



The SCOOP



Clearwater Community Center
921 Janet Ave Clearwater, KS 67026
620-584-2332
communitycenter@clearwaterks.org

FALLS PREVENTION FACT SHEET

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

INSIDE THIS ISSUE:

Announcements Pg 3

Upcoming Events Pg 2,4

Lunch Report Pg 7

Lunch Menu Pg 8

Activity Calendar Pg 9

OCTOBER BIRTHDAYS

- | | | |
|-----------------------|-------------------------|------------------------|
| Cindy Shrottson 10/03 | Capsa Reed 10/13 | Terry Headgepath 10/22 |
| Gary Richards 10/03 | Jean Richardson 10/14 | Cletus Zoglman 10/24 |
| Virginia Snell 10/05 | Linda Smith 10/17 | LaVona Greenlee 10/26 |
| Jacke Eckel 10/06 | Vicki Wise 10/17 | Donna Yost 10/26 |
| Pat Watt 10/09 | Stephen Knoblauch 10/20 | Jacki Matthews 10/27 |
| Reba Gross 10/10 | Betty Jo Embry 10/21 | June Sparr 10/28 |
| Don Sparr 10/10 | Donna Watson 10/21 | Donetta Foley 10/28 |
| Connie Barton 10/10 | Gene Dunbar 10/22 | Reva Wilkerson 10/29 |
| Allen Tarrant 10/11 | Don Winter 10/22 | Steven Heppler 10/29 |
| Elna Fitch 10/11 | Helen Stitt 10/22 | Robert Gerlach 10/30 |
| Cheryl Wright 10/13 | Margaret Bolan 10/22 | Roberta Maupin 10/30 |



UPCOMING EVENTS

Schedule of Events

- 10/6 Eat Smart Live Strong Class
- 10/10 Carry In Lunch
- 10/14 Mobile Farmers Market
- 10/15 Medicare Part D Open Enrollment begins
- 10/19 3rd Thursday BIN-GO
- 10/21 Biscuits & Gravy
- 10/23 A Matter of Balance class
- 10/24 Rock Painting
- 10/30 A Matter of Balance class

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, October 10th
 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



UNBELIUVIABLY MOIST BANANA BREAD

INGREDIENTS:

- 2 cups sugar
- 1 cup soft margarine or butter
- 5 eggs
- 2 cups flour
- 6 tbsp buttermilk, (reg milk will work too)
- 2 tsps baking soda
- 1/2 cups ripe bananas, about 5 small
- 1 cup nuts, chopped (optional)

DIRECTIONS:

1. Mix all ingredients together. Let mixture sit for 1 hour. (Note: Due to banana size, the mixture may not all fit into one loaf pan; do not overflow your pan. Use two loaf pans for the extra batter)
2. Pour into greased loaf pan. Bake 60-65* minutes at 350 degrees. If using a bundt pan, bake for 50-60* minutes at 300 degrees. Ten minutes before final cooking time, check doneness with toothpick. When toothpick comes out clean from middle of the loaf, it is done or when center of loaf is close to 195-200 degrees F. (Note: It's okay to let the crust get very dark if cooked for longer, it won't hinder the taste).
3. Let stand until almost cool. Loosen bread from sides with sharp knife and set aside. Enjoy!



BITS & PIECES (FROM PAM'S DESK)

FUNDING

On Wednesday September 27th the Sedgewick Count Commissioners are meeting with the local Senior Center who are requesting more funding. We have applied for additional funding for 6 years. We were told there is money available. We will keep you posted on how the meeting goes on the 27th. Please have our Center in your thoughts that day.

SAFE HOUSE NEEDS

Betty Jo Embry works with the Safe House

in Wichita. They help homeless teens with necessary items. They are in need of sleeping bags, blankets, and anything to keep them warm in the upcoming months. Also, toiletries and snacks that can fit in back packs. You can bring these to the Center and we will make sure Betty Jo gets them.

WEATHER CLOSINGS

Reminder, when USD 264 closes school for weather, the Community Center will be closed as well.

“You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man.”
-Seth Parker

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.



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.

Mobile Farmers Market

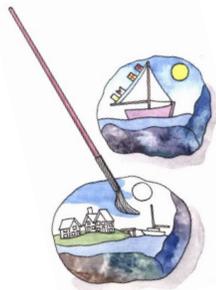
The ladies with Common Ground Producers will be back again and will be holding a Mobile Farmers Market. They will accept cash, credit cards, check, or EBT cards.

