



THE SCOOP



Clearwater Community Center

921 Janet Ave

Activities held at the Clearwater Community Center are available to anyone 55 and older. No membership fee is required to participate in activities. For more information on events or programs, please contact the Community Center director at 620-584-2332.

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Fun and Games Insert

FROM THE DIRECTOR'S DESK

Hello everyone! This month is so exciting for us here at the Center. We are teaming up with the Library and hosting a Murderous Melodrama. Tina and I have put a lot of work into this, and I hope you all are able to come enjoy it!

The Murderous Melodrama is sure to be a fun time to be enjoyed by all! The dinner will be catered in from Texas Roadhouse and for those not interested in that, we have options from Olive Garden. Dessert will be pies from Village Inn.

The entertainment for the evening will be a collaboration of our local seniors, and the teen club from the Library. They have worked so very hard on the performance, and we are proud of what has been accomplished.

We will also have some items that we will be auctioning off. Some very generous local business owners have put together items, as well as some well known businesses.

Seating will be limited and there will be tickets available to purchase to reserve your spot.

We hope to see you there!



Kristi Rey
OFFICE
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Email Address:
communitycenter@clearwaterks.org



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

Cook Booking at the Center

We are teaming up with the Clearwater Public Library and making a community cookbook. If you have recipes you would like to add, you can drop them off at the Library or at the Center. We are starting a cooking segment at the Center where you get to be the instructor. You bring your own ingredients and teach us how to make your recipe that you're putting in the cookbook. It doesn't have to be a big recipe but everyone can have a sample that attends. I will have a sign up sheet at the Center and you can call to reserve your spot. These segments will be held at the Center on Friday's at 1:00. You don't have to do a cooking segment to submit your recipe. We are doing 1 recipe per segment.

Volunteer Drivers Needed! Volunteers are the backbone of our program. Not only do they provide transportation to seniors in their local communities, they also provide them with companionship. The Clearwater Community Center is looking for a drivers that have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! If you are interested, please contact the director at 620-584-2332.

Important Information

Breakfast at the Center

Join us on the 19th from 7 AM– 10 AM in the main room. Kids are \$3 and everyone else is \$5 per option or \$6 for both. Options include biscuits and gravy, scrambled eggs, and ham slices. We have apple juice, orange juice, coffee, hot chocolate, and green tea. Breakfast and your beverage of choice are available to go.

Ongoing Events

- Monday's at 1:00 we have a painting group in the Arts and Crafts room.
- Tuesday's at 9:00 we have exercise in the main room.
- Wednesday's at 9:30, join us for coffee in the Main Room
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room.
- Friday's at 9:00 we have exercise in the main room.

Weather Closings

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

Volunteers Needed

I am in need of volunteers to help with our special events. If this is something you are interested in, please contact the director.



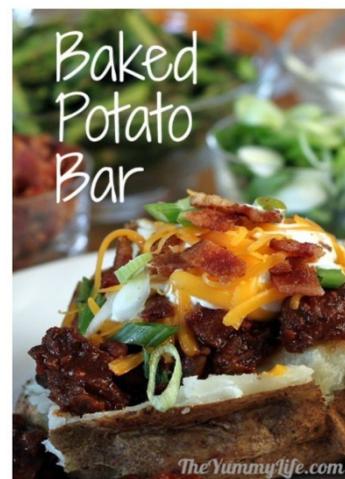
Carry In Luncheon With Special Music By Harpist Kathleen Munninghoff

When: Tuesday, May 8th

What Time: 12:00 PM

Where: Center Main Room

Lunch will be a baked potato bar. We will provide the potatoes and broccoli and cheese. The Village is bringing chili. I have some items that need covered and if you would like to help out, please call or come in to sign up. Items included are: shredded cheddar, bacon crumbles, chopped green onions, butter, and sour cream. I will have a sign up sheet in the main room. We will also need desserts and other side dishes to accompany the baked potatoes!



SPECIAL EVENTS

Covered Dish Luncheon

Tuesday the 8th is our carry in lunch. We will be having Kathleen Munninghoff back and playing her harp while we dine. Lunch will be a baked potato bar.

Bingo

Join us on the 17th at 1:00 in the Art Room for Bingo hosted by Clearwater Nursing and Rehabilitation Center. Cost is free and there are prizes!

Matinee at the Center

Join us Thursday the 31st at 1:00. Suggested donation \$1. The movie is played on a big screen using a projector with amazing sound, as you can tell by the picture.

