



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

THE SEASONS CHANGE by J. Rollin Hole, retired Christian Minister

Summer. . . Oh, the oppressive heat! Fall. . . Oh, the color of falling leaves, warm days and cool nights! Winter. . . Oh, the biting cold temps, snow and wind chills! Spring. . . Oh, the fragrant smells of new blossoms and green grown and renewal! Oh, the variables of changing seasons with each new calendar and predictable change. Variables in the weather are temps, wind speeds, humidity and barometric pressures. Life’s variables are many and more complex. John 16:33 states, “In this world you will have trouble, but take heart! I have overcome the world.” Change is inevitable but not unpredictable. William Bridges, in his book titled, “Making Sense of Life’s Changes/Transitions,” describes the common changes of our lives. He calls these changes transitions, which he describes as a “process of letting go of an old situation, suffering through the confusing nowhere of inbetweeness, and leading again into a new situation.”

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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.



Mary Bacon 1/9
 Norene Broz 1/7
 Paul Clark 1/16
 James Garrison 1/7
 Linda Gros 1/3
 Ima Kinkaid 1/1

Natalie Machart 1/2
 Deb Pelz 1/20
 Jim Richardson 1/20
 Louise Riggs 1/4
 Hazel Seal 1/6
 Josh Thomas 1/17

Michelle Titterington 1/28
 Vada Ruth Tjaden 1/25
 William Ussery 1/30
 Jan Vogel 1/9
 Gladys Weigand 1/17



Birthstones for the calendar month of **January** are garnet and emerald. **Garnet**, the best known birthstone of January, is mined in a rainbow of colors. From the fiery orange of Mandarin **Garnet** to the rich green of Tsavorite **Garnet**, We also see it appear in the oranges and browns of Spessartite and Hessonite from Namibia and Sri Lanka and in the subtle pinks and purples of Rhododendron. The most widely recognized color of Pyrope **Garnet** is considered a great gift to symbolize friendship and trust.

Legend says garnets light up the night and protect their owners from nightmares. Garnets have long been carried by travelers to protect against accidents far from home. Garnet may be the birthstone for January, but its stunning variety of colors has made it a gift for all occasions.

Emerald's Green is the color of spring and has long symbolized love and rebirth. As the gem of Venus, it is also considered to aid in fertility.

Cleopatra, Egypt's tempestuous female monarch, was as famous for wearing Emeralds as Liz Taylor is for wearing diamonds. Ancient Egyptian mummies were often buried wearing an Emerald carved with the symbol of verdure – flourishing greenness – on their necks to symbolize eternal youth.

A deeper and more vivid color of green signifies a more valuable gemstone. The most valuable and beautiful Emeralds exhibit an intense bluish hue in addition to their bold green color. Emeralds, among the rarest of gems, are almost always found with birthmarks, also known as inclusions. Some inclusions are expected and do not detract from the value of the stone as much as with other gemstones.

January 1, 1502 - Portuguese explorers landed at Guanabara Bay on the coast of South America and named it Rio de Janeiro (River of January). Rio de Janeiro is currently Brazil's second largest city.

January 1, 1776 - During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

January 1, 1801 - Ireland was added to Great Britain by an Act of Union thus creating the United Kingdom of Great Britain and Ireland.

January 1, 1863 - The Emancipation Proclamation by President Abraham Lincoln freed the slaves in the states rebelling against the Union.

January 1, 1892 - Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954.

January 1, 1942 - Twenty six countries signed the *Declaration of the United Nations*, in Washington, D.C., reaffirming their opposition to the Axis powers and confirming that no single nation would make a separate peace.

January 1, 1959 - Fidel Castro seized power in Cuba after leading a revolution that drove out Dictator Fulgencio Batista. Castro then established a Communist dictatorship.

January 1, 1975 - During the Watergate scandal, former top aides to President Nixon including former Attorney General John Mitchell, Domestic Affairs Advisor John Ehrlichman and Chief of Staff H.R. Haldeman, were found guilty of obstruction of justice.

January 1, 1979 - China and the U.S. established diplomatic relations, 30 years after the foundation of the People's Republic.

January 1, 1993 - Czechoslovakia broke into separate Czech and Slovak republics.

January 1, 1999 - Eleven European nations began using a new single European currency, the Euro, for electronic financial and business transactions. Participating countries included; Austria, Belgium, Finland, France, Germany, Ireland, Italy, Luxembourg, Netherlands, Portugal and Spain.

Birthday - American Patriot Paul Revere (1735-1818) was born in Boston, Massachusetts. Best known for his ride on the night of April 18, 1775, warning Americans of British plans to raid Lexington and Concord.

