

THE SCOOP



Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older. 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 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

Staff

Sonja Froggatte— Director
Marlene Parret— Assistant Director

Advisory Committee

Terry Sullivan—Chair
James Charles—Member at Large
Maureen Bailey—Member mat Large
TC Wallace—Member at Large

FROM THE DIRECTOR'S DESK

'How to go on Ice & Snow'

As the fall foliage passes into snow and ice, and hazardous road conditions appear in Monroe County, we need to stop and think about our driving habits. We all know that we will encounter road and weather conditions that require prudence, patience and preparation.

The American Automobile Association urges drivers to prepare themselves and their automobiles for foul weather. Its winter driving brochure, "How to Go on Ice & Snow," provides helpful hints on vehicle maintenance and operation. It also provides tips for dealing with cold-weather motoring.

Ready, set, go!
Prepare your vehicle for winter. You or your mechanic should check the heating and cooling system, brakes, exhaust, and electrical operations. Most importantly, be sure to check the condition of your windshield wiper and wiper fluid.

Besides preparing your vehicle, we also recommend the storing of a winter driving kit in the trunk of your vehicle. The kit should contain the tools and accessories you'll need should a mishap occur. Your winter driving kit should include:

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Sonja Froggatte
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<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 Center is looking for 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.



Wanda Baker 12/10
 Carla Butterfield 11/22
 Barbara Caddy 12/31
 Barbara Callaway 12/7
 Ruth Castle 12/25
 Larry Decker 12/22

Dorothy Erwin 12/12
 WH Ford 12/12
 Maxine Gheen 12/12
 Lee Jarrell 12/15
 Sharon Koller 12/3
 Virginia McSwain 12/6

Fran Nickles 12/23
 Mark Pelz 12/1
 Velma Skinner 12/19
 Dencel Struthers 12/7
 Ronald Taylor 12/11
 Wm "Tex" Titterington 12/18



The winter blues have nothing on December's birthstones: tanzanite, zircon, and turquoise—all three are best known for their beautiful shades of blue.

These gemstones range from the oldest on Earth, to one of the first mined and used in jewelry, to one of the most recently discovered. All three are relatively inexpensive, but their beauty rivals even precious gemstones. Colorless zircon is a convincing replacement for diamond, tanzanite often substitutes sapphire, and turquoise is unmatched in its hue of robin's egg blue.

Tanzanite is the exquisite blue-purple variety of the mineral zoisite that is only found in one part of the world. Named for its limited geographic origin in Tanzania, tanzanite has quickly risen to popularity since its relatively recent discovery.

Zoisite had been around more than a century and a half before this rare blue variety was found in 1967. Trace amounts of vanadium, mixed with extreme heat, cause the blue-purple color—which ranges from pale blue to intense ultramarine with violet undertones.

Due to pleochroism, tanzanite can display different colors when viewed from different angles. Stones must be cut properly to highlight the more attractive blue and violet hues, and deemphasize the undesirable brown tones.

Between its deep blue color and its limited supply, tanzanite is treasured by many, even if your birthday is not in December.

Zircon is an underrated gemstone that's often confused with synthetic cubic zirconia due to similar names and shared use as diamond simulants. Few people realize that zircon is a spectacular natural gemstone available in a variety of colors.

The name “zircon” likely comes from the Persian word *zargun*, meaning “gold-colored.” Others trace it to the Arabic *zarkun*, meaning “vermillion.” Given its wide range of colors—spanning red, orange, yellow, green, blue, and brown—both origins are plausible.

Zircon commonly occurs as brownish red, which can be popular for its earth tones. However, most gem-quality stones are heat treated until colorless, gold or blue (the most popular color). Blue zircon, in particular, is the alternative birthstone for December.

Admired since ancient times, turquoise is known for its distinct color, which ranges from powdery blue to greenish robin’s egg blue. It’s one of few minerals to lend its name to anything that **resembles its** striking color.

The word “turquoise” dates back to the 13th century, drawing from the French expression *pierre tourques*, which referenced the “Turkish stone” brought to Europe from Turkey.

Ancient Persia (now Iran) was the traditional source for sky blue turquoise gemstones. This color is often called “Persian blue” today, regardless of its origin. The Sinai Peninsula in Egypt was also an important historical source of turquoise gems.

