

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.

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

Marlene Parret - Asst 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

FROM THE DIRECTOR'S DESK

As many of you already know, Kristi Rey, resigned as Director at the beginning of November. We all wish her well. While the City is trying to find another Director Marlene Parret will be holding down the fort. If you have questions about the Center please contact Marlene during Center hours Monday—Friday 9AM to 3PM. If are unable to reach Marlene please contact Courtney Meyer, City Clerk, at City Hall 620-584-2311.

I hope all of you had a wonderful Thanksgiving.!

As you know winter weather has moved in and the cold and snow is here. Brrrr.

Make sure to bundle up when appropriate.



With more holidays around the corner and snow and ice already here please be careful when traveling in and out of town. We have already experienced icy roads.

Have a Merry Christmas and a Happy New Year!



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

There will not be a breakfast this month due to a scheduling conflict. It will resume in January 2019

Rent the Center

Did you know you could rent the Center? For \$25 per hour or \$125 per day, you can host whatever event you have planned. Call the Center to book your event today.

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.

7 Winter Safety Tips for Seniors

From Senior Directory

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

Check out the tips below that are specific to winter for preventing common cold-weather dangers that the elderly population faces.

1. AVOID SLIPPING ON ICE

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. DRESS FOR WARMTH

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low.

So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

3. FIGHT WINTERTIME DEPRESSION

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.



SPECIAL EVENTS

Covered Dish Luncheon

Join us on the 11h at 12:00 for our monthly carry in luncheon. Bring a side dish to share and a place setting for yourself.

Open Jam

Join us every other week at 9. Bring your instrument or play our piano.

Bingo

Join us on the 20th at 1:00 in the Art Room for bingo. Cost is free!

Coffee and Crafts

Join us on the 14th at 9 for coffee and crafts, hosted by Angels Home Health.

Foot Clinic

Join us on the 12th the bi-monthly foot clinic

Meet and Greet

Join us on the 22nd at 1:00 for a Family Empowerment meet and greet.



7 Little Words®

Daily Puzzle for 11/26/2018

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

	CLUES	SOLUTIONS
1	comedic actor Williams (5)	
2	what chicks break through (9)	
3	water sources (7)	
4	comforts (8)	
5	removed, as furniture finish (8)	
6	"Cry Pretty" singer Carrie (9)	
7	secured in a car seat (7)	

NSO

GSH

IN

ED

STR

ROB

GS

UND

CO

IPP

BUC

LES

RIN

EG

SP

KL

OOD

ELLS

ED

ERW

Did you know that you can play 7 Little Words on your mobile device and on Facebook? Look for us on the iTunes App Store, Google Play, Amazon Appstore, Windows 8, and Windows Phone 8.

© 2018 Blue Ox Technologies Ltd. www.7LittleWords.com

7 Winter Safety Tips for Seniors

From page 2

You can arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. CHECK THE CAR

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

5. PREPARE FOR POWER OUTAGES

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6. EAT A VARIED DIET

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. PREVENT CARBON MONOXIDE POISONING

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.





Birthdays of the Month

Pat Ayer 12/01
 Mark Pelz 12/01
 Sharon Koller 12/03
 Don Watt 12/05
 Virginia McSwain 12/06
 Dencel Struthers 12/07
 Wanda Baker 12*/10

Ronald Taylor 12/11
 Maxine Gheen 12/12
 WH Ford 12/12
 Dorothy Erwin 12/12
 Lee Jarrell 12/15
 Roger Lange 12/16
 W. Tex Titterington 12/18

Velma Skinner 12/*19
 Peggy Chitwood 12/20
 Larry Decker 12/22
 Fran Nickles 12/23
 Ruth Castle 12/25

Taste of Home



Holiday Shortbread Cookies

★★★★☆

This special Christmas treat came to me from Scotland through a relative. I compared this recipe with one a friend makes, since her husband is of Scottish descent, and found this shortbread to be quite authentic. —Erma Hiltbold, Kerrville, Texas

