



# THE SCOOP



Clearwater Community Center  
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 commcenter@sktc.net



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MENTAL ILLNESS IS NOT A “NORMAL” PART OF AGING.

Many baby boomers and older adults experience issues with mental health at some point in their lives. In fact, one in four older adults experiences some type of mental illness, including depression and anxiety disorders. Yet mental illness remains critically under diagnosed and undertreated in the baby boomer population—two-thirds of older adults with mental health problems do not receive the treatment they need.

Why are so many people remaining undiagnosed, and therefore untreated? Part of the problem may be negative stereotypes about aging—the idea that it is “normal” for someone to grow lonelier or more unhappy as they age.

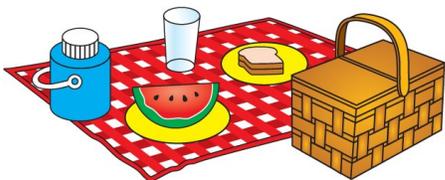
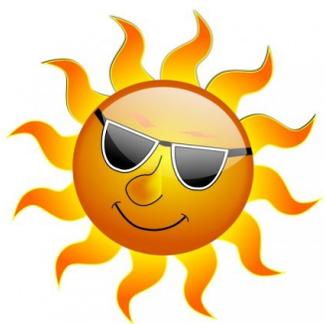
Contrary to these negative stereotypes, feelings of depression, excessive anxiety, or being “better off dead” are *not* normal parts of aging. They are all signs of treatable medical conditions, no different than diabetes or hypertension. Anxiety and depression are two of the most common mental health conditions in the 55 and older population.

If you are worried that you or someone you know may be suffering from mental illness, you should seek the help of a mental health professional immediately. Medicare helps cover a wide range of mental health services, including mental illness screenings; seeing doctors, psychiatrists and other mental health specialists; and paying for antidepressants and other medications. To learn more about gaining access to the mental health services available to you through Medicare

**Anxiety: Symptoms and Treatment Options**

Have you ever suffered from excessive nervousness or fear? Do you sometimes experience chest pains, headaches, or gastrointestinal problems? You may be experiencing symptoms of anxiety. A recent study found that between 3% and 14% of older adults meet the criteria for a diagnosable anxiety disorder. And an even greater percentage have symptoms of anxiety that may not amount to diagnosis of a disorder, but still

*Continued on page 5*



## JUNE BIRTHDAYS

“TO ME, OLD AGE IS ALWAYS 15 YRS OLDER THAN I AM.” BERNARD BARUCH

Lee Wallis 6/01

June Finney 6/12

Farol McMillan 6/18

Maria Crow 6/01

Sandy Cummins 6/15

Tom Hess 6/18

Betty Batten 6/04

Mary Mitchell 6/16

Linda Taggart 6/19

Larry Nickels 6/10

Richard Vogel 6/17

Leora Jeffries 6/24

Bob Pugh 6/11

Algje Strait 6/25

Kenny Hughes 6/11

Lonnie Stieben 6/28



## UPCOMING EVENTS

### Schedule of Events

- 6-1 SKT Greymail class
- 6-5 Planning Meeting
- 6-9 Carry In Lunch
- 6-11 \$5 Mani-cures
- 6-18 "Life of Stars" talk
- 6-19 BINGO
- 6-20 Biscuits & Gravy
- 6-25 \$5 Mani-cures

### Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. We ask that everyone brings in a dish to share and a plate and utensils. Don't forget to wear your green!

Date: Tuesday, June 9th  
 Time: 12:00 noon  
 Location: Main room at Center  
 Cost: Free but donations are appreciated

### Biscuits & Gravy breakfast

All you can eat Biscuits & gravy made by Center volunteers. This is open to ALL age groups. It is a nice place to come feed the family when you don't feel like cooking.

Date: Saturday, June 20th  
 Time: 7am-10am  
 Location: Main Room at Center  
 Cost; \$4 for adults & \$2 for kids

### Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.

Date: Every Monday  
 Time: 1pm-3pm  
 Location: Art & Crafts room  
 Cost: Free



### Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg. All ages welcome!



