

# THE SCOOP



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

## SENIOR OPIATE ADDICTION

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Susan was noticing changes in her 71-year-old mother, Florence. She seemed withdrawn and sometimes anxious.

Susan often ran errands for Florence, and after a few trips to the pharmacy; she noticed her mother had prescriptions for Percocet from several different doctors. When asked about it, Florence’s answers were vague, even secretive. Further probing caused her to become confrontational.

Eventually, the full story came out. Florence had built up a tolerance to the medication and started increasing how much she was taking.

Fearing that her doctor would stop prescribing the medication if she told him that she had increased the dosage, she kept it secret.

She did not believe that she would be able to function without the pills. She began visiting several doctors, requesting the same medication, and using different pharmacies to fill the prescriptions.

She began to change the numbers on the prescriptions so that she could get more pills with more refills. Florence had become addicted to Percocet.

When you think of drug addiction, seniors are not the first age group that comes to mind.

However, 40 percent of the prescription drugs sold in the US are used by the elderly, often for problems such as chronic pain, insomnia, and anxiety.

*Continued on page 4*

## APRIL BIRTHDAYS



- |                         |                      |                       |
|-------------------------|----------------------|-----------------------|
| Mary Conley 4/02        | Deanna Dent 4/16     | Jeff Laha 4/24        |
| Marilyn Klausmeyer 4/04 | Dorothy Sanders 4/19 | Ruby Richardson 4/25  |
| Cleo Vandruff 4/07      | Lola Jean Lamb 4/19  | David Klausmeyer 4/25 |
| Mary Maltbie 4/08       | Shannon Avery 4/19   | Denny Stauth 4/28     |
| Lois Croft 4/08         | Connie Craig 4/22    | Janice Hopson 4/29    |
| Marvin Schauf 4/11      | Clarice Sparr 4/23   | Linda McCune 4/29     |
| Justin Givens 4/14      | Gayla Rinehart 4/23  | Charlotte Dawson 4/29 |
| Donna Welsh 4/16        | Nancy Girard 4/24    | Earnest Glaser 4/29   |

## UPCOMING EVENTS

### Schedule of Events

- 4/03 Severe Weather Safety Class
- 4/10 Crochet & Quilting grp
- 4/11 Carry In Lunch
- 4/15 Biscuits & Gravy
- 4/17 Crochet & Quilting grp
- 4/20 Jim Grey talk
- 4/24 Crochet & Quilting grp
- 4/25 Hazardous Animals & Plants

#### 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, April 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



## CREAMY ASPARAGUS PASTA SALAD

### INGREDIENTS:

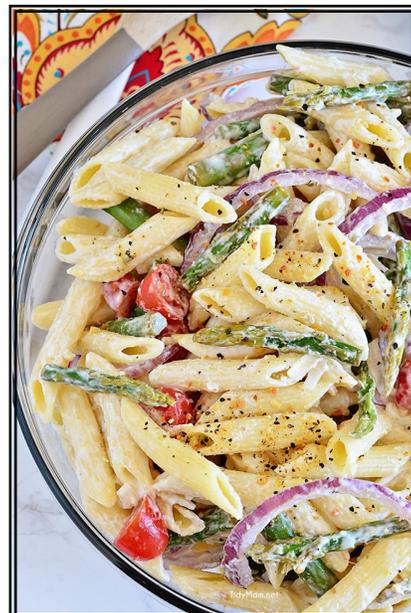
- 1 lb uncooked pasta, such as penne or rotini.
- 1 lb asparagus
- 1 cup grape or cherry tomatoes, cut in half.
- 1/2 large red onion, thinly sliced.

### DRESSING

- 10 oz Greek yogurt
- 4-5 Tbs lemon juice
- 1 1/2 tsp minced garlic
- 4 Tbs olive oil
- 1 Tbs honey
- 1/2 tsp lemon pepper
- Zest from 1 lemon
- 1/2 tsp sea salt

### DIRECTIONS:

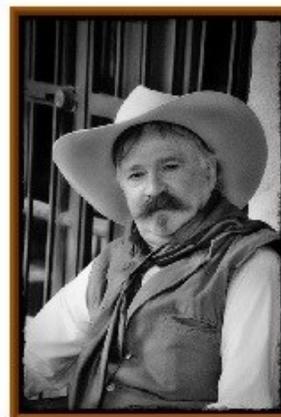
1. Place all the ingredients for the dressing in a jar and screw on lid. Shake jar vigorously until ingredients are combined. Taste and adjust quantities as desired. Set the dressing aside.
2. Remove the tough stems of the asparagus then cut each spear into 2 inch pieces.
3. Bring a large pot of salted water to a boil. Add the pasta and cook for 11 minutes, then add the asparagus to the boiling water and cook with pasta for another 2 minutes. Drain the pasta and asparagus then rinse it with cold water until cooled; allow to drain well.
4. Transfer pasta and asparagus to a large bowl, gently stir in tomatoes and onions. Toss with dressing, cover and refrigerate a few hours.
5. Serve cold or room temperature.



