



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

I can't wait to see what type of weather we'll have in July! June has not been typical. I spoke with a rancher this morning, after last evenings monsoon, having observed cattle huddled together, I asked him why? He said, "The flies are so bad! I spray them but the rain washes off the spray." He added, "I just got feed planted but I imagine it got washed out."

Our conversation really opened my eyes further to the things we do not control and the plight of farmers and ranchers. Think about them in this unseasonably wet month...Would you please keep them in your thoughts and prayers? This uncommon weather has spread across the Midwest and into the East. They've already announced food prices will rise! Talk about things out of our control! I learned to let go quite some time ago, which is a story as well.

In the late '90's I was out of a job and a friend asked if I had considered working for a temporary agency. (Continued on page 6)

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



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.



Earl Brockman 7/7
 Jim Charles 7/7
 Barbara Ford 7/7
 Eileen Garrigus 7/25
 Patsy Grimm 7/20
 Marlene Hand 7/9
 Glen Hoheisel 7/5

Barbara Hufford 7/16
 John Hurley 7/17
 Gilbert Milliken 7/15
 Norman Pelz 7/2
 Betty Pietz 7/6
 Mark Ross 7/7
 Michael Sampson 7/20

Michael Schmidt 7/18
 Jack Skinner 7/30
 Lenor Stroot 7/30
 Mary Sullivan 7/8
 Norman Sullivan 7/19

Rubies, the birthstone of July, are considered the king of gems and represent love, health and wisdom. It was believed wearing a fine red **Ruby** bestowed good fortune on its owner. A **Ruby** is the most valuable gemstone and its value increases based on its color and quality.

July 1st - Canada Day, a national holiday in Canada, formerly known as Dominion Day, commemorating the confederation of Upper and Lower Canada and some of the Maritime Provinces into the Dominion of Canada on July 1, 1867.

July 1, 1863 - Beginning of the Battle of Gettysburg during the American Civil War.

July 3, 1775 - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

July 4, 1863- Vicksburg, the last Confederate stronghold on the Mississippi River, surrendered to General Grant and the Army of the West after a six week siege. With the Union in control of the Mississippi, the Confederacy was effectively split in two, cut off from its western allies.

July 5, 1775- The Continental Congress adopted the Olive Branch Petition expressing hope for a reconciliation with Britain. However, King George III refused even to look at the petition and instead issued a proclamation declaring the colonists to be in a state of open rebellion.

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

Birthday - Revolutionary War Naval Officer John Paul Jones (1747-1792) was born in Kirkbean, Scotland. He is best remembered for responding "I have not yet begun to fight!" to British opponents seeking his surrender during a naval battle.

July 7, 1898 - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii an incorporated territory of the U.S., which it remained until becoming a state in 1959.

July 8, 1776 - The first public reading of the Declaration of Independence occurred as Colonel John Nixon read it to an assembled crowd in Philadelphia.

July 8, 1943 - During the Nazi occupation of France, Resistance leader Jean Moulin died following his arrest and subsequent torture by the Gestapo. He had been sent by the Allies into France in 1942 to unite the fledgling Underground movement. In June of 1943, he was arrested in Lyon, tortured for eleven days but betrayed no one. He died aboard a train while being transferred to a concentration camp.

July 9, 1868 - The 14th Amendment to the U.S. Constitution was ratified. The Amendment defined U.S. citizenship and prohibited individual States from abridging the rights of any American citizen without due process and equal protection under the law. The Amendment also barred individuals involved in rebellion against the U.S. from holding public office.

July 10, 1943 - The Allied invasion of Italy began with an attack on the island of Sicily. The British entry into Syracuse was the first Allied success in Europe. General Dwight D. Eisenhower labeled the invasion "the first page in the liberation of the European Continent."

July 10, 1973 - The Bahamas gained their independence after 250 years as a British Crown Colony.

July 10, 1991 - Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

From www.history.com

SPECIAL EVENTS

Carry In Luncheon

You are invited to join us on the 9th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated!

July 4th Holiday

The Center will be closed in observance of Independence Day

Basic Computer Workshop

Every Tuesday at 10:30 we offer a Basic Computer Workshop for those of you wishing to learn or freshen up your skills.

Jam Session

The first Jam Session was June 29th at 6:00. We hope to see more of you on 7/27 at 6:00! Please bring a snack to share or your instrument, if you intend to play.