Date: Saturday, October 14th
Time: 9:00 am to 11:00 am
Location: In front of Community Center



Rock Painting Event

We had a great turn out at the last Rock Painting event. We still have some rocks left over to be painted. Join on the 24th and paint some kindness rocks. You may keep it for yourself or plant them somewhere around town to spread the cheer. There is no cost for this event.



Date: Tuesday, October 24th
Time: 1:00 pm
Location: Craft room

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 opportunities to purchase home-made & handmade items, unique items, and various other sundry things. All monies raised are used for United Methodist missions around the world.



MEDICARE PART D COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your questions about Medicare.

SHICK has counselors throughout the state who can assist people to stay informed on changing conditions in health care insurance and to cut through the confusion.

Our counselors receive training on Medicare, Medicare Supplement



Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

Our counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

Medicare Part D Rx Drug plan open enrollment begins October 15th and runs until December 7th. This is the time to take a look at your Rx drug coverage plan and make necessary changes. Last year alone we were able to counsel 10 individuals with a total saving combined of over \$13,000!

If you would like to have someone help you find the best plan, please call to set up an appointment. The Director of the Center is a SHICK volunteer and would love to help you out.

FISH FRY TOTALS

Thank you to everyone who came out and supported the Community Center on Saturday, September 23rd. We celebrated our 10th anniversary with a Catfish Fry fundraiser. We had over 55 people in attendance. We made a total of \$469.00 and after all that was purchased we made a profit of \$350.00! Thank you all so much! Also a huge thank you to the volunteers who made it happen. We could not have done it without you! Next time you see these people out and about tell them thank you!

Volunteers

- Courtney Meyer
- Chase Meyer
- Tricia Rotman
- Mary Stafford
- Scott Cooper & family
- Burt Ussery
- Ron Marsh
- Elna Fitch
- Leora Jeffries
- Becky Estes
- Peggy Brockman

A huge thank you to Earl & Jeff Brockman and Marlene Hand for making sure we had enough fish to feed the crowd!



DO YOU HAVE **Concerns** about **falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Haysville Senior
Center in
partnership with the
Clearwater Senior
Center invite you to
join us

Haysville Senior Center
October 23, 2017
1:00 p.m. to 2:30 p.m.

Classes are held once a week for
6 weeks for 1-1/2 hours each.

