



SCOOP



Clearwater Community Center
921 Janet Ave Clearwater, KS 67026
620-584-2332
communitycenter@clearwaterks.org

5 SURPRISING REASONS YOU'RE UP AT 4 A.M.

For the 70 million Americans who suffer from insomnia, nighttime can be endless and exhausting. If you're a chronic non-sleeper, you've no doubt followed expert advice to turn off the electronics, keep the bedroom dark and cool, and avoid alcohol and caffeine before bed. But we've found five surprising reasons why you might not be sleeping through the night. And they're all fixable.

1) You eat a lot of fast food

As if you really need another reason to give up sweetened beverages, consider this: Adults who drank a lot of soda were more likely to sleep just five hours a night or less, according to a 2016 study in the journal *Sleep Health*. Consuming large amounts of sugar may increase insulin resistance and produce inflammation. Add to the soda a fast food meal like a burger and fries, and you've got the perfect recipe for poor snoozing. "When your body is constantly putting out fires from processing unhealthy foods, the result may be shallower sleep," says Michael Grandner, director of the Sleep & Health Research Program at the University of Arizona College of Medicine in Tucson.

Fix it. Go for greens and green tea. Older adults who followed a Mediterranean diet - with its emphasis on fruits and vegetables, fish, nuts, seeds and olive oil - were more likely to snap better-quality slumber, a 2017 study in the journal *Sleep* found. Also, a new Japanese study discovered that lowering the amount of salt in the diet can dramatically cut middle of the night bathroom calls.

2) Your back hurts

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JULY BIRTHDAYS

- | | | |
|---------------------|-----------------------|------------------------|
| Lois Winters 7/05 | Marlene Hand 7/09 | Normae Sullivan 7/19 |
| Glen Hoheisel 7/05 | Don McSwain 7/10 | Gary Morehead 7/24 |
| Charles McCoy 7/06 | Bob Jacobs 7/10 | Eileen Garrigus 7/25 |
| Betty Peitz 7/06 | Ron Fleming 7/13 | Horst Hillman 7/27 |
| Barbara Ford 7/07 | Dean Lindamood 7/14 | Marie Freidline 7/30 |
| Janie Winter 7/07 | Gilbert Miliken 7/15 | Jack Skinner 7/30 |
| Carolyn Seiter 7/07 | Barbara Hufford 7/16 | Mary Alice Sperry 7/31 |
| Earl Brockman 7/07 | Don Klausmeyer 7/16 | Mary Higgins 7/31 |
| Mary Sullivan 7/08 | Beverly McKibban 7/18 | Clark Bolan 7/31 |
| | Harold Stafford 7/19 | |

UPCOMING EVENTS

Schedule of Events

- 7/3 Zumba
- 7/4 Center Closed
- 7/7 Color Me Mine event
- 7/10 Zumba
- 7/11 Carry In Lunch
- 7/15 Biscuits & Gravy
- 7/17 Zumba
- 7/17 Foot Clinic
- 7/19 Foot Clinic
- 7/22 Farmers Market
- 7/24 Zumba
- 7/25 Commodities
- 7/31 Zumba

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.

Date: Tuesday, July 11th
Time: 12:00 noon
Location: Main room at Center
Cost: Free

Painting Group

Come down and paint with friends. This group of ladies are willing to help beginners. Just stop by and join in the creativity!

Date: Every Monday
Day: 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 that 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 that 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 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 help you figure it out and show you how to use it.

Date: Every Thursday except 2nd Thursday
Location: Pam's office
Time 9:30 am
Cost: Free



MISSISSIPPI POT ROAST

INGREDIENTS:

- 3- pound chuck roast
- 1- ounce packet of dry ranch seasoning mix
- 1- ounce packet of dry au jus gravy mix
- 6 tbsp unsalted butter
- 1/4 cup water
- 5-6 pepperoncini

DIRECTIONS:

1. Add 1/4 cup of water into the insert of your slow cooker then place the chuck roast on top
2. Sprinkle the dry ranch seasoning mix on top of the chuck roast, then sprinkle the dry au jus mix on top, then place 6 tbsp. of butter on top of the roast, and finally 5-6 pepperoncini around the roast.
3. Cook on low for 8 hours.
4. Shred and serve with gravy.



A FEW OF MY
favorite things

BITS & PIECES (FROM PAM'S DESK)

CATFISH FRY

I want to personally thank Earl Brockman and his son for getting out there and fishing like crazy. He has caught a lot more fish for our Fish Fry. As you may have heard we lost the entire lot when the freezer went out. Thank you Earl for all your hard work.

VOLUNTEERS

As of right now the Catfish Fry is still on for Saturday, September 9th. We are still needing volunteers to help serve, cook,

clean up or make cakes. If you may be interested in helping please call the Center at 620-584-2332.

