

The SCOOP



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STOP JUNK MAIL, GUARD AGAINST MAIL FRAUD.

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Millions of older Americans get bombarded with unwanted junk mail these days, including “mail fraud” schemes that you need to be particularly careful of. While junk mail comes in many different forms—credit card applications, sweepstakes entries, magazine offers, coupon mailers, donation requests, political fliers, catalogs and more—the most troublesome type is mail fraud, which comes from con artists who are trying to take your money. Mail fraud can be tricky to detect because there are many different types of schemes that may seem legitimate. Some of the most common targeting seniors today are phony sweepstakes, foreign lotteries, free prize or vacation scams, fake checks, donation requests from charities or government agencies that don't exist, get rich chain letters, work-at-home schemes, inheritance and investment scams and more. If you receive any type of junk mail that is asking for money in exchange for free gifts or winnings, or if you are receiving checks that require you to wire money, call the U.S. Postal Inspector Service at 877-876-2455 and report it. Then throw it away. Unfortunately, once a person get on these mail fraud lists, also know as “suckers lists,” its very difficult to get off. Criminals regularly trade and sell mailing lists of people who they believe to be susceptible to fraud, and they wont remove a name when you request it. Knowing this, a good first step to help protect yourself is knowing different kinds of mail fraud and what to watch for. The US Postal Inspection Service can help you with this. They offer a list of the different mail fraud schemes at www.postalinspectors.upis.gov.

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NOVEMBER BIRTHDAYS

- | | | |
|------------------------|-------------------------|-----------------------|
| Shelley Martin 11/01 | Tony Bailey 11/10 | Ginger Murphy 11/21 |
| Sharyn Morris 11/05 | Cindy Peitz 11/10 | Frances Johnson 11/24 |
| Charles Caddy II 11/07 | Rita Gorges 11/15 | Jim Leibold 11/24 |
| Angie Shaver 11/08 | Jean Stever 11/15 | Denise Morehead 11/24 |
| Sheila Finniss 11/08 | Lillian Palsmeier 11/17 | Cleta Cornett 11/25 |
| TL Pearson 11/09 | Lola Honn 11/18 | Lois Emberson 11/26 |
| William Potenski 11/09 | Rob Matthews 11/19 | Betty Jean 11/28 |
| Cathy Rogers 11/09 | Dean Wise 11/19 | Roger Dawson 11/30 |
| Becky Estes 11/10 | John Strauthers 11/20 | Christy Hensley 11/30 |

UPCOMING EVENTS

Cost: Free

Schedule of Events

Thanksgiving Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will be providing a turkey stuffing, and gravy and we ask that everyone bring in a side dish to share. There will be a sign up sheet where you can list what you will bring.

Date: Tuesday, November 14th
 Time: 12:00 noon
 Location: Main room at Center
 Cost: Free

- 11/6 Eat Smart Live Strong Class
- 11/14 Thanksgiving carry in Luncheon

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

- 11/22 Reservation deadline for The Nutcracker Ballet



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 along with some Pepperidge Farm breakfast breads. 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



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

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

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



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



Fluffy Pumpkin Pie Dip



- 1 (16 ounce) container frozen whipped topping, thawed
- 1 (5 ounce) package instant vanilla pudding mix
- 1 (15 ounce) can solid pack pumpkin
- 1 teaspoon pumpkin pie spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving. Serve with vanilla wafers or graham cracker sticks.

BITS & PIECES

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.

NEW DIRECTOR

Kristi Rey accepted the position and is very excited to be here! Kristi is married and has 2 kids, and has lived in town for 9 years. She has worked at the schools for a few years and is active in her church. Kristi enjoys reading and spending time outdoors with her family in her down time. If you have a chance, please stop by the Center and say hello!

**“The best way to find yourself is to lose yourself in the service of others.”
-Mahatma Gandhi**

FOOT CLINIC

“Foot Care for you... when you cant.”

Your feet are a very important part of your health and independence, and caring for them can become quite a task as you age. You may not be physically able to care for them properly any longer, due to failing vision, decreased mobility or flexibility. You may have one or more health diagnoses that also put you at risk, such as diabetes, cardiac

or neurological problems. Medicare covers these routine foot care every 60 days. Hermes Healthcare can trim



FOOTCARE

nails, remove callous, ingrown toenails, plantar warts, and can do some minor wound care. They used to come to Dr. Papish's office but have since out grown the space. They will now be visiting the Clearwater Community Center every other month. If you would like to make an appointment for when they are here please call 316-260-4110. They will be here on **Monday November 20th**. Please call their office to schedule.

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, November 7th at 1:00 pm

Tuesday, December 5th at 1:00 pm

Tuesday, January 2nd at 1:00 pm

CONTINUED FROM MAIN PAGE

If you feel compelled to donate to certain charities, make sure they're legitimate. You can do this at charity watchdog sites like CharityNavigator.org and Give.org.

