



# THE SCOOP

**C l e a r w a t e r C o m m u n i t y C e n t e r**  
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**c o m m u n i t y c e n t e r @ c l e a r w a t e r k s . o r g**

## S A F E G U A R D I N G Y O U R P R I V A C Y

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Your digital subscriber line (DSL) or cable modem gives your computer continuous access to the Internet. Think of it as the front door to your home—you need to keep it secure to keep criminals out. You wouldn't open the door to just anyone, or distribute copies of your house key. The same discretion applies here.

Make these things a habit.

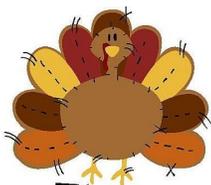
1. Keep operating systems, application software and browsing tools up to date and set them to automatically install updates. Because, they most likely provide your first defense against malware, viruses, and other things that create damage or allow illegal access to your computer or network.
2. Set your browser and your email spam/junk filter to the medium or high security settings. Turn on your pop-up blocker. Never click on email links from unknown or suspicious sources. Because, this can protect against spam or phishing schemes. Spam is an unsolicited email that pretends to come from a well known company or even someone you know.
3. Install and regularly update anti-virus and firewall protection on all computers that you own—even equipment that isn't internet accessible. Because, unprotected devices can spread infection through the internet, and also through USB drives and other removable media like your digital camera.
4. Avoid using unfamiliar computers, mobile devices and networks, especially those provided in airports, hotels, internet cafes and other public locations. Always log off from all websites that you use.

*Continued on page 4*

## NOVEMBER BIRTHDAYS

“HOW OLD WOULD YOU BE IF YOU DIDNT KNOW HOW OLD YOU WERE.” SATCHAL PAGE

Shelley Martin 11/01	Tony Bailey 11/10	Frances Johnson 11/24
Grace Webb 11/05	Cynthia Peitz 11/10	Jim Leibold 11/24
Sharyn Morris 11/05	Ed Shaffer 11/10	Denise Morehead 11/24
Angie Shaver 11/08	Rita Gorges 11/15	Cleta Cornett 11/25
Sheila Finnis 11/08	Jean Stever 11/15	JoAnn Coy 11/25
Duane Pierce 11/08	Lola Honn 11/18	Lois Emberson 11/26
TL Pearson 11/09	Rob Matthews 11/19	Grace Godwin 11/27
William Potenski 11/09	Dean Wise 11/19	Kenneth Coy 11/29
Cathy Rogers 11/09	John Strauthers 11/20	Roger Dawson 11/30
Becky Estes 11/10	Ginger Murphy 11/21	



Happy Thanksgiving



## UPCOMING EVENTS

### Schedule of Events

- 11/8 Carry In Lunch
- 11/9 Hermes Foot Clinic
- 11/11 Veterans Day Center closed
- 11/24 Center Closed
- 11/25 Center Closed

### 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.

Date: Tuesday, November 8th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated

### 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

Pastor Lyle Hinsdale with the Clearwater Church of Christ leads a bible study. This is open to all.

Date: Every Monday

Location: Craft Room

Time 9:30 am



### BIBLE STUDY

Pastor Joe Eash with the Clearwater E-free church leads a bible study. This is open to all.

Date: Every Thursday

Location: Craft Room

Time 10:00 am

### 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



## THANKSGIVING EGG ROLLS (USE FOR LEFTOVERS)

### Ingredients

**1 cup** Turkey or Ham  
**1 cup** Mashed Potatoes  
**1 cup** Stuffing  
**1 packages** Egg Roll Wraps (can be found in produce section at store)  
**1 Egg** (to brush wrap with)  
**1 cup** Cranberry Jelly  
**1/3 cup** Apple Cider Vinegar (regular vinegar is fine)  
**1/2 cup** Sugar  
**1** vegetable oil

### Directions

1. In medium size bowl, combine turkey or ham, mashed potatoes, and stuffing
2. Scoop 1 spoon full of mixer onto a sheet of egg roll paper. NOTE: Be sure not to double up on paper
3. Before rolling completely, brush egg on last bit to seal the wrap.
4. In a large pan, pour in vegetable oil to approximately halfway and heat on high. Once heated reduce to medium/medium high heat and gently place egg rolls in oil. Carefully turn on occasion until light golden brown.
5. Sweet & Sour Cranberry Sauce: combine cranberry jelly, vinegar, and sugar in a saucepan over medium heat. Remove from heat after combined thoroughly.