NAME CHANGE

Some of you may already know but on Saturday June 10th I got married. :) I married Jarod Ledington who is active duty Air force. Between the joys of getting married and navigating military life, I have been a busy bee. I wanted to make you aware when you see Pamela Ledington come across in an email.

"We rise by lifting others"
-Robert Ingersoll

Hermes Healthcare

"Foot Care for you... when you cant."

Your feet are a very important part of your health and independence, and caring for them can become quite a task as you age. You may not be physically able to care for them properly any longer, due to failing vision, decreased mobility or flexibility. You may have one or more health diagnoses that also put you at risk, such as diabetes, cardiac or neurological problems. Medicare covers these routine foot care every 60 days. Hermes Healthcare can trim nails, remove callous, ingrown toenails, plantar warts, and can do some minor wound care. If you would like to make an appointment for when they are here please call 316-260-4110. The dates below are when they are here next.

Monday July 17th and Wednesday July 19th



FOOTCARE

UPCOMING EVENTS

Cards & Puzzles

Gather some friends and come out to the Community Center on Wednesdays to play a few card games or work on a puzzle or two. It is much more fun to do these activities with other people. We have the cards and the puzzles. Just bring a friend and come spend some time with others.



Date: Every Wednesday
Time: 9:00 am—3:00 pm
Location: Centers Main Room

Pottery Painting Trip

Join us as we take a trip to the “Color Me Mine” pottery barn in Wichita. The studio fee covers all of your tools, colors to paint with, glazing, firing and hands on assistance of the amazing staff. Staff will call you when your piece is ready, 5-7 days after painting!

We are trying this trip again as many people were interested but could not make last month work!



Date: Friday July 7th
Time: 1:30 pm
Location: In Wichita (meet here)
Cost: \$10 for adults, \$5 for kids 12 and under

Mobile Farmers Market

The Mobile Farmers Market will be making a stop in Clearwater on the 4th Saturday in June and July. This group will have fresh produce from local farmers and will sell them to the public. Read the article on the main page to learn more about the great program!

Date: Saturday, July 22nd
Time: 9 am—noon
Location: In front of Community Center
Cost: prices vary



Summer Zumba

The fun, upbeat Zumba dance fitness program is back on at the Center. Jennifer Clark will lead the class on Monday nights. Zumba involves dance and aerobic movements performed to energetic music. Open to all.



Date: Mondays
Time: 7pm—8pm
Location: Main room of Community Center
Cost: \$1 per class

CONTINUED FROM THE MAIN PAGE

Of those who suffer from chronic pain, one-quarter said they have difficulty staying asleep at night, and 10% can't nod off easily, reports a 2017 study in *BMC Family Practice*. Unfortunately, pain can cause "micro-arousals" throughout the night, and insomnia can lower your pain tolerance. The result: a vicious cycle that feeds sleep problems.

Fix it. Talk to your doctor about ways to relieve pain without drugs. Heat, massage and acupuncture, for example, are effective for lower-back pain. Or try tart cherry juice. Drinking 8 oz twice a day has been shown in preliminary research in older adults to reduce pain and increase sleep by 84 minutes per night, says Robert Oexman, director of the Sleep to Live Institute in Mebane, NC.

3) You take sleep meds

Here's an eye-opening statistic: Sleep medicines give you just an extra 15 minutes of sleep per night on average, Oexman says. And you may not feel that refreshed the next day, either. "They have an amnesia effect, where you're still waking up, you just don't remember it," he says. That's a big price to pay for dangerous side effects, including addiction, sleepwalking and falling. While the sleep hormone melatonin can be safer, most people take it incorrectly, Grander says. Melatonin works to shift your body clock – not induce sleep.

Fix it: Sleep meds should be taken only as a short-term treatment for insomnia in response to a major life stressor, like divorce, death in the family or job loss, says Helena Schotland, MD, sleep expert at the University Of Michigan Sleep Disorders Center in Ann Arbor. If you want to try melatonin – for instance, if you're normally a night owl and want to get to sleep sooner – take a small dose 2-3 hours before bed.

4) You're on a beta-blocker or SSRI

When it comes to keeping you awake at night, sleep medications aren't the only drug offenders, Oexman says. Certain beta blockers for hypertension (labetalol and propranolol), asthma medications (thophylline and corticosteroids) and SSRI antidepressants (fluoxetine or sertraline) can cause sleepless nights. Some over the counter pain relievers contain stimulating caffeine. Also, non prescription allergy drugs and natural ginseng have been associated with insomnia.

Fix it: Sit down with your doctor (or pharmacist) and do a medication review. He or she can pin point which meds may be contributing to your insomnia and suggest alternatives. For instance, atenolol or bisoprolol are better options for beta-blockers if you're having trouble sleeping.