The U.S. is now the world’s largest turquoise supplier. Nevada, New Mexico, California, and Colorado have produced turquoise, but Arizona leads in production by value, as well as quality. The stone’s popularity here makes it a staple in Native American jewelry.

From www.americangemsociety.org

December 1, 1640 - A nationalist revolution in Portugal led to independence from Spain as the Spanish garrisons were driven out of Portugal.

December 1, 1822 - Dom Pedro, founder of the Brazilian Empire, was crowned as the first emperor of Brazil.

December 1, 1918 - Iceland was granted independence by the Danish parliament.

December 1, 1925 - The Locarno Treaties were signed by France, Belgium and Germany, as a preventative measure to avoid another war, in the aftermath of [World War I](#). Terms of the [Locarno Pact](#) were guaranteed by Britain and Italy.

December 1, 1941 - The American Civil Air Patrol (CAP), a U.S. Air Force auxiliary, was founded as Director of Civilian Defense, former New York Mayor Fiorello LaGuardia, signed the formal order. The CAP currently provides aerospace education, a CAP cadet program, and emergency services such as locating missing aircraft.

December 1, 1955 - The birth of the modern American civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a municipal bus. Her arrest resulted in a year-long boycott of the city bus system by African Americans and led to legal actions ending racial segregation on municipal buses throughout the South.

December 1, 1988 - Benazir Bhutto was nominated to become prime minister of Pakistan, the first woman to govern a Muslim nation.

December 1, 1989 - Mikhail Gorbachev became the first Soviet Russian leader to visit the Vatican and meet the Pope, thus ending 72 years of strict atheist policy in Communist Russia.

December 1, 1994 - The head of the U.N. Commission on Rwanda estimated 500,000 deaths had resulted from [genocide](#).

December 2, 1804 - Napoleon Bonaparte was crowned Emperor of France by Pope Pius VII in Paris.

December 2, 1823 - President James Monroe introduced his "Monroe Doctrine" during his annual message to the Congress, prohibiting any further colonization of the American continents by European powers, stating, "we should consider any attempt on their part to extend their system to any portion of this hemisphere as dangerous to our peace and safety..."

December 2, 1852 - The Second Empire was proclaimed in France with Napoleon III as emperor.

December 2, 1859 - Abolitionist leader John Brown was executed for treason at Charles Town, West Virginia, following his raid on the U.S. Arsenal at Harper's Ferry.

December 2, 1942 - Physicists led by Enrico Fermi carried out the world's first successful nuclear chain reaction at the University of Chicago.

December 2, 1954 - The U.S. Senate condemned Senator Joseph McCarthy for misconduct following his ruthless investigations of thousands of alleged Communists.

December 2, 1971 - The United Arab Emirates was formed, consisting of seven Arab kingdoms on the eastern coast of the Arabian Peninsula including the former Trucial states Abu Dhabi, Dubai, Sharjah, Ajman, Umm al Qaiwain and Fujairah. Ras al-Khaimah became a member in 1972. The area has some of the world's largest reserves of petroleum and natural gas.

December 2, 1979 - Electors in Iran voted overwhelmingly in favor of a new constitution granting absolute power to Ayatollah Khomeini.

December 2, 1982 - The first permanent artificial heart was implanted in 61-year-old Barney C. Clark by Dr. William De Vries at the University of Utah Medical Center in Salt Lake City. Clark, who was near death at the time of the operation, survived 112 days after the implantation.

Birthday - French painter Georges Seurat (1859-1891) was born in Paris. He was a leader in the neo-impressionist movement of the late 19th Century.

December 7, 1941 - The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead. \

December 31st - New Year's Eve, the final evening of the Gregorian calendar year, traditionally a night for merry-making to welcome in the new year.

December 31, 1781 - The first bank in the U.S., the Bank of North America, received its charter from the Confederation Congress. It opened on January 7, 1782, in Philadelphia.

December 31, 1879 - Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

December 31, 1971 - Austrian Kurt Waldheim became U.N. Secretary-General following the retirement of U Thant. Waldheim served until 1981 then resumed his career in Austrian politics. In 1986, he ran for the presidency. During the campaign, it was revealed he had likely given false information concerning his military service in the German Army during World War II. He claimed he left the army in 1942 after being wounded on the Russian Front, but allegations arose that he was actually lieutenant in 1943-44 stationed in the Balkans when Greek Jews were rounded up and sent to Nazi death camps and when atrocities were committed against Yugoslav resistance fighters.

