any pictures from this luncheon and celebration.

JUST A REMINDER:
PLEASE DON'T FORGET
TO SIGN IN WHEN YOU COME INTO THE
CENTER.

Thank you!! This information is very valuable when applying for grants and for reports that are being done.

MEDICAL EQUIPMENT

We have a variety of medical equipment available to our members.

If you have any medical equipment, walkers, side chairs, shower chairs, wheelchairs, bedside steps or other items that are no longer needed in your family you might consider donating them to the Comfort Golden Age Center.

We always share them with those in need. We just ask that when you are finished with the equipment that you bring it back to the center. That way we can help others that are in need of these items.



Lunch-n-Learn by Dr. Kerri of **Comfort Chiropractic!** She gave the group great pointers on proper sitting, standing, sleeping, moving, and overall spinal health!

LOCAL HISTORY

THE HATS ON THE WALL SPEAK

By Judi Youngers

Voices echo from the hats and clamor to be heard. Some are boisterous, others scratchy, rusty from disuse, some see-saw and squeak, teeter between boy and manhood. Some stories may have lingered for nearly 120 years, from 1906 when the barbershop began right here, its door opened by a certain Mr. A. L. West. More than a few hats with tales to tell hang around in this joint, the oldest operating barbershop in Texas today in its lifelong location in Comfort, Texas. Nearly 90 hats now encircle the well-worn 15 x 16 foot front room of the bead board and limestone-walled shop on High Street. The felts cling to more than dust atop and under their brims. The straws have more than holes, hayseeds, and sweat stains to share. Nearly all of the hat crowns display sun fade and curled, torn edges, but “many of us are showing our age, too,” quips Jim Moore, who’s just turned 80 and who’s served as the head barber here for more than 30 years. Jim declares that the shop acquired most of the hats “from guys right before their wives burned the darn things.”

So the story of how the irreplaceable collection of hats began must be told. Jim avers that it started in the 80’s with a forever star of the shop, Gael Montana, whose broken heel brought Jim into the shop to “fill in temporarily.” “There was this certain Wiedenfeld character who had a ranch in Wyoming.” He would make a semiannual trek down to these parts, leaving his straw hat behind in the winter and his felt in the summer, each to be retrieved in its proper season. From here the collection began to grow.

The gloss on the white straw along with its black felt tip marker inscription draws one’s eye. It’s from local area Reed Barker, a young rodeo star, and a bull rider who made it to the big time. The hat marks the last time that Reed wore a hat versus a helmet in the rodeo ring and suffered a rather big fall. There’s bulls- -t and blood stains under the crown to prove he busted his face.

A framed painting by local artist Mike Martin marks the spot where one hat hung, a hat that Mike coveted and took with him one day. Characteristically, Mike went home, painted a replacement, and brought that back.

There are placeholders for the female side of the equation here, too. We’re glad that two women’s saucer chapeaus hang on, one from Helen Faltin and one from Espie Faust, notorious High Street benchesitters, each hat’s straw weave still steeped with a whiff of cigarette smoke.

In addition to three Mexican sombreros and one shiny red Comfort Volunteer Fire Department helmet, a pith helmet in this town of German extraction calls attention to itself. It came from Paul Burge who was at Pearl Harbor when it was bombed. Jim identifies Deputy Sheriff Sandy Ingram’s light gray felt, a trio of hats from Joe Gerber, and a black velvet riding helmet from a fond niece and several others.

In addition to these storied hats, assorted memorabilia decorates the shop. One framed, barely readable note in faint ballpoint might be overlooked. When provoked to speak his mind Teddy Matter scribbled and tacked his opinion on the shop door on Oct. 12, 1994, when Jim was a no-show to cut Teddy’s hair. Now understand, Jim had genuine cause to be 45 minutes late, a flat tire on his fifteen mile trek from Alamo Springs to open the shop, but the old boy did not stick around to find that out. “Being here just when you are dam (sic) good and ready is shit for the birds (sic).” Unsurprisingly, “Shit for the birds” became a popular phrase for the barbershop crew for a period of time.