5) You have undiagnosed sleep apnea.

Think you don't have sleep apnea if you don't snore? Not true, Schotland says. Many of 23 million Americans with obstructive sleep apnea have uncommon symptoms, including night sweating, morning headaches, dry mouth and, yes, insomnia. And not all sufferers are overweight, which is why it is frequently missed. One telltale sign: You're especially tired during the day. "Many people ignore this red flag," Schotland says.

Fix it: If you get a full night's sleep but are still dragging during the day, talk to your doctor. If you do have sleep apnea, treatments are effective and may include an oral device or CPAP machine. Even a little weight loss can help; one study found that losing just 20 pounds cut the number of apnea episodes per hour nearly in half.

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The Clearwater Community Center is still offering our amazing lunch program. Lunch is served daily. We will need at least a day or two notice if you would like to eat. It is a great meal and a good time to catch up with friends. Also, if

you or someone you know is homebound, we also offer Meals On Wheels. Please call Becky for more information or to schedule a lunch. 620-584-2332.





TOPS Support Group Forming in Your Senior Center

Real People.

Interested in Losing Weight?

Real Weight Loss.®

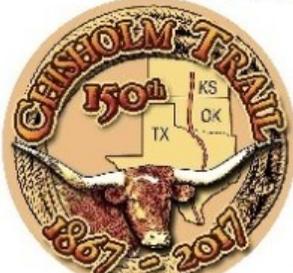
TOPS (Take Off Pounds Sensibly) offers:

- Weekly meetings with private weigh in
- Educational programs and information
- TOPS healthy eating plan available
- On line resources: healthy eating, recipes, weight tracking and much more
- Group support, contests and recognition
- Not for Profit; Annual Cost of only \$32.00

Visit www.tops.org

For more information about when & where this group is forming or TOPS® call Beverly at 316-755-1055 or email bednasek@networksplus.net

Texas Cattle Trail Scholars Gary & Margaret Kraisinger



1:00 p.m.

Thursday, July 20, 2017

Clearwater Community Center
921 E. Janet

The public is invited to this free program



Award-winning authors, Gary & Margaret, have published three books and various articles on Texas cattle trails. The couple researches, lectures, and writes about the Texas cattle trail industry that lasted about 50 years -- from 1846 to 1897. They have mapped all four south-to-north cattle trail systems. Their latest book addresses the Chisholm Trail.

Carry In Lunch 6-13-17

Pam greeted all to our June Carry In Lunch She introduced Angela Miller from Harry Hines Hospice. There was no one present with June birthdays. Marlene led the Flag Salute, National Anthem, and blessing for the food.

Angela told us that Harry Hines was the first of its kind in the Wichita area. She spoke on caregiver burnout. Some of the problems facing caregivers other than exhaustion, include insomnia, forgetfulness and stress. She encouraged us to not be hesitant to ask for assistance so the caregiver can take a break. To contact them you can visit their website at www.hinesmemorial.org or by phone at 316-265-9441.

Our next speaker was Beth Reischmann, the new RSVP Program manager through the Department on Aging. She is new to the position and encouraged everyone to be a volunteer through the Center. She also encouraged everyone to keep track of their time and mileage to turn in at the Center that will be forwarded to the RSVP Program. The Center also benefits financially from the programs.

Announcements: Friday 6-16 the National Guard program at the Center. Sat 6-17 Biscuits & Gravy. Sat 6-22 The Mobile Farmers Market will be at the Center. It will be at the Center one Saturday in July also.

Marlene then spoke on the importance of Fathers in the home and the effect of his guidance or lack there of.

Pam's good news was of her recent marriage. We congratulate her and please take note of her new last name. She is now Pamela Ledington.

The game of the day was once again based on the ABC's and to name things seen on the way to the Center today. There were several letters with no words to describe, so those listed were; A- airplane, apple tree, apartments; B- birds, buildings, bike, bushes, beam, bank, blue sky; C- cows, crows, car wash, cars, clouds, church; D- dogs, dandelions, dirt; E- E free church, everyone; F- flowers, fence, flag; G- grass, girls; H- houses, hawk, hanging plants, hats; I- iris; J- Jaybird; L- lot, lights; M- Mize's, mailbox, mailman, men; N- neighbors; O- office; P- path, pool, pond, plant, porch, park; R- road, red bricks, roses; S- stone, sun, sidewalk, street, squirrel, sweet potato plant, signs; T- trucks, trees, tomato plants; V- van, violets, vases; W- women, water, windows, wall; Y- yellow sun. One persons commented she was sorry she didn't see a Unicorn on her way. The object of these games are to keep our minds active!

