



THE SCOOP

Clearwater Senior & Community Center

921 Janet Ave

Activities held at the Clearwater Senior & 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 Center director at 620-584-2332.

Mission Statement

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

Staff

Sonja Froggatte— Director
 Marlene Parret—Director's Asst..

Advisory Committee

Terry Sullivan—Chair
 Barbara Hufford—Member at Large
 James Charles—Member at Large

FROM THE DIRECTOR'S DESK

The month of January I reflected on the past a bit. I got a little hung up on the fact that I did not complete all of the goals I had made for 2018. Then I was reminded that the past is just that. This new year I've made other goals and was also reminded to celebrate even the smallest of victories. For those of you who make goals I wanted to remind you too.

Thank you so much for the warm welcome I've received here at the Clearwater Senior & Community Center! I've so enjoyed meeting each of you and getting to know a few of you as well. 2019 is off to an amazing start. We have some fun and exciting events upcoming and, as you know, time flies. Let your friends and acquaintances know about the nutritious meals provided by Aging Projects, Inc. (API). Meals are served at 11:30 am Monday through Friday. Let someone know they are loved this coming Valentines Day.

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



HAPPY VALENTINES DAY!



The Center will be **CLOSED**
 2/18/2019 for Presidents Day

Thank you Volunteers!! Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in their communities, they also provide them with companionship. The Clearwater Senior & Community Center is looking for a drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at (620) 584-2332.

SPECIAL EVENTS

Carry In Luncheon

You are invited to join us on the 12th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share and a place setting for yourself.

AARP Tax Preparation

Mark your calendars for March 4th! Call (620) 584-2332 to schedule as appointment. No Cost!

Hermes Foot Clinic

February 13th from 9 am–3 pm, come on in to resolve issues with your feet. Hermes will bill Medicare. Check your coverage if you're on Medicaid. Cost is \$90 for 1st visit then they bill according to service(s).

Nutrition Class

On Monday 2/25 at 1:00 Shirley Lewis with the Sedgwick County Extension Office will provide information on Choosing More Fruits and Vegetables.

Bingo

Please join us on the 15th at 1:00 for Bingo. No Cost, just fun!



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.



BISCUITS AND GRAVY !

Please join us on Saturday, 2/16 from 7-10 am for all you can eat biscuits and gravy! It's just \$4 for adults and \$2 for kids 10 & under.

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."

Helen Keller



Peggy Brockman 2/21
 Janetta Burris 2/30
 Janice Casey 2/28
 Yvonne Coon 2/6
 Gary Hunt 2/6

Jim Lyons 2/8
 Vivian Maechtlen 2/9
 David Papish 2/27
 Marlene Parret 2/4

Charles Rinehart 2/21
 Jerry Stitt 2/2
 Brian Wakelee 2/24
 Elaine Watt 2/7



Classic Tiramisu

6 egg yolks
 1 1/4 cups white sugar
 1/3 cup, plus 2 T sweet marsala wine
 1 1/4 cups mascarpone cheese, room temperature
 1 3/4 cups heavy whipping cream, room temperature
 2 (12 ounce) packages ladyfingers

1 teaspoon unsweetened cocoa powder, for dusting 1 (1 ounce) square semisweet chocolate

Directions (Prep –30 Min., Cook 30 Min., Ready in 2 hours or more)

Combine egg yolks, sugar and 1/3 cup marsala in the top of a double boiler, over boiling water. Reduce heat to low, and cook for about 10 minutes, stirring constantly.

Remove from heat and whip egg yolks until thick and lemon colored.

Add mascarpone to whipped yolks. Beat until combined. In a separate bowl, whip cream to stiff peaks. Gently fold into yolk mixture and set aside.

Combine the 2 T marsala and espresso and dip the lady fingers one at a time. Line the bottom and sides of a large glass pan or bowl. Spoon half of the cream filling over the lady fingers. Repeat ladyfingers, coffee and filling layers. Garnish with cocoa & chocolate curls.

Refrigerate several hours or overnight. (To make the chocolate curls, use a vegetable peeler and run it down the edge of the chocolate bar.)

Surviving the Winter Blues

This time of year can become overwhelming with feelings of disappointment, disillusion, or unhappiness. Some of the following coping mechanisms may be helpful:

Take action – Don't sit and mope or isolate yourself. Take the initiative. Call someone and go out or invite a friend in to see you. Don't wait for others to meet your needs. Reach out, even when you feel like brooding. Try to contact someone with whom you have lost touch...it may make his or her day! Call the Elder Helpline listed in your phone book, your church, synagogue or senior center to find out resources if you are unable to leave your home or need help connecting with others.