Reduce Junk Mail

While scam artists aren't likely to take your name off their mailing lists, most legitimate mail-order businesses will. Start with the Direct Marketing Association, which offers a consumer opt-out service at dma-choice.org. This won't eliminate all the junk mail, but it will reduce it.

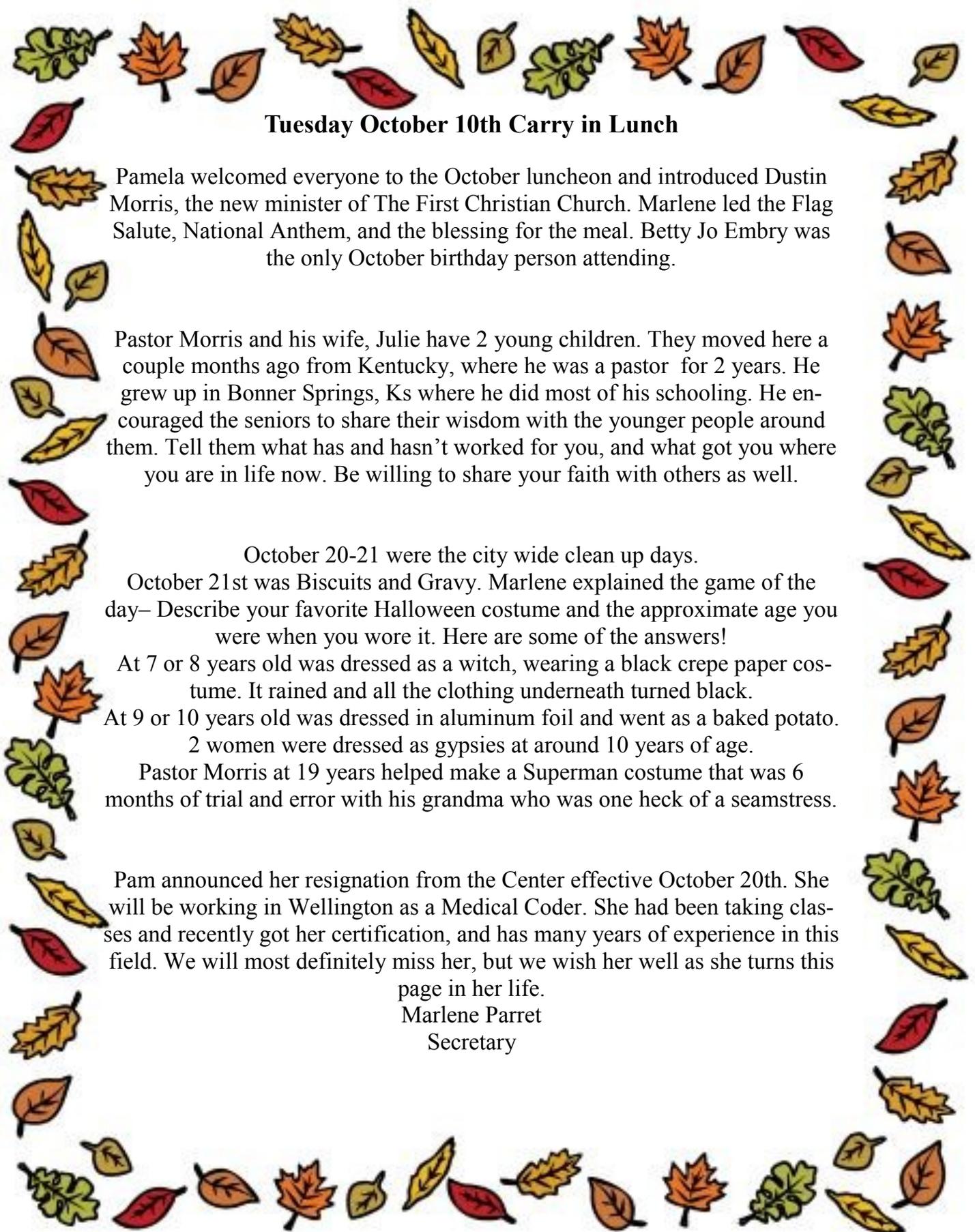
The opt-out service is \$2 for 10 years if you register online, or \$3 by mail.

Then, to put a stop to the credit card and insurance offers, call the consumer credit reporting industry opt-out service at 888-567-8688, and follow the automated prompts to opt out for either five years or permanently. Be prepared to give your social security number and date of birth.

You can also do this online at OptOutPrescreen.com

Make sure your cell phone numbers are registered with the National Do Not Call Registry (DoNotCall.gov, 888-382-1222), to help cut down on telemarketing calls.





Tuesday October 10th Carry in Lunch

Pamela welcomed everyone to the October luncheon and introduced Dustin Morris, the new minister of The First Christian Church. Marlene led the Flag Salute, National Anthem, and the blessing for the meal. Betty Jo Embry was the only October birthday person attending.