Cost: \$10 for non-members
Free for members

For more information please call

316-529-5903
Extension 1250

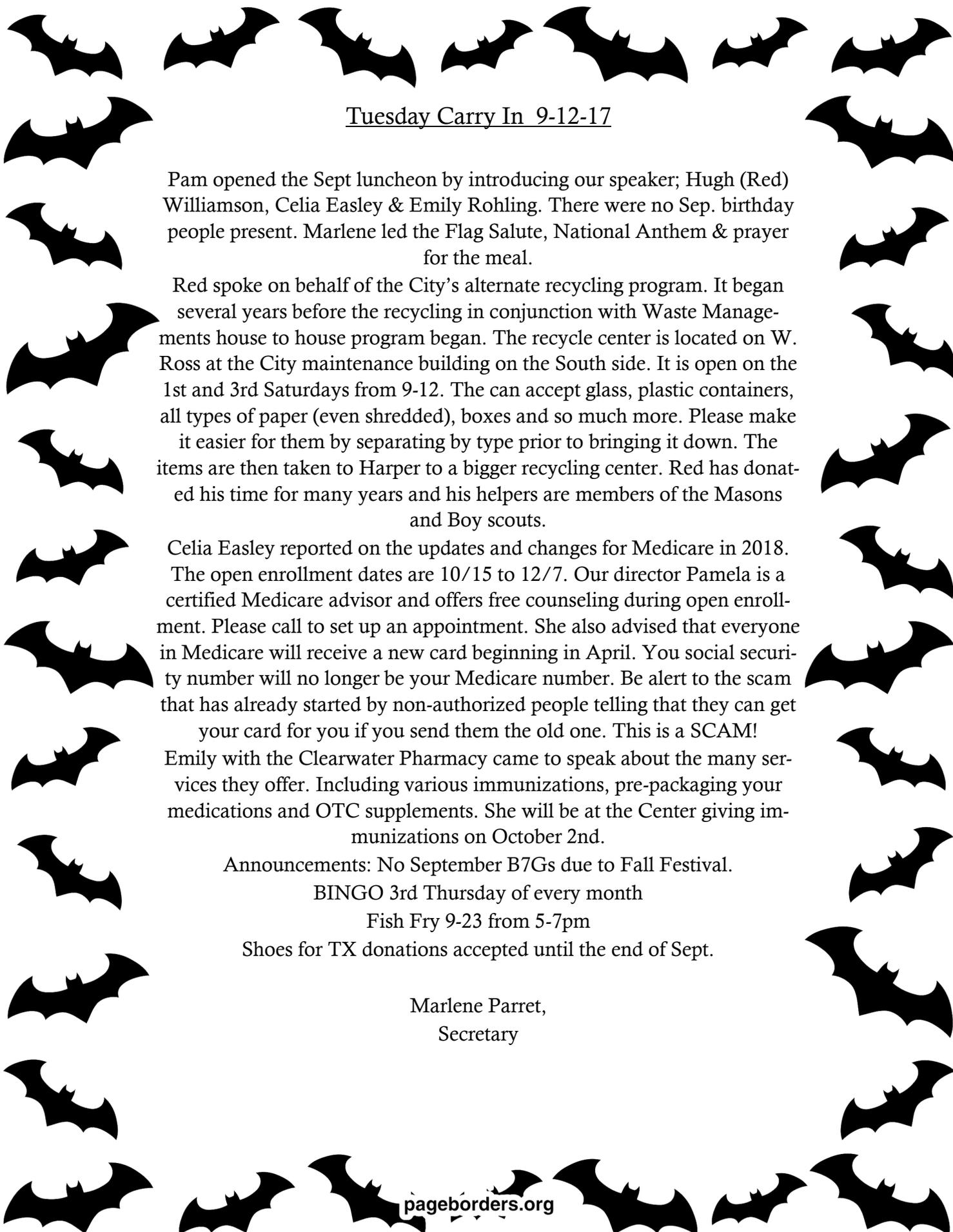
A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Tuesday Carry In 9-12-17

Pam opened the Sept luncheon by introducing our speaker; Hugh (Red) Williamson, Celia Easley & Emily Rohling. There were no Sep. birthday people present. Marlene led the Flag Salute, National Anthem & prayer for the meal.

Red spoke on behalf of the City's alternate recycling program. It began several years before the recycling in conjunction with Waste Management's house to house program began. The recycle center is located on W. Ross at the City maintenance building on the South side. It is open on the 1st and 3rd Saturdays from 9-12. The can accept glass, plastic containers, all types of paper (even shredded), boxes and so much more. Please make it easier for them by separating by type prior to bringing it down. The items are then taken to Harper to a bigger recycling center. Red has donated his time for many years and his helpers are members of the Masons and Boy scouts.

Celia Easley reported on the updates and changes for Medicare in 2018. The open enrollment dates are 10/15 to 12/7. Our director Pamela is a certified Medicare advisor and offers free counseling during open enrollment. Please call to set up an appointment. She also advised that everyone in Medicare will receive a new card beginning in April. Your social security number will no longer be your Medicare number. Be alert to the scam that has already started by non-authorized people telling that they can get your card for you if you send them the old one. This is a SCAM!

Emily with the Clearwater Pharmacy came to speak about the many services they offer. Including various immunizations, pre-packaging your medications and OTC supplements. She will be at the Center giving immunizations on October 2nd.

Announcements: No September B7Gs due to Fall Festival.

BINGO 3rd Thursday of every month

Fish Fry 9-23 from 5-7pm

Shoes for TX donations accepted until the end of Sept.

