

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

Graduations have taken place which brings back memories! School, though nearly impossible at the time, is so integral to our development! Life's lessons are sometimes very difficult; to think that such suffering (in school) can lead to fond, even beautiful memories is just amazing!

However, the incident in kindergarten I remember was not pleasant. Do you remember getting milk at the dairy? Our milk came in a 1/2 gallon jar. Kindergarten is where I encountered my first milk carton but I didn't know how to open it. My friend, Jan, (I was shy as a child) let the teacher know. The teacher came over to me and loudly said, "Can't you read? It says", pointing her bony finger, "To open, to open, to open! I guess she was having a bad day! Do you think I drank that milk? As a matter of fact I began to detest milk. I didn't drink milk until I began eating at the Center.

Words can hurt or they can heal...Let's try to remember to use words to heal, encourage and build up. Let's think of June's birthstone: pearl as we speak. We can make our words pearls as we speak to other people.

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



Happy Father's Day!

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.



William Altman 6/3
 Pat Bunck 6/24
 Sandra Cummins 6/15
 Joe Eash 6/23

Tom Hess 6/18
 Leone Jeffries 6/24
 Linda Marshall 6/30
 Connie Milliken 6/7
 Larry Nickels 6/10

Sally Orebaugh 6/19
 Robert Pugh 6/11
 Jevlyn Stockhaus 6/23
 Richard Vogel 6/17

June is named after the Roman goddess Juno, patroness of marriage and the well-being of women.

Tuesday, June 5 is World Environment Day to raise environmental awareness across the globe.

Wednesday, June 14 is Flag Day (U.S.). Be sure to raise the flag! See [flag guidelines](#).

Father's Day is on Sunday, June 17 this year. Read all about the [history of Father's Day here](#).

The summer solstice falls on June 21 in the Northern Hemisphere at 6:07 a.m. EDT. In the Southern Hemisphere, winter begins at this time.

June 24 is Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting.

From www.almanac.com

In 1909, Sonora Smart Dodd of Spokane, Washington, was inspired to create a holiday honoring fathers. William Jackson Smart, her father, was a farmer and Civil War veteran that raised Sonora and her five younger brothers by himself after his wife, Ellen, died giving birth to their youngest child in 1898. While attending a Mother's Day church service in 1909, Sonora, then 27, came up with the idea.

Within a few months, Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She proposed June 5, her father's birthday, but the ministers chose the third Sunday in June so that they would have more time after Mother's Day (the second Sunday in May) to prepare their sermons. So it was that on June 19, 1910, Sonora delivered presents to handicapped fathers, boys from the YMCA decorated their lapels with fresh-cut roses (red for living fathers, white for the deceased), and the city's ministers devoted their homilies to fatherhood.

Continued

A NATIONAL HOLIDAY

The widely publicized events in Spokane struck a chord that reached all the way to Washington, D.C., and Sonora's celebration started its path to becoming a national holiday.

- In 1916, President Woodrow Wilson and his family personally observed the day.
- Eight years later, President Calvin Coolidge signed a resolution in favor of Father's Day "to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations."
- In 1966, President Lyndon Johnson signed an executive order that the holiday be celebrated on the third Sunday in June.

Under President Richard Nixon, in 1972, Congress passed an act officially making Father's Day a national holiday. (Six years later, Sonora died at age 96.)

DIFFERENT DAYS FOR DIFFERENT DADS

North America is not the only place where Father's Day is celebrated.

- In traditionally Catholic countries such as Spain and Portugal, Father's Day is observed on March 19, the Feast of St. Joseph.
- Taiwanese celebrate Father's Day on August 8, the eighth day of the eighth month, because the Mandarin Chinese word for eight sounds like the word for "Papa."
- In Thailand, Father's Day is celebrated on former King Bhumibol Adulyadej's birthday, December 5.

BRAISED PORK CHOPS

INGREDIENTS

4 center cut pork chops

1/2 cup flour

4 cups water

1 medium Vidalia onion

1/4 stick butter

INSTRUCTIONS

In a 10-inch skillet add butter and heat until melted. Flour and brown chops on all sides. Cover pork chops $\frac{3}{4}$ of the way with water at room temperature, about 3 cups. Slice onions into rings. Bring chops to a boil and top with onions. Lower chops to a simmer and simmer for 2-3 hours. Chops are done when fork inserts easily. Remove chops and set aside. Add remaining flour and water and bring to a boil and stir until liquid is thickened into a gravy. Serve with cinnamon or natural applesauce.