# "Head 'Em Up and Move 'Em Out"

presentation and discussion by

## Jim Gray

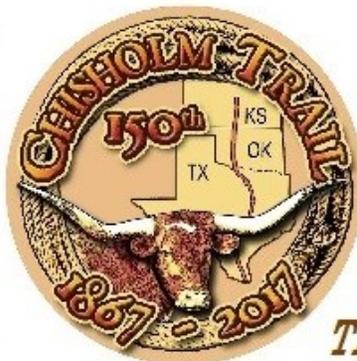


1:00 p.m.

Thursday, April 20, 2017

Clearwater Community Center

921 E. Janet



*The public is invited to this free program*

Sponsored by the Kansas Humanities Council & Clearwater Public Library

620.584.6474 ~ [www.clearwaterkslibrary.org](http://www.clearwaterkslibrary.org)

## 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



### Severe Weather Safety Program

Are you prepared? Sedgwick County Emergency Management presents a program developed by the National Weather Service to help educate citizens about severe weather and ways to stay safe. Sponsored by Clearwater Police and Fire Departments and Clearwater Community Center.



Date: Monday, April 3rd  
Time: 6:30 pm  
Location: Centers Main Room  
Cost: Free to public

### Hazardous Animals & Plants

Do you know the difference between a poisonous snake and non-poisonous? Do you know how to identify spiders that can cause serious harm and harmless ones? It is springtime and this is a great way to learn about the different things in our area that could cause us harm. Terry Sullivan will be giving this presentation and everyone is invited.

Date: Tuesday, April 25th  
Time: 1:00 pm  
Location: Centers Main Room  
Cost: Free to public



## CONTINUED FROM MAIN PAGE.....

According to the National Clearinghouse for Alcohol and Drug Information, as many as 17 percent of adult's age 60 and older abuse prescription drugs. Narcotic painkillers, sleeping pills, and tranquilizers are common medications of abuse.

When drugs come from a doctor's prescription pad, misuse is harder to identify. We assume pharmaceutical drugs are only used for treating medical conditions. But many older adults take mood-altering medications for non-medical reasons. Over time, they develop a tolerance to the drug. Achieving the same effect requires more and more of the drug.

Dr. Marvin Tark, a pain management specialist, explains it like this: "Addiction is a genetic trait. Prescription drug addiction is no different from alcoholism or an addiction to any other substance. If a person has a history of alcoholism or substance abuse, there is a higher chance that they will abuse prescription medications.

Seniors do not fit the picture in most people's heads of a drug abuser, so more often than not, practitioners and family members do not suspect that seniors have a problem. This makes access to prescriptions even easier for seniors.

"When grandma goes to the doctor with an ache or pain, she easily gets Percocet," says Tark. "Fifteen percent of the population has a tendency towards addiction. Seniors have the same propensity.

*AgingCare.com, connecting people caring for elderly parents*

## April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	<p><b>3</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Severe Weather Safety Class 6:30 pm</p>	<p><b>4</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm</p>	<p><b>5</b> Morning Coffee 9am Cards &amp; Puzzles 9am – 3pm</p>	<p><b>6</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm</p>	<p><b>7</b> Tai Chi 8:45 am Exercise 10:00 am</p>	8
9	<p><b>10</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm</p>	<p><b>11</b> Tai Chi 8:45 am Exercise 10:00 am <i>Carry In Lunch noon</i> AA/Al Anon 7-9 pm</p>	<p><b>12</b> Morning Coffee 9am Cards &amp; Puzzles 9am – 3pm</p>	<p><b>13</b> Bible Study (E-free) 10am AA 7pm-9pm</p>	<p><b>14</b> Tai Chi 8:45 am Exercise 10:00 am</p>	15 <i>Biscuits &amp; Gravy 7:30 am – 10:30 am</i>
16 	<p><b>17</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm</p>	<p><b>18</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm</p>	<p><b>19</b> Morning Coffee 9am Cards &amp; Puzzles 9am – 3pm</p>	<p><b>20</b> BYOD 9am Bible Study (E-free) 10am "Head 'Em Up – Move 'Em Out." Presentation at 1pm AA 7pm-9pm</p>	<p><b>21</b> Tai Chi 8:45 am Exercise 10:00 am</p>	22
23	<p><b>24</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm</p>	<p><b>25</b> Tai Chi 8:45 am Exercise 10 am Hazardous Animals &amp; Plants talk 1pm AA/Al Anon 7pm-9pm</p>	<p><b>26</b> Morning Coffee 9am Cards &amp; Puzzles 9am – 3pm</p>	<p><b>27</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm</p>	<p><b>28</b> Tai Chi 8:45 am Exercise 10:00 am</p>	29
30 						