We will have movie theater popcorn and beverages available. This month we will be showing The Greatest

Community Classroom

This month's class we will be filling out Red Files. Red Files are the new and improved Vial of Life. We will have a nurse here to assist you. Join us on the 4th at 1:00.

Center Closed

The Center will be closed on the 28th in observance of Memorial Day.



Equipment Rental

Did you know that you can rent some pieces of medical equipment from the Community Center? Below are some items that we have available for rent should you ever need them. There is no cost we just like to keep track of who has them. We have wheelchairs, walkers, canes, crutches and some bathroom equipment available as well.



BITS & PIECES

Donations Needed

I am collecting items to put in gift baskets. We have numerous seniors that are homebound and could use some cheering up. What better way than to receive a visitor with a gift basket? It could be a book, word search, blanket, coffee mug, or anything that you yourself might enjoy.

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.

Health Corner

Prepare For Emergencies Now: Information For Older Americans

Information from FEMA

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of nonperishable food and a can opener if kit contains canned food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries w First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Pet food, extra water and supplies for your pet or service animal

Include Medications and Medical Supplies: If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to.

If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage. **Additional Items:** In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. **Include Emergency Documents:** Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

Develop a Family Communications Plan: Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members. You may have trouble getting through, or the phone system may be down altogether, but be patient. For more information on how to develop a family communications plan visit www.ready.gov.

May Birthdays

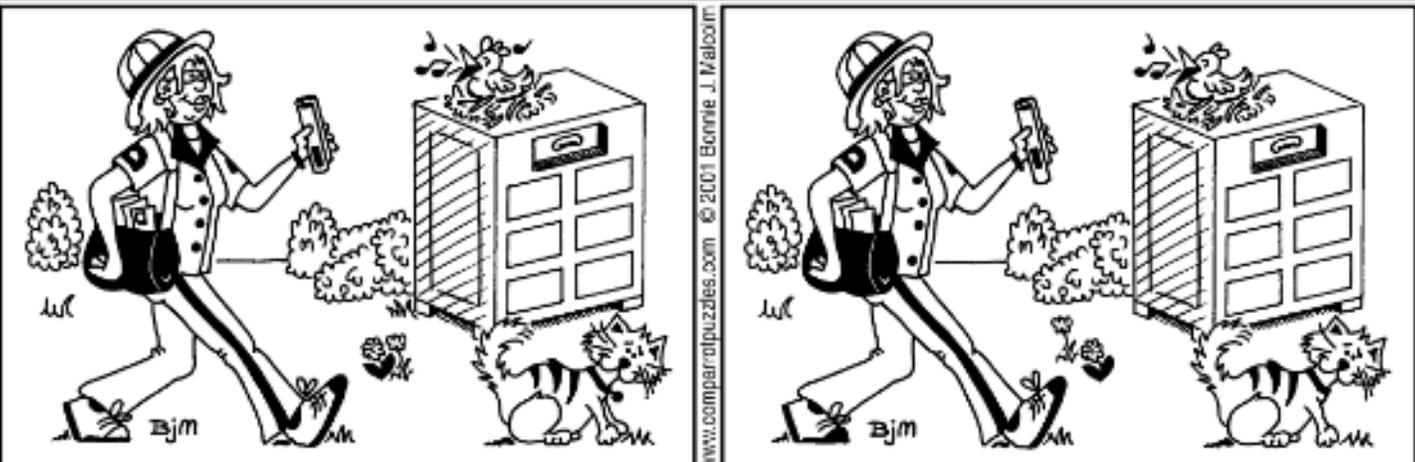
Judy Freed 5/01
 Charles Steen 5/02
 JaNell Clark 5/03
 Anita McMillan 5/04
 David Coon 5/04
 Cheryl Kunkel 5/05
 Waymie Pearson 5/09
 Barbara Lockett 5/11

Mary Stafford 5/11
 Nina Cramer 5/11
 Betty Miller 5/13
 Tony Soliz 5/14
 Lee Steen 5/15
 Jean Van Zelfde 5/16
 Margaret Knoblauch
 5/16

Wayne Dunn 5/18
 Donna Wise 5/18
 Betty Schmidt 5/22
 Laura Papish 5/22
 Max Tjaden 5/24
 John Davis 5/25
 Mike Gross 5/25
 Bertha Parker 5/26



ComParrot by Bonnie Malcolm Can you spot 12 differences between these pictures?