SPECIAL EVENTS

Carry In Luncheon

You are invited to join us on the 11th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated!

Basic Computer Workshop

Beginning on Friday, 6/7 at 10:30, then moving to Tuesdays on 6/11 at 10:30 we will offer a Basic Computer Workshop for those of you wishing to learn or freshen up your skills.

Father's Day is June 16th

It's always the third Sunday in June.

Cowskin Clydesdales

They will be here June 14th at 10:00 am. The Center will provide refreshments

Hermes Healthcare

They will be here June 19th. Please call Hermes at (316) 260-4110 to make your appointment.

BISCUITS AND GRAVY ARE BACK!

Several people have said they have missed our biscuits and gravy. It's back from 7:00—10:00 am on June 15th. It's reappearing for June only. We plan to offer the meal quarterly.



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.; and on the first Tuesday of the month, balloon volleyball at 10:00 in the Main Room; the remaining Tuesdays we will have a basic computer workshop at 10:30.
- Wednesday's at 9:00, join us for coffee
- 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 on the first & last Fridays we show movies in the main room.



New Ways to Save \$1000s on Healthcare!

Getting—and staying—healthy doesn't have to cost an arm and a leg, thanks to these savvy new tricks for snagging the care you need for a lot less.

Cut bills with Telemedicine

Forget the cost and time required to visit a doctor in person about nonurgent health issues like a rash or allergies—with telemedicine, you can use the phone, internet or app to get 24-hour access to a doctor who can diagnose symptoms and write a prescription. To use it, you pay one flat fee per consultation (at HealthTap.com, that starts at just \$9). But you may not even have to pay that: Virtual visits are partially and sometimes completely covered by nearly 60% of large businesses, insurance policies in 37 states and even Medicare. Ask your employer or insurer about their coverage.

Sidestep the FSED Trap

Freestanding emergency departments (FSEDs) - ones not attached to a hospital—are popping up around the country. But visit one for a non-emergency like a fever, and you could pay up to 19 times more than if you'd visited an urgent care clinic, per a new United Health Group study. This translates into shelling out \$3200 for a visit that could have cost just \$167! While both facilities offer doctor exams, diagnostic tests, X-rays and prescriptions, FSEDs charge emergency room rates— even for nonemergencies. The smart move; Call ahead and ask, “Is this an emergency center or urgent care clinic?” and request costs up front.

Skip This Hospital Gotcha

There's an expensive problem in the U.S. called balance billing. “This is when a hospital uses an out-of-network doctor or other provider during your treatment. Then you get a surprise bill for the balance that your insurance didn't cover to pay their fee,” explains Carolyn McClanahan, M.D., a physician turned financial planner and founder of Life Planning Partners. There's currently federal legislation aimed to protect patients from it. Until that's passed, Dr. McClanahan has advice: “Next time you're admitted to a hospital, add the line ‘no out-of-network’ providers to your admission forms, ask all providers you meet if they're in your insurer's network and hang a sign on your hospital bed that says ‘Use in-network providers only’”.

From Women's World magazine

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 Sports), 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!](#)

May's Carry-In Luncheon

Tuesday 5/14/19 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. Cheryn Morris was the only one present with a May birthday.

Debbie Williams with the Derby Recreation Commission was our first speaker. She informed and invited everyone to the Health and Wellness Expo, "Diabeat This", being held in Derby on May 30th. Some signs of diabetes: tired or sleep a lot, frequent urination, numbness in hands or feet, wounds that do not heal, male & female disfunctions, vision difficulty, sudden weight loss and/or constant hunger or thirst. Close monitoring of diet and lifestyle are crucial as well as keeping your doctor involved. She described types one and two of diabetes and pointed out the differences. She also emphasized that type two is a lifestyle disease and fully avoidable. However, she also said it is the fastest growing disease in the US.

Our next speaker was Jessica Edwards from Aetna Insurance. She provided updated information on some of the Medicare health plan changes. Each year every senior citizen needs to carefully check their health and medication care plans. Sonja let everyone know she is being certified by SHICK (Senior Health Insurance Counseling for Kansas), a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your questions about Medicare. Our counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them. Jessica informed everyone that she can actually enroll individuals in the various insurance entities offered in Kansas.

Jessica will be at the Clearwater GraceMed office once a month to assist anyone needing advice. She can be reached at (316 262-1550 to set an appointment at your home.