Birthday - Betsy Ross (1752-1836) was born in Philadelphia, Pennsylvania. She was a seamstress credited with helping to originate and sew the Stars and Stripes flag of America in 1776.

January 2

January 2, 1942 - During World War II in the Pacific, the Japanese captured the Philippines capital of Manila and the nearby air base at Cavite.

January 2, 1960 - In Washington, D.C., Senator John F. Kennedy announced his intention to seek the Democratic presidential nomination.

January 3

January 3, 1777 - During the American Revolution, General George Washington defeated the British at Princeton and drove them back toward New Brunswick. Washington then established winter quarters at Morristown, New Jersey. During the long harsh winter, Washington's army shrank to about a thousand men as enlistments expired and deserters fled.

January 3, 1924 - British Egyptologist Howard Carter found the sarcophagus of Tutankhamen in the Valley of the Kings near Luxor after several years of searching.

January 3, 1946 - An Englishman known during World War II as "Lord Haw Haw" (William Joyce) was hanged for treason in London. Joyce had broadcast Nazi propaganda via radio from Germany to Britain during the war.

January 3, 1959 - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

January 3, 1961 - President Dwight D. Eisenhower broke off diplomatic relations with Cuba two years after Communist dictator Fidel Castro had seized power and just weeks before John F. Kennedy was inaugurated as the next president.

January 3, 1990 - Manuel Noriega, the deposed leader of Panama, surrendered to American authorities on charges of drug trafficking after spending 10 days hiding in the Vatican embassy following the U.S. invasion of Panama.

January 3, 1993 - President George Bush and Russian President Boris Yeltsin signed the Start-II (Strategic Arms Reduction Talks) Treaty, eliminating about two-thirds of each country's long range nuclear weapons.

January 4

January 4, 1790 - President George Washington delivered the first State of the Union address.

January 4, 1974 - President Richard Nixon rejected subpoenas from the Senate Watergate Committee seeking audio tapes and related documents.

Birthday - Louis Braille (1809-1852) was born in France. Blinded as a boy, he later invented a reading system for the blind using punch marks in paper.

January 5

January 5, 1919 - German Communists in Berlin led by Rosa Luxemburg and Karl Liebknecht attempted to take over the government by seizing a number of buildings. However, ten days later, they were both assassinated by German soldiers.

January 5, 1919 - The German Workers' Party (*Deutsche Arbeiterpartei*) was founded by Anton Drexler in Munich. Adolf Hitler became member No. 7 and changed the name in April of 1920 to the National Socialist German Workers' Party (*Nationalsozialistische Deutsche Arbeiterpartei*) commonly shortened to Nazi or Nazi Party.

January 5, 1925 - Nellie Tayloe Ross of Wyoming became the first female governor inaugurated in the U.S.

January 5, 1968 - Alexander Dubcek became first secretary of Czechoslovakia's Communist Party. He introduced liberal reforms known as "Communism with a human face" which resulted in Soviet Russian troops invading Prague to crack down.

January 5, 1972 - President Richard Nixon signed a bill approving \$5.5 billion over six years to build and test the NASA space shuttle.

January 5, 1976 - In Cambodia, the Khmer Rouge led by Pol Pot announced a new constitution which legalized the Communist government and renamed the country as Kampuchea. During the reign of Pol Pot, over 1 million persons died in "the killing fields" as he forced people out of the cities into the countryside to create an idyllic agrarian society. Educated and professional city people were especially targeted for murder and were almost completely annihilated. In January of 1979, the Pol Pot was overthrown by Cambodian rebels and Vietnamese troops.

Birthday - King Juan Carlos I of Spain was born in Rome on January 5, 1938. He was chosen by Francisco Franco to inherit his right-wing dictatorship and was sworn in as King on November 22,

January 30

January 30, 1649 - King Charles I of England was beheaded for treason by order of Parliament under the direction of Oliver Cromwell, leader of the Puritan Revolution.

January 30, 1835 - President Andrew Jackson survived the first assassination attempt on a U.S. President. While leaving the House of Representatives Chamber, an insane would-be assassin fired two pistol shots at him, however both pistols misfired and the president was unharmed.

January 30, 1933 - Adolf Hitler was appointed Chancellor of Germany by President Paul von Hindenburg. Hitler went on to become the sole leader of Nazi Germany. He then waged a war of expansion in Europe, precipitating the deaths of an estimated 50 million persons through military conflict and through the Holocaust in which the Nazis attempted to exterminate the entire Jewish population of Europe.