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 now on Tuesdays we will have a basic computer workshop at 10:30.
- Wednesday's at 9:00, join us for coffee; and on the first Wednesday of the month, balloon volleyball at 10:00 in the Main Room;
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room. At 1:00 we have BINGO 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.

Celebrate Clearwater July 5th & 6th 2019! Festivities will begin Friday, July 5 at 7:00 pm. Come out and support your local Clearwater Outlaws Minor League Baseball team!

On Saturday, July 6, join us as we celebrate our home and great nation! Celebrate Clearwater will feature performances by Jill Martin and Nick Walsh followed by an incredible firework display produced by Victory Pyrotechnics for all to enjoy.

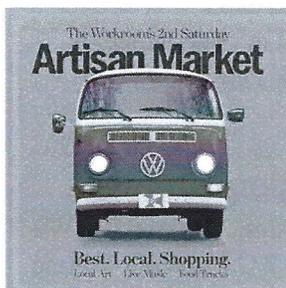
Come indulge in great food and hang out with friends and family while playing your favorite yard games outside the stadium starting at 4:00 pm. Keep an eye out, a list of food vendors will be announced soon!

General Admission (\$16.75) gates will open at 6:00 pm. The concert will begin at approximately 7:00 pm with music by Nick Walsh, a former football player at Kansas State University who is now a singer and songwriter in Nashville, Tennessee! Jill Martin will take the stage at 7:45 pm. Jill is the wife to Clearwater star Logan Mize and is excited to share her amazing talents with the Clearwater Community.

Blood Orchard has a Vintage market, with food trucks, at 63rd St. S and Broadway the first weekend in July.

JOIN our GET FIT WICHITA event, a free outdoor Yoga class, on July 7th at Central Riverside Park. Our certified yoga instructors will offer a one-hour class from 8:30am - 9:30am suited for participants of all fitness levels.

July 20 & 21, 2019 Kansas Star Arena in Mulvane will host the Wichita Flea Market. There will be vendor booths of all types to rummage through. What treasures will you find? Admission: 1 Day Pass- \$3, 2 Day Pass- \$5; Children 12 and under are Free. The Market will be open from 9 am to 5 pm on Saturday and 9 am to 4 pm Sunday.



THE WORKROOM'S 2ND SATURDAY ARTISAN MARKET

Jul 13, 2019, Sat @ 10:00 am - 2:00 pm

The Workroom, 150 N Cleveland St, Wichita, KS, 67214

Automobilia's 25th Moonlight Car Show and Street Party is happening in beautiful downtown Wichita July 13th from 4:00PM to 12:00AM with FREE Admission.

This year, expect even more fun and excitement with multiple live bands/DJs playing at the same time, three food courts, three vendor courts, kids events and activities, local food trucks, a model car contest and bicycle contest. Bands will play from just west of Topeka on 1st St. then on 1st St. at Emporia; on N St. Francis half way to Douglas then just S of 2nd Street; North of 1st St. on Moore Ave. and last, but certainly not least, just S of 1st St. on Rock Island. Food trucks will be located in the same area. Registration and information can be found S of 1st St. on the W side of Emporia.

June's Carry-In Luncheon

Tuesday 6/11/19 Information

All were greeted and welcomed to the monthly carry-in luncheon. Leora Jeffries was the only June birthday person present. Marlene lead the pledge of allegiance and singing of the National Anthem; then asked the blessing for the meal.

Tina Welch from the Public Library was the first speaker. She explained the Summer Reading Program offered through the Library. It is open to all ages! At the end of the summer several prizes will be awarded. For more information or to get signed up, stop in at the library.

Some of the programs the library and the Center are offering: 1) Guitarist Edgar Cruz on 6/12 at 1:00; 2) The Cowskin Clydesdale horses on 6/14 at 10:00. 3) The Goddard Puppeteers present their skills 6/21 at 10:30 & 1:30; 4) Mike Anderson on 6/26 at 2:00 talking about dulcimers; 5) On 6/27 at 11:00 Wil Hill tells the creation story of Native Americans.

Tina also announced that the proceeds from the Murder Mystery May 11, 2019 were split 3 ways; the Library, the Center and the United Methodist Women all received about \$400! Thanks to all who donated food, time, and talents. Ruby Fisher & Capsa Reed are volunteering at the Library this summer.

