



The SCOOP

C l e a r w a t e r C o m m u n i t y C e n t e r
9 2 1 J a n e t A v e C l e a r w a t e r , K S 6 7 0 2 6
6 2 0 - 5 8 4 - 2 3 3 2
c o m m u n i t y c e n t e r @ c l e a r w a t e r k s . o r g

INSIDE THIS ISSUE:

Recipe	Pg 3
Upcoming Events	Pg 2,4
Lunch Report	Pg 7
Lunch Menu	Pg 8
Activity Calendar	Pg 9

KEEP YOUR SENSES AT PEAK PERFORMANCE

On a plane ride recently, the woman next to me said she'd lost her sense of smell after suffering a concussion in a fender-bender. The loss was permanent, and she was dismayed at how the quality of her life had declined. What do you miss most, I asked, expecting her to say the smell of cookies baking, or the bright, sharp scent of a pine tree at Christmas. "I miss smelling my husband's neck," she answered. That got me thinking about our "intimate" senses—taste, smell and touch—and how crucial they are to the pleasures inherent in our relationships. We do a pretty good job of preserving our eyesight with regular checkups and eye-health supplements; we wear ear protection in loud environments to preserve our sense of hearing. Both of these senses are critical for navigating the world around us and they, too, enhance our relationships (imagine not being able to see the face of your beloved). But what of the other senses? Can we do anything to enhance and preserve taste, touch and smell? It turns out that with a little TLC, we can ensure our intimate senses will bring us pleasure for decades.

Taste. When you consider how much of our time together is spent enjoying the culinary joys of life, it's worth changing a few habits to preserve our sense of taste.

Continued on page 5

SEPTEMBER BIRTHDAYS

- | | | |
|-------------------------------|---------------------|-----------------------|
| Van Tjaden 9/01 | Bonnie Gerlach 9/11 | Louise Stockhaus 9/23 |
| Renee Tjaden 9/01 | Darlene Ales 9/13 | Larry Humiston 9/24 |
| James Wells 9/01 | John Chitwood 9/13 | Ed Williams 9/24 |
| Sonnie Chambers 9/02 | Lou Ann Jarboe 9/16 | Frederick Ricke 9/25 |
| Donita Carey 9/04 | Mary Hoelscher 9/17 | Irline Kellogg 9/26 |
| Evelyn Brockman 9/05 | Sharon Bolin 9/17 | Wanda Farmer 9/26 |
| Ava McGeary 9/06 | Jeanne McCoy 9/20 | Tom Draxler 9/26 |
| Lee Harp 9/06 | Bill McKibban 9/20 | Wayne McEntire 9/27 |
| Kate Kinkaid-Brinkerhoff 9/10 | Lewis Kellogg 9/22 | Joni Mills 9/28 |
| Tina Welch 9/10 | John Kurimsky 9/22 | Valeta Lindamood 9/30 |
| | Helen Fesnock 9/22 | David Fitzgerald 9/30 |

Make it a
september
 TO REMEMBER



UPCOMING EVENTS

Schedule of Events

- 9/4 Center Closed
- 9/5 Eat Smart Class
- 9/7 Rock Painting event
- 9/12 Carry In Lunch
- 9/21 BINGO
- 9/23 Catfish Fry
- 9/26 Commodities

Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. We ask that everyone brings in a dish to share.

Date: Tuesday, August 8th
 Time: 12:00 noon
 Location: Main room at Center
 Cost: Free

Painting Group

Come down and paint with friends. This group of ladies are willing to help beginners. Just stop by and join in the creativity!

Date: Every Monday
 Day: Monday
 Time: 1pm-3pm
 Location: Art & Crafts room
 Cost: Free



Exercise Class

Upbeat exercises to keep seniors active! Our exercise class offers chair exercises, group exercises, and coordination exercises. It is always a good time for all who attend.

All ages welcome!



Date: Every Tuesday & Friday
 Time: 8:45 am
 Location: Centers Main Room
 Cost: \$8 per month

Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday
 Time: 10 am – 12 noon
 Location: Center Main Room
 Cost: Free



Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning
 Time: 9:00 am—until you are done
 Location: Centers Main Room
 Cost: donations for coffee



BIBLE STUDY

Pastor Lyle Hinsdale with the Clearwater Church of Christ leads a bible study that is open to all.