Date: Every Tuesday & Friday  
 Time: 8:45 am  
 Location: Centers Main Room  
 Cost: \$8 per month

### Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free



Date: Every Monday  
 Time: 10 am – 12 noon  
 Location: Center Main Room  
 Cost: Free

### Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning  
 Time: 9:00 am—until you are done  
 Location: Centers Main Room  
 Cost: donations for coffee



### BIBLE STUDY

Clearwater Church of Christ will be leading a Bible Study on Mondays here at the Center. The group is now going through the book of Acts.

Date: Every Monday  
 Location: Craft Room  
 Time 9:30 am



### BINGO

Come down and play BINGO with friends. There will be plenty of prizes to chose from. Bring a friend and come play some good ol fashion BINGO.

Date: Friday, May 15th  
 Location: Main Room  
 Time 1:00 pm  
 Cost: .25 per card



## LOADED BAKED POTATO SALAD

### Ingredients

- 4 pounds russet potatoes
- 1-2 tablespoons of olive oil
- 3 tablespoons apple cider vinegar
- 1 cup mayonnaise (I use olive oil flavor)
- ¾ cup sour cream
- 1 teaspoon kosher salt and freshly ground black pepper
- 1 pound bacon, cooked, cooled and chopped
- 6 green onions, chopped
- 1½ cups medium cheddar cheese, shredded

### Instructions

Preheat oven to 400 degrees F. Place the cleaned potatoes on an aluminum foil lined baking sheet and pierce 4-5 times with a fork. Lightly coat with olive oil and cook for 50-60 minutes or until fork tender. Remove from the oven and let cool. Remove the skins and cut the potatoes into 1 inch chunks and place in a large mixing bowl. Sprinkle with the apple cider vinegar and let rest for 15-30 minutes. Cook the bacon in a large skillet, drain and let cool. Crumble into bite-size pieces. Mix the mayonnaise and sour cream in a small bowl and season with the kosher salt and pepper and then add to the potatoes. Stir in the bacon, green onion and cheddar cheese and season with more salt and pepper to taste. Refrigerate for 3 hours up to overnight before serving.



## BITS & PIECES (FROM PAM'S DESK)

### SAFE HOUSE NEEDS

Betty Jo Embry is a local Senior who volunteers at the Safe House in Wichita. They help homeless children who are living on the streets in the Wichita area. They try to provide food, snacks, clothing, and blankets for homeless kids. Betty states that they are currently in need of paper goods like toilet paper.

### REMINDERS

Just a friendly reminder to make sure that every time you attend a program or class at the Center that you are checking in on the computer. If you do not have your card you can use your phone number. If you have problems let me know and I will help you.

### BRIDGE PLAYERS

The Bridge group at the Center is looking for either people who know how to play bridge or people who can teach it. They are needing back up players for their group. We would also like to get someone to teach so maybe we can get more of a group going. If interested or know someone interested please call 620-584-2332.



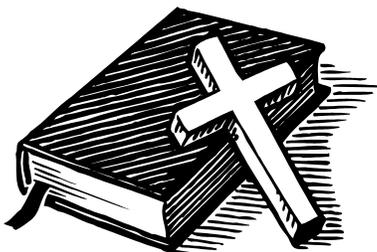
**“You tell me, and I forget. You teach me, and I remember. You involve me, and I learn!”**  
**-Ben Franklin**

## CENTER OFFERS \$5 MANICURES

The Clearwater Village has a lady that comes and offers manicures to residents. She has agreed to offer this service at the Center as well. The cost will be \$5 for a manicure. This is only available for seniors age 55 and up. She will be here on the 2nd and 4th Thursday of the month in June. If you would like to book an appointment with her please call 620-584-2332 or email [commcenter@sktc.net](mailto:commcenter@sktc.net)



## UPCOMING EVENTS



### Bible Study with Joe Eash

Pastor Joe Eash with the Clearwater E Free church is leading a bible study about the life of Christ. This is open to all.

Date: Every Thursday

Time: 10:00 am

Location: Craft Room

### BYOD

Bring Your Own Device! Bring in your new technology and we can assist you in figuring it out or setting things up. We help with laptops, tablets, smart phones, cell phones, digital picture frames, digital cameras, you name it and we can probably figure it out and show you how to use it.