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>13 Birthday Day - April 13                      14 Choice Days - April 10 and April 27                      15 Circled Days - meals that freeze well                      16 Good Friday Holiday - April 14                      17 Volunteer Appreciation Day - April 17</p>			
<p>3 Chicken pot pie 1c                      Tomato salad 1/2c                      Apple juice 1/2c                      Apricots 1/2c                      Oatmeal cookie                      Milk</p>	<p>4 Spaghetti with meat sc. 1c                      Broccoli raisin salad 1/2c                      Pineapple 1/2c                      Garlic bread                      Gelatin 1/2                      Milk</p>	<p>5 Turkey roast 3oz                      Mashed potatoes 1/2c/Gravy                      Mixed vegetables 1/2c                      Peaches 1/2c                      Wheat roll                      Milk</p>	<p>6 BBQ pork 3oz on a Bun                      Cole slaw 1/2c                      Green beans 1/2c                      Pears 1/2c                      Chocolate pudding 1/2c                      Milk</p>	<p>7 Cheesy pot &amp; egg bake 1c                      Combination salad 1/2c                      Salad dressing 1oz                      Plums 1/2c                      Fruit swirl coffee cake                      Milk</p>
<p>10 Fish or Chicken sandwich with set up or tartar sc. (Bun)                      Beets 1/2c                      Broccoli cheese soup 1/2c                      Crackers-1                      Milk                      Mandarin oranges 1/2c</p>	<p>11 Chicken &amp; noodles 1c                      over Mashed potatoes 1/2c                      Parslied carrots 1/2c                      Strawberries 1/2c                      Brownie                      Milk</p>	<p>12 Mexican lasagna 1c                      Mixed green salad 1/2c                      Salad dressing 1oz                      Pineapple 1/2c                      Fruited gelatin 1/2c                      Sweet muffin                      Milk</p>	<p>13 Ham 3oz                      Cabbage au gratin 1/2c                      Green peas 1/2c                      Peaches 1/2c                      Wheat roll                      White cake                      Milk</p>	<p>14 HOLIDAY</p>
<p>17 Chicken fried steak 3oz                      Mashed pot 1/2c with                      Cream gravy                      Milk                      Combination salad 1/2c                      Salad dressing 1oz                      Cake                      Apricots 1/2c                      Roll</p>	<p>18 New England stew 1c                      Tomato salad 1/2c                      Banana                      Cornbread                      Molasses drop cookie                      Milk</p>	<p>19 Oven fried chicken                      Creamed spinach 1/2c                      Carrots 1/2c                      Strawberries 1/2c                      Wheat roll                      Milk</p>	<p>20 Tuna noodle casserole 1c                      Cole slaw 1/2c                      Plums 1/2c                      Banana bread                      Gelatin 1/2c                      Milk</p>	<p>21 Scalloped potatoes &amp; ham 1c                      Broccoli 1/2c                      Mixed fruit 1/2c                      Bread                      Lemon bar                      Milk</p>
<p>24 Baked chicken                      California mash 1/2c                      Mixed vegetables 1/2c                      Strawberries 1/2c                      Wheat bread                      Milk</p>	<p>25 Goulash 1c                      Broccoli 1/2c                      Peaches 1/2c                      Garlic bread                      Peanut butter cake with PB frosting                      Milk</p>	<p>26 Ham &amp; beans 1c                      Potatoes &amp; onions 1/2c                      Carrots 1/2c                      Plums 1/2c                      Cornbread                      Milk</p>	<p>27 Liver &amp; onions OR                      Salisbury steak 3oz                      Mashed potatoes 1/2c/Gravy                      Green beans 1/2c                      Mixed fruit 1/2c                      Wheat roll                      Milk</p>	<p>28 Chicken fajita salad 1c (lettuce &amp; tomato)                      Salsa (corn chips)                      Mandarin oranges 1/2c                      Cinnamon roll                      Apple juice 1/2c                      Milk</p>

### Carry In Lunch 3-14-17

Marlene welcomed everyone to the monthly Carry In Lunch and explained that Pam had jury duty today and would not be joining us. There was no one present with a March birthday. Marlene led the Flag Salute and National Anthem and gave the blessing for the meal.

Robert Pugh gave a presentation on the upcoming USD 264 Bond issue which will be voted on April 25, 2017. This will be for updating and security improvements to the school buildings in town. USD 264 currently has nearly 1,100 students enrolled. Robert also introduced Paul Becker, Superintendent and Steve Shogren who represents making bonds to pay for the projects. The cost to be approximately \$15.82 million that will be paid for through property taxes. For more information visit [www.usd264kids.com](http://www.usd264kids.com)

Marlene led the game asking each person to write down the oldest piece of clothing they still have, or some possession from their childhood. Some replies were: a sweater and jacket that belonged to her grandmother; black leggings; an old pair of shoes that cant seem to wear out; her old wedding dress; her mothers toy tea set. Marlene then showed an apron made for her by her sister when she was about 3 years old. She also showed a "new-size" apron she made with the same chickens designs stitched on the apron bib.

#### Announcements:

Biscuits & Gravy 3-18 We need help with this monthly breakfast.  
Sign up sheet for Alzheimer's talk and Chisholm Trail speaker by the counter.

Marlene Parret,  
Secretary



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921 Janet Ave  
Clearwater, KS 67026  
620-584-2332**

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### **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