



# THE SCOOP

## Clearwater Senior & Community Center

921 Janet Ave

Activities held at the Clearwater Senior & Community Center are available to anyone. No membership fee is required to participate in most 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 ages 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

Several of you chose “watching a movie with free popcorn” on the April survey: one person showed up last week but no one came in this week. I rented such good movies at the Clearwater Public Library! I realize this is Easter weekend but I only answered two phone calls today. Meals on Wheels was on holiday too. Thankfully, I had the senior high school valedictorian serving her required community service here. She washed windows and scrubbed one entryway. After she graduates she will attend WSU and go into Social Work.

In July I'm registered to attend session 4 of the SHICK Medicare training. I better get the first three sessions done ASAP! As long as I pass the assessments I will eventually be able to assist you, as a SHICK counselor, in knowing which insurance supplement will serve you best!

**Happy May Day and Happy Mothers' Day!**

**Sonja Froggatte**  
 OFFICE PHONE: 620-584-2332  
 Email Address: [commtycenter@clearwaterks.org](mailto:commtycenter@clearwaterks.org)  
<https://www.facebook.com/ClearwaterCommunityCenter/>



“Strawberries are what make life taste wonderful.”  
 — Anthony T. Hincks

**Thank you Volunteers!!** Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in this community, 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.



Mickey Knoblach 5/16  
Lee Steen 5/15

Cheryn Morris 5/29

Mary Stafford 5/11

May Day, the first of May is celebrated around the world. It has a number of meanings. In many other countries it is a celebration of spring and the coming of summer. It is celebrated with many spring flowers, many of them blooming right in your own backyard. To communist and socialist countries, it is a celebration for the workers.

In many countries it is celebrated as part of a one to three day holiday. Of particular note, it is

May 5th is Cinco de Mayo

On May 5, 1862, the Mexican army defeated the French army at the Battle of Puebla. This single military battle signified defeat of a European colonial power, and a victory for the Mexican people. This single battle was the roots of Cinco de Mayo. **Note:** Cinco de Mayo is not the celebration of Mexican Independence which is celebrated on September 16th.

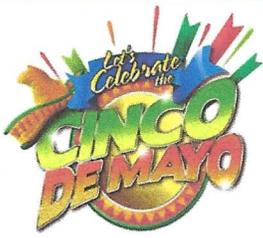
What Cinco de Mayo has come to be, is much more than one battle in the colonial history of Mexico. Rather, it has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture.

Today, this holiday is celebrated by Mexicans, and especially the Hispanic community in the U.S. It is a time of song, dance, partying, and in general a time to be proud to be of Hispanic descent.

One celebration is at the Hispanic Multicultural & Senior Center, 841 W 21st St. N in Wichita:

Always on May 31st, *Save Your Hearing Day* reminds us that our hearing is vital, and needs to be protected. Many hearing loss problems are avoidable. Hearing loss can result from a variety of reasons, including: health, genetic and environmental causes. On the environmental side, repeated long term exposure to loud, high decibel noises can overtime cause hearing loss. This cause, in particular, is often avoidable. Use this Day as an opportunity to learn what you can do to avoid hearing loss, and practice it.

-Taken from [www.holidayinsights.com](http://www.holidayinsights.com)



# La Familia Senior/Community Center

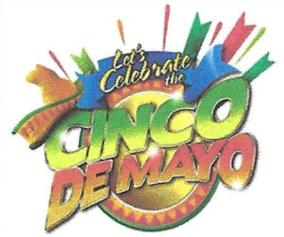
## Cinco de Mayo Celebration 5/5/2019-SUNDAY

### Centro Comunitario La Familia

### Celebración del Cinco de Mayo – DOMINGO 5

841 W 21<sup>st</sup> ST North, Wichita KS 67203

10:45 am – 7 pm



**Activities all Day:** Lectures and Social Networking, Homemade Food, Music, Car Raffle & much more!

**Actividades todo el Dia:** Conferencias y Convivencia Social, Comida Casera, Música & mucho más!

**10:45 am-** Welcome by Bob Reyes, President Board of Directors & Dr. C. Lee, Executive Director. \*\*\* Registration at the Hall of La Familia Senior Community Center.\*\*\*  
**Bienvenida por Bob Reyes, Presidente de la Junta Directiva & Dr. C. Lee Directora Ejecutiva. \*\*\* Registro en la Sala del Centro Comunitario y de Adultos Mayores La Familia.\*\*\***