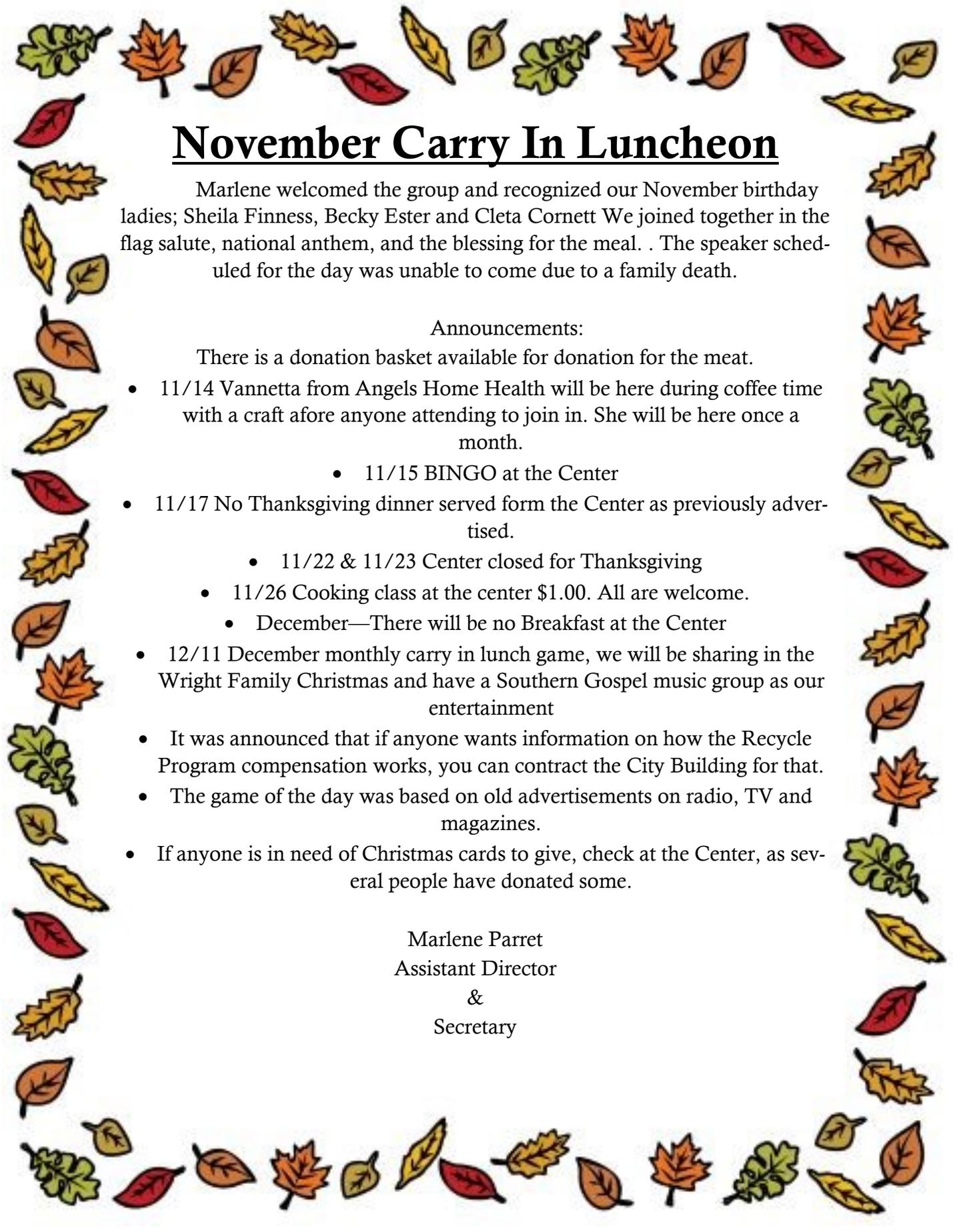
TOTAL TIME: Prep: 10 min. Bake: 35 min.
 + cooling
YIELD: 5 dozen.

Ingredients

5 cups all-purpose flour
 1 cup sugar
 1/2 teaspoon salt
 2 cups cold butter, cubed

Directions

1. In a large bowl, combine flour, sugar and salt. Cut in butter until mixture resembles fine crumbs. Pat into an ungreased 15x10x1-in. baking pan. Prick all over with a fork.
2. Bake at 325° for 35 minutes or until center is set. Cool for 10-15 minutes. Cut into small squares. Continue to cool to room temperature.



November Carry In Luncheon

Marlene welcomed the group and recognized our November birthday ladies; Sheila Finness, Becky Ester and Cleta Cornett We joined together in the flag salute, national anthem, and the blessing for the meal. . The speaker scheduled for the day was unable to come due to a family death.

