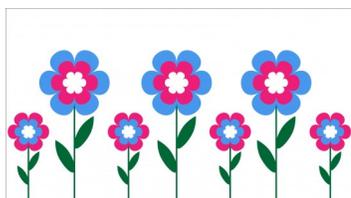




# THE SCOOP

Clearwater Community Center  
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 620-584-2332  
 commcenter@sktc.net



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## HELPING US LIVE INDEPENDENTLY LONGER

Americans are living longer. On average, today's seasoned generations are living far longer than previous generations. Many of us are reaching ages well beyond those experienced by our parents or grandparents.

There are challenges that come along with the increase in life expectancy, but most of us are doing whatever we can to make the most of the gift of our later years. We want to stay healthy and independent for as long as possible. Just living longer isn't enough. We want to enjoy living longer.

Fortunately, technology has advanced in amazing ways that can help us maintain and extend our health, independence, and quality of life. There are incredible devices available today designed specifically to help extend our ability to live well and independently. These emerging technologies support what is called "aging in place," which means they are helping ensure our safety as we continue to live on our own in a home setting.

Here are just a few of the aging supportive technologies now available:

**Health monitors:** Devices that include sensors with the ability to monitor, track, analyze, and report on our health and wellness, keeping tabs on everything from sleep patterns and activity levels to weight, blood pressure, blood glucose, heart rate and activity, temperature, skin response, and hydration. Most are wearable and some connect to smart phones or smart watches.

**Home Environment Monitors:** Systems with sensors that can identify potential problems in the home setting, including anything from detecting a possible gas leak to determining when a person is not following his/her usual pattern of activity within the home. Some of these devices are able to control home appliances and utilities if the need arises.

*Continued on pg 5*



## MAY BIRTHDAYS

"YOU DON'T GET OLDER, YOU GET BETTER!" SHIRLEY BASSEY

- |                     |                       |                    |
|---------------------|-----------------------|--------------------|
| Judy Freed 5/01     | Barbarba Lockett 5/11 | Max Tjaden 5/24    |
| Charles Steen 5/02  | Mary Stafford 5/11    | John Davis 5/25    |
| Jim McMinn 5/03     | Virginia Burt 5/13    | Lois Slabach 5/26  |
| Anita McMillan 5/04 | Lee Steen 5/15        | Joyce Haivala 5/27 |
| David Coon 5/04     | Wayne Dunn 5/18       | Gene Eason 5/27    |
| Cheryl Kunkel 5/05  | Babetta Schmidt 5/22  | Norma Watts 5/28   |
| Miriam Shaffer 5/08 | Millie Whitlow 5/22   | Mary Kosmach 5/29  |
| Waymie Pearson 5/09 | Laura Papish 5/22     |                    |

## UPCOMING EVENTS

### Schedule of Events

- 5-1 Planning Meeting
- 5-2 Music At The Center
- 5-12 Carry In Lunch
- 5-14 "Writing Your Families Stories"
- 5-15 BINGO
- 5-16 Biscuits & Gravy
- 5-25 Center Closed
- 5-26 Container Gardening
- 5-29 Free hearing evaluations

#### 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, May 12th

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, May 16th

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.



# BAKED SPAGHETTI SQUASH LASAGNA

## Ingredients

- 1 spaghetti squash, halved lengthwise & seeded
- 1 cube vegetable bouillon
- 1 onion, chopped
- Black pepper to taste
- 2 Tbsps minced garlic
- 1 (15 oz) can black olives, chopped
- 2 (14 oz) cans stewed tomatoes
- 1 cup shredded mozzarella cheese
- 1 Tbsp dried basil
- 1 cup shredded Parmesan cheese

1. Preheat oven to 325°F. Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet. 2. Bake squash 35 min. in the preheated oven, or until a knife can be easily inserted. Remove from oven and cool. 3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat sauté the onion & garlic until golden brown. Stir in tomatoes, basil, bouillon cube and black pepper. Cook for about 15 minutes or until you have a medium thick sauce. 4. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese. 5. Bake for 20 minutes in the preheated oven or until Parmesan cheese melts.



**Nutrition Facts:**  
 280 Calories 15.9 Fat 27mg Cholesterol 1294mg Sodium 5.8g Fiber

## 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. She also would like to personally thank Mary Stafford for all her help with providing meals for the kids over Christmas.

### 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 comput-

er. 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.

**"Anything can be accomplished as long as you don't care who gets the credit!"**  
 -Author  
 Unknown

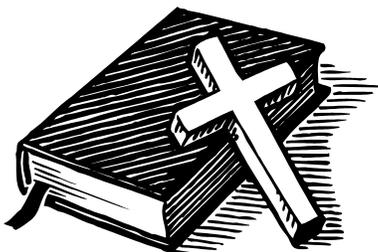
## WELCOME TO THE NEW MEMBERS OF 2015

Since January 2015 we have seen an increase in the amount of new people participating at events at the Center. I would like to recognize, thank and welcome the new members to the Clearwater Community Center. We are excited to have you and look forward to you participating in more activities here at the Center.