Date: Every Thursday except 2nd Thursday

Time: 9:00 am

Location: Pam's office

Cost: Free



### SKT Greymail Class

SKT recently launched a brand new email platform—Zimbra for all sktc.net email users. Zimbra offers great features and functionality, including user friendly email, calendars, tasks, speed test, Spam and virus protection, as well as convenient access to local weather, Facebook, Twitter, and Pinterest. If you are interested in receiving Zimbra training, please join SKT for a free training session on GreyMail and Spam filters. Don't forget to bring a laptop, tablet, or mobile devices.



Date: Monday, June 1st

Time: 9:00 am

Location: Community Center

Cost: Free

### Life of Stars

Robert Henry is the Program Manager at the Lake Afton Public Observatory will lead a discussion on how and when stars are born, their stable mid-lives, changes during their senior years, and how they die and what happens next. We are hoping to be taking a trip to the Public Observatory sometime in July.

Date: Thursday, June 18th

Time: 1:00 pm

Location: Community Center

Cost: Free, please call ahead to reserve a spot.



## CONTINUED FROM PAGE 1

significantly impact their functioning—around 27% of adults under the care of an aging professional.

Common anxiety disorders include *panic disorder* (characterized by panic attacks, or sudden feelings of terror that strike repeatedly); *obsessive compulsive disorder* (suffering from repetitive unwanted thoughts or rituals); *post-traumatic stress disorder* (nightmares, depression, and other persistent symptoms after a traumatic event); *phobias* (an extreme fear of something that poses little danger); and *generalized anxiety disorder* (chronic, exaggerated worry about everyday activities).

If you or someone you know is experiencing symptoms of anxiety or any of the above anxiety disorders, it is important to seek medical help immediately. You can start by assessing your own mental health through an online screening. A screening is an anonymous, free and private way to learn about your mental health and see if you are showing signs of anxiety or other mental illness. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Doctors typically treat anxiety through a combination of therapy and medication, but some people may benefit from just one form of treatment. To learn more about diagnosing and seeking treatment for anxiety, check out our “Anxiety in Older Adults” fact sheet.

### Depression: Symptoms and Treatment Options

Are you concerned that you or someone you know may be suffering from depression? Common symptoms of depression include extended periods of sadness, loss of pleasure in everyday activities, poor sleep, quickly losing or gaining weight, and loss of energy or the ability to focus on everyday tasks. Many people who suffer from anxiety may also experience depression, and vice versa. A recent study found that 27% of older adults assessed by aging professionals met the criteria for a diagnosis of major depression.

Depression not only severely limits quality of life and someone’s ability to take care of themselves, it can also lead to physical health problems, such as slower recovery from physical illness. Depressed people are also at a greater risk for suicidal thoughts and actions.

If you or someone you know is experiencing symptoms of depression, it is important to seek the help of a mental health professional immediately. You can start by assessing your own mental health through an online screening. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

As with anxiety, doctors typically treat depression through a combination of therapy and medication. To learn more about diagnosing and seeking treatment for depression, check out our “Depression in Older Adults” fact sheet.

### Getting help with costs: Medicare + Mental Health Treatment

Worrying about health insurance costs should never be a barrier to treatment. Medicare helps cover a wide range of mental health services, including screening for mental illness, lab tests ordered by your doctor, and visits with a doctor, psychiatrist, clinical psychologist or clinical social worker. Part D helps cover the drugs you may need to treat a mental health condition.

National Council on Aging

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## MUSIC AT THE CENTER

Our Music At The Center this summer will be a bit different than before. We will no longer be able to have the same group as before perform on the 1st Saturday of every month in the Summer. In place of them we have booked several local groups to play throughout the Summer. Music At The Center will still happen on the 1st Saturday of every month in May, June, August, and September at 7:00 pm. We hope you will be able to join us for some great music and a good time with friends. Be sure to bring a snack to share. This is the schedule so far. These are subject to change.

June 6th—Box 127 (Top 40’s and Rock)

August 1st—To be announced

September 5th—The Messengers (Gospel Quartet)



## CONTINUED FROM PAGE 1

As I was waiting in line behind an older gentleman at Wendy's recently, I heard him ask for his senior discount. The girl at the register apologized and charged him less. When I asked the man what the discount was, he told me that seniors over age 55 -- get 10% off everything on the menu, every day. (But you need to ASK for your discount.)

Being of 'that' age myself, I figured I might as well ask for the discount too. This incident prompted me to do some research, and I came across a list of restaurants, supermarkets, department stores, travel deals, and other types of offers giving various discounts with different age requirements. I was actually surprised to see how many there are and how some of them start at the young age of 50.