Announcements:

There is a donation basket available for donation for the meat.

- 11/14 Vannetta from Angels Home Health will be here during coffee time with a craft afore anyone attending to join in. She will be here once a month.
 - 11/15 BINGO at the Center
- 11/17 No Thanksgiving dinner served form the Center as previously advertised.
 - 11/22 & 11/23 Center closed for Thanksgiving
 - 11/26 Cooking class at the center \$1.00. All are welcome.
 - December—There will be no Breakfast at the Center
- 12/11 December monthly carry in lunch game, we will be sharing in the Wright Family Christmas and have a Southern Gospel music group as our entertainment
- It was announced that if anyone wants information on how the Recycle Program compensation works, you can contract the City Building for that.
- The game of the day was based on old advertisements on radio, TV and magazines.
- If anyone is in need of Christmas cards to give, check at the Center, as several people have donated some.

Marlene Parret
Assistant Director
&
Secretary

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Painting Group I PM	4 Exercise 9 AM AA/ ALANON 7 PM	5 Coffee and Open Jam Session 9 AM-11 AM	6 Bible Study E-Free 10 Bridge I PM AA 7 PM	7 Exercise 9 AM	8
9	10 Painting Group I PM	11 Exercise 9 AM Carry In Lunch 12 PM AA/ ALANON 7 PM	12 Foot Clinic 9AM – 3PM	13 Bible Study E-Free 10 Bridge I PM AA 7 PM	14 Exercise 9 AM	15 NO Breakfast at Center
16	17 Painting Group I PM	18 Exercise 9 AM AA/ ALANON 7 PM	19 Coffee and Open Jam Session 9 AM-11 AM	20 Bible Study E-Free 10 Bridge I PM Bingo 1:00 AA 7 PM	21 Exercise 9 AM	22 Meet and Greet 1PM Family Empowerment
23	24 CENTER CLOSED Painting Group I PM 31	25  CENTER CLOSED	26 Coffee & Games 8:30 AM-11 AM	27 Bible Study E-Free 10 Bridge I PM AA 7 PM	28 Exercise 9 AM	29

Mon	Tue	Wed	Thu	Fri
3 Tuna noodle casserole with peas 8 oz Broccoli 4 oz Mixed fruit 4 oz Garlic bread Milk	4 Turkey stew 8 oz Mixed greens salad 4 oz Salad dressing 1 oz Mandarin oranges 4 oz Vanilla pudding 4 oz Crackers-2 Milk	5 Liver & onions or Beef cutlet 4 oz Roll Mashed potatoes 4 oz Gravy 2 oz Milk Mixed vegetables 4 oz Glazed blueberries 4 oz	6 Ham chowder 8 oz Crackers-2 Three bean salad 4 oz Pineapple 4 oz Wacky cake Milk	7 Chicken & noodles 8 oz over Mashed potatoes 4 oz Carrots /peas 4 oz Apple slices 4 oz Grape juice 4 oz Peanut butter muffin Milk
10 New England stew 8 oz Pickled beets 4 oz Banana Peanut butter 2 T. Orange juice 4 oz Cornbread Milk	11 Salmon bake 3 oz with Creamy cucumber sauce 2oz Cauliflower rice 4 oz Peas 4 oz Pears 4 oz Roll Milk	12 Turkey chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Strawberries 4 oz Cinnamon roll Milk	13 Cranberry meatballs Baked potato Herbed green beans 4 oz Apricots 4 oz Applesauce cake Roll Milk	14 Creamed chicken 6oz over a Biscuit Mixed greens salad 4 oz Salad dressing 1 oz Mandarin oranges 4 oz Brownie Milk
17 Hot turkey sandwich 3 oz (mashed potatoes 4 oz and gravy 2 oz) (bread) Savory green beans 4 oz Cranberry sauce 4 oz No-bake cookie Milk	18 Sloppy joe 4 oz on a Bun Tater tots 9 each Broccoli/carrot salad 4 oz Pears 4 oz Milk	19 Baked chicken Scalloped potatoes 4 oz Spinach 4 oz Mandarin oranges 4 oz Wheat roll Milk	20 Ham 3 oz slice Sweet potatoes 4 oz Cauliflower w/cheese sc 4oz Ambrosia salad 6 oz Cherry pudding cake Roll Milk	21 Tuna pasta salad 6 oz Vegetable soup 4 oz Cracker -2 Strawberries 4 oz Oatmeal cookie Milk
24 HOLIDAY	25 HOLIDAY	26 Shepherd's pie 8 oz Honey 4 oz Strawberries 4 oz Chocolate pudding 4 oz Roll	27 Chicken & rice cass. 8 oz Broccoli 4 oz Blueberries 4 oz Biscuit Molasses drop cookie Milk	28 Chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Bread pudding 4 oz Milk
31 Chicken fried steak California mash 4 oz Cream gravy 2 oz Broccoli 4 oz Mixed fruit 4 oz Wheat 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	Birthday Day - December 13 Choice Day - December 5 Circled Days - meals that freeze well Christmas Holiday - December 24 & 25	