Birthday - George C. Marshall (1880-1959) was born in Uniontown, Pennsylvania. He had genius for organization and served as Chief of Staff of the U.S. Army throughout World War II, expanding the Army from 130,000 to 8,300,000 men. He then served as Secretary of State under President Truman and designed the Marshall Plan for the relief of war torn Europe and to halt the spread of Communism.

SPECIAL EVENTS

USD264

On 12/4 a facilitator hired by the school district will be here at 1:00 to discuss the new superintendent search with the public

Coupon Class

Patty Williams, known as the Coupon Queen, will be at the Center at 1:00 on 12/11 to inform attendees about saving \$. She is asking for \$5 to attend. If you are interested but unable to pay, scholarships are available.

Taking Appointments for Medicare

I am certified to provide Part D enrollment & Medigap information until 12/7.

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! Jennifer Campbell with Ascension, formerly Via Christi, will inform us about their programs

Holocaust Affects

Lotti Eichhorn will be here from the Jewish Federation, on 12/18 at 1:00, to inform us about how the Holocaust still affects Jewish families today.

Commodities

Commodities will be provided the last Tuesday of the month, which is the 31st, unless we have perishable items. If so you will be notified.

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. And on the second Tuesday of the month at 12:00 p.m. we have our Carry-In Luncheon .
- Wednesday's at 9:00, join us for coffee; and at 10:00 we have Bible Study in the Arts and Crafts room.
- Thursday's 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.

“December's wintery breath is already clouding the pond, frosting the pane, obscuring summer's memory...”

— John Geddes A Familiar Rain



Christmas Events in Wichita...

Santa's Wonderland debuts at Cabelas featuring FREE photos with Santa

Date: *Saturday November 16, 2019 through Tuesday December 24, 2019.*

Time: 10:00 am

Location: Cabela's

Address: 2427 N Greenwich Rd Wichita, KS 67226

Price: FREE

WHAT: Santas Wonderland is the ultimate free family Christmas event returning to Cabela's this holiday season.

Rudolph the Red-Nosed Reindeer, The Musical

Orpheum Theatre, 200 N Broadway, Wichita, KS 67202

Wednesday December 4, 2019, 7:00 p.m., Tickets are \$37.50—\$47.50

The beloved TV classic soars off the screen and onto the stage this holiday season. Come see all of your favorite characters from the special as they come to life. Don't miss this wonderful holiday tradition that speaks to the misfit in all of us.

Senior Wednesday: Holiday Brunch

Wednesday, December 4, 2019 from 10:00 a.m. to 11:30 a.m. at the Wichita Art Museum, 1400 West Museum Blvd, FREE Admission!

Enjoy coffee, treats and holiday music in the S. Jim and Darla Farha Great Hall and hear about the exciting upcoming spring programs from all of the participating Senior Wednesday organizations. There will be a door prize and drawings for special items from the participating venues and featured holiday entertainment.

Winter Wreath Workshop

Date: Saturday December 7, 2019

Time: Times Vary

Location: The Workroom

Address: 150 N Cleveland, Wichita, KS 67214

Price: \$45

Join us at The Workroom on Saturday, December 7th for a wreath workshop! Workshop times are 11 a.m. to 1 p.m. or 2 p.m. to 4 p.m. to learn to make your own evergreen winter wreath! No Experience necessary, this workshop is great for all ages and skill levels. Hannah with Limestone Floral will walk you through how she designs wreaths and how to design your own to take home.



November's Carry-In Luncheon

Tuesday 11/12/19 Information

All were greeted and welcomed all to the November Carry-In luncheon. We joined together in reciting the Pledge of Allegiance, singing the National Anthem; then Marlene offering the blessing for the meal. November birthday attending: Rebecca Estes, Sheila Finnis, James Leibold and William Potenski.

Announcements:

Sonja announced she is working on activities for November. She also announced December's Carry-In Luncheon is on 12/10 at 12:00 noon; and on 12/11 at 1:00 Patty Williams, the Coupon Queen will be here to inform us about ways to save money.