Date: Every Monday
 Location: Craft Room
 Time 9:30 am



BIBLE STUDY

Pastor Joe Eash with the Clearwater E-free church leads a bible study that is open to all

Date: Every Thursday
 Location: Craft Room
 Time 10:00 am

BYOD

Bring Your Own Device! Bring in your new technology and we can assist you in figuring out or setting things up. We help with laptops, tablets, smart phones, cell phones, digital picture frames, digital cameras, you name it and we can probably help you figure it out and show you how to use it.

Date: Every Thursday except 2nd Thursday
 Location: Pam's office
 Time 9:30 am
 Cost: Free



SMOTHERED PORK CHOPS

INGREDIENTS:

- 14 bone-in pork chops
- 1 oz packet onion soup mix
- 1 14 oz can chicken broth, low sodium
- 1 10.5 oz can cream of chicken soup, low sodium
- 1 oz packet dry pork gravy mix
- 1 tsp garlic powder
- To thicken gravy:
- 3 tbsp cornstarch
- 3 tbsp cold water

DIRECTIONS:

1. In a 5-6 quart oval slow cooker, combine onion soup mix, chicken broth, cream of chicken soup and pork gravy mix.
2. Whisk together until combined.
3. Season both sides of the chops with a little bit of garlic powder.
4. Place pork chops into the slow cooker.
5. Do your best to spread them out and cover with the gravy mixture.
6. Cover and cook on low about 4-6 hours.
7. Just before the pork chops are done - whisk together the corn starch and cold water in a small bowl. Once it is smooth, pour it in with your pork chops in the slow cooker and stir gently.
8. Cover and switch the slow cooker to high and cook for another 30 minutes (until gravy has thickened.)
9. Serve with mashed potatoes



ROCK PAINTING EVENT

Have you heard about the new craze? People all over Clearwater and other areas are painting “kindness rocks” and leaving them all over town. These rocks are then found and rehid to bring kindness to another person. The Community Center is all about sharing kindness and we want to join the crowd on this one.

Please join us as we all get together and paint some rocks!



When: **Thursday September 7th at 1:00 pm**

Where: Craft room of the Center

Cost: Free, we will provide a rock, paint and brushes

Open to all!



IMMUNIZATION CLINIC

We are partnering with the Clearwater Pharmacy to offer an immunization clinic here at the Center. You will need to schedule an appointment so they can bring the correct amount of shots.



Monday October 2nd from 9:00 am to 4:00 pm

Shots available:

- **Flu Shots—normal and high dose**
 - Pneumonia
 - Shingles
 - Hep A & B
 - Tetanus
 - MMR

UPCOMING EVENTS

3rd Thursday BINGO

Would you like a chance to play BINGO with friends and earn actual prizes? The Clearwater Nursing Home is sponsoring the monthly BINGO event. There is no cost and all supplies are provided. You just show up and come ready to have some fun!

Date: 3rd Thursday of the month

Time: 1:00 pm

Location: Craft room



Eat Smart Live Strong Class

Enjoy fun and lively activities with other adults! Talk about easy ways to make smart food choices and ways to exercise more. This class will be once a month on the following dates. This class is open to all.

Tuesday, September 5th at 1:00 pm—"Eat Smart-Live Strong."

Friday, October 6th at 1:00 pm—"Spend Smart, Eat Smart" Spend a little time and energy on planning meals and you can save a chunk of change every month.

Tuesday, December 5th at 1:00 pm—"Choosing a healthier you for life." Eating smart and moving is a lifetime skill. Find what motivates you.

Tuesday, January 2nd at 1:00 pm—"Fix it fast, eat at home." Fixing meals at home can be really fast, can save you time, and almost always saves you money.



Central Plains Area Agency on Aging's Senior Expo - is coming soon. Senior Expo provides options for today's seniors and caregivers offering valuable information, access to health screenings, new opportunities and sales that interest adults 55+. Join us at the 32nd annual Senior Expo and experience it for yourself on **September 28th, 9am-3pm** in Wichita, KS.