**11 am – 3 pm** –Lunch and Learn series sponsored by La Familia Senior Center and API staff – Menu and Prices will be on-site. **Sesión: Almuerzo y Aprende patrocinado por el Centro Comunitario La Familia y el personal de API – El Menú y los precios estarán en el lugar.**

### Events inside the center (free of charge): Eventos adentro del centro (gratuitos):

**11 am – 11:30 am** Marco Alcocer, Editor of *El Perico Informador y Parlanchin* "The Bilingual Publication of Kansas" - History of Cinco de Mayo - **Historia del Cinco de Mayo**

**11:45 am - 1:45 pm** – Legacy Driving School by Rick Johnson, Owner (Translations: Synergy Resources, LLC)  
**Escuela de Manejo Legacy Driving, Rick Johnson, Propietario (Traducciones: Synergy Resources, LLC)**

**12:50 pm – 1:40 pm** – Military Service & Veterans Activities by Greg Zuercher, Commander-Elect VFW Post 112. **Servicio Militar & Actividades de Veteranos por el Comandante-Electo Greg Zuercher.**

**1:40 pm – 2 pm** – Break – **Receso**

**2 pm – 3 pm** – About Public Health **Plática sobre Salud Pública** by/por **Pameline King- Burns, MPA, Project Manager-Community Mobilizer. Sedgwick County Health Department. Dept. de Salud Condado Sedgwick.**

**4 pm - 5 pm** – 2<sup>nd</sup> Presentation of Legacy Driving School –  
**Segunda presentación de la Escuela de Manejo Legacy.**

**\$10.00 Fee - 3 pm – 4 pm & 5 pm – 6 pm.** \$10.00 Foot Screening Fee (scan).

Fee will be donated to La Familia. By Bailey Total Health, **Dr. Steven Bailey.**

**\$10.00 cuota - Examen del pie (escaneo). Pago será donado a la Familia.**

**Blood Pressure Screen, Exámen de Presión Arterial, by/por Infinity Home Health, Rosebell Gitungo, RN BSN**

### Events on the PATIO:

### Eventos en el PATIO:

**3 pm - 7 pm** – Party on the Patio sponsored by La Familia Board of Directors.

**Fiesta en el Patio patrocinado por la Junta de Directores de La Familia.**

Gate Fee \$5 Adults, \$3 Children Activities (6 and under free) – **This fee is for entrance to the "Party in the Patio"**

**Entrada \$5 Adultos, \$3 Actividades para Niños (menores de 6 gratis) – Costo de entrada a la "Fiesta en el Patio".**

**Food/Comida- Hot dogs, Nachos, Soda and Beer- prices will be posted on the menu – los precios estarán en el menú.**

**3 pm – 7 pm** DJ music and dancing /**música y baile** by/por **Oscar Larios**

**3:15 pm – 3:45 pm - Mexican Dancers (In front of the Patio) – Bailables Mexicanos - (En frente del Patio) -**

**La Familia is seeking VOLUNTEERS for our Cinco de Mayo celebration. Interested? Please contact us!**

**La Familia busca VOLUNTARIOS para la Celebración del Cinco de Mayo ¿Interesado? ¡Favor de contactarnos!**

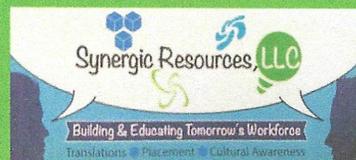
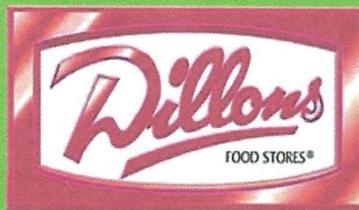
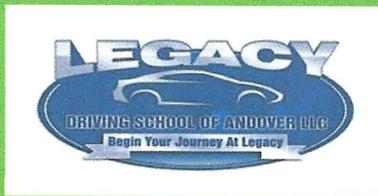
**(316) 267-1700 - Email: [lafamiliasenior@msn.com](mailto:lafamiliasenior@msn.com)**

