

THE SCOOP



Clearwater Senior 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
James Charles—Member at Large
Maureen Bailey—Member mat Large
Tom Wallace—Member at Large

FROM THE DIRECTOR'S DESK

September...School has started and kids are getting back into the groove. What does September bring to mind? Cool weather, fall festivals, a changing season? It is so many things to so many people. It's a month closer to Christmas!

Memories flood my mind when I think of September : the horror of September 11, 2001; for 22 years in a row I attended the National Flatpicking Championship in Winfield, KS and had a great time; sapphire jewelry—my husband spoiled me by purchasing two rings and a bracelet. I wish I had earrings to match. Oh! The Chili Cookoff in downtown Wichita! We've had a lot of fun tasting the chili! The Haysville fall Festival: my nephews crammed me into the spaceship ride and I'll never forget the laughing throughout the ride!

Well I'll leave it up to you to share some September memories with me.

Sonja Froggatte

OFFICE PHONE: 620-584-2332

Email Address: communitycenter@clearwaterks.org

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



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.



Sonnie Chambers 9/2
Sally Christy 9/21
JoAnn Clum 9/14
Wanda Farmer 9/26

Helen Fesnock 9/22
Bonnie Gerlach 9/11
John Kurimisky 9/22
Valera Lange 9/9

Ava Don McGeary 9/6
Joni Mills 9/28
Anita Schmidt 9/5
Robin Simon 9/22

Sapphire is the traditional birthstone of September. It was once thought to guard against evil & poisoning. It was believed that a venomous snake would die if placed in a vessel made of sapphire. The gem symbolizes purity and wisdom. It was traditionally a favorite of priests and kings.



September 1, 1939 - At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

September 1, 1969 - Military officers overthrew the Libyan government. The Libyan Arab Republic was then proclaimed under Colonel Muammar Gaddafi.

September 1, 1983 - Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. The Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island. It crashed in the Sea of Japan.(1876)

Birthday - Boxing champ Rocky Marciano (1923-1969) was born in Brockton, Massachusetts (as Rocco Francis Marchegiano). He fought Jersey Joe Walcott for the heavyweight title on September 23, 1952, and knocked him out. In 1956, he retired as the only undefeated heavyweight champion. He died in a plane crash in 1969.

September 2, 1789 - The third Presidential cabinet department, the U.S. Treasury, was established by Congress.

September 2, 1864 - During the American Civil War, Atlanta was captured by Sherman's Army. "Atlanta is ours, and fairly won," General William T. Sherman telegraphed President Lincoln.

Birthday - Christa McAuliffe (1948-1986) was born in Boston (as Sharon Christa Corrigan). On January 28, 1986, the 37-year-old high-school teacher, the first "ordinary citizen" in space, died with six crew members in the Space Shuttle Challenger explosion.

September 3, 1783 - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

September 3, 1838 - Anti-slavery leader Frederick Douglass began his escape from slavery by boarding a train in Baltimore dressed as a sailor. He rode to Wilmington, Delaware, where he caught a steamboat to the free city of Philadelphia, then took a train to New York City where he came under the protection of the Underground Railway network.

September 3, 1939 - Great Britain and France declared war on Nazi Germany after its invasion of Poland two days earlier.

September 4, 1609 - The island of Manhattan was discovered by navigator Henry Hudson.

September 4, 1781 - Los Angeles was founded by the Spanish Governor of California, Felipe de Neve, near the site of the Native American village of Yang-na. The original name was El Pueblo de la Reina de Los Angeles (The Town of the Queen of the Angels).

September 4, 1886 - The last major U.S.-Indian war came to an end as Geronimo was captured. He died of natural causes in 1909 at Fort Sill, Oklahoma.

September 5, 1774 - The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except Georgia. Attendants included Patrick Henry, George Washington, Sam Adams and John Hancock.

September 5-6, 1972 - Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.

Birthday - Wild West legend Jesse James (1847-1882) was born in Centerville, Missouri. Following the American Civil War, Jesse and his brother Frank formed a group of outlaws, robbing banks, trains, stagecoaches and stores. In 1882, after the governor of Missouri offered a \$10,000 reward for their capture dead or alive, a member of the gang shot 34-year-old Jesse in the back of the head and claimed the reward.