Experience Senior Expo at three of Wichita's favorite museums: Botanica, The Wichita Gardens; Exploration Place; and The Wichita Art Museum. Entrance to Senior Expo and admission to the museums is complimentary to anyone age 55 and older and to caregivers of all ages! Visit over 120 local and national vendors. Enjoy the fashion, free Park and Ride transportation between all locations and lunch at each site for \$6.00 at each site. For more information visit www.cpaaa.org.

Highlights of Senior Expo

Health Screenings

Interactive Booths

Learning Experiences

Music and DJ

Lions Club Mobile Screening Unit

Photo Booth and much more...



Fun Activities:

- "Local Favorite Fashion Finds" 2017 Fashion Show at the Lotus Hall at Botanica
- Entertaining booth - Photo booth and Pop Noggins
- Vendors providing unique gifts and other items for sale
- Flu shots, eye glass cleaning, spinal screenings, otoscope camera to see inside the ear, blood pressure screenings and more

Upcoming COMMUNITY EVENTS

Annual Auction & Dinner for Missions

Gather here with Thanks & Giving
Oct 14th, 2017
Clearwater United Methodist
Church

4:30-6:00 Dinner w/ live
music

4:00-6:00 Country Store &
Basket Silent Auction

5:15-6:00 Kid's games &
prizes

6:30 Live Auction

Dinner: Pork~vegetables~salad
Assorted Homemade Desserts
Iced Tea Lemonade Coffee
Adults: \$10 Children 4-10 \$5 3
& under free

We invite the community to join
us for an evening of great food,
awesome entertainment, and op-
portunities to purchase home-
made & handmade items, unique
items, and various other sundry
things. All monies raised are
used for United Methodist mis-
sions around the world.



Clearwater Fall Festival
September 14th– 17th
2017

CONTINUED FROM MAIN PAGE

The average 30-year-old has 245 taste buds on each of the tongue's sensory bumps; the average 70-year-old has 88. Scientists are divided on which tastes disappear first, but generally agree that of the four basics—sweet, salty, sour and bitter—sweet and salty are the earlier casualties. To preserve a sense of taste, the surprising answer is not to use more spices but rather to eat foods that are naturally stronger flavored, like mustard, pickles, radishes or capsicum (peppers), which are tangy enough to act as spices. Sun-dried tomatoes, vinegars, concentrate fruit sauces, extracts of almond, vanilla, lemon and rum, citrus juice and peels are also good candidates for taste-bud therapy. Cut back on excessive salt and sugar, including processed foods, which are high in both. Foods laden with these two ingredients will interfere with your sense of taste by masking subtler flavors. A tiny bit of salt can bring out the character of food, so just go easy. Adding fat to your food will make it taste better and enhance flavors. Lobster, for example, is delicious with a spritz of lemon, but it becomes decadent when dipped in butter. As with salt, don't go overboard, but do experiment with varieties of oil: olive, sesame, peanut, grape seed and coconut to give this sense a regular workout.

Smell. Smell and taste are intimately connected. The loss of this sense typically comes after the loss of taste, and usually isn't an issue until mid-70s, but the loss of scent reception from that point is steep, and anything we can do to slow the descent is crucial. Smell is vital in more than the obvious ways. Scent has powerful effects on lovers; it influences men's and women's sexual response, often unconsciously. Smell is also a powerful agent in memory, recall and how people feel about a place. Extreme smell loss—like the woman I met on the plane—is called anosmia, and it can cause people to lose the will to eat. But there are proven ways to keep our sniffers sharp. Brisk walks (exercise heightens the smell sense); eating oysters (which contain zinc, necessary to maintain smell and taste); quitting smoking; and always wearing a seat-belt, because even at low speeds, collisions can jar the brain and tear the nerves that connect it to your nose. There's also "sniff therapy" which involves inhaling a strong-smelling item several times a day—coffee grounds or eucalyptus for example—which can, apparently, train the nose and brain to detect smells more acutely.