Marlene Parret,
Secretary

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	3 Exercise 9:00 am AA/AI Anon 7pm-9pm	4 Morning Coffee 9am Cards & Puzzles 9am – 3pm	5 BYOD 9am Bible Study (E-free) 10am	6 Exercise 9:00 am Eat Smart Live Strong class 1:00 pm	7
8 	9 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	10 Exercise 9:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	11 Morning Coffee 9am Cards & Puzzles 9am – 3pm	12 Bible Study (E-free) 10am AA 7pm-9pm	13 Exercise 9:00 am	14 Mobile Farmers Market 9am-11am
15 Medicare Part D enrollment begins. Oct 15 th – Dec 7 th Call the Center to make an appt to go over plan options.	16 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm	17 Exercise 9:00 am AA/AI Anon 7pm-9pm	18 Morning Coffee 9am Cards & Puzzles 9am – 3pm	19 BYOD 9am Bible Study (E-free) 10am 3 rd Thursday BINGO 12:30p AA 7pm-9pm	20 Exercise 9:00 am	21 Biscuits & Gravy 7am – 10 am
22 	23 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm A Matter Of Balance 1pm (in Haysville)	24 Exercise 9:00 am Rock Painting 1:00 pm AA/AI Anon 7pm-9pm	25 Morning Coffee 9am Cards & Puzzles 9am – 3pm	26 BYOD 9am Bible Study (E-free) 10am	27 Exercise 9:00 am	28
29 	30 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm A Matter Of Balance 1pm (in Haysville)	31 Exercise 9:00 am AA/AI Anon 7pm-9pm				

October 2017

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS

22 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
2 Cheeseburger soup 8 oz Crackers-2 German mixed veg. 4 oz Strawberries 4 oz Brownie Milk	3 Italian baked chicken 4 oz Mixed greens salad 4 oz Salad dressing 1 oz Corn 4 oz Pineapple 4 oz Wheat roll Milk	4 Creamy chicken & veggie casserole 8 oz Breaded tomatoes 4 oz Apricots 4 oz Gelatin Wheat bread Milk	5 Swedish steak 3 oz Cauliflower rice 4 oz Green peas 4 oz Applesauce 4 oz Lime gelatin w/pears 4 oz Roll Milk	6 Tuna salad sandwich 4 oz Broccoli cheese soup 4 oz Cracker-1 Carrots 4 oz Peaches 4 oz Bun Milk
9 Scalloped chicken 8 oz Broccoli 4 oz Stewed tomatoes 4 oz Pears 4 oz Roll Milk	10 Ham & beans 8 oz Potatoes w/onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	11 Egg salad sandwich 4 oz Cream of celery soup 4 oz Cracker-1 Carrot sticks 4 oz Strawberries 4 oz Bread Milk	12 Meatloaf 4 oz Mashed potatoes 4 oz Gravy 2 oz Green beans 4 oz Apricots 4 oz Pumpkin spice pound cake	13 Brunswick stew 8 oz Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Cheddar dill bread Milk
16 Turkey & dumplings 8 oz Carrots 4 oz Banana in Orange juice 4 oz Bread Milk	17 Salmon bake 4 oz w/ Creamy cucumber sc. 2 oz Cauliflower rice 4 oz Peas 4 oz Peaches 4 oz Pineapple bread Milk	18 Chicken & cheese casse- role 8 oz Broccoli 4 oz Beets 4 oz Pears 4 oz Garlic bread Milk	19 Hamburger on a Bun with set up Oven brown potatoes 4 oz Three bean salad 4 oz Apricots 4 oz Cranberry juice 4 oz Milk	20 Swedish ham balls Baked sweet potato & ap- ples 4 oz Green beans 4 oz Mandarin oranges 4 oz Wheat roll Milk
23 Oven fried chicken 4 oz Mashed potatoes 4 oz Gravy 2 oz Black-eyed pea & corn salad 4 oz Wheat roll Milk	24 Ham & egg cass. 8 oz Tomato salad 4 oz Banana Bran muffin Milk	25 Mexican lasagna 8 oz Refried beans 4 oz Strawberries 4 oz Grape juice 4 oz Sugar cookie Milk	26 New England stew 8 oz Green beans 4 oz Pears 4 oz Blueberry cobbler 4 oz Biscuit Milk	27 Liver & onions OR Beef cutlet 3 oz Mashed potatoes 4 oz Gravy 2 oz Broccoli/raisin salad 4 oz Apricots 4 oz Bread
30 Lean BBQ beef w/ homemade sauce 3 oz Sweet potato salad 4 oz Broccoli 4 oz Apricots 4 oz Bread Milk	31 Harvest turkey soup 8 oz Black eyed pea & corn salad Apple slices 4 oz Cinnamon roll Crackers-2 Milk	Birthday Day - Oct 12 Choice Days - Oct 27 Circled Days - meals that freeze well		
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				

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