Sonja announced that Marlene Parret won the Wichita Homebound Outreach (WHO) Owen Papke award for dedicated volunteerism affecting the community in a positive way. Marlene will accept the award at a luncheon at Central Plains Area Agency on Aging (CPAAA) Advisory Committee.

Our next speaker was Troy Mankins and Erica Hays from Kindred Hospice. Erica related her personal story of how hospice impacted her life when her father became ill. She apprised everyone that hospice care is for anyone who is ill. Erica also encouraged everyone to stay hydrated, be aware of the weather conditions, wear sunscreen when outdoors and watch out for dizziness and other signs of heat exhaustion. Troy and Erica then served root beer floats to all in line...Yummy!

Betty Jo Embry announced she can no longer accept clothing for the homeless because of a lack of storage space. Now if you want to help the homeless they need undies, shoes and toiletries. Items can be left at the Center if you would like to donate.

"After living and working in Milan and Paris, I arrived in New York City 20 years ago, and I saw both the joys and the hardships of daily life. On July 28, 2006 I was very proud to become a citizen of the United States—the greatest privilege on planet Earth."

Melania Trump

I had not considered temporary work but it sounded like a good idea so I registered and tested with an agency. In a day or two I got a call and this agency offered me a temporary position with a company that used a lot of temporary employees. I was in charge of the temporaries (temps) from that particular agency but figured payroll for about 250 temps, forwarding the payroll to each agency. I even counseled temps on personal hygiene, tardiness, excessive absenteeism, e.g. I loved the job but six months later I was hired as a permanent employee and moved into the office.

It was determined I would work on the clerical side for the owner's mom. She knew what I had done as a temp but that didn't matter. She did not trust me to even send a fax; so I figured out she was a control freak! I complained to my mom that she wouldn't let me do my job. My mom said, "Well sis, let her do your job. She'll figure out she needs you sooner or later". I thought that was pretty good advice but it wasn't easy to let go.

As time went by the woman realized she did need my help and gradually gave me tasks to complete. She was happy with my work and gave me more and more responsibility! I actually began to love that job; then became like a member of her family.

Letting go was a huge lesson for me! It brought me a peace I had not previously known. I try to take it with me wherever I go but I'm not 100% successful. Thankfully I have more time to practice.

Creamy Grape Salad from *Taste of Home* magazine

Ingredients

1 pkg. (8 oz.) softened cream cheese
1 cup sour cream
1/3 cup sugar
2 teaspoons vanilla extract
2 pounds seedless red grapes
2 pounds seedless green grapes
3 Tablespoons brown sugar
3 Tablespoons chopped pecans

Directions

In a large bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat. Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.

My recipe: cut this one in half. Enjoy!

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
Center Open at 10:00 Painting 1 pm-3 pm	Exercise 9:00 am Carry-In Lunch AA/Al Anon 7-9 pm	Exercise 9:00 am 9:00 am Morning Coffee	Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am		
14	15	16	17	18	19	20
Center Open at 10:00 Painting 1 pm-3 pm	Exercise 9:00 am 10:30 am Computer Basics Carry-In Luncheon AA/Al Anon 7-9 pm	9:00 am Morning Coffee	Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am		
21	22	23	24	25	26	27
Center Open at 10:00 Painting 1 pm-3 pm	Exercise 9:00 am 10:30 am Computer Basics AA/Al Anon 7-9 pm	9:00 am Morning Coffee	Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am 2:00 pm Movie & free popcorn	Jam Session 6:00 pm	
28	29	30	31			
Center Open at 10:00 Painting 1 pm-3 pm	Exercise 9:00 am 10:30 am Computer Basics AA/Al Anon 7-9 pm	9:00 am Morning Coffee				