Solution: 1. Front leg of cat missing. 2. Musical note by bird missing. 3. Stamp on letter in bag missing. 4. Cat's whisker missing. 5. Tag on cat's collar missing. 6. Feather on bird's head missing. 7. Grass by mailbox leg missing. 8. Toe on left shoe colored in. 9. One flower colored in. 10. Bottom button on shirt moved down. 11. Right shoe lace moved. 12. Flipped up paper is longer.

April Covered Dish Luncheon

Kristi welcomed everyone to the luncheon. There were no April birthday people in attendance.

Announcements made:

- ◆ 4/21 Breakfast at the Center
- ◆ Each Friday we have Cook Booking at the Center at 1:00.
- ◆ The May luncheon will be entertained by Kathleen Munninghoff playing her harp at the Center.
- ◆ Murderous Melodrama May 26th will be at the Center. Tickets will be available here at the Center and at the Library. This will include a dinner as well.

Dev Rey spoke to us as encouraging everyone to get some form of exercise daily. With warmer weather approaching, walking outside is an excellent form and walking with a friend makes the time pass faster. He demonstrated several ways we can exercise while sitting also. The Center has exercise class Tuesday and Friday from 9-10, and everyone can attend.

Marlene spoke on attending a work day project at the Dept. on Aging, where she helped stuff large pillows with air filled plastic bags. These pillows are given to assorted daycare facilities for children to sit on for story time. We are asking for you , our friends, to save your used plastic grocery store or department store bags and bring them to the Center and we can process them. Please make sure the bags are clean inside and out.

Marlene also stated that we are in need of more drivers who are able to drive others to appointments, both in Clearwater and out of town. We need vehicles that are easy for handicapped friends to get in and out of.

Marlene Parret
Secretary

A MURDEROUS MELODRAMA

May 26, 2018

6:00 PM

PERFORMED AT THE COMMUNITY CENTER, CLEARWATER, KANSAS

BY BOOKS AND BEYOND AND SENIOR CENTER

TICKETS MAY BE PURCHASED AT THE SENIOR CENTER OR CLEARWATER LIBRARY

ADULTS (AGE 13 -54) \$20.00

CHILDREN & SENIORS (UNDER 12 & 55 OR OVER) \$10.00

DINNER AND A SHOW, PRIZES, SILENT AUCTION AND SMILES



Dinner options of Pulled Pork, Mashed Potatoes, and dinner roll from Texas Roadhouse or spaghetti with marinara, salad, and breadstick from Olive Garden. We will have pies from Village Inn and will offer sugar free pies as well. If you are interested in helping with this event, we are still in search of people to serve the dinner.

Contact me at the Center, or Tina at the Library for more information. The money raised from this event will be split equally between the Library and the Center. Money raised for the Center will go towards new chairs that are more comfortable, and have armrests. Money raised for the Library will go towards Geek Con. If you aren't able to attend but would like to make a donation, you can drop it off or mail it to either location. If you are interested in donating items to be auctioned off, please contact me.



Nutrition Facts

Serving Size 1/2 cup
Serves 6

Amount Per Serving

Calories 114

% Daily Value*

Total Fat 0.7g 1%

Saturated Fat 0.2g

Trans Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.2g 0%

Cholesterol 0mg 0%

Sodium 100.3mg 4%

Total Carbohydrate 28.3g 9%

Dietary Fiber 3.4g 14%

Sugars 24.5g

Protein 1.8g 4%

Vitamin A 8% Vitamin C 155%

Calcium 2% Iron 2%

Vitamin D 0% Magnesium 5%

Potassium 10% Zinc 2%

Phosphorus 3% Thiamin (B1) 4%

Riboflavin (B2) 5% Niacin (B3) 7%

Vitamin B6 14% Folic Acid (B9) 21%

Vitamin B12 0% Vitamin E 6%

Vitamin K 13%

Mango Salsa

INGREDIENTS

- 3 ripe mangos, diced (see photos)
- 1 medium red bell pepper, chopped
 - ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
 - 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
 - ⅛ to ¼ teaspoon salt, to taste

INSTRUCTIONS

In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.