September 6, 1991 - Leningrad was renamed Saint Petersburg by Russian legislators following the collapse of the Soviet Union. Russia's second largest city had been known as Leningrad for 67 years in honor of Vladimir Lenin, founder of the Soviet Union.

Birthday - Marquis de Lafayette (1757-1834) was born in Chavaniac, France (as Marie-Joseph-Paul-Yves-Roch-Gilbert du Motier). He came to America in 1777 to volunteer in the American Revolution, beginning a long friendship with George Washington. He later persuaded Louis XVI of France to send a 6,000-man force to assist the Americans. Lafayette was given command of an army in Virginia and was instrumental in forcing Cornwallis to surrender at Yorktown, leading to the American victory.

Birthday - Pioneering American social worker Jane Addams (1860-1935) was born in Cedarville, Illinois. In 1883, she toured the great European cities to study famous historic sites but was deeply moved by the hunger and misery she found among the common people. She then founded Hull House in Chicago to serve the sick and poor and managed the settlement for the next 46 years.

September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board. The previous history is from www.historyplace.com. Remember when time stopped that day? My brother was supposed to go to the Pentagon but a snafu happened at work, thankfully!

SPECIAL EVENTS

!Senior Expo!

From 9 am to 3 pm on September 26th, in three Great Locations: the Wichita Art Museum, the Wichita Public Library and Botanica. Please call the Center at (620) 584-2332 if you are interested in attending.

Carry In Luncheon

You are invited to join us on the 10th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated! Todd Volkmann, a Naturalist with the Great Plains Nature Center will speak.

Advance Directives

Mark your calendars! Teresa Hatfield with the Sedgwick County Extension Office will be here at 1 pm on 9/11 to inform us about Advance Directives and will pass out convenient copies of each of the Directives.

Fall Festival/Rummage Sale

The Fall Festival begins Thursday, 9/19 and runs until 9/22. We are now taking donations for the sale which will open at 8:00 on 9/19 and will run Friday as well until 5:30.

SPECIAL EVENTS

Commodities

Commodities will be provided the last Tuesday of the month, which is the 24th, unless we have perishable items. If so you will be notified.

Jam Session

The next Jam Session will be on September 28th at 6:00. We hope to see you! If you can, please bring a snack or your instrument, to share.

Ongoing Events

- Monday's at 1:00 we have a painting group in the Arts and Crafts room. At 1:30 we have a Chair Yoga class in the Main Room.
- Tuesday's at 9:00 we have exercise in the main room.; At 10:30 we have a basic computer workshop .
- 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 BRIDGE in the Main Room and BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise & at 1:00 on the first & last Fridays we show movies in the main room.

August's Carry-In Luncheon

Tuesday 8/13/19 Information

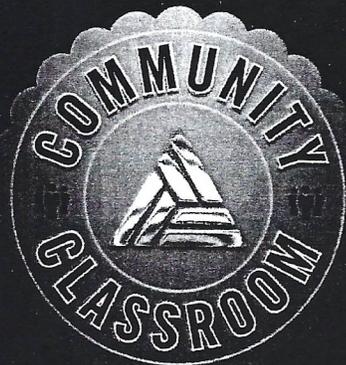
All were greeted and welcomed all to the August carry-in luncheon. We joined together in reciting the pledge of allegiance, singing of the National Anthem and the blessing for the meal.

August birthday ladies present were Ruby Fisher and Mary Jo McMahan. Ruby's family hosted a special 90th birthday celebration Saturday, August 17 at the Center. It was attended by approximately 60 people!

Our speaker was Jami Tabor from Angels Care Home Health, who spoke about beating personal hydration problems. An information page is included following this page. Remember to check the monthly SCOOP calendar to keep up with daily activities offered at the Center. Special event activities are welcome; contact Sonja at 584-2332.

If you want to keep up with all of the activities through the Clearwater schools, free calendars are available at the Administration building on South Prospect.

There were approximately 18 attendees at the luncheon.



BEAT THE HEAT: Prevent Dehydration



SUMMERTIME CAN BE A DANGEROUS TIME, ESPECIALLY IF YOU'RE A SENIOR. *OLDER ADULTS ARE AT RISK FOR DEHYDRATION, WHICH, IN EXTREME CASES, CAN BE LIFE THREATENING.* AS TEMPERATURES OUTSIDE RISE, THE RISK OF DEHYDRATION RISES WITH IT.