January 31

January 31, 1943 - German troops surrendered at Stalingrad, marking the first big defeat of Hitler's armies in World War II. During the Battle of Stalingrad, 160,000 Germans were killed and 90,000 taken prisoner, including the commander, Friedrich von Paulus, the first German field marshal ever to surrender. The captured Germans were forced to march to Siberia, with few ever returning to Germany.

January 31, 1945 - Eddie Slovik, a 24-year-old U.S. Army private, was executed by a firing squad after being sentenced to death for desertion, the first such occurrence in the U.S. Army since the Civil War.

Birthday - Jackie Robinson (1919-1972) was born in Cairo, Georgia. He was the first African American to play professional baseball. He played for the Brooklyn Dodgers from 1947 to 1956, was chosen as the National League's most valuable player in 1949 and elected to the Baseball Hall of Fame in 1962.

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!

Commodities

Commodities will be provided the last Tuesday of the month, which is the 28th, 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.



Mint meets chocolate in these delightfully refreshing Chocolate Peppermint Cream cookies.

Recipe: CHOCOLATE PEPPERMINT CREAMS

Makes about 3 dozen

Ingredients:

COOKIES:

3 cups all-purpose flour
 1-1/4 teaspoons baking soda
 1/2 teaspoon salt
 3/4 cup (1-1/2 sticks) butter
 1-1/2 cups brown sugar
 12 ounces semisweet
 chocolate chips
 2 large eggs

FILLING:

3 cups confectioners' sugar
 1/3 cup butter, softened
 1/4 teaspoon peppermint
 extract or to taste
 1/4 cup milk

Directions:

Pre-heat oven to 350 degrees. Lightly grease 2 baking sheets.

For cookies: In a large bowl sift together the flour, baking soda and salt.

Put the butter, brown sugar and 2 tablespoons of water into a large saucepan over low heat and stir as the butter melts. Add the chocolate chips and stir as the chocolate melts. Remove the pan from the heat and set aside to cool slightly. Add the eggs to the chocolate mixture and with an electric mixer, beat to blend. Add the flour mixture and stir to combine. Drop by heaping teaspoonfuls onto the prepared baking sheets.

Bake for 8-10 minutes, or until edges are dry but the cookies are still soft in the middle. Transfer the cookies to a rack to cool completely.

For filling: Using a stand or hand electric mixer, combine all of the filling ingredients and mix until smooth. Spread 1 teaspoon of filling on one cookie then top with another cookie.

Enjoy!

December's Carry-In Luncheon

Tuesday 12/10/19 Information

All were greeted and welcomed all to the December Carry-In luncheon. Those present with December birthdays were: Virginia McSwain, Ruth Castle and WH Ford. We joined together in reciting the Pledge of Allegiance and singing the National Anthem; then Marlene offering the blessing for the meal.

Announcements:

Sonja announced she is working on activities for January. She also announced that Patty Williams, the Coupon Queen, cancelled her presentation on 12/11 at 1:00 and will not inform us about ways to save money.

Our special guests were Lisa & Katrina from Ascension Living, formerly Via Christi, the PACE program. The lesson was "Your Stay-at-Home Alternative". Comprehensive services offered include: an Adult Day Center, Home Care, Primary Medical and Beyond Care, Meditation, Nutrition, Counseling, Personal Care, Rehabilitative Services, Memory Care, Social Services, Medical Testing, Transportation, Dental Care, as well as Vision and Hearing Services.

To qualify for this program you must be at least 55; Meet care requirements of the State of Kansas; Live in Sedgwick County and Agree to all services. Payment for the PACE Program is through Medicare, Medicaid or KanCare and Private Pay.

For more information you can call (316) 858-1111 and ask for the Marketing/Intake Department.

Marlene led the group in a lively and fun Christmas card exchange as we listened to the Wright Family Christmas Party story.

Continued from Page 1...Our lives are replete with transitions (changes). From the ending of one life experience into the beginning of our next one, the transition time can often feel harsh and without meaning. We must learn by experience to let go of the old thing before we can pick up the new. We move through life in seasons, some easy and some excessively difficult, depressing and sometimes even destructive. There are the common seasons of infancy and childhood with their dependencies. Then adolescence and young adulthood with their seasons of growth toward independence. Next into adulthood where maturity is acquired even amidst the struggles and severe crises. Finally to the experiences of aging with its joyous benefits and its negatives and losses. Losses so personal as losing a spouse or close relatives and friends, leaving us discouraged, depressed and lonely. That is when faith in God and trust in Christ are the answer .