May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exercise 9 AM AA/ AL ANON 7 PM	2 Morning Coffee 9:30	3 Bible Study E-Free 10 Bridge 1 PM AA 7 PM	4 Exercise 9 AM Community Classroom 1 PM	5
6 Painting Group 1 PM	7 Painting Group 1 PM	8 Covered Dish Luncheon 12 PM Exercise 9 AM AA/ AL ANON 7 PM	9 Morning Coffee 9:30	10 Bible Study E-Free 10 Bridge 1 PM AA 7 PM	11 Exercise 9 AM Cook booking at the Center 1 PM	12
13 Painting Group 1 PM	14 Painting Group 1 PM	15 Exercise 9 AM AA/ AL ANON 7 PM	16 Morning Coffee 9:30	17 Bingo 1:00 Bible Study E-Free 10 Bridge 1 PM AA 7 PM	18 Exercise 9 AM Cook booking at the Center 1 PM	19 Breakfast at the Center 7-10
20 Painting Group 1 PM	21 Painting Group 1 PM	22 Exercise 9 AM AA/ AL ANON 7 PM	23 Morning Coffee 9:30	24 Bible Study E-Free 10 Bridge 1 PM AA 7 PM	25 Exercise 9 AM Cook booking at the Center 1 PM	26 Murderous Melodrama 6:00 PM
27	28	29 Exercise 9 AM AA/ AL ANON 7 PM	30 Morning Coffee 9:30	31 Bible Study E-Free 10 Bridge 1 PM AA 7 PM The Greatest Showman 1 PM		
	 Center Closed					

Mon	Tue	Wed	Thu	Fri
Birthday Day - May 10 Choice Days - May 17, 22 Circled Days - meals that freeze well Memorial Day - May 28 Older Americans- May 3	1 Tuna pasta salad 8oz Broccoli raisin salad 4oz Plums 4oz Bread stick Vanilla pudding 4oz Milk	2 Hot turkey sandwich caserole Mixed vegetables 4oz Spiced peaches 4oz Gingersnap cookie Milk	3 Pork roast w/gravy Cabbage au gratin 4oz Peas 4oz Pears 4oz Roll Applesauce cake Milk	4 Chicken & rice cass. 8oz- German mixed veg. 4oz Strawberries 4oz Garlic bread Gelatin 4oz Milk
7 Glazed chicken BLT pasta salad 4oz Green beans 4oz Mandarin oranges 4oz Wheat roll Milk	8 Baked fish Creamed peas 4oz Cauliflower bean salad 4oz Strawberries 4oz Cheddar dill bread Milk	9 Chicken & cheese casserole 8oz Broccoli 4oz Carrot raisin salad 4oz Pears 4oz Garlic bread Milk	10 Swedish steak Garlic mashed potatoes 4oz Mixed green salad 4oz w/dressing Peaches 4oz Roll Cook's choice cake Milk	11 Ham & beans 8oz Potatoes w/onions 4oz Parslied carrots 4oz Cherries or Blueberries 4oz Cornbread Milk
14 Meatloaf Potatoes au gratin 4oz Herbed green beans 4oz Mixed fruit 4oz Bread Milk	15 Ham chowder 8oz w/crackers-2 Black eye pea salad 4oz Peaches 4oz Peanut butter cookie Milk	16 Spaghetti w/meat sauce Combination salad 4oz w/dressing Pears 4oz Garlic bread Milk	17 Chicken or fish sandwich Set up or tartar sauce Cole slaw 4oz Apricots 4oz Bread pudding (Bun) Milk	18 Creamed chicken over Mashed potatoes 4oz Pickled beets 4oz Pineapple 4oz Biscuit Milk
21 Taco burger on a Bun Taco sauce Refried beans 4oz Cuke & onion salad 4oz Apple slices 4oz Milk	22 Liver & onions OR Beef cutlet w/onion gravy Mashed pot 4oz w/gravy Green beans 4oz Glazed blueberries 4oz Wheat bread Milk	23 Swedish hamballs Sweet potatoes 4oz Broccoli 4oz Peaches 4oz Roll Milk	24 Salmon loaf w/creamy cucumber sauce Combination salad 4oz w/dressing Peas 4oz Pineapple 4oz Wheat roll	25 Baked chicken Savory carrots 4oz Black eye pea salad 4oz Pears 4oz Peanut butter muffin Milk
28 HOLIDAY	29 Pork & noodle cass. 8oz Hominy 4oz Mandarin oranges 4oz Bread Fruit crisp Milk	30 Taco salad 8oz w/salsa Mexican rice 4oz Strawberries 4oz Cinnamon roll Milk	31 Italian baked chicken Italian pasta 4oz Lima beans 4oz Mixed fruit 4oz Garlic bread 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



Memorial Day

Last Monday in May



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR

Clearwater Senior
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This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself.

It's that good.

Recipe yields about 3 cups.



**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 Mem-
bers**

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