- |                               |                      |
|-------------------------------|----------------------|
| <i>Michael Bassett</i>        | <i>Dick Croft</i>    |
| <i>Cathy Rogers</i>           | <i>Connie Craig</i>  |
| <i>Earnest Glaser</i>         | <i>Pat Ricke</i>     |
| <i>Roger &amp; Maria Crow</i> | <i>Jennifer Doll</i> |
| <i>Cindy Shrottson</i>        | <i>Larry Nickels</i> |
| <i>Shelley Martin</i>         | <i>Capsa Reed</i>    |

## 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



### "Writing Your Families Stories"

Joanne Abner, Author & PhD will be here to help us discover ways to write the special family stories that are told from generation to generation. With each telling it seems to the listeners that they have heard these stories for the first time! (Not meant for genealogy or memoir writing projects.)



Date: Thursday, May 14th

Time: 1:00 pm

Location: Community Center

Cost: Free

Open to all ages.

### Free Hearing Evaluations

*EarCare* offers hearing evaluations completely **FREE** of charge or obligation. The hearing evaluation begins with a complete hearing health history which will include your consultants answering any questions that you might have. After performing an evaluation of your ear canal your consultant will perform a complete hearing evaluation. This evaluation consists of a series of tests to determine if hearing loss is present, the severity of the loss and if hearing amplification is needed. Your consultant will explain the test results to you in a manner that is easy to understand. Your consultant will answer all your questions so you can make an informed decision about your hearing health care needs.

Date: Friday, May 29th

Time: 1:00 pm to 4:00 pm

Location: Community Center

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



## UPCOMING EVENTS

### “Container Gardening” by Master Gardener

Sedgwick County Master Gardener will be here to talk to us and demonstrate how to grow container gardens. They will focus on the selection of containers, soil, plants, watering, and other tips. This will be a hands on activity. Please call 620-584-2332 to sign up.



Date: Thursday, May 26th

Time: 1:00 pm

Location: Main room

Cost: Free

## CONTINUED FROM PAGE 1

They can turn off a burner that has been left on or adjust water temperature in the sink or shower if it gets too hot.

**Age friendly smart phones:** Cell phones designed for ease of use by people who find it difficult to use a traditional smart phone. Several manufacturers are now making simplified smart phones primarily for older users with physical limitations or little experience with current technologies.

**Medication Dispensers/Monitors:** Many of us take medications on a regular basis. It can be easy to forget or mix up dosages. Medication dispensers and monitors are devices programmed to organize, dispense, and monitor the various drugs we may be taking on a regular basis. These devices help guard against overdose, missed dosages, and abuse.

**House cleaning robots:** Although the level of robot technology currently available to the masses does not address large cleaning tasks around the house, robotic vacuum cleaners and floor washing robots can help make some challenging smaller tasks a little easier to perform. A spill can be cleaned up with the touch of a button rather than struggling to use a traditional vacuum cleaner or floor mop. It probably won't be all that long before we actually do have robots making our meals, dusting our shelves and doing our laundry.



## 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.

May 2nd—Kansas Kountree Kloggers

June 6th—To be announced

August 1st—To be announced

September 5th—The Messengers.





## **Senior Lunch Report** **Tuesday, April 14th, 2015**

Pam welcomed all to our monthly luncheon. There were no April birthdays present.

Marlene led the group reciting the Flag Salute, singing the National Anthem, and gave the blessing for the meal.

Our first speaker was Stacy Gladfelter from Golden Plains Pharmacy Services in Augusta, who spoke on medication management. She spoke on how many people never get new prescriptions filled. This is mostly due to confusion or fear of high costs. She stated that 1 in 5 people on Medicare will be hospitalized in the next 30 days. Most senior aged people take 4 or more medications a day. She went on to explain a Medication Management system the company she works for can help that process by setting up the individual monthly dosage system. If you are interested in learning more about this program, you can contact Pam at the Center as how to get in touch with them.

Our second speaker was Bette Creach, from doTerra essential oils. She explained the various uses her products can be utilized for. They can be used topical, internal, and through the aromatic process. More information on her products can be found on page 9 of the May Scoop.

Our third speakers that represented the Lifeline security systems were Vickie Hoelting and Greg Smith. They demonstrated several different models and the various uses ranges of contact. The cost of their call devices are competitive to other similar styles. For more information on this program contact Pam at the Center.