It’s easy to be drawn to the shadowbox that Jim’s creative

partner Mary Claire fashioned to honor previous barber Tommy Flach’s 45+ years here. Smell the Brylcreem, feel the close shave from a vintage hand razor. From the backroom, Jim drags out the black leatherette-covered board bench that provided an enhanced perch for once-young tykes like Warren Reeh to get a good trim from Tommy, once the bench was placed over the regular barber chair’s arms.

Whether you patronized the barbershop or not through decades that bridge two centuries, you may share a certain sadness that the shop cannot stay, that an unsustainable rent increase by the newest building owner appears to be its demise. Perhaps you peer through the door to count the numbered waiting chairs, breathe in Fearless Fosdick’s Wildroot Hair Cream, and hear the trimmer’s buzz. If you’re like me, you yearn to add to the chuckles and bursts of laughter from Jim, Gael, Monte, Tommy and many others. Let’s all tip our hats to this unique bit of small town history as we pass by the shop’s front porch. Better yet, what if we conjure up a troupe of magicians plus a rabbit to pull off a hat trick for retaining this High Street gem.



One of the Hat Walls in the Comfort Barber Shop

Photo courtesy of Lucy Griffith



After 45+ years in business Barber Tommy Flach turns over the keys to the barbershop to Gael Bradfield (Montana) in July, 1981. Photo, courtesy of Comfort Heritage Foundation archives, originally printed in the Comfort News, pg. 3, July 30, 1981.

More photos from the story on Page 6.



Between Clients, Jim Moore and Gael Montana in the barbershop in 1999. Photo from the Comfort Heritage Foundation Archives



A crowded collection of hats with character in the barbershop above the “wait your turn” numbered customer seats. From Judi Youngers, Jan., 2023



“Modern” Men’s Hair Styling of the 1950’s-60’s, a framed guide sitting in one of the vintage barber chairs in the Comfort Barber Shop

UPCOMING EVENTS

Join us at the
Comfort Golden Age Center
to celebrate
**February 2023
BIRTHDAYS &
ANNIVERSARIES!**
Wednesday, February 8th
@ 11:30 AM

Come on by for a little lunch, cake,
and ice cream!

Cake provided by Comfort Nursing and Rehab!
Ice cream provided by Gaddis Methodist Church Outreach!

Please RSVP by
Monday, February 6th!

PS: PLEASE don't forget to check in when you get here! ☺

Comfort Golden Age Center
February Senior Singles Lunch!

Friday, February 3
@ 1:00 pm
at Fajita St.
1104 Front Street
in Comfort



Please RSVP by Monday, January 30th,
at the Comfort Golden Age Center,
or call Doris at 210-912-2730!
Members AND Non-Members welcome!

If you would like to carpool or need a ride,
please let us know when you RSVP!

We will meet up at the Comfort Golden Age Center
at 12:30 for a 12:45 departure!