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

### VOLUNTEER NEEDED

The Clearwater lunch program is needing a volunteer driver for our meal delivery on Tuesdays of every week. It would take about 1 hour at the most. A majority of the meals are delivered here in town. There are some that need to be delivered shortly outside of town. If you might be interested please call 620-584-2332 and speak with Becky.

### SAFEHOUSE NEEDS

Betty Jo Embry is still helping out with the Safe House in Wichita occasionally. She states there is a huge need for blankets for the home-

less children in the Wichita area. If you have any left over blankets you would like to donate, please drop them off at the Center.

### MEDICARE COUNSELING

We have been offering Medicare Part D help during open enrollment that started on October 15th. We saved one person in particular over \$6,000 a year! Open enrollment doesn't end until December 7th. If you would like to have your Part D coverage looked at please call to make an appointment. 620-584-2332.

**"The smallest act  
 of kindness is  
 worth more than  
 the grandest  
 intention."  
 -Oscar Wilde**

## WSU Strategic Planning

At our November Carry In Lunch we will have Misti Bruckner from WSU. The City of Clearwater is working with WSU on a strategic plan for the City. Misti is going around to all groups in the community to get their input on the strengths and struggles of our community. She would love to hear what our senior community thinks. Please make plans to attend and let your voice be heard!

Date: Tuesday, November 8th  
 Time: noon  
 Location: Main room at Center





### Continued from main page

Exercise caution when using public or free Wi-Fi networks, and avoid accessing bank accounts, email or other sensitive accounts. Because, Cybercriminals monitor these public computers and networks to capture user names and passwords.

5. When using a wireless router device, check the owners manual to securely set up your wireless network. For more information on using Wi-Fi networks visit [onguardonline.gov](http://onguardonline.gov) this can keep cybercriminals from hacking into your system.

Does your username give away too much?

Never use:

- Your full name, home address or phone number
- Names, addresses or phone numbers of family or friends.
- Your Social Security number (SSN).
- Passwords or personal identifications numbers (PINs).
- Credit card or bank account numbers
- Your workplace or school.
- Previous addresses or historical information that could be used to identify you.

Information provided by The USAA Educational foundation.

## TRIP TO THE NUTCRACKER BALLET!



Ballet Wichita's mission is to advance the art of dance through performance and education to stimulate a vibrant cultural landscape for our community.

For over 40 years Ballet Wichita has performed "The Nutcracker Ballet" for school students. This year they are extending a special invitation to area Senior Centers. The hour long matinee will be **Wednesday, December 14th** from 1:00 pm to 2:00 pm in the Century II Concert Hall.

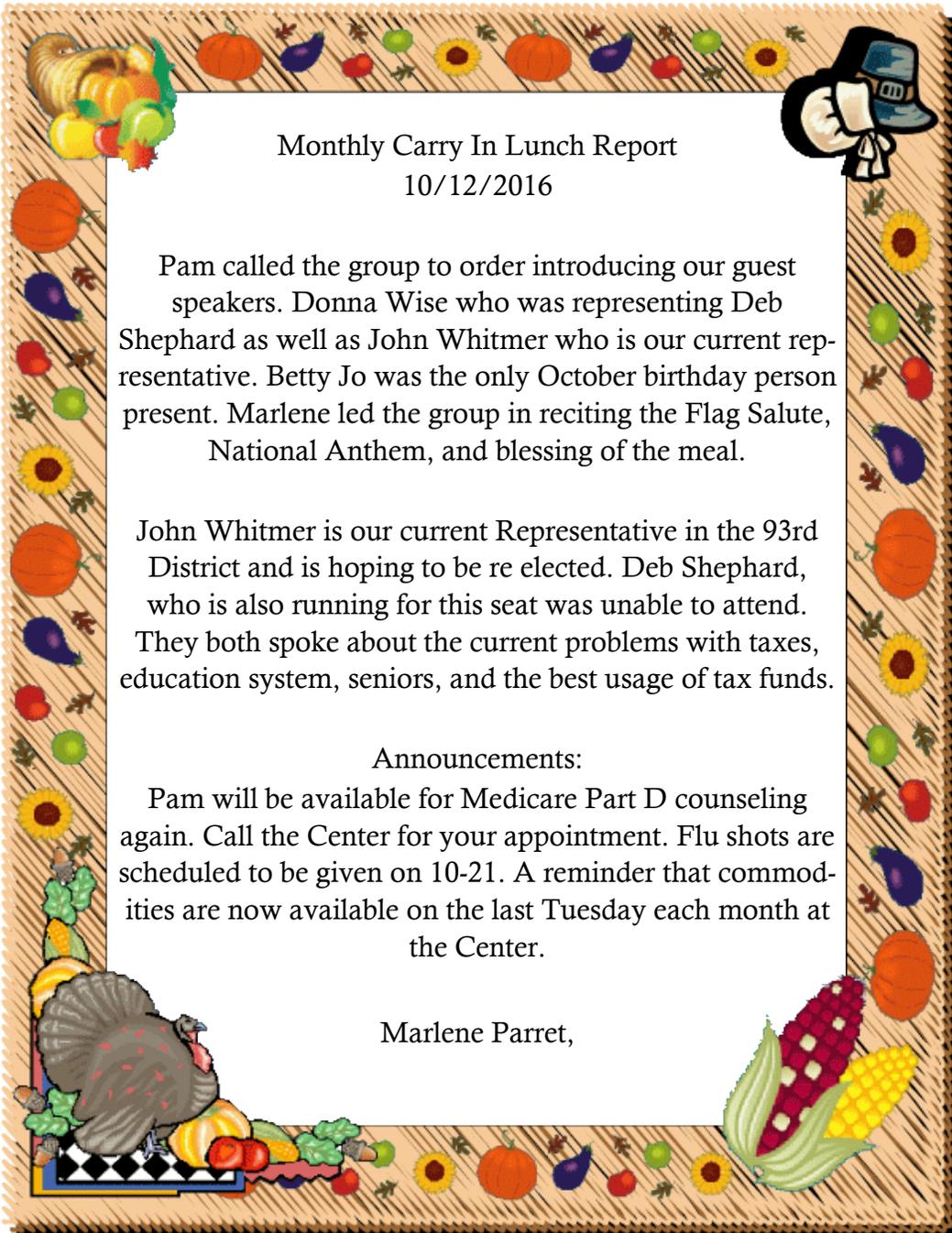
Cost: All attendees \$10.00 per person (group rate)