This list may not only be useful for you, but for your friends and family too. Remember, YOU must ASK for your discount!

### RESTAURANTS:

**Applebee's:** 15% off with Golden Apple Card (60+)

**Arby's:** 10% off ( 55 +)

**Boston Market:** 10% off (65+)

**Burger King:** 10% off (60+)

**Carrabba's Italian Grill:** 20% off on Wednesdays to AARP Members

**Chick-Fil-A:** 10% off or free small drink or coffee (55+)

**Chili's:** 10% off ( 55+)

**CiCi's Pizza:** 10% off (60+)

**Dairy Queen:** 10% off for seniors (15% for coaches) varies by location (free small drink at some locations)

**Dunkin' Donuts:** 10% off or free coffee (55+)

**Golden Corral:** 10% off (60+)

**Hardee's:** \$0.33 beverages everyday (65+)

**IHOP:** 10% off ( 55+)

**KFC:** free small drink with any meal (55+)

**Krispy Kreme:** 10% off ( 50+)

**Long John Silver's:** various discounts at locations ( 55+)

**McDonald's:** discounts on coffee everyday (55+)

**Outback Steakhouse:** 15% off AARP members for meals Monday through Thursday (alcohol excluded)

**Papa John's:** 25% off (55+) for online orders. Enter the code "AARP25" when placing your order

**Sonic:** 10% off or free beverage (60+)

**Subway:** 10% off (60+)

**Taco Bell :** 5% off; free beverages for seniors (65+)

**Village Inn:** 10% off (60+)

**Waffle House:** 10% off every Monday (60+)

**Wendy's:** 10% off (55+)

### RETAIL & APPAREL:

**Banana Republic:** 30% off ( 50 +)

**C.J. Banks:** 10% off every Wednesday (50+)

**Clarks :** 10% off (62+)

**Dress Barn:** 20% off ( 55+)

**Goodwill:** 10% off one day a week (date varies by location)

**Hallmark:** 10% off one day a week (date varies by location)

**Kohl's:** 15% off (60+)

**Marshalls:** 10% off on Tuesdays (varies by location)

**Michael's:** 10% off on Tuesdays (with AARP card)

**Ross Stores:** 10% off every Tuesday (55+)

**The Salvation Army Thrift Stores:** up to 50% off (55+)

**Stein Mart:** 20% off red dot/clearance items first Monday of every month (55 +)

**TJ Maxx:** 10% on Tuesdays (varies by location)

**Walgreens:** 20% off once a month (55+ and AARP) "Balance Rewards" Card require)



TRAVEL :

Airlines: *call and check on the status of the update*

Alaska Airlines: 10% off (62+)

American Airlines: various discounts for 50% off non-peak periods (Tuesdays - Thursdays) (62+) and up (call before booking for discount)

America West: 10% off (62+)

Hawaiian Airlines: 10% off (60+)

Midwest: (55+) discount only available by phone

Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)

United Airlines: various discounts for ages 65 and up (call before booking for discount)

U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Car Rental:

Alamo Car Rental: up to 25% off for AARP members

Avis: up to 25% off for AARP members

Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)

Dollar Rent-A-Car: 10% off (50+)

Enterprise Rent-A-Car: 5% off for AARP members

Hertz: up to 25% off for AARP members

National Rent-A-Car: up to 30% off for AARP members

Overnight Accommodations:

Holiday Inn: 62 and older; member of retired persons organization TBD (amount)

Best Western: 10% off (55+)

Cambria Suites: 10% off (60+)

Waldorf Astoria: 62 and older; AARP members TBD)

Clarion Motels: 10% off (60+)

Comfort Inn: 10% off (60+)

Comfort Suites: 10% off (60+)

Econo Lodge: 10% off (60+)

Hampton Inns & Suites: 10% off when booked 72 hours in advance

Hyatt Hotels: 25%-50% off (62+)

InterContinental Hotels Group: various discounts at all hotels (65+)

Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)

Marriott Hotels: 15% off (62+)

Motel 6: 10% off (60+)

Myrtle Beach Resort: 10% off ( 55 +)

Quality Inn: 20%-30% off (60+)

Rodeway Inn: 20%-30% off (60+)

Sleep Inn: 20%-30% off (60+)

Travelodge: 10% off (50+)

CELL PHONE DISCOUNTS:

Jitterbug: \$14.99 /month cell phone service ( 50 +)

Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

MISCELLANEOUS:

Great Clips: \$8 off hair cuts (60+)



## May Senior Lunch Report 5-12-2015

Pam welcomed all to our monthly luncheon. There were no birthday people for the month of May present.