Announcements: Biscuits & Gravy on 4/18 and Potato Bar Fundraiser on 4/25.  
Marlene also gave a humorous reading titled The Easter Chick.

Marlene Parret,  
Secretary



# 1st Annual

# Potato Bar Fundraiser

The 1st Potato Bar fundraiser was on Saturday, April 25th. We had a total of 40 people who turned out for the event. There was a drawing for tickets to the Temptations and dinner for 2 at the Kansas Star Casino. The winner of the tickets was Jim McMinn. Thank you to all who participated.



# MODERN ESSENTIALS

## REFERENCE CARD

Condition	Essential Oils	Application
Acne	melaleuca, Topical, juniper berry	: Apply on location. Add 1-2 drops to 1 oz. distilled water, and mist on face.
Allergies	melaleuca, lavender	: Apply on sinuses and bottoms of feet.
Anxiety	lavender, orange, lemon, Calming, Massage	: Diffuse or inhale. : Massage into the skin. Apply to back of neck or temples.
Arthritis	frankincense, rosemary, marjoram, Soothing	: Apply on location. Warm compress. Massage. Warm bath. : Diffuse.
Asthma	eucalyptus, frankincense, peppermint, Respiratory	: Diffuse. Inhale directly. : Apply to chest, throat, or back.
Bacterial Infection	melaleuca, thyme, cinnamon, peppermint, Protective	: Apply on location or to liver area or bottoms of feet. : Diffuse.
Bee Sting	Roman chamomile, basil, Cleansing	: Apply on location. Cool compress on location.
Bleeding	helichrysum, geranium	: Apply on location.
Blisters	lavender	: Apply on location.
Bronchitis	eucalyptus, thyme, white fir, basil, Respiratory	: Diffuse or inhale directly. : Apply to chest, sinuses, neck, or feet.
Bruises	helichrysum, geranium, fennel, Soothing	: Apply on location.
Burns	lavender, geranium	: Apply on location.
Colds	thyme, lemon, Protective, melaleuca	: Diffuse. Inhale from water vapor. : Apply to throat, temples, forehead, or sinuses.
Corns	clove	: Apply on location.
Congestion	eucalyptus, peppermint, Respiratory	: Apply to chest, neck, back, feet. : Diffuse. Inhale directly or from water vapor.
Cooling Oils	peppermint, eucalyptus, melaleuca	: Apply on location. Add to bathwater. : Diffuse.
Coughs	Respiratory, melaleuca, eucalyptus, Protective	: Diffuse. : Apply on throat and chest.
Cuts/Wounds	helichrysum, lavender, melaleuca, basil, Protective	: Apply on location.
Dandruff	lavender, wintergreen	: Massage 1-2 drops into hair before shower; then shampoo as normal.
Depression	lemon, frankincense, Focus, lavender, Joyful, Grounding	: Diffuse. Inhale directly. : Apply to forehead. Massage. Bath. : 1-2 drops in capsule. 1-2 drops in 8 oz. distilled water.
Diarrhea	peppermint, ginger, geranium, Digestive	: 1-2 drops in capsule. : Apply to abdomen. Warm compress.
Earache	basil, melaleuca, helichrysum	: Apply to surface of ear (not in ear canal), behind ear, or swab around ear canal.
Energy	white fir, Joyful, Grounding	: Inhale directly, or diffuse. : Massage. Bath. Apply to temples or back of neck.
Fever	peppermint, lemon, lime, eucalyptus, clove	: Swallow in capsule. : Apply to back or to bottoms of feet. : Diffuse.
Fungal Infection	melaleuca, oregano, thyme, Protective	: Apply on location. Warm compress.
Gas/Flatulence	lavender, ginger	: Apply on stomach, abdomen, or feet.
Headaches	Tension, peppermint, rosemary, Soothing	: Apply to temples, back of neck, forehead. : Diffuse, or inhale directly.
High Blood Pressure	ylang ylang, marjoram	: Apply on location or on feet and hands. : Diffuse. Inhale.
Hives	melaleuca, peppermint	: Apply on location. Massage on location.
Indigestion	peppermint, ginger	: Take in capsule. : Apply on stomach or feet. : Diffuse.

\*Capitalized words denote blends (with the exception of Roman chamomile).

☉=Topical

Topical application is the process of placing an essential oil directly on the area of concern. This may include applying or massaging the oil, either diluted or neat (undiluted), on location, adding a few drops of oil to warm bathwater before bathing, or using essential oils in a warm compress.

○=Internal

Internal use is the process of consuming or otherwise internalizing the essential oil into the body. Internal use often includes swallowing 1-10 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1-4 cups of rice milk, almond milk, or water before drinking.