FIRST SYMPTOMS OF DEHYDRATION

- Thirst
- Dry mouth
- Fatigue
- Dark yellow urine
- Headaches
- Irritability

ACTION:
Drink water



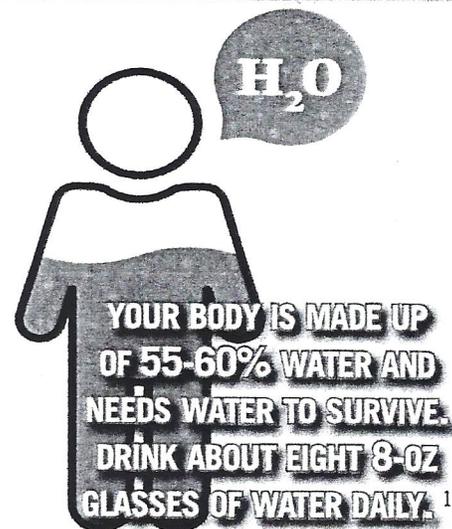
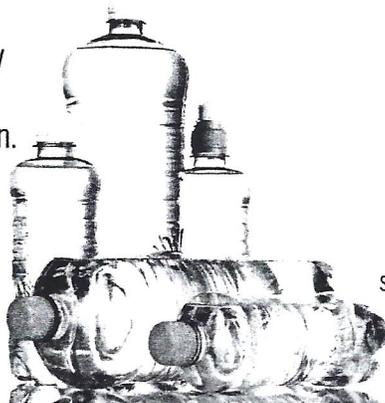
MORE SEVERE SYMPTOMS OF DEHYDRATION

- Dizziness
- Feeling of blacking out when sitting or standing
- Confusion
- Muscle weakness or cramps
- Sunken eyes
- Low blood pressure
- Increased heart rate

ACTION:
Go to ER or contact your physician right away.

WHY OLDER ADULTS ARE AT RISK

- The feeling of thirst lessens.
- Bathroom use increases.
- Muscle holds water; fat doesn't. With age, muscle mass and water content decreases.
- Having chronic illnesses such as diabetes, kidney disease, and dementia.
- Use of certain medications that increase urination.
- Mobility problems that limit the ability to get your own water.
- Dehydration symptoms are attributed to other medical conditions, medications or the natural effects of aging.



TIPS TO STAY HYDRATED 2

- Sip Water.
- Suck on ice cubes or ice pops.
- Slowly drink a sports drink that contains electrolytes.
- For optimal hydration, avoid alcoholic and caffeinated beverages such as coffee, teas and colas.

Note: Talk with your doctor about how much fluid you need if you have a chronic medical condition, such as congestive heart failure.

Sources: ¹ Centers for Disease Control ² FamilyDoctor.org

If you have suffered dehydration in the past, talk with your doctor about prevention strategies and actions. You have unique health needs, so always follow the recommendations of your doctor and together you can **BEAT THE HEAT** and stay healthy at home!

Want to Learn More?
Ask Angels Care how we can help you stay healthy!

Angels
Care Home Health
An AngMar Managed Company

Serving:
Wichita and surrounding areas
316-636-4000
angelscarehealth.com

Food Trucks at the Fountain

- Date: Sep 20, Oct 18, 2019
- Time: 6:00 PM to 9:00 PM
- Admission: Free

Location: WaterWalk 515 S. Main, Ste 107, Wichita, KS 67202-3756

Floatin' on the River: Sunset Tour

- Date: Sep 14, Sep 20, 2019
- Time: 7:30 PM to 9:00 PM
- Admission: \$35/person - PRE-REGISTRATION REQUIRED
- Location: Arkansas River, Downtown Wichita 605 S. Wichita St., Wichita, KS 67202
- To register, go to Wichita.gov/parkandrec and click on the registration tab or call 316.268.4361.

2019 Wichita Wagonmasters Downtown Chili Cookoff is 9/28. Public tasting starts at noon, Century II, (north side)

Orie's Garlic Fest is 9/28 - 29 at Eberly Farm, Inc.. 13111 W 21st St. N. Admission is \$10 (Kids are free) and includes a hay rack ride. This annual festival celebrates all things garlic — with garlicky eats, garlic-centered cooking demonstrations, and garlic-focused presentations, samples, tastings, and workshops.