Don't do it all – Give yourself a break! Prioritize what really needs to be done and allow time for yourself and the freedom to be less than perfect.

Plan activities – If a group is spending time with you, plan structured activities to keep them occupied especially if there are family conflicts brewing beneath the surface. Try a jigsaw puzzle, making or decorating cookies, or group games to allow for people to interact together in a lighthearted way.

Inform others of your needs and desires – No one can read your mind. Inform others of your preferences, needs and desires. Asking for and accepting help with necessities can relieve a heavy burden.

Focus on the positive – Emphasize what is good, not what is missing. Reflect on the good things that have happened in your life by listing the 100 things for which you are most grateful. Avoid using the time as a forum to clear up conflicts or as a time to wish for all the things that you no longer have.

Don't overeat or drink too much – Alcohol is a depressant and can exaggerate the blues. It can interact with prescription medications and cause emotional changes. Sugar can wreak havoc with your system and cause your spirits and energy to crash as your blood sugar levels go down. Overeating may lead to a lack of self-esteem and upset the prospect of having to lose weight gained. Take a moderate approach to food and drink.

Do something for someone else – Volunteer to serve meals, contribute clothing, gifts or meal fixings for a needy family or offer to help at a nursing home or your neighbor's house. Find other seniors who may not have family or friends close by or who have recently lost a spouse or someone they love and invite them over for a meal or just to talk.

Get some exercise – Exercise raises your energy level and helps fight off depression. If you exercise outside, natural sunlight will also give you a boost.

Don't be afraid to try something new or different - Experiment with new recipes, sign-up for an interesting self-development course, join a club, attend a wine tasting, or try a craft project.

Utilize positive grief strategies if you are newly without a loved one – Choose to do a special tribute or ritual to honor the memory of a loved one by making a memorial gift to a charitable organization, lighting a candle, taking part in a special memorial service, laying a floral decoration on a grave, or creating a memorial wall in your home with a framed photo or other framed items. Allow yourself to feel sad but, also allow yourself to enjoy positive experiences. Take one day or hour at a time and be flexible as well as sensitive to your feelings and needs. (Continued)

Know the difference between blues and clinical depression – You may feel down with the blues but will not have the symptoms that are associated with depression such as sleep or appetite pattern changes, loss of concentration, constant feelings of worthlessness or self-hatred, pre-occupation with death or dying, or loss of interest in friends. Call your doctor if you have depression symptoms.

Be realistic – You cannot feel happy, grateful and joyful throughout every moment of life. It is not natural. What is natural is the ebb and flow of feelings from one moment to the next. Do not be paralyzed by those inevitable moments of sadness, fatigue or anxiety or let them throw you off course. **Just take those feelings along with you wherever you go, like you are carrying a bag of groceries, and remember, you have a CHOICE to put down the bag.**

Adopted from Heartland Hospice, "Surviving the Holiday Blues"

From Betty Jo Embry:

I would like to thank all of the Clearwater community citizens and residents for the donations given to the OZ Program (Wichita Children's Home Safe House for teens). These donations are so appreciated by the workers and especially the youth! Please remember these young people in your prayers. Thank you again for your warm compassionate hearts!

Caregiver Chat on Facebook

Central Plains Area Agency on Aging (CPAAA) encourages you to join the conversation. Caregiving can be a rewarding experience but often caregivers are faced with challenges during their duties. Caregiver Chat is an opportunity for caregivers to connect regularly with the CPAAA Care Manager or other CPAAA educators through an online support system. Visit www.cpaaa.org and click on Caregivers to find the Face-book chat link. If you need assistance let us know. Thanks!

Coming Up...

March 4th AARP will be here to prepare your tax return at no charge. We are currently taking calls to schedule individuals at (620) 584-2332.

March 5th is Mardi Gras, March 6th is Ash Wednesday, the beginning of Lent.

March 12 is the Carry In Luncheon and our entertainment will be Frankie and Phyllis Valens!

March 16th from 7:00-10:00 am we are serving all you can eat biscuits & gravy costing \$4 for adults and \$2 for children 10 and under.

SKT Changes

Michael Hephner or another representative from Hephner TV will be here on 2/14 at 1:00 to explain the differences of today's antennas vs. yesterdays. Please join us if you need to know about options other than paying for internet access.



Tuesday 1/8/19 Information

Marlene welcomed everyone to the monthly carry-in luncheon. Mary Bacon was the only person attending with a January birthday. All joined in reciting the Pledge of Allegiance, saluting the flag, singing together and offering the blessing for the meal. Everyone enjoyed a good fried chicken meal.