Marlene Parret,
Secretary

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	4 <u>CENTERCLOSED</u> 	5 Morning Coffee 9am Cards & Puzzles 9am – 3pm	6 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	7 Tai Chi 8:45 am Exercise 10:00 am Color me Mine 1:30 pm	8
9 	10 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	11 Tai Chi 8:45 am Exercise 10:00 am <i>Carry In Lunch noon</i> AA/Al Anon 7-9 pm	12 Morning Coffee 9am Cards & Puzzles 9am – 3pm	13 Bible Study (E-free) 10am AA 7pm-9pm	14 Tai Chi 8:45 am Exercise 10:00 am	15 Biscuits & Gravy 7am – 10 am
16 	17 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm Foot Clinic (by appt)	18 Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	19 Morning Coffee 9am Foot Clinic (by appt)	20 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm <i>Texas Cattle Trail</i> <i>Scholars talk at 1pm</i>	21 Tai Chi 8:45 am Exercise 10:00 am	22 Mobile Farmers Market 9am - noon
23 	24 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	25 Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm Commodities 9a-3p	26 Morning Coffee 9am Cards & Puzzles 9am – 3pm	27 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	28 Tai Chi 8:45 am Exercise 10:00 am	29
30 	31 Blood pressure ✓ 10am Bible Study (COC) 9:30 a Painting 1pm-3pm Summer Zumba 7pm	 				

Mon	Tue	Wed	Thu	Fri
3 Oven fried chicken Potato salad 1/2c 3 - 4 inch celery sticks w/2 Tbsp. Peanut butter Watermelon 1/2c Roll Milk	4 HOLIDAY	5 Potato Stroganoff casse- role 1c Green beans 1/2c Cantaloupe 1/2c Grape juice 1/2c Roll Milk	6 Easy chicken & broccoli pie 1c Pickled beets 1/2c Mandarin oranges 1/2c Oatmeal cookie Milk	7 Ham & beans 1c Parslled carrots 1/2c Tomato slices 1/2c Plums 1/2c Cornbread Milk
10 Hot turkey sandwich (mashed pot/gravy) Mixed vegetables 1/2c Cranberry sauce 1/2c Peach crisp 1/2c (bread) Milk	11 Tuna salad 1/2c on a Bun Cuke & onion salad 1/2c Strawberries 1/2c Sugar cookie Milk	12 Ham & egg casserole 1c Broccoli/carrot salad 1/2c Grape juice 1/2c Apricots 1/2c Bran muffin Milk	13 Meatloaf Augratin potatoes 1/2c Cauliflower bean salad 1/2c Mixed fruit 1/2c Peanut butter cake w/PB frosting Roll Milk	14 Creamy chicken & veg- gie casserole 1c Mixed green salad 1/2c Salad dressing 1oz Pineapple & bananas 1/2c Bread Milk
17 Beef cutlet OR Liver & onions Mashed potatoes/gravy Mixed vegetables Honey dew melon Roll Milk	18 Chicken fajita salad 1c with Salsa (corn chips) (lettuce, tomato, cheese) Banana w/2 T peanut butter Refried beans 1/2c Cinnamon roll Milk	19 Tuna OR Salmon patty Creamed peas 1/2c Cuke & tomato salad 1/2c Watermelon 1/2c Muffin Milk	20 Turkey 3oz with gravy Green beans 1/2c Combination salad 1/2c Salad dressing 1oz Strawberries 1/2c Wheat roll Milk	21 BBQ pork 1/2c on a Bun Baked potato Broccoli raisin salad 1/2c Mixed fruit 1/2c Milk
24 Chicken salad 1/2c on a Bun Tomato slices 1/2c Banana 2 Tbsp Peanut butter Apple cobbler 1/2c Milk	25 Swedish steak Roasted garlic mashed pot. 1/2c Black eye pea salad 1/2c Apricots 1/2c Roll Milk	26 Chicken & rice cass 1/2c Beets 1/2c Gelatin w/fruit 1/2c Plums 1/2c Bran muffin Milk	27 Crunchy fish w/Tartar sauce OR Baked chicken breast Cole slaw 1.2c Macaroni & cheese 1/2c Peaches 1/2c Milk Oatmeal raisin cookie	28 Ham & swiss broccoli pasta 1c Cooked carrots 1/2c Mixed melons 1/2c Cheddar dill bread Milk
31 Chicken fried steak Mashed pot./Cream gravy Mixed green salad 1/2c Salad dressing 1oz Blushing pears 1/2c Roll Milk	Birthday Day - July 13 Choice Days - July 17 & 27 Circled Days - meals that freeze well Independence Day Holiday - July 4			
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				

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

July 



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
Marlene Parret Assistant

Advisory Committee Members

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