The Great Plains Renaissance & Scottish Fall Festival is 9/28 & 29 from 10 am to 6 pm. Admission: Online in advance 9-\$16 (Free for children 12 and under), located at Sedgwick County Park, 6501 W 21st St. N.

Smithsonian Museum Day from 10 am to 5 pm on 9/21. Admission to multiple museums this day is FREE: The Museum of World Treasures, Botanica, Great Plains Nature Center, Old Cowtown Museum, Wichita Art Museum

“Roundup for Missions” Annual Auction & Dinner, October 19th at Clearwater United Methodist Church, 130 N First Street: 4 pm to 6 pm Basket Silent Auction, 4:30—6 pm BBQ Brisket Dinner w/ Sides & desserts; 4 pm to 8:30 pm Country Store; 6:30 pm Live Auction with Auctioneer Don Burford.

(All proceeds go to United Methodist missions around the world)



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Center Rented 10:30 am	2 Center Closed	3 Exercise 9:00 am Computer Basics 10:30 am AA/Al Anon 7-9 pm	4 9:00 am Morning Coffee 10:00 am Balloon Volleyball	5 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	6 Exercise 9:00 am Free Movie & popcorn 1:00 pm	7 Center Rented 9 am
8	9 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	10 Exercise 9:00 am Computer Basics 10:30 am Carry-In Luncheon 12 pm AA/Al Anon 7-9 pm	11 9:00 am Morning Coffee 1:00 pm Teresa Hatfield speaks on Advance Directives	12 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	13 Exercise 9:00 am	14
15	16 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	17 Exercise 9:00 am Computer Basics 10:30 am AA/Al Anon 7-9 pm	18 9:00 am Morning Coffee	19 Fall Festival Rummage Sale 8 am Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	20 Fall Festival Rummage Sale 8 am Exercise 9:00 am	21 Fall Festival Family Empowerment Meeting 1 pm Center Rented 3 pm
22 Fall Festival	23 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	24 Commodities 8 am to 3 pm Exercise 9:00 am Computer Basics 10:30 am AA/Al Anon 7-9 pm	25 9:00 am Morning Coffee	26 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	27 Exercise 9:00 am Free Movie & popcorn 1:00 pm	28 Jam Session 6 pm
29	30 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm					

	Mon	Tue	Wed	Thu	Fri
2 HOLIDAY		3 Glazed chicken Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Roll Milk	4 Cranberry meatballs Baked potato Green beans 4 oz Mixed melon cup 4 oz Bread Milk	5 Tuna pasta salad 8oz Broc/caul/carrot salad 4 oz Applesauce 4 oz Cinnamon roll Milk	6 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Blushing pears 4 oz Cornbread Milk
9 Tuna noodle cass w/peas Mixed greens salad 4 oz w/ garbanzo beans 2 oz Salad dressing Pineapple & banana 4 oz Wheat roll Milk	10 Oven fried chicken Rice 4 oz with gravy Broccoli 4 oz Mixed fruit 4 oz Orange muffin Milk	11 Beef salad 4 oz on a Bun Tomato slices 4 oz Cuke & onion salad 4 oz Peaches 4 oz Milk	12 Pork roast 3 oz Mashed pot 4 oz/gravy Herbed green beans 4 oz Pears 4 oz Wacky cake Roll Milk	13 Taco salad 8oz (lettuce, tomato, cheese, chips) Hominy 4 oz Applesauce 4 oz Peanut butter cookie Milk	
16 Italian baked chicken Baked potato Lima bean salad 4 oz Cantaloupe 4 oz Garlic bread Milk	17 Baked fish with Tartar sauce Broccoli 4 oz Macaroni salad 4 oz Watermelon 4 oz Wheat roll Milk	18 Soft tacos - 2 (lettuce, tomato, cheese) Corn O'Brien 4 oz Refried beans 4 oz Strawberries 4 oz Milk	19 Chicken & noodles 8 oz over Mashed potatoes 4 oz German mixed veg. 4 oz Cranberry salad 4 oz Peaches 4 oz Roll Milk	20 Swedish ham balls Sweet potatoes 4 oz Chickpea salad 4 oz Mandarin oranges 4 oz Wheat roll Milk	
23 Goulash 8 oz Combination salad 4 oz Salad dressing Applesauce 4 oz Molasses drop cookie Garlic bread Milk	24 Baked chicken Peas 4 oz Cole slaw 4 oz Peaches 4 oz Roll Milk	25 Beef cutlet OR Liver & onions Mashed pot 4 oz/gravy 3 bean salad 4 oz Mixed melon cup 4 oz Roll Milk	26 Turkey roast 3 oz Cauliflower rice 4 oz with gravy Mixed vegetables 4 oz Blushing pears 4 oz Bread Milk	27 Pulled pork 3 oz on a Bun Potato salad 4 oz Parslied carrots 4 oz Banana Brownie Milk	
30 Glazed chicken Scalloped potatoes 4 oz Broccoli 4 oz Mixed fruit 4 oz Wheat roll Milk	Birthday Day - September 12 Choice Day - September 26 Circled Days - meals that freeze well Labor Day - September 2				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