\*Please note wheelchair seating is extremely limited. Walkers can not be taken into the concert hall.

\*Handicapped parking is available on the west side of Century II, off Douglas Avenue.

### Holiday Lights Tour

Its that time of year again! We will be taking a party bus on a Christmas Lights tour in Wichita. The tour will take place in December. This is always a fun night and this is open to the public. Cost is \$10 per person. Call today to reserve your spot as the bus fills up quickly. 620-584-2332



Monthly Carry In Lunch Report  
10/12/2016

Pam called the group to order introducing our guest speakers. Donna Wise who was representing Deb Shephard as well as John Whitmer who is our current representative. Betty Jo was the only October birthday person present. Marlene led the group in reciting the Flag Salute, National Anthem, and blessing of the meal.

John Whitmer is our current Representative in the 93rd District and is hoping to be re elected. Deb Shephard, who is also running for this seat was unable to attend. They both spoke about the current problems with taxes, education system, seniors, and the best usage of tax funds.

Announcements:

Pam will be available for Medicare Part D counseling again. Call the Center for your appointment. Flu shots are scheduled to be given on 10-21. A reminder that commodities are now available on the last Tuesday each month at the Center.

Marlene Parret,



The Clearwater Community Center and The Kansas Star Casino are joining together to offer a chance to win the following package:

- Two (2) tickets to the Scotty McCreery Hits and Holiday concert at the Kansas Star Arena on **Friday, December 16th at 7:30 pm**. This is an all ages show.
- Dinner for two (2) at the Kitchen Buffet (Dinner Package does not include alcohol or gratuity)

Drawing will take place on Tuesday, November 29th. ***Stop in and visit the Community Center to be entered. Limit one entry per week.*** \*\*In order to redeem the package you must be a member of the Lucky Star Players Club. If not a member, membership is free and can be obtained at the Lucky Stars Players Club.

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>2</b> Morning Coffee 9am	<b>3</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>4</b> Tai Chi 8:45 am Exercise 10:00 am	<b>5</b>
<b>6</b>	<b>7</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>8</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/Al Anon 7-9 pm	<b>9</b> Morning Coffee 9am Hermes Foot Clinic by appointment only	<b>10</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>11</b> CENTER CLOSED <i>God bless our men and women in service</i> VETERANS DAY 	<b>12</b>
<b>13</b>	<b>14</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>15</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>16</b> Morning Coffee 9am	<b>17</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>18</b> Tai Chi 8:45 am Exercise 10:00 am	<b>19</b>
<b>20</b>	<b>21</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>22</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>23</b> Morning Coffee 9am	<b>24</b> CENTER CLOSED  Happy Thanksgiving	<b>25</b> CENTER CLOSED  Happy Thanksgiving	<b>26</b>
<b>27</b>	<b>28</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>29</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>30</b> Morning Coffee 9am			