**(Note: Another event "Open Streets ICT – Nomar" is taking place the same date. Streets will be closing on 21<sup>st</sup> from Broadway to Woodland Park 10 am - 6 pm** **Nota: Otro evento "Calles Abiertas ICT" se realizará el mismo día. La calle 21 cerrará de Broadway al Parque Woodland de 10 am - 6 pm. Contact: [openstreetsict.com](http://openstreetsict.com) phone: 316-303-8043)**



### La Familia Senior Center Sponsors:

### Patrocinadores del Centro Comunitario La Familia:



## SPECIAL EVENTS

### Carry In Luncheon

You are invited to join us on the 14th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated! Debbie Williams with the Derby Wellness Center will speak about “Diabeat This”, a Health Expo in Derby coming up on 5/30 & some ways to prevent diabetes. Estephany Matrilie with Aetna will inform you of some benefits for which you may be qualified.

### Mothers’ Day is May 12th

It’s always the second Sunday in May.

### Pick Strawberries Day is May 20th

If you have never done this it is very enjoyable and you never know who you will see!



### Derby / Wichita

**Save - the - Date**  
**Thursday May 30, 2019**  
**The Venue**  
**at Madison Avenue Central Park**  
 512 E. Madison Ave. Derby, KS  
 3:00 P.M.– 7:00 P.M.

**The Expo Will Include:**

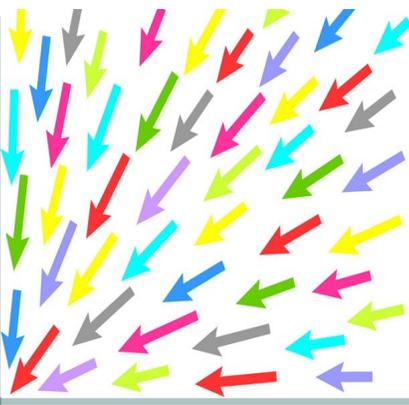
- ♦ Health Screenings
- ♦ Cooking Demonstrations
- ♦ Fitness Demonstrations
- ♦ Speaker Series
- ♦ Exhibits Showcasing the Latest Diabetes Care Methods

HEALTH EXPO

The Let's *DiaBeat This* Health Expo is for the community to learn more about avoiding diabetes, a lifelong disease. The focus will be on people who may be pre-diabetic as well as those currently diagnosed with Type 2 diabetes. You will get great information plus have an opportunity to win wonderful door prizes. If you have no history of diabetes in your family, we encourage you to attend anyway and learn the steps you need to take to avoid this chronic health condition.

### **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 9:00, join us for coffee and balloon volleyball at 10:00 in the Main Room
- Thursday’s at 10:00 we have Bible Study & BINGO at 1:00 in the Arts and Crafts room.
- Friday’s at 9:00 we have exercise & at 2:00 we show movies in the main room.



## From the Kansas Strategic Highway Safety Plan, Education Support Team Emphasis Area: **Work Zones**

Education is important in work zones and drivers should keep safety in mind when traveling through construction areas around the state.

Last year in Kansas, there were 1,396 work zone crashes - 398 people were injured and 5 people were killed.

### Work Zone Safety Tips

- **Follow Traffic Control**
- **Increase Following Distance**
- **Expect Delays**
- **Stay Alert**

### Must-know home safety tips for senior citizens

Staying safe at home can help you or your elderly loved one maintain their independence and quality of life. Preventing falls, the leading cause of death and serious injury in the senior population, is key to a long, happy life at home. Two main factors, personal and environmental, contribute to senior citizens' fall risk:

- Personal factors include muscle weakness, balance problems, limited vision and certain medications
- **Environmental factors include home hazards such as loose rugs, poor lighting (especially on stairs) and a lack of stair railings or grab bars in the bathroom**

### HOME SAFETY TIPS FOR SENIORS

In order to help keep senior citizens safe at home and on the go, learn these senior safety tips and facts:

- Focus on balance. Exercise regularly to maintain strength, and rise slowly after eating, sitting or lying down to help avoid dizziness and loss of balance.
- Medicate safely. Improper use and handling of medication can create serious safety concerns. Check medication expiration dates on all prescription and over-the-counter medications – and follow all directions.
- Store medications safely. Medicine is best kept in its original container, but if you must transfer medication to a new container, clearly label it with the medication name, dose, and expiration date.

Phone as well...Have easy access to emergency numbers. Post National Poison Control Hotline and other emergency numbers next to all phones. Be sure to add [emergency numbers](#) as contacts on your mobile.