Pamela led the group in the Flag Salute. Betty Jo Embry led the blessing for the food.

Our first and only speaker this time was our new City Administrator, Justin Givens. Justin is excited to be a part of the City of Clearwater. He has plenty of City Government background. He has worked in the City of Sterling, Paola, and most recently the City of Goddard. His wife and him are in the process of selling their home to move to Clearwater. He answered questions regarding taxes and new businesses and growth. He announced that the previous cook for Cancun Mexican Grill has purchased that business and is reopening it as Armando's Mexican Grill. Justin states he is willing to answer questions that anyone might have. He can be reached at City Hall.

### Announcements:

5-14 Joanne Abner, Author and PhD will be here to discuss "How to write your families stories.

5-16 Biscuits & Gravy

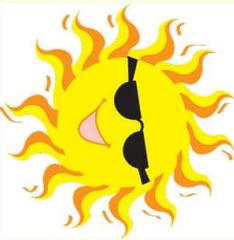
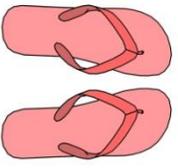
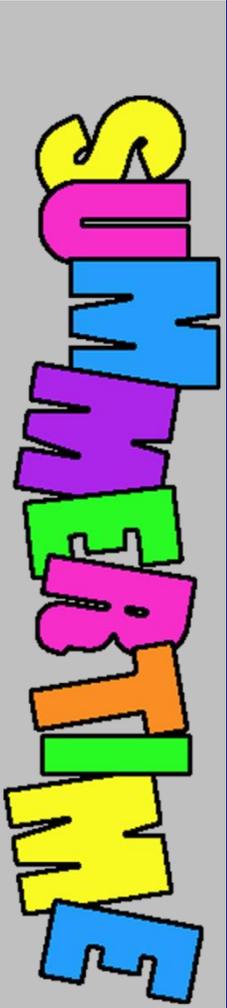
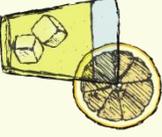
5-25 Center closed for Memorial Day

5-29 Free Hearing evaluations.

Pamela Riggs,  
Director



~ June 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>SKT Greymail class 9am</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>2</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>3</b> Morning Coffee 9am Quilting group 7pm	<b>4</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>5</b> Tai Chi 8:45 am Exercise 10:00 am Planning mtg 10 am	<b>6</b>
	<b>8</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>9</b> Tai Chi 8:45 am Exercise 10:00 am <i>Carry In Lunch noon</i> AA/AI Anon 7-9 pm	<b>10</b> Morning Coffee 9am Quilting group 7pm	<b>11</b> Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	<b>12</b> Tai Chi 8:45 am Exercise 10:00 am	<b>13</b>
<b>14</b>	<b>15</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>16</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>17</b> Morning Coffee 9am Quilting group 7pm	<b>18</b> BYOD 9am Bible Study (E-free) 10am Robert Henry w/Lake Afton Public Observatory "Life of Stars" at 1pm AA 7pm-9pm	<b>19</b> Tai Chi 8:45 am Exercise 10:00 am BINGO 1pm	<b>20</b> Biscuits & Gravy Tam – 10am
	<b>22</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>23</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>24</b> Morning Coffee 9am Quilting group 7pm	<b>25</b> BYOD Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	<b>26</b> Tai Chi 8:45 am Exercise 10:00 am	<b>27</b>
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Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.



**Clearwater Community Center**

**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**

**Clearwater Community Center**

Pamela Riggs, Director  
Farol McMillan  
Administrative Assistant

**Advisory Committee Members**

Terry Sullivan - Chairperson  
Joan Fleming - Co-Chair  
Barbara Hufford – Member  
James Charles - Member  
Marlene Hand - Member

**Planning Committee Members**

Marlene Parret - Secretary  
Cheryl Wright – Member  
Becky Estes – Member  
Farol McMillan - RSVP Program