Our first speaker was Mark Eby, the CEO of the Kansas Humane Society. He brought his newly acquired Wheaton Terrier that had been rescued. The dog was friendly and in good spirits. The Kansas Humane Society began in Wichita in 1888 as a horse rescue facility. Mark has been the CEO for six (6) years. He explained some of the many services offered at their facility, located at 3313 N Hillside in Wichita. Since Mark took the reigns of the facility euthanasia of animals has decreased significantly; they now adopt out or place around 95% of the animals that come to them, and only euthanize those who are a threat to society. They employ 3 full-time veterinarians who spay or neuter all animals that come in. If you have questions their phone is (316) 220-8701 and their web address is kshumane.org. They are always looking for volunteers to assist in animal care.

Our next speaker was Jami Tabor from Angels Home Health and Hospice. They are just introducing their Hospice program. Jami handed out information about and spoke on Pain Management as you Age. She highlighted different options to address pain: over the counter, prescription and non-pharmaceutical like Acupuncture and Massage Therapy. Connect with Jami at (316) 636-4000 or angelscarehealth.com.

"How to Go on Ice & Snow" (Continued)

- a small snow shovel
- flares or an illuminated triangle
- a flashlight
- jumper cables
- an ice scraper
- a blanket for warmth

If you can afford it, the best safety device invented since the dead-bolt lock is a cellular telephone.

Stay alert. Look further down the road to see what's going on. This will allow you the opportunity to anticipate changes and adjust your course gradually. If you make a quick move, you could lose control and crash.

OK, how about your car?

If you can't see, how can you drive safely? Before you drive your vehicle, clean it off. All windows and lights should be free of any snow or ice. Wait till your heater has cleared the inside of your windows. Only then can you see and drive safely.

What's your condition?

For winter driving, you know you need to prepare your vehicle, get a current weather and road condition report, and plan your journey. But don't forget to prepare yourself. To operate your vehicle safely, you must be alert, exercise patience, and be drug- and alcohol-free. Remember that many over-the-counter medications can cause drowsiness. When you are not in condition to drive, you endanger yourself and others.

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

ALL	CATTLE	HEAVEN	LOWING	STAY
AND	CHILDREN	HIS	MAKES	SWEET
ASK	CLOSE	JESUS	MANGER	TAKE
ASLEEP	CRIB	LAI	MORNING	TENDER
AWAY	CRYING	LAY	NEAR	THEE
BABY	DEAR	LITTLE	NIGH	THERE
BED	DOWN	LIVE	POOR	THY
BLESS	FOREVER	LOOK	PRAY	WAKES
BRIGHT	FROM	LOOKED	SIDE	WHERE
CARE	HAY	LORD	SKY	WITH
	HEAD	LOVE	STARS	

December 2019

The Clearwater Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Exercise 9:00 am AAVAI Anon 7-9 pm	9:00 am Morning Coffee Bible Study 10 am USD264 Meeting 1 pm	1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am	
8	9	10	11	12	13	14
Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Exercise 9:00 am Carry-In Lunch 12:00 AAVAI Anon 7-9 pm	9:00 am Morning Coffee Bible Study 10 am Coupon Class by Patty Williams 1 pm, \$5	1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am	
15	16	17	18	19	20	21
Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Exercise 9:00 am AAVAI Anon 7-9 pm	9:00 am Morning Coffee Bible Study 10 am Holocaust Speaker 1 pm	1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am	
22	23	24	25	26	27	28
Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Closed in observance of Christmas Eve	Closed in observance of Christmas	1:00 pm Bridge 1:00 pm BINGO	Exercise 9:00 am	
29	30	31	1			
Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	Exercise 9:00 am Commodities Distribution 9-3 AAVAI Anon 7-9 pm	Closed in observance of New Year's Day			