FEBRUARY MENU

February Menu



Please have your meal request in by 8:15AM on day of delivery. 830-995-3032

		1 Pork Chili Verde Spanish Rice Black Beans Chili Verde de Puerco Arroz Rojo Frijoles Negros	2 Meatloaf Garlic Mashed Potato Green Beans Pastel de Carne Pure de Papas Ajo Ejotes	3 Chicken/Rice Casserole Calico Corn Roasted Broccoli Cazuela de Pollo y Arroz Maiz Calico Brocoli Asado
6 Pork Cutlet Paprikash Egg Noodles Mixed Vegetables Chuleta de Puerco Paprika Fideos de Huevo Verduras Mezclada	7 Baked Chicken Whipped Sweet Potato Balsamic Brussel Sprouts Pollo al Horno Pure de Batas Coles de Bruselas	8 BBQ Chicken Breast Green Beans Potato Salad Pollo con BBQ Salsa Ejotes Ensalada de Papa	9 Pulled Pork w/ Bun Baked Beans Sumac Sweet Corn Desebrado Sandwich Frijoles Dulce Maiz Dulce de Zumaque	10 Salisbury Steak Zucchini Scalloped Potatoes Filete Salisbury Calabacin Cazuela de Papas
13 Chicken Mole White Rice Roasted Squash Mole de Pollo Arroz Blanco Calabaza Asada	14 Honey Glazed Chicken Creamy Pasta Roasted Carrots Pollo Glaseado con Miel Pasta Cremosa Zanahorias Asadas	15 Roasted Turkey Tangy Coleslaw Lemon Zest Broccoli Pavo Asado Ensalada de Col Broccoli con Limon	16 Beef Chili Green Beans Cornbread Stuffing Chile de Res Ejotes Relleno de Pan de Maiz	17 Hawaiian Chicken White Rice Peas & Carrots Pollo Hawaiano Arroz Blanco Guisantes y Zanahorias
20 Sweet & Sour Chicken Fried Rice Ginger Roasted Brussels Pollo Agri dulce Arroz Frito Bruselas con Jengibre	21 Baked Lemon Butter Fish Mixed Vegetables Herb Roasted Red Potato Pescado al Horno y Limon Verduras Mezclada Papas Rojas Asada	22 Chicken Spaghetti Squash Medley Espaguetis con Pollo Calabaza Mezclada	23 Beef with Broccoli Fried Rice Wilted Spinach Res con Brocoli Arroz Frito Espinacas Marchitas	24 Pork Carnitas Spanish Rice Pinto Beans Carnitas de Puerco Arroz Rojo Frijoles Pintos
27 Chipotle Pork Cutlet Roasted Cauliflower Apple Cornbread Stuffing Chuleta Puerco Chipotle Coliflor Asado Pan de Maiz Con Manzana	28 Sautéed Peppers w/ Beef Noodles Pimientos Salteado con Res Fideos			

LUNCH * ALMUERZO

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: 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

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.

2023 Membership Information! New members ALWAYS WELCOME!

We now have both Individual and Business Memberships!
And ANYONE – any age, any time - can be a member!

When you become a member of the Comfort Golden Age Center, you join a group of caring community members that support and empower older adults to build even more active, healthy, and inspired lives. We encourage people of all ages to join our Center for social interaction, fun, and a sense of sharing and community!

Individual Membership

- \$20 per year for renewing members, \$25 for new members
- **Includes** access to the following (not all inclusive!): games, social activities, health and wellness programs, luncheons, exercise classes, and various community resources.
- **Junior Membership (18 and younger)** - \$10 per year

Business Membership

- \$100 per year
- **Includes** general recognition/publicity in support of our local senior community, and invitation to the Comfort Golden Age Center for special activities and programs.

Come by the Comfort Golden Age Center at 628 Front Street - email us at gacguest2016@gmail.com - for more information or to complete a 2023 Membership Application!



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Cindy Young



Erik Jones

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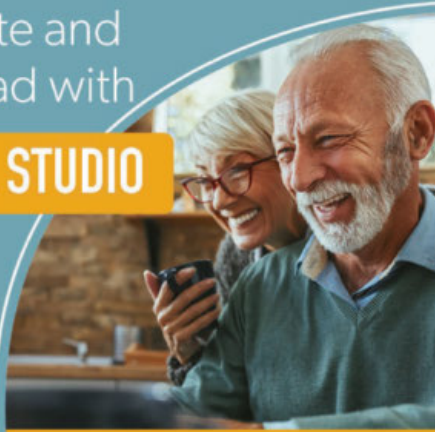
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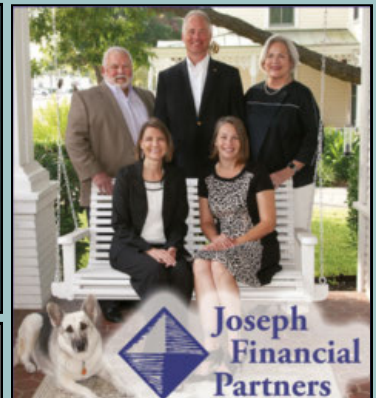
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Comfort Golden Age, Comfort, TX

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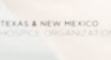
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