Touch. Touch is the one truly reflexive faculty. It's virtually impossible to touch someone else without having them feel you in return; and it's the passive mode of being touched that becomes critical as we age. Regular human touch has been shown to lessen pain, improve lung function, lower blood sugar and stimulate the immune system. "The tactile system," says James Fosshage, a psychoanalyst in New York, "is the earliest sensory system to become functional [in the embryo] and may be the last to fade." Our skin has thousands of nerve endings that beg to be touched. And it isn't just our hands: every part of our body can be trained into heightened awareness. Your feet, for example, are constantly touching the ground. What does that silk blouse feel like on your arms? Lie in the grass and feel where each blade makes contact with your skin. Research reveals that tactile sensation and vision are related, so looking at the object you're touching will enhance your ability to feel it. On the other hand, there are things you can only feel, like the sun on your neck or a cool breeze across your body. Becoming aware—paying attention to these experiences as they occur—will help keep this critical sense intact.

Instead of neglecting our intimate senses, we should be celebrating them. And until scientists figure out ways to preserve them, we should be doing everything we can on our own to keep our senses as acute as possible.

COMMUNITY CENTER

10th ANNIVERSARY



SATURDAY SEPTEMBER 23RD
5 PM TO 7PM

Entertainment provided by
the Gospel Quartet

FOUR THE
CROSS
GOSPEL QUARTET

\$7 for adults
\$5 for kids 12 & under

- Also serving:
- Potato Salad
 - Baked Beans
 - Salad
 - Bread
 - Drink & Dessert

921 E Janet Ave
Clearwater, KS

Tuesday Carry In Lunch 8/8/17

Pam greeted everyone to the August luncheon.

Birthday people present were Carl Shaffer, Mary Jo McMahan, and Janet Jackson. Marlene led the Flag Salute and National anthem as well as the blessing for the meal.

Our first speaker was Liberty from the Nursing Home. She told of an Alzheimer's support group that was starting up. It will be at the Nursing Home.

Our second speaker was Soutdaly Sysavath, the Director of the Wichita Children's Homes, which is now located in NE Wichita. She explained that the facility works with the court system for children from newborn to age 17. Children 12 and under are placed in foster care homes. Currently there are about 30 emergency homes used for immediate placement. These homes have specific stipulations and guidelines required and they are frequently checked to be sure they are safe. There are schools nearby that the children who live at the facility attend. The facility welcomes donations in clothing, personal care items, coats, blankets, food, snacks or monetary donations. If you have any items to donate they can be brought to the Center or you can contact Betty Jo Embry at 584-3434.

Announcements: Farmers Market at the Center. B&G. BINGO monthly, Fish Fry (Sept 23rd).

Marlene told a sad story of a woman who was diagnosed with AAA. Age Activated Attention Deficit Disorder. The poor woman walked all day going from one unimportant thing to another without ever accomplishing a single thing by the end of the day. She knew she had been very busy and was exhausted. Then she warned if you had not already been diagnosed with this, it would catch up with you sooner or later. :)

The game of the day was using the ABCs and the question was "Things you don't like."

Some answers were, A-asparagus, B-Bullies, C-crocodiles, D-dentist, E-eggplant, F-feathers, G-guns, H-hospitals, I-insects, J-jealousy, K-kangaroos, L-lions, M-mowing, N-nuts, O-opposition, P-paddles, Q-quitters, R-roaches, S-snakes, T-tornados, U-ugliness, V-villains, W-waiting, X-xylophones, Y-yams, and Z-zippers.

Marlene Parret,
Secretary

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Exercise 9:00 am	2
3 	4 CENTER CLOSED 	5 Exercise 9:00 am Eat Smart Live Strong class 1:00 pm AA/AI Anon 7pm-9pm	6 Morning Coffee 9am Cards & Puzzles 9am – 3pm	7 BYOD 9am Bible Study (E-free) 10am Rock Painting get-together at 1:00 pm AA 7pm-9pm	8 Exercise 9:00 am	9
10 	11 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	12 Exercise 9:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	13 Morning Coffee 9am Cards & Puzzles 9am – 3pm	14 Bible Study (E-free) 10am AA 7pm-9pm	15 Exercise 9:00 am	16 No Biscuits & Gravy due to Fall Festival
17 	18 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	19 Exercise 9:00 am AA/AI Anon 7pm-9pm	20 Morning Coffee 9am Cards & Puzzles 9am – 3pm	21 BYOD 9am Bible Study (E-free) 10am 3rd Thursday BINGO 12:30p AA 7pm-9pm	22 Exercise 9:00 am	23 Cattfish Fry 5:30p "Four The Cross" gospel quartet
24 	25 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	26 Exercise 9:00 am AA/AI Anon 7pm-9pm Commodities 9a-3p	27 Morning Coffee 9am Cards & Puzzles 9am – 3pm	28 BYOD 9am Bible Study (E-free) 10am Senior Expo Trip 9:00 am to 3:00 pm	29 Exercise 9:00 am	30