- Wear an alarm device. Consider wearing an alarm device in case you fall and cannot get up on your own.
- Get annual eye exams. Ensure your glasses or contacts prescription is up to date and that you do not have any conditions that limit your vision.

Handle driving with respect and honesty. If you or your loved one has declining driving abilities, consider alternate forms of transportation. The decision, while difficult, can save lives.

## PREVENTION SAFETY FOR SENIOR CITIZENS

Prevent unnecessary falls and improve your safety by making yourself aware of environmental hazards. Take action to remove fall risks from your home by:

- Install secure handrails and bright lights with switches at the top and bottom of stairways.
- Repair loose or uneven steps. Check stairs for worn or loose carpeting and install anti-slip treads.
- Always wear shoes with traction and make sure throw rugs have non-skid backing.
- Install grab bars for the toilet, bathtub and/or shower, and use non-slip mats or decals on ceramic surfaces both inside and outside the tub.
- Install nightlights in areas you frequent at night. Also, consider keeping a flashlight near your bed.
- Store frequently-used items on lower shelves in the kitchen to limit the use of stools or step-ladders. If you must use a step stool, use one with a bar to hold onto.

-Taken from [www.nationwide.com](http://www.nationwide.com)

The Sedgwick County Department on Aging has a program for minor home repair. If you need grab bars or other assistance and you qualify they will take care of purchase and installation. Call (316) 660-7298.



**May 31 - June 8**

**Riverfest started nearly 50 years ago as a way to celebrate and unify the community during Wichita's Centennial. Now, the jam-packed, fun-filled nine days of excitement is the largest and longest-running festival in the region.**

**Get ready to experience Wichita's biggest tradition with new features like Project PopCon (a fusion of the former WichiCon and Midwest eSports), drone races and performances by the Wichita Wurlitzer as well as old favorites like opening fireworks, the Riverfest parade, the River Run, stock tank races and hot air balloons.**

**There will be so much fun packed into this festival you won't be able to do it all in one day!**

[Get your buttons today!](#)

## Strawberry Pretzel Dessert Squares

2 cups finely crushed pretzels

2/3 cup butter or margarine, melted

2 T milk

2 cups boiling water

1-1/2 cups cold water

1/2 cup sugar, divided

1-1/2 pkg. (8oz. Each) cream cheese

1 cup thawed whipped topping

1 pkg. (6 oz.) Strawberry gelatin

4 cups fresh strawberries, sliced or crushed

Heat oven to 350 degrees. Combine pretzel crumbs, 1/4 cup sugar and butter; press onto bottom of a 13x9-inch pan. Beat cream cheese, remaining sugar and milk with mixer until blended. Stir in whipped topping, spread over crust. Refrigerate until ready to use. Add boiling water to gelatin mix in a large bowl; stir 2 minutes until completely dissolved. Stir in cold water. Refrigerate 1-1/2 hours or until thickened. Stir in berries, spoon over cream cheese layer. Refrigerate 3 hours or until firm.

My good friend prefers to forget the instructions...She uses most of the ingredients: crushes the pretzels, beats the cream cheese mixture, thickens the gelatin, then folds it all together in a glass bowl. Refrigerates until set and it is yummy!

By Dale Carson Apr 20, 2013

### A Traditional Story of Picking Strawberries, Redheads and Love

Lenonah and her family lived by a wide creek; they had all the water and natural foods they needed to survive and be happy. Lenonah was known for her beautiful, long, almost black hair and for her very good foraging skills. She could pick baskets and baskets full of berries faster than her sisters and her mother.

There were many berry-pickin' places near their lodge, and the girls knew them all, except for a couple only Lenonah knew about. Lenonah was quite fond of wild strawberries and ate most of what she picked. One day, her sisters noticed that her beautiful long hair was getting lighter and lighter—nearly red! They were worried, but Lenonah didn't think anything of it. She thought it could only be the strawberries making this so.