God promises never to leave us alone or uncomforted. We can move through the stages of our lives with this blessed assurance, no matter the changes. Malachi 3:6 states, "I, the Lord do not change," and Hebrews 13:8 reads, "Jesus Christ is the same yesterday, today and forever." John 5:24 states, "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over (transitioned) from death to life." God, through Christ, is the creator and controller of our lives. 2 Corinthians 5:17 reads, "This means that anyone who belongs to Christ has become a new person. The old life is gone; and new life has begun."

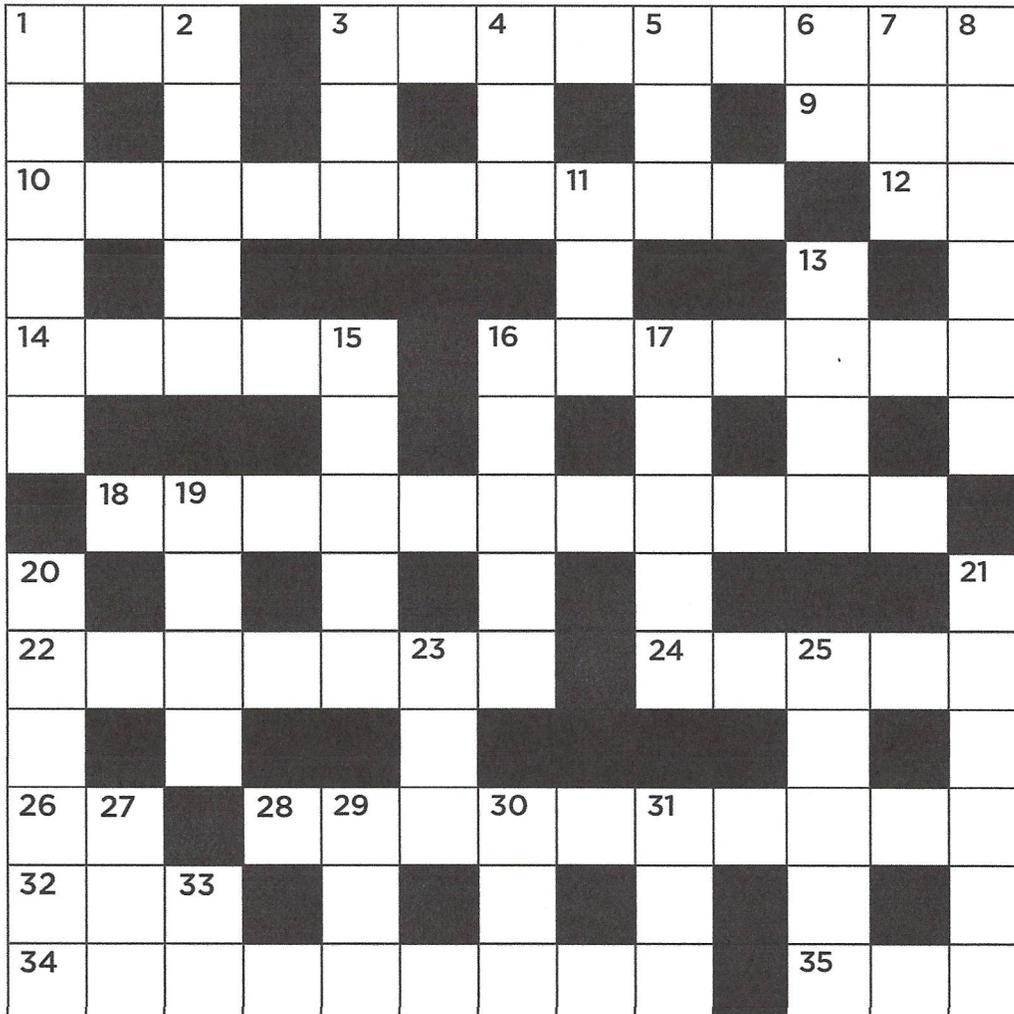
What a wondrous transition when we can truly say with Paul, as recorded in Philippians 1:21, "For me to live is Christ and to die is gain." Hold on to God and renew your faith by praying with the song writer, Henry F. Lyte, who penned these words: "Swift to its close, ebbs out life's little day. Earth's joys grow dim, its glories pass away. Change and decay in all around I see; O Thou who changes not, abide with me."