Mon	Tue	Wed	Thu	Fri
2 Tuna noodle casserole w/ peas 8 oz Cole slaw 4 oz Blushing pears 4 oz Wheat bread Milk	3 Turkey stew 8 oz Mixed greens salad 4 oz Salad dressing Mandarin oranges 4 oz Vanilla pudding 4 oz Crackers-2 Milk	4 Liver & onions OR Beef cutlet Mashed pot 4 oz/Gravy Split pea salad 4 oz Peaches 4 oz Roll Milk	5 Tahitian chicken & wild rice 8 oz Parslied carrots 4 oz Tomato salad 4 oz Banana Milk	6 Ham chowder 8 oz Cooked cabbage 4 oz Pineapple 4 oz Cranberry swirl cake Crackers-2 Milk
9 Fish chowder 8 oz Cottage cheese salad 4 oz Pickled beets 4 oz Mandarin oranges 4 oz Crackers-2 Milk	10 Hot turkey 3 oz sandwich (mash potatoes 4 oz, gravy, bread) Savory green beans 4 oz Cranberry sauce 4 oz Gingersnap cookie Milk	11 Ham & broccoli casserole 8 oz Chick pea pasta salad 4 oz Pineapple 4 oz Juice 4 oz Muffin Milk	12 Cranberry meatballs Baked potato Herbed green beans 4 oz Peaches 4 oz Applesauce cake Roll Milk	13 Pork roast 3 oz w/Gravy Sweet potatoes 4 oz Peas 4 oz Strawberries 4 oz Wheat bread Milk
16 Sloppy joe 4 oz on a Bun Oven brown potatoes 4 oz Bean medley salad 4 oz Pears 4 oz Fruit crisp Milk	17 Chicken & rice casserole 8 oz Broccoli 4 oz Mixed fruit 4 oz Biscuit Milk	18 Ham 3 oz Sweet potatoes 4 oz Caul w/cheese sauce 4 oz Ambrosia salad 4 oz Pineapple upside down cake Roll Milk	19 Chicken fried steak Mashed potatoes 4 oz/Gravy Green beans 4 oz Peaches 4 oz Bread Milk	20 New England stew 8 oz Pickled beets 4 oz Mandarin oranges 4 oz Cornbread Bread pudding Milk
23 HOLIDAY	24 HOLIDAY	25 HOLIDAY	26 Shepherds pie 8 oz Corn 4 oz Strawberries 4 oz Roll Milk	27 Creamed chicken 4 oz over a Biscuit Broccoli 4 oz Apple slices 4 oz Peanut butter cookie Milk
30 Soft tacos -2 Salsa Mexican rice 4 oz Corn 4 oz Strawberries 4 oz Cinnamon roll Milk	31 Oven fried chicken California mash 4 oz/Gravy Spinach 4 oz Mandarin oranges 4 oz Roll Milk	Birthday Day - December 12 Choice Day—December 4 Circled Days - meals that freeze well Christmas Holiday - December 24 & 25		
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				

ACROSS

- 1. Lugged
- 6. Provide nourishment
- 10. Tell all
- 14. Slack-jawed
- 15. Overhang
- 16. An acute inflammatory disease
- 17. Museum piece
- 18. Journey
- 19. Frozen
- 20. Indiscretion
- 22. Anagram of "Nets"
- 23. Detachable container
- 24. Classed
- 26. Redeemer
- 30. Not thin
- 32. Flip over
- 33. Repeat
- 37. Untidiness
- 38. Melodies
- 39. Angers
- 40. Therapist

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23				24	25					
26	27	28	29				30	31						
32						33					34	35	36	
37						38					39			
40				41						42				
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	45	46						47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

- 42. Adolescents
- 43. Compartments
- 44. Emissary
- 45. Weave diagonal lines into
- 47. "___ Maria"
- 48. Brought into existence
- 49. Raising
- 56. Bright thought
- 57. Backwards "Boon"
- 58. Eagle's nest
- 59. Diplomacy
- 60. Gambling game
- 61. Gleam
- 62. Kid
- 63. Sun
- 64. SSSS

DOWN

- 1. Canvas
- 2. Curved molding
- 3. After-bath powder
- 4. Sweeping story
- 5. 10-legged crustacean
- 6. Malodorous
- 7. Nobleman
- 8. Wicked
- 9. Money added to your account
- 10. Swift military offensive
- 11. French school
- 12. Revise
- 13. What we sleep on
- 21. To make a fool of (archaic)
- 25. Frozen water
- 26. Japanese wrestling
- 27. Mimics
- 28. Sleeveless garment
- 29. Sow
- 30. Canvas shelters
- 31. Not low
- 33. A soft sheepskin leather
- 34. Region
- 35. Canvas dwelling
- 36. Being
- 38. Explores natural caves
- 41. Petroleum
- 42. Adolescent
- 44. 56 in Roman numerals
- 45. Tomorrow's yesterday
- 46. Crash
- 47. Pergola
- 48. A mooring post
- 50. He writes in verse
- 51. ___ fide
- 52. Mousses
- 53. Colored part of an eye
- 54. 3 times 3
- 55. Obtains

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620-584-2332
commcenter@sktc.net



**Clearwater Senior & Community
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Mission Statement:

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