In those times, humans and animals could speak to one another. She talked with her friends muskrat and frog about what was happening to her hair. Frog was not alarmed but muskrat was concerned and told her she should stop eating so many berries. He thought her hair color would make it too easy for those who wished her harm to find her, or worse, her secret picking places. From that day on, she never ate another wild strawberry, but she always wanted to. One day she was foraging near one of her old secret wild strawberry places and saw a handsome young red-haired man in the middle of the patch. He waved to her. They saw each other again many times and fell in love. He told her his hair had once been long and nearly black but he loved wild strawberries so much he couldn't stop eating them. She told him of her talk with frog and muskrat and she stopped eating her beloved wild berries. He said if she would marry him he would protect her and she could eat all the berries she wanted; he would love her whether her hair was black or red. They married and had many children and grandchildren. So every time you see people with strawberry red hair, think of Lenonah, her husband and their happy life near a strawberry patch.

# April's Carry-In Luncheon

Tuesday 4/9/19 Information

Marlene greeted and welcomed everyone to the monthly carry-in luncheon. She led the pledge of allegiance and singing of the National Anthem. Marlene also asked the blessing for the meal. There was no one present with an April birthday. Everyone enjoyed a good meal. Sonja introduced City Manager, Ron Marsh.

Ron was the first speaker and brought us up to date with some of the goings on around town. The first full week in April is National Volunteer week. Ron offered greetings from the Mayor and City Council. He spoke about the Park Glen neighborhood expansion as well as other areas in town. He also reminded attendees that EMS will remain localized: the City will hire 3 full-time fire fighters soon. He also thanked the volunteer firemen and told how important volunteerism is to City operations.

Ron also reminded attendees about the free clean up on April 13th. Refuse was picked up at the curb. There is a similar day in the Fall when the City will have the bigger dumpsters at the City warehouse on the west side of town.

He explained that one of the former Duraform buildings near the train tracks on N 4th St. has been sold to be used as a private storage facility/show room. Clearwater's population is now at 2252.

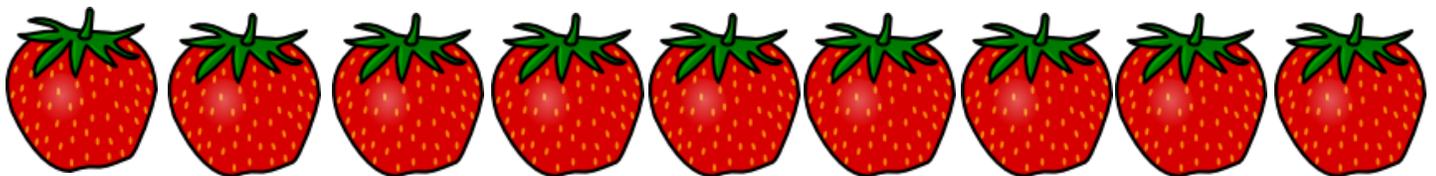
Sonja then introduced Jennifer Benitez with the Sedgwick County Department on Aging. Jennifer informed attendees about the RSVP volunteer program. They offer a variety of services that also need volunteers. RSVP is federally funded and offers incentives to drivers who provide transportation to seniors who no longer drive; RSVP will provide auto insurance. After driving a number of miles per month volunteers earn a gas card. RSVP has volunteers that work from home knitting baby hats and blankets. They also provide pillows and blankets to veterans at the VA. They will need volunteers for the Senior Expo in September. Contact the Senior & Community Center if you are interested in volunteering through RSVP.

Marci Bacon from Home Health and Hospice was recently promoted to Director. She was at the Center for the final time to offer free blood pressure checks.

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Now might be a good time to inform you that the Sedgwick County Dept. on Aging is not taking plastic bags at this time. They will let us know when to begin saving them again. Please recycle them at the nearest Dillon's or Walmart. Thanks!

You also need to know that we are still taking tabs from pop cans, etc. so remember to save them and place them in one of the paper houses on the counter in the Center. Thanks again!



# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 1:00 RENTED	6 Painting 1 pm-3 pm	7 Exercise 9:00 am AA/Al Anon 7-9 pm	8 9:00 am Morning Coffee 10:00 am Balloon Volleyball	9 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-7:45 pm 8:00 RENTED	10 Exercise 9:00 am 2:00 pm Movie & free popcorn	11 RENTED
12	13 Painting 1 pm-3 pm	14 Exercise 9:00 am 12 noon Carry-In Luncheon AA/Al Anon 7-9 pm	15 9:00 am Morning Coffee 10:00 am Balloon Volleyball	16 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	17 Exercise 9:00 am 2:00 pm Movie & free popcorn	18 Family Empowerment 1 - 2:30 pm 3:00 RENTED
19 3:00 RENTED	20 Painting 1 pm-3 pm	21 Exercise 9:00 am AA/Al Anon 7-9 pm	22 9:00 am Morning Coffee 10:00 am Balloon Volleyball	23 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	24 Exercise 9:00 am 2:00 pm Movie & free popcorn	25
26	27 Painting 1 pm-3 pm	28 Exercise 9:00 am AA/Al Anon 7-9 pm	29 9:00 am Morning Coffee 10:00 am Balloon Volleyball	30 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	31 Exercise 9:00 am 2:00 pm Movie & free popcorn	