Join our Meet & Greet to connect with other families!

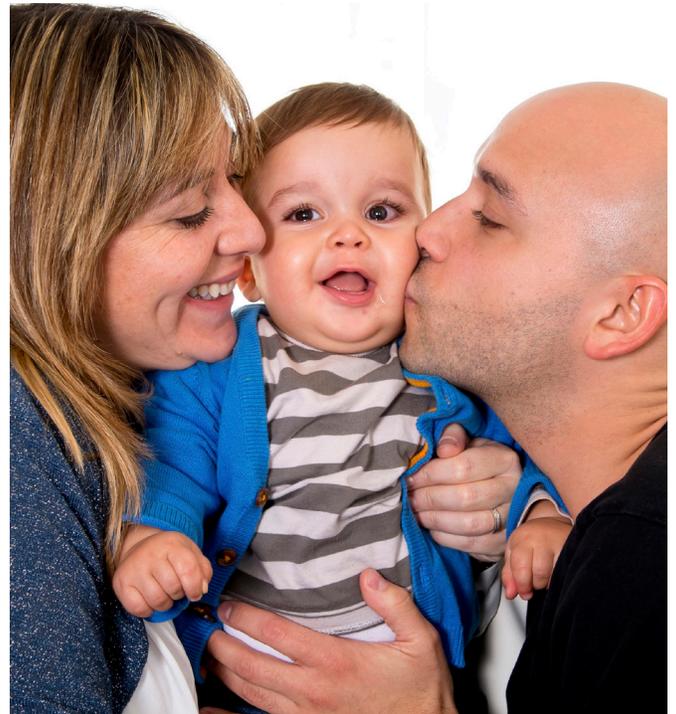
Family Empowerment

Saturday, Dec. 22

1-2:30 p.m.

No child care available

Clearwater Community Center
921 Janet Avenue, Clearwater



Questions?

Contact Tina Welch
at 620-584-6474 or
cpldirector@sktc.net



KCSL.ORG     



CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
 C H Z Q E J A O R E I N D E E R I R L Q
 M B M O L S Z T V W U P O B N D T T V V
 N H N J O L L Y N U Y E N M I H C C E U
 X P M N P P S F I A G K A C L Y V H S Z
 D L A E H X C E L B S F P G C E T Q E G
 Z O M N T H E D A Y S G N I T E E R G M
 S D Z I R V T Q P S G S B W C C P W V Q
 P U I Z O V A J A E O R U A C F S O G S
 G R E H N X R L B P Y N N N H R S O I L
 B N Z C S T B H J O M D P I M O A B V M
 Y M I S T L E T O E Y R D E E S M C I U
 G O C N O R L D K C O Q O N R T T W N B
 W K Y Q C Z E J A G O V T D R Y S D G Q
 L O R T K L C N I C G P N R Y L I N X S
 J N X J I R E F B A V A P J E H R D C Z
 X L W O N H T A E R W V I I L E H A Y E
 W L R D G Z G Y L D J C G N X E C M B O
 M Y A D I L O H L S U H J A W N Z A M J
 I X P D B T V H S K M W S E L D N A C U

BELLS
 CANDLES
 CANDY CANE
 CARDS
 CELEBRATE
 CHIMNEY
 CHRISTMAS

RUDOLPH
 SANTA
 SEASON
 SLEIGH
 STOCKING
 TREE
 WREATH

ELVES
 FROSTY
 GIFT
 GIVING
 GREETINGS
 HOLIDAY
 JOLLY

JOY
 MERRY
 MISTLETOE
 NOEL
 NORTH POLE
 REINDEER