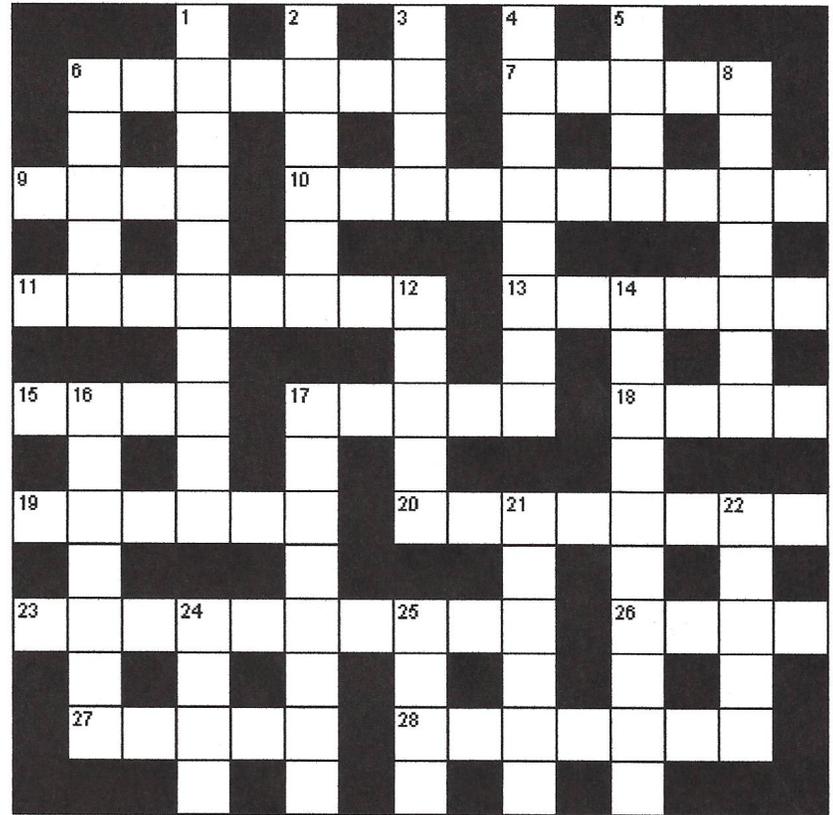
Quick Crossword Puzzle #1101

Across

- 6. Recuperate (7)
- 7. Rehabilitation (5)
- 9. Hairdo (4)
- 10. Make legal (10)
- 11. Those without seats (8)
- 13. Influx (6)
- 15. Kind of bean (4)
- 17. Coming and _____ (5)
- 18. Orange pekoe (4)
- 19. Gap (6)
- 20. Described (8)
- 23. Dispense (10)
- 26. Classify (4)
- 27. Audacity (5)
- 28. Our language (7)

Down

- 1. Bookkeeper (10)
- 2. Slender (6)
- 3. Naval jail (4)
- 4. Squirming (8)
- 5. Leveling wedge (4)
- 6. Fit out again (5)
- 8. Rocket launcher (7)



- 12. Bake in a shallow dish (5)
- 14. What some science fiction is (10)
- 16. Belief (7)
- 17. Rumormonger (8)
- 21. Promise (6)
- 22. Our planet (5)
- 24. Feces (4)
- 25. Utilized (4)

Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: hard.

2		7	6				3	
			9		7			2
5				4				
						4		
3							5	7
	1						6	9
8		2			9			4
					8			1
		5		3				

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	

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Clearwater, KS 67026
620-584-2332
commcenter@sktc.net



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