Mon	Tue	Wed	Thu	Fri
Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher				
4 HOLIDAY	5 Scalloped potatoes with ham 1c Peas 1/2c Cantaloupe 1/2c Peanut butter cookie Bread Milk	6 Baked chicken Broccoli w/cheese sc 1/2c Sliced tomatoes 1/2c Mixed fruit 1/2c Wheat roll Milk	7 Taco salad 1c (lettuce, tomato, cheese) (corn chips) Salsa Strawberries 1/2c Cinnamon roll Milk	8 Italian baked chicken Lima bean salad 1/2c Mixed melon cup 1/2c Lime gelatin 1/2c Garlic bread Milk
11 Tuna noodle casserole 1c Mixed greens salad 1/2c Salad dressing 1oz Banana in Orange juice 1/2c Wheat roll Milk	12 Oven fried chicken Rice 1/2c w/gravy Cooked red & green cabbage Apricots 1/2c Peanut butter muffin Milk	13 Soft taco (lettuce, tomato, cheese) Refried beans 1/4c Strawberries 1/2c Sugar cookie Milk	14 Turkey 3oz w/gravy Mashed potato 1/2c w/gravy Herbed green beans 1/2c Watermelon 1/2c Wacky cake Bread Milk	15 Ham & beans 1c Parslised carrots 1/2c Sliced tomatoes 1/2c Peaches 1/2c Cornbread Milk
18 Creamed chicken 1/2c over Biscuit Cole slaw 1/2c Grape juice 1/2c Applesauce 1/2c No bake cookie Milk	19 Beef cutlet OR Liver & onions Mashed pot 1/2c w/gravy Harvard beets 1/2c Mixed fruit 1/2c Roll Milk	20 Turkey pasta salad Combination salad 1/2c Salad dressing 1oz Banana Bread Milk	21 Swedish ham balls Sweet potatoes 1/2c Mixed vegetables 1/2c Watermelon 1/2c Roll Milk	22 Sloppy joe 1/2c on a Bun Parslised potatoes 1/2c Carrot raisin salad 1/2c Pears 1/2c Brownie Milk
25 Goulash 1c Corn 1/2c Combination salad 1/2c Salad dressing 1oz Apricots 1/2c Garlic bread Milk	26 Chicken & noodles 1c over Mashed potatoes 1/2c Pickled beets 1/2c Mandarin oranges 1/2c Peanut butter muffin Milk	27 Crispy fish w/Tartar sauce or Chix patty Macaroni & cheese 1/2c Spinach 1/2c Cantaloupe 1/2c Plum crisp 1/2c Milk	28 Roast 3oz w/gravy Mashed potatoes 1/2c w/gravy Cole slaw 1/2c Peaches 1/2c Roll Milk	29 Chicken fajita salad 1c (lettuce, tomato, cheese) Salsa (corn chips) Hominy 1/2c Strawberries 1/2c Bread pudding 1/2c Milk

Clearwater Community
Center
921 Janet Ave
Clearwater, KS 67026
620-584-2332



Clearwater Community Center

Mission Statement:

To provide services and programs for people of all ages, that promote their well being, support their independence and encourage their involvement in community life.

Staff

Clearwater Community Center

Pamela Riggs, Director
Marlene Parret - Assistant Director

Advisory Committee Members

Terry Sullivan - Chairperson
Joan Fleming - Co-Chair
Barbara Hufford – Member at Large
James Charles - Member at Large
Marlene Hand - Member at Large