Mon	Tue	Wed	Thu	Fri
Birthday Day - May 9 Choice Day - May 16 & 21 Circled Days - meals that freeze well Memorial Day - May 27 All Are Welcome Day - May 24	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	1 Hot turkey sandwich (turkey 3oz, mashed pot 4oz, gravy). Grape juice 4oz Mixed vegetables 4oz Spiced peaches 4oz Milk Sugar cookie (bread)	2 Tuna pasta salad 8oz Broccoli raisin salad 4oz Mixed fruit 4oz Bread stick Gelatin 4oz Milk	3 Sloppy joe 4oz on a Bun Oven brown potatoes 4oz Carrot pineapple salad 4oz Banana Milk
6 Glazed chicken BLT pasta salad 4oz Green beans 4oz Mandarin oranges 4oz Wheat roll Milk	7 Baked fish w/tartar sauce Split pea soup 4oz Cauliflower 4oz Strawberries Crackers-2 Milk	8 Chicken & cheese cass. 8oz Broccoli 4oz Carrot raisin salad 4oz Pears 4oz Garlic bread Milk	9 Swedish steak Garlic mashed potatoes 4oz Mixed green salad 4oz Salad dressing Peaches 4oz Spice cake Milk Roll	10 Ham & beans 8oz Potatoes w/onions 4oz Parslied carrots 4oz Plums 4oz Corn bread Milk
13 Meatloaf Au gratin potatoes 4oz Herbed green beans 4oz Mixed fruit 4oz Bread Milk	14 Ham chowder 8oz Crackers-2 Black eye pea salad 4oz Pineapple 4oz Peanut butter cookie Milk	15 Spaghetti w/meat sc 8oz- Combination salad 4oz Salad dressing Pears 4oz Garlic bread Milk	16 Chicken w/set up OR Fish w/tartar sauce Cole slaw 4oz Apricots 4oz Butterscotch pudding 4oz Bun Milk	17 Chicken & noodles 8oz over Mashed potatoes 4oz Pickled beets 4oz Peaches 4oz Cinnamon roll Milk
20 Taco burger on a Bun Taco sauce Refried beans 4oz Cucumber & onion salad 4oz Apple slices 4oz Milk	21 Liver & onions OR Beef cutlet w/onion gravy Mashed potatoes 4oz Onion gravy Green beans 4oz Milk Strawberries 4oz Roll	22 Swedish ham balls Sweet potatoes 4oz Broccoli 4oz Peaches 4oz Wheat bread Milk	23 Tuna loaf w/ tartar sauce Combination salad 4oz Salad dressing Peas 4oz Pineapple 4oz Roll Milk	24 Baked chicken Mashed potatoes/Gravy 4oz Savory carrots 4oz Peas 4oz Chocolate cake w/frosting Roll Milk
27 HOLIDAY	28 Italian baked chicken Italian pasta salad 4oz Lima beans 4oz Mixed fruit 4oz Garlic bread Milk	29 Tuna salad 4oz on a Bun Broc/cauliflower salad 4oz Grape juice 4oz Banana Brownie Milk	30 Scalloped potatoes w/ ham 8oz Mixed vegetables 4oz Mandarin oranges 4oz Fruit crisp Bread Milk	31 Mexican lasagna 8oz Hominy 4oz Cuke & onion salad 4oz Strawberries 4oz Sugar cookie Milk

# MEMORIAL DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Ancestors	Duty	Holiday
Band	Emotional	Liberty
Banner	Family	Memorial
Bravery	Flags	Parade
Celebration	Flowers	Tribute
Celebration	Grave	Veteran
Cemetery	History	Worship

Clearwater Senior  
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921 Janet Ave  
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commcenter@sktc.net

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Marlene Parret - Assistant Director

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