November 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 20 - SERVING DAYS - 2 HOLIDAYS

Mon	Tue	Wed	Thu	Fri
<p>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</p>	<p>1 Spaghetti with meat sauce 8 oz                      Combination salad 4 oz                      Salad dressing 1 oz                      Peaches 4 oz                      Garlic bread                      Milk</p>	<p>2 Hot turkey casserole 8 oz                      Lima beans 4 oz                      Grape juice 4 oz                      Apple crisp 4 oz                      Milk</p>	<p>3 Poor boy stew 8 oz                      Crackers-2                      Harvard beets 4 oz                      Banana                      Bread pudding 4 oz                      Milk</p>	<p>4 Pork roast 3 oz with                      Gravy 2 oz                      Sweet potatoes 4 oz                      Savory green beans 4 oz                      Mandarin oranges 4 oz                      Wheat roll                      Milk</p>
<p>7 Chicken &amp; noodles 8 oz                      over Mashed potatoes 4 oz                      Beets 4 oz                      Apricots 4 oz                      Butterscotch square                      Milk</p>	<p>8 Chili 8 oz                      Crackers-2                      Combination salad 4 oz                      Salad dressing 1 oz                      Strawberries 4 oz                      Cinnamon roll                      Milk</p>	<p>9 Ham salad sandwich 3 oz                      on a Bun                      Broccoli raisin salad 4 oz                      Peaches 4 oz                      Snickerdoodle cookie                      Milk</p>	<p>10 Baked chicken                      2 pc dark or 1 pc white meat                      Parslief potatoes 4 oz                      Savory carrots 4 oz                      Blushing pears 4 oz                      Chocolate cake                      Wheat roll</p>	<p>11 Crispy fish w/Tartar                      sauce                      Macaroni &amp; cheese 4 oz                      Cole slaw 4 oz                      Plums 4 oz                      Milk</p>
<p>14 Liver &amp; onions/beef                      gravy 3 oz OR Beef cutlet/                      beef gravy 3 oz                      Baked potato                      Peas 4 oz                      Pineapple 4 oz                      Milk</p>	<p>15 Chicken &amp; rice soup 8 oz                      Broccoli 4 oz                      Mixed fruit 4 oz                      Crackers-2                      Lemon pudding 4 oz                      Milk</p>	<p>16 Tuna &amp; noodle casserole                      with peas 8 oz                      Carrots 4 oz                      Strawberries 4 oz                      Gelatin 4 oz                      Bread                      Milk</p>	<p>17 Turkey 3 oz &amp; Dressing                      1/4 c.                      Mashed pot 4 oz/Gravy 2 oz                      Green beans 4 oz                      Cranberry sauce 4 oz                      Pumpkin pie squares</p>	<p>18 Sausage/hamburger                      gravy 6 oz over Biscuit                      Cranberry juice 4 oz                      Stewed tomatoes 4 oz                      Hot spiced peaches 4 oz                      Milk</p>
<p>21 Autumn soup 8 oz                      Crackers-2                      Combination salad 4 oz                      Salad dressing 1 oz                      Strawberries 4 oz                      Sugar cookie                      Milk</p>	<p>22 Creamy chicken &amp; veg-                      gie casserole 8 oz                      Cole slaw 4 oz                      Peaches 4 oz                      Wheat roll                      Milk</p>	<p>23 Potato ham omelet 6 oz                      Spinach 4 oz                      Tomato salad 4 oz                      Grape juice 4 oz                      Bran muffin                      Milk</p>	<p>24                      HOLIDAY</p>	<p>25                      HOLIDAY</p>
<p>28 Beef cutlet 3 oz with                      Spanish sauce 2 oz                      Baked potato                      Cooked cabbage 4 oz                      Mixed fruit 4 oz                      Bread                      Milk</p>	<p>29 Ham &amp; beans 8 oz                      Parslief carrots 4 oz                      Banana in orange juice 4 oz                      Combread                      Applesauce brownie                      Milk</p>	<p>30 Baked chicken 2 pc dark                      or 1 pc white meat                      California mash 4 oz                      Broccoli 4 oz                      Plums 4 oz                      Wheat roll                      Milk</p>	<p>Birth Day - November 10                      Choice Days - November 14                      Circled Days - meals that freeze well                      Thanksgiving Holiday - November 24 &amp; 25</p>	

Clearwater Community  
Center  
921 E Janet Ave  
Clearwater, KS 67026  
620-584-2332



# November



### 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  
Becky Estes – Member  
Farol McMillan - RSVP Program