☼=Aromatic

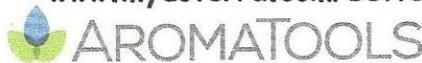
Aromatic use is the process of breathing in the oil through the nasal passage. This can be done by using an essential oil diffuser to dispense oil into the air, by inhaling the essential oil directly from the bottle, or by adding 1-5 drops of essential oil to a humidifier and inhaling the water vapor.

Condition	Essential Oils	Application
Inflammation	frankincense, melaleuca, eucalyptus, Soothing	: Apply on location or back of neck. Massage. : Diffuse. Inhale water vapors.
Influenza (Flu)	Respiratory, melaleuca, peppermint, rosemary, Protective	: Diffuse. : Apply to thymus, chest, back, sinuses. : Take in capsule.
Insect Repellent	Repellent, patchouli	: Apply to feet or exposed skin. Massage. Mist onto skin. : Diffuse.
Insomnia	lavender, orange, Calming, Roman chamomile	: Diffuse. Mist on linens, or place on pillow. : Apply on feet or neck. Massage.
Low Blood Pressure	rosemary	: Diffuse. Inhale. : Apply on location, feet, hands, over heart.
Memory	rosemary, peppermint, frankincense, Focus	: Diffuse. Inhale directly. : Apply to temples or back of neck.
Muscle Cramps	lemongrass with peppermint, marjoram, Soothing	: Apply on location. Massage. Bath.
Nausea	ginger, peppermint	: Inhale directly. Diffuse. : Take in capsule. : Apply to feet, temples, wrists.
Neuralgia	marjoram, eucalyptus, Roman chamomile	: Apply on location. Massage. Bath.
Pain	lavender, eucalyptus, Soothing	: Apply on location. Massage. Warm compress. : Diffuse. Inhale.
Parasites	oregano, thyme, fennel, Roman chamomile	: Take in capsule or with beverage. : Warm compress. Apply to abdomen and feet.
PMS	Monthly, clary sage	: Apply on abdomen, lower back, shoulders, or feet. Massage. Warm compress.
Pneumonia	Respiratory, Protective, thyme, cinnamon, oregano	: Diffuse. Inhale water vapor. : Apply to chest, back, and feet. Warm compress.
Poison Oak/Ivy	lavender, Joyful	: Apply on location. Massage on location.
Shock	peppermint, helichrysum, melaleuca, Joyful	: Apply on neck, feet, or over heart. : Inhale aroma. Diffuse.
Sore Throat	melaleuca, Protective	: Apply on throat or feet. Gargle. : Diffuse. Inhale. : Drink with beverage.
Stress	lavender, Focus, lemon, ylang ylang	: Diffuse. Inhale. : Massage. Bath salts. Apply to neck, back, or bottoms of feet.
Toothache	clove	: Apply on location or along jawbone. Warm compress on jaw.
Viral Infection	helichrysum, melaleuca, clove, Protective, Respiratory	: Apply on location or on bottoms of feet. : Diffuse. Inhale directly.
Warts	frankincense, Protective, melaleuca, oregano, clove	: Apply on location daily.



**dōTERRA**  
**Bette Creach**  
 316-253-8726  
[www.mydoterra.com/bettecreach](http://www.mydoterra.com/bettecreach)

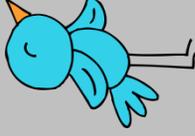
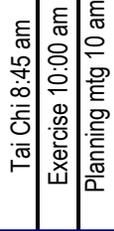
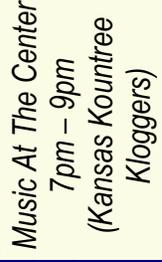
*to the Therapeutic*  
 ing essential oils.





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~ May 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3	4 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	5 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	6 Morning Coffee 9am Quilting group 7pm	7 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	8 Tai Chi 8:45 am Exercise 10:00 am	9
10 	11 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	12 Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/Al Anon 7-9 pm	13 Morning Coffee 9am Quilting group 7pm	14 Bible Study (E-free) 10am "Writing Your Family's Stories" Joanne Abner 1pm AA 7pm-9pm	15 Tai Chi 8:45 am Exercise 10:00 am BINGO 1pm	16 Biscuits & Gravy 7am - 10 am
17	18 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	19 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	20 Morning Coffee 9am Quilting group 7pm	21 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	22 Tai Chi 8:45 am Exercise 10:00 am	23
24	25 CENTER CLOSED 	26 Tai Chi 8:30 am Exercise 10 am Container Gardening Master Gardner at 1pm AA/Al Anon 7pm-9pm	27 Morning Coffee 9am Quilting group 7pm	28 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	29 Tai Chi 8:45 am Exercise 10:00 am Free Hearing Evaluations at 1pm.	30
31						



Clearwater Community  
Center  
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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