Pastor Morris and his wife, Julie have 2 young children. They moved here a couple months ago from Kentucky, where he was a pastor for 2 years. He grew up in Bonner Springs, Ks where he did most of his schooling. He encouraged the seniors to share their wisdom with the younger people around them. Tell them what has and hasn't worked for you, and what got you where you are in life now. Be willing to share your faith with others as well.

October 20-21 were the city wide clean up days.

October 21st was Biscuits and Gravy. Marlene explained the game of the day— Describe your favorite Halloween costume and the approximate age you were when you wore it. Here are some of the answers!

At 7 or 8 years old was dressed as a witch, wearing a black crepe paper costume. It rained and all the clothing underneath turned black.

At 9 or 10 years old was dressed in aluminum foil and went as a baked potato. 2 women were dressed as gypsies at around 10 years of age.

Pastor Morris at 19 years helped make a Superman costume that was 6 months of trial and error with his grandma who was one heck of a seamstress.

Pam announced her resignation from the Center effective October 20th. She will be working in Wellington as a Medical Coder. She had been taking classes and recently got her certification, and has many years of experience in this field. We will most definitely miss her, but we wish her well as she turns this page in her life.

Marlene Parret
Secretary

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Morning Coffee 9am Cards & Puzzles 9am – 3pm	2 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	3 Exercise 9:00 am	4
5	6 Painting 1p-3p	7 Exercise 9:00 am Eat Smart Live Strong class 1:00 pm AA/AI Anon 7pm-9pm	8 Morning Coffee 9am Cards & Puzzles 9am – 3pm	9 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	10 CENTER CLOSED 	11
12	Painting 1p-3p	14 Exercise 9:00 am Thanksgiving Carry In Lunch noon AA/AI Anon 7-9 pm	15 Morning Coffee 9am Cards & Puzzles 9am – 3pm	16 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	17 Exercise 9:00 am	18
19	20 <u>Painting 1p-3p</u> Foot Clinic by appointment only	21 Exercise 9:00 am AA/AI Anon 7pm-9pm	22 Morning Coffee 9am Cards & Puzzles 9am – 3pm	23 CENTER CLOSED 	24 CENTER CLOSED 	25
26	27 Painting 1p-3p	28 Exercise 9:00 am AA/AI Anon 7pm-9pm Commodities 9a-3p	29 Morning Coffee 9am Cards & Puzzles 9am – 3pm	30 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm		

Mon	Tue	Wed	Thu	Fri
Birthday Day - November 9 Choice Days - November 14 Circled Days - meals that freeze well Thanksgiving Holiday - November 23 & 24				
6 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	7 Easy chicken & broccoli pie 8 oz Tomato salad 4 oz Apricots 4 oz Blueberry muffin Milk	8 Chicken fried steak 3 oz Mashed potatoes 4 oz Gravy 2 oz Mixed vegetables 4 oz Banana w/Peanut butter 1T. Roll Milk	9 Baked chicken 4 oz California mash 4 oz Peas 4 oz Mandarin oranges 4 oz Cranberry swirl cake Roll Milk	10 Spaghetti with meat sauce 8 oz Milk Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Garlic bread Cranberry juice 4 oz
13 Chicken pot pie 8 oz Tomato salad 4 oz Apricots 4 oz Blueberry crisp Milk	14 Crispy fish w/set-up OR Chix patty w/set-up Oven brown potatoes 4 oz Cole slaw 4 oz Peaches 4 oz Bun Milk	15 Beef & noodle casserole 8 oz Beets 4 oz Green peas 4 oz Strawberries 4 oz Bread Milk	16 Turkey 3 oz Mashed potatoes 4 oz Dressing 2 oz/Gravy 4 oz Green beans 4 oz Milk Cranberry sauce 4 oz Pumpkin pie square Roll	17 Mexican pork stew 8 oz Broccoli raisin salad 4 oz Pears 4 oz Cornbread Peanut butter cookie Milk
20 Ham hash 8 oz Spinach 4 oz Grape juice 4 oz Glazed cherries 4 oz Peanut butter muffin Milk	21 SW chicken bake 8 oz Broccoli/cauliflower/carrot salad 4 oz Apricots 4 oz Wheat roll Milk	22 Sausage/hamburger Gravy 6 oz over a Biscuit Stewed tomatoes 4 oz Cranberry juice 4 oz Hot spiced peaches 4 oz Milk	23 HOLIDAY	24 HOLIDAY
27 Meatloaf 4 oz Mashed potatoes 4 oz Gravy 2 oz Yellow hominy 4 oz Glazed cherries 4 oz Bread Milk	28 Autumn soup 8 oz Crackers -2 Combination salad 4 oz Salad dressing 1 oz Pineapple 4 oz Peanut butter cake Milk	29 Oven fried chicken 4 oz Parslied potatoes 4 oz Corn tomato casserole 4 oz Peaches 4 oz Roll Milk	30 Chili 8 oz Crackers-2 Carrot/celery sticks 4 oz Strawberries 4 oz Cinnamon roll Milk	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

Kristi Rey, 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