There were approximately 20 attendees at the luncheon.



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Garage Sale Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	Garage Sale Exercise 9:00 am 2:00 pm Movie & free popcorn	1
2	3 Painting 1 pm-3 pm	4 Exercise 9:00 am AA/AI Anon 7-9 pm	5 9:00 am Morning Coffee 10:00 am Balloon Volleyball	6 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	7 Exercise 9:00 am 10:30 am Computer Basics 2:00 pm Movie & free popcorn	8
9	10 Painting 1 pm-3 pm	11 Exercise 9:00 am 10:30 am Computer Basics AA/AI Anon 7-9 pm	12 9:00 am Morning Coffee 1:00 Summer Reading, Guitarist Edgar Cruz	13 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	14 Exercise 9:00 am 10:00 Cowskin Clydesdales	15 Biscuits & Gravy 7:00-10:00: 12:00 RENTED
16	17 Painting 1 pm-3 pm	18 Exercise 9:00 am 10:30 am Computer Basics AA/AI Anon 7-9 pm	19 8:00 am Hermes Health Care 9:00 am Morning Coffee	20 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	21 Exercise 9:00 am Summer Reading-Goddard Puppet ladies 10:30	22 11:00 RENTED
23	24 Nutrition Class 1pm Painting 1 pm-3 pm	25 Exercise 9:00 am 10:30 am Computer Basics AA/AI Anon 7-9 pm	26 2:00 Summer Reading, Mike Anderson	27 Bible Study 10 am 11:00 am SR, Will Hill 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	28 Exercise 9:00 am 2:00 pm Movie & free popcorn	29

Mon

Birthday Day - June 13
 Choice Day - June 20
 Circled Days - meals that freeze well

Tue

3 Beef cutlet w/Spanish sauce over Rice 4oz
 Cooked cabbage 4oz
 Apple slices 4oz
 No bake cookie
 Bread Milk

4 Ham & beans 8oz
 Potatoes w/onions 4oz
 Tomato slices 4oz
 Plums 4oz
 Cornbread
 Milk

11 Cheesy pot & egg bake 8oz
 Cuke & onion salad 4oz
 Strawberries 4oz
 Fruit swirl coffee cake
 Milk

Wed

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

5 Cranberry meatballs
 Baked potato
 Green beans 4oz
 Peaches 4oz
 Bread
 Milk

12 Ham & Swiss broccoli pasta 8oz
 Carrot sticks 4oz
 Mandarin oranges 4oz
 Cheddar dill bread
 Milk

Thu

6 Oven fried chicken
 Potato salad 4oz
 Peas 4oz
 Mixed melons 4oz
 Orange juice 4oz
 Roll Milk

13 Meatloaf
 Au gratin potatoes 4oz
 Cauliflower bean salad 4oz
 Blushing pears 4oz
 Peanut butter cake w/PB frosting Milk Roll

Fri

7 Egg salad 4oz on a Bun
 Mixed greens salad 4oz
 Salad dressing
 Pineapple 4oz
 Brownie
 Milk

14 Chix salad 4oz on a Bun
 combination salad 4oz w/
 Salad dressing
 Grape juice 4oz
 Cantaloupe 4oz Milk
 Molasses drop cookie