Mon	Tue	Wed	Thu	Fri
1 Swedish steak Rsted garlic mashed pot 4 oz Broccoli 4 oz Peas 4 oz Roll Milk	2 Tuna salad on a Bun Cuke & onion salad 4 oz Cranberry juice 4 oz Banana Brownie Milk	3 Oven fried chicken Potato salad 4 oz Baked beans 4 oz Watermelon 4 oz Wheat roll Milk	4 HOLIDAY	5 Ham & broccoli casserole Tomato slices 4 oz Peaches 4 oz Bread White cake w/frosting Milk
8 Chix & pasta salad 8 oz Mixed green salad 4 oz Salad dressing Strawberries 4 oz Bread stick Sugar cookie Milk	9 Beef cutlet or Liver & onions Mashed pot 4 oz/gravy Green beans 4 oz Mandarin oranges 4 oz Roll Milk	10 Ham & egg casserole Sliced tomatoes 4 oz Grape juice 4 oz Cantaloupe 4 oz Biscuit Milk	11 Meatloaf Baked potato Cauliflower bean salad 4 oz Applesauce 4oz Fruit cobbler Roll Milk	12 Chicken & rice casserole Broccoli 4 oz Peaches 4 oz Gelatin w/pears 4 oz Bread Milk
15 Pork roast with gravy Au gratin cabbage 4 oz Peas 4oz Watermelon 4 oz Wheat roll Milk	16 Hot roast beef sandwich (mashed pot/gravy) (bread) Mixed vegetables 4 oz Peaches 4 oz Sunshine salad 4 oz Milk	17 Cranberry meatballs Cauliflower rice 4 oz Green beans 4 oz Pineapple 4 oz Bread Milk	18 Creamy chicken & veggie casserole Combination salad 4 oz / Garbanzo beans 2 oz Salad dressing Strawberries 4 oz Milk Roll	19 Ham & beans Tomato & cuke salad 4 oz Parsliefed carrots 4 oz Peas 4 oz Cornbread Milk
22 Potato stroganoff cass. Green beans 4 oz Cantaloupe 4 oz Applesauce 4 oz Roll Milk	23 Crispy fish with tartar sauce 1 T Macaroni & cheese 4 oz Cole slaw 4 oz Mixed melon cup 4 oz Oatmeal cookie Milk	24 Creamed chix 4 oz over a Biscuit Cuke & onion salad 4 oz Juice 4 oz Banana Fruit crisp Milk	25 BBQ pork on a Bun Baked potato Combination salad 4 oz Dressing Mixed fruit 4 oz Milk	26 Turkey with gravy California mash 4 oz Mixed vegetables 4 oz Strawberries 4 oz Bread Milk Pudding 4 oz
29 Easy chicken & broccoli pie Pickled beets 4 oz Mandarin oranges 4 oz Applesauce cake Milk	30 Chicken fried steak Mash pot 4 oz/Cream gravy Mixed green salad 4 oz / Garbanzo beans 2 oz Salad dressing Pineapple 4 oz Milk Bread	31 Tuna patty Creamed peas 4 oz Sliced tomatoes 4 oz Peas 4 oz Cinnamon roll Milk	Birthday Day - July 11 Choice Day - July 9 Circled Days - meals that freeze well Independence Day - July 4	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

Herbs and Spices Word Scramble

All of the scrambled words below are common herbs and spices. Can you put the letters in the right order to spell the different words correctly?

COCHERL	
RWCAAAY	
VAYORS	
YLPASRE	
RGINEG	
DELANEVR	
RSFNAOF	
CREVHLI	
SBLAI	
MEHYT	
FNELEN	
NARCITOL	
LPELIACS	
UGMETN	
RCURY	
NYECANE	
IAESN	
NORICDAER	
TOAGRANA	
AAPPKRI	
MAERYRSO	
RGONEAO	
MNACIONN	
VLOEC	
ERCTURIM	

Puzzles to Print
 Letter Sudokus
 Set 1

D	A				G			E
		C	B		I			H
		H		E	A	I	D	
F	C	E					G	
		B				A		
	D					H	E	B
	I	D	G	C		F		
C			D		F	B		
H			I				C	D

I		B		D		F		E
		F	A		E			
H			C				D	G
	B		E		I	A	F	
C								B
	F	A	D		B		H	
F	E				D			I
			I		C	E		
B		I		E		D		A

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

ALBANY (New York)
 ANNAPOLIS (Maryland)
 ATLANTA (Georgia)
 AUGUSTA (Maine)
 AUSTIN (Texas)
 BATON ROUGE (Louisiana)
 BISMARCK (North Dakota)
 BOISE (Idaho)
 BOSTON (Massachusetts)
 CARSON CITY (Nevada)
 CHARLESTON (West Virginia)
 CHEYENNE (Wyoming)
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 COLUMBUS (Ohio)
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 TOPEKA (Kansas)
 TRENTON (New Jersey)

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