Announcements: The Center Navigator is working again. If you have not gotten updated please ask for a new application. Any time you are visiting the Center please check in on the Navigator, it's important to keep the Center going!

January 17th at 11:45 Marci was here from Home Health and Hospice performing blood pressure checks.

Biscuits and Gravy is on the third Saturday every month from 7:00-10:00. This month it was on 1/19.

Each Wednesday is coffee time from 9:00-11:00.

Our speaker was Mark Davis from Heartland Home Health & Hospice. He spoke about surviving holiday blues. Marlene's game was identifying old radio & TV advertisements from the past

In attendance: Mary Bacon, Donna Bailey, Janetta Burris, Candy Burns, Yvonne Coon, Cleta Cornett, Betty Jo Embry, Becky Estes, Sheila Finness, WH Ford, Jim Lyons, Sonja Froggatte and Marlene Parret



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Exercise 9 am 1	2
3	Painting 1 pm-3 pm 4	Exercise 9 am AA/Al Anon 7-9 pm 5	Morning Coffee 9 am 6	Bible Study 10 am AA 7-9 pm 7	Exercise 9 am 8	9
10	Painting 1 pm-3 pm 11	Exercise 9 am <i>Carry-In Luncheon</i> 12 pm, Police Chief Bill Hisle speaking on SCAMS AA/Al Anon 7-9 pm 12	Morning Coffee 9 am Hermes Foot Clinic 9 am-3 pm 13	Bible Study 10 am Bridge 1 pm Hephner TV 1 pm presentation AA 7-9 pm 14	Exercise 9 am 15	Biscuits & Gravy 7 am- 10 am Family Empowerment Meeting 1 pm 16
17	CENTER IS CLOSED Presidents Day 18	Exercise 9 am AA/Al Anon 7-9 pm 19	Morning Coffee 9 am 20	Bible Study 10 am BINGO 1 pm AA 7-9 pm 21	Exercise 9 am 22	23
24	Painting 1 pm-3 pm 25	Exercise 9 am AA/Al Anon 7-9 pm 26	Morning Coffee 9 am 27	Bible Study 10 am AA 7-9 pm 28		

Mon	Tue	Wed	Thu	Fri
Birthday Day - Feb 8 Choice Day - Feb 11 Circled Days - meals that freeze well Valentine's Day- Feb 14				
4 Oven fried chicken Creamed potatoes 4 oz Lentil (bean) salad 4 oz Mixed fruit 4 oz Wheat roll Milk	5 Tacos-2 Salsa Refried beans 4 oz Corn 4 oz Strawberries 4 oz Sugar cookie Milk	6 Catfish Macaroni & cheese 4 oz Cole slaw 4 oz Plums 4 oz Cornbread Milk	7 Ham & beans 8 oz Potatoes w/onions 4 oz Cooked carrots 4 oz Blushing pears 4 oz Cornbread Milk	8 Chicken fried steak Mashed pot. 4 oz w/cream Milk Combination salad 4 oz Salad dressing Roll Peaches 4 oz Spice cake
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				
11 Liver & onions OR Salisbury steak Mashed potatoes 4 oz w/gravy Green beans 4 oz Pineapple 4 oz Wheat roll Milk	12 Chicken fajita salad 8 oz Salsa Hominy 4 oz Mandarin oranges 4 oz Bread pudding Milk	13 Ham salad 4 oz Cooked carrots 4 oz Split pea soup 4 oz Cracker-1 Banana Bun Milk	14 Baked chicken California mash 4 oz w/ gravy Mixed vegetables 4 oz Strawberries Chocolate cake Roll Milk	15 Goulash 8 oz Broccoli 4 oz Applesauce 4 oz Garlic bread Peanut butter cookie Milk
18 Meatloaf Mashed potatoes 4 oz w/gravy Mixed green salad 4 oz Salad dressing Peaches 4 oz Roll Milk	19 Ham 3 oz Baked potato Green beans 4 oz Strawberries 4 oz Gelatin 4 oz Bread Milk	20 Egg & sausage bake Tomato juice 4 oz Sunshine salad 4 oz Plums 4 oz Peanut butter muffin Milk	21 Chili 8 oz Combination salad 4 oz Salad dressing Apple slices 4 oz Crackers-2 Cinnamon roll Milk	22 Chicken pasta salad 8 oz Carrot sticks 4 oz Grape juice 4 oz Mandarin oranges 4 oz Banana bread Milk
25 New England stew 8 oz- Cooked carrots 4 oz Pears 4 oz Molasses cookie Wheat roll Milk	26 BBQ chicken Parslied potatoes 4 oz Green beans 4 oz Applesauce 4 oz Biscuit Milk	27 Fish (pollock) w/tartar sauce Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Yellow cake	28 Hamburger on a Bun with set up Oven brown potatoes 4 oz Carrot pineapple salad 4 oz Blueberries 4 oz Milk	