17 Taco salad 8oz
 (lettuce, tomato, cheese, chips)
 Salsa
 Mexican rice 4oz
 Strawberries 4oz
 Bread pudding Milk

18 Baked chicken
 Cauliflower 4oz
 Lentil/Bean salad 4oz
 Glazed blueberries 4oz
 Wheat roll
 Milk

19 Tuna noodle casserole w/peas 8oz
 Carrots 4oz
 Plums 4oz
 Orange juice 4oz
 Sweet muffin Milk

20 Liver & onions OR Salisbury steak
 Mashed pot 4oz w/gravy
 Three bean salad 4oz
 Mixed fruit 4oz
 Bread Milk

21 Creamy chicken & veggie casserole 8oz
 Cooked cabbage 4oz
 Watermelon 4oz
 Peanut butter muffin
 Milk

24 Potato ham omelet 8oz
 Tomato slices 4oz
 Honey dew melon 4oz
 Biscuit
 Fruit crisp
 Milk

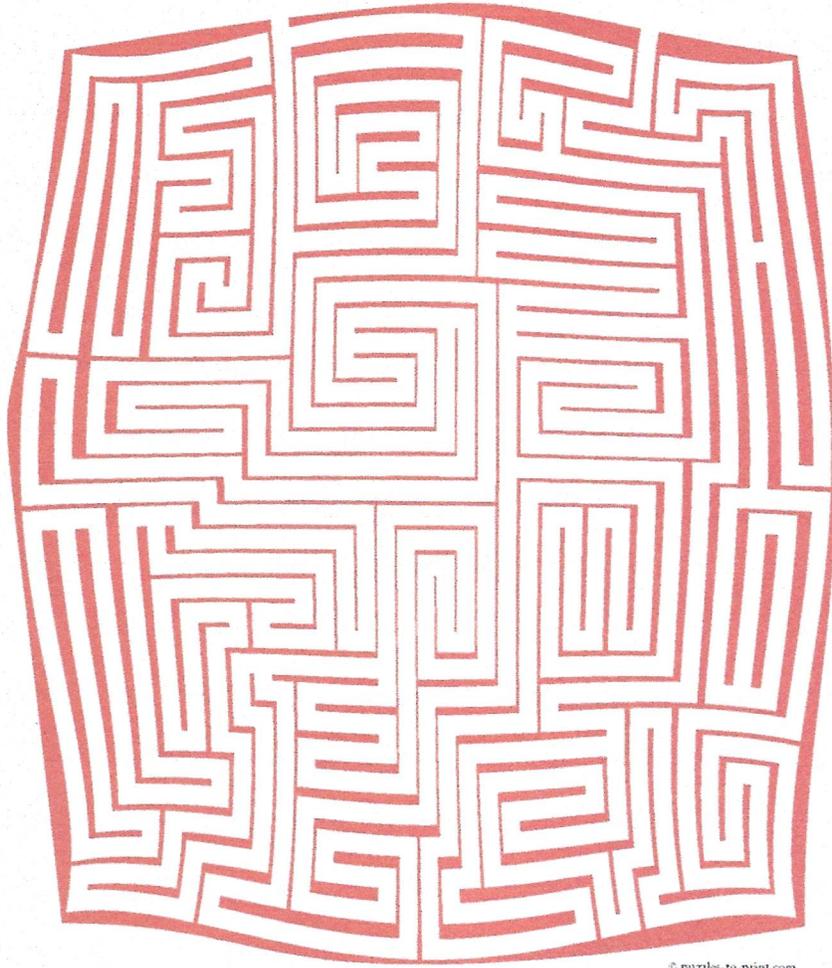
25 Chicken fajita salad 8oz
 (lettuce, tomato, cheese, chips)
 Salsa
 Hominy 4oz
 Mandarin oranges 4oz
 Cinnamon roll Milk

26 Chicken fried steak
 Mashed potatoes 4oz w/
 Cream gravy
 Green beans 4oz
 Strawberries 4oz
 Bread Milk

27 BBQ pork 4oz on a Bun
 Oven brown potatoes 4oz
 Cole slaw 4oz
 Mixed fruit 4oz
 Grape juice 4oz
 Milk

28 Easy chicken & broccoli pie 8oz
 Combination salad 4oz
 Salad dressing
 Apricots 4oz
 Lemon bar Milk

Please have fun trying to find your way out!
Make note that there are two exits or entrances.

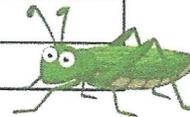


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Insects Word Scramble

All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	
BTLTEUYFR	
MTHO	
LEEBET	
CCIDAA	
ELYFSRHO	
PAWS	
ITKSC GBU	
AVGPRNI NMATSI	
EBE	
ALFE	
LNFOAYGRD	
AGDBLYU	
PSESHRAGPOR	
EIRETTM	
COOCHRKAC	
NAT	
RIEKCTC	
YLF	



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Healthy Foods Hard Word Search

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

ALMONDS
 BEANS
 BROWN RICE
 CELERY
 CORN
 EGGS
 OATMEAL
 SALMON
 TOMATOES
 WATERMELON
 ZUCCHINI

APPLES
 BLUEBERRIES
 CARROTS
 CHEESE
 CRANBERRIES
 LEMONS
 ORANGES
 SPINACH
 WALNUTS
 WHOLEGRAINS

BANANAS
 BROCCOLI
 CASHEWS
 CHICKEN
 CUCUMBERS
 LETTUCE
 POTATOES
 TOFU
 WATER
 YOGURT

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