ACROSS

1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezing (phrase)
12. "___ apple a day..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot
20. What a swindler does
21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain



January 2020

The Clearwater Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am Morning Coffee Bible Study 10 am	2 1:00 pm Bridge 1:00 pm BINGO	3 Exercise 9:00 am	4
5	6 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	7 Exercise 9:00 am AAVAI Anon 7-9 pm	8 9:00 am Morning Coffee Bible Study 10 am	9 1:00 pm Bridge 1:00 pm BINGO	10 Exercise 9:00 am	11
12	13 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	14 Exercise 9:00 am Carry-In Lunch 12:00 AAVAI Anon 7-9 pm	15 9:00 am Morning Coffee Bible Study 10 am	16 1:00 pm Bridge 1:00 pm BINGO	17 Exercise 9:00 am	18
19	20 Closed in observance of Dr. Martin L King, Jr.	21 Exercise 9:00 am AAVAI Anon 7-9 pm	22 9:00 am Morning Coffee Bible Study 10 am	23 1:00 pm Bridge 1:00 pm BINGO	24 Exercise 9:00 am	25
26	27 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	28 Exercise 9:00 am Commodities Distribution 9-3 AAVAI Anon 7-9 pm	29 9:00 am Morning Coffee Bible Study 10 am	30 1:00 pm Bridge 1:00 pm BINGO	31 Exercise 9:00 am	

Mon	Tue	Wed	Thu	Fri
Birthday Day - 9th Choice Day - 16th & 23rd Circled Days - meals that freeze well Kansas Day - 29th	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 HOLIDAY	2 Ham & beans 8 oz Potatoes & onions 4 oz Parslief carrots 4 oz Plums 4 oz Cornbread Milk	3 Beef & noodle cass. 8 oz Combination salad 4 oz Salad dressing 1 pkg Pineapple 4 oz Applesauce gelatin 4 oz Garlic bread Milk
6 Swiss steak Baked potato Roasted zucchini 4 oz Applesauce 4 oz Roll Milk	7 Cheesy potato and egg bake 8 oz Tomato salad 4 oz Juice 4 oz Banana Biscuit Milk	8 Harvest turkey soup 4 oz Broccoli/cauliflower/carrot salad 4 oz Pears 4 oz Peach crisp Roll Milk	9 Pork roast 3 oz w/Gravy Sweet potatoes 4 oz Herbed green beans 4 oz Strawberries 4 oz White cake Wheat roll Milk	10 Chicken pot pie 8 oz Cooked beets 4 oz Chick pea salad 4 oz Pineapple 4 oz Milk
13 Meatloaf 4 oz Cabbage au gratin 4 oz Peas 4 oz Mandarin oranges 4 oz Roll Milk	14 Hot turkey sandwich (bread, turkey 3 oz, mashed potato 4 oz, gravy) Mixed vegetables 4 oz Apricots 4 oz Gingersnap cookie Milk	15 Cheeseburger pie 8 oz Combination salad 4 oz Salad dressing 1 pkg Pears 4 oz Brownie Milk	16 Chicken patty w/set up OR Fish w/tartar sauce Bun French fries 8 each Broccoli 4 oz Peaches 4 oz Milk	17 Oven baked pork chop Baked potato Spinach 4 oz Applesauce 4 oz Roll Milk
20 Creamed chicken 4 oz over Mashed potatoes oz Pickled beets 4 oz Mixed fruit 4 oz Biscuit Milk	21 Chili 8 oz Combination salad 4 oz Salad dressing 1 pkg Pears 4 oz Cinnamon roll Crackers-2 Milk	22 Salmon loaf 4 oz w/tartar sauce or creamy cucumber sauce Roll PB cookie Cauliflower rice 4 oz Green beans 4 oz Mandarin oranges 4 oz Milk	23 Liver & onions OR Salisbury steak Mashed potatoes 4 oz/gravy Mixed vegetables 4 oz Peaches 4 oz Roll Milk	24 Ham & egg cass. 8 oz Carrots 4 oz Strawberries 4 oz Juice 4 oz Bran muffin Milk
27 Cheeseburger soup 8 oz Cole slaw 4 oz Blushing pears 4 oz Applesauce brownie Crackers-2 Milk	28 Pulled pork 4 oz On a Bun Green beans 4 oz Potato salad 4 oz Strawberries 4 oz Milk	29 Prairie chicken soup 8 oz Broccoli raisin salad 4 oz Stewed apples 4 oz Grape juice 4 oz Wheat bread Milk	30 Spaghetti w/meat sc 8 oz Mixed greens salad 4 oz Salad dressing 1 pkg Pineapple 4 oz Vanilla pudding 4 oz Garlic bread Milk	31 Turkey roast 3 oz with Gravy Sweet potatoes 4 oz Breaded tomatoes 4 oz Mixed fruit 4 oz Roll Milk

HAPPY NEW YEAR

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.

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

By Evelyn Johnson - www.qets.com

Baby	Family	Kiss
Calendar	Fireworks	Midnight
Champagne	First	Music
Cheer	Football	Parade
Clock	Happy	Party
Confetti	Hat	Resolution
Dance	January	Year

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