Free Printable Crossword Puzzle #4

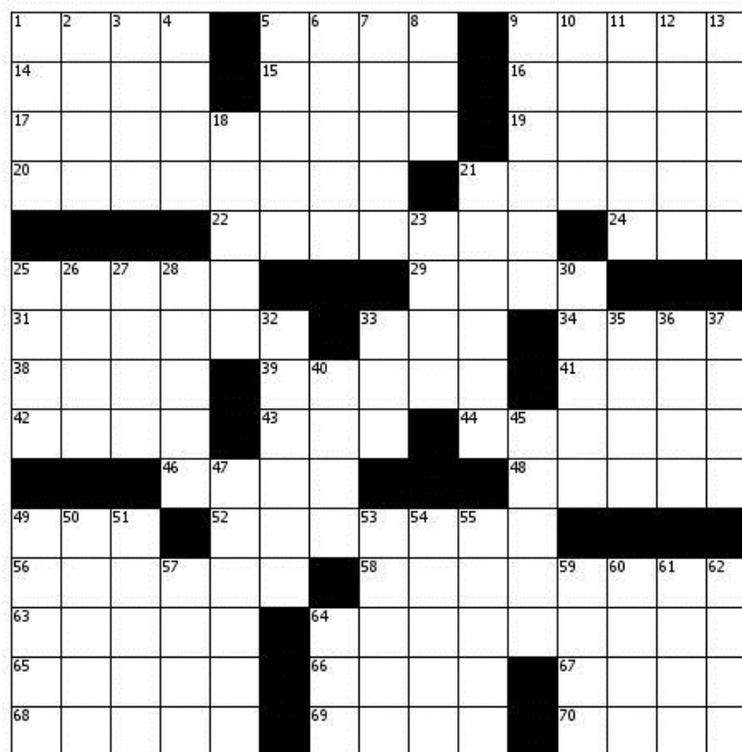
This is the Daily Crossword Puzzle #4 for Jan 23, 2019

Find the solution at

<http://onlinecrosswords.net/79006>

Across

- 1. Very small
- 5. Slipper
- 9. Nodded off
- 14. India's locale
- 15. Surpasses
- 16. Creepy
- 17. Makes again
- 19. Less frequent
- 20. Adolescent
- 21. Flat caps
- 22. Molded dessert
- 24. Color
- 25. Love dearly
- 29. Client
- 31. Confiscate weapons
- 33. Picnic intruder
- 34. Eden resident
- 38. Wooded valley
- 39. More unusual
- 41. Gripping device
- 42. Street sign
- 43. "The Matrix" hero
- 44. Kitchen gadget
- 46. Damage
- 48. Pond growth
- 49. Cigar residue
- 52. Dampen
- 56. Musician ____ Wonder
- 58. More sensitive
- 63. Firm
- 64. Tease
- 65. Levels
- 66. If not
- 67. British nobleman
- 68. Principle
- 69. At no time, poetically
- 70. RR stops



Down

- 1. Sour in taste
- 2. Enlightened one's words (2 wds.)
- 3. Kind
- 4. Knitting string
- 5. Theater platform
- 6. Lodge
- 7. "Aida," for one
- 8. Snaky letter
- 9. Unruffled
- 10. "King ____"
- 11. Made mistakes
- 12. Devoutness
- 13. To the point
- 18. Ardent
- 21. Small restaurant
- 23. Melody
- 25. Totals
- 26. Food regimen
- 27. Norway's capital
- 28. Designer ____ Lauren
- 30. Fray
- 32. Actress Marilyn ____
- 33. Fuss
- 35. Bell sound
- 36. Floating
- 37. Insignificant
- 40. ____ Moore of "G.I. Jane"
- 45. Chinese "bear"
- 47. Among
- 49. Plus
- 50. Range
- 51. Actress ____ Hayes
- 53. Not fresh
- 54. Anxious
- 55. Join in
- 57. Grape plant
- 59. House additions
- 60. Civil disturbance
- 61. Bible book
- 62. Cincinnati team
- 64. Perfect gymnastics score

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Clearwater, KS 67026
620-584-2332
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Advisory Committee Members

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James Charles - Member at Large
Marlene Hand - Member at Large