

# THE SCOOP



**C**learwater **C**ommunity **C**enter  
**9 2 1 Janet Ave Clearwater, KS 6 7 0 2 6**  
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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**

## PROBLEM OF ISOLATION & LONELINESS IN OLDER ADULTS

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Central Plains Area Agency on Aging and *the active age* are working to promote the annual Home for the Holidays Campaign through National Association of Area Agencies on Aging, in collaboration with the AARP Foundation, to raise awareness of the growing problem of social isolation and loneliness in older Americans. It is estimated that one in five adults over age 50 are affected by isolation, a problem that has been associated with higher rates of chronic disease, depression, dementia and death.

There are many factors that put a person at risk for social isolations including living alone, mobility and sensory impairment, major life changes or loss, low income, being a caregiver, inadequate social supports, rural living, transportation challenges or language barriers. CPAAA published many articles in *The Active Age* and during the holiday season we often encourage people to check on older loved ones to ensure their safety or health. Social isolation isn't often talked about but is certainly a reality for many. It is a growing problem, which impacts many older adults in our communities. About 29% of people 65 and older live alone and twice as many women live alone than men. As people age into their mid-seventies the likelihood of living alone increases. According to the University of California San Francisco, loneliness is linked to serious health problems and death among older adults. It has been found that older adults describing themselves as lonely have a 59% change of greater risk of functional decline and a 45% greater risk of death.

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## FEBRUARY BIRTHDAYS



Donna Humiston 2/02  
 Jerry Stitt 2/02  
 Janetta Burris 2/03  
 Marlene Parret 2/04  
 Yvonne Coon 2/06  
 Marilyn Lies 2/06

Gary Hunt 2/06  
 Vivian Maechtlen 2/09  
 Gene Garcia 2/09  
 David Bentley 2/12  
 Joyce Pulliam 2/15  
 Peggy Brockman 2/21

Charles Rinehart 2/21  
 Lorena Hinckley 2/23  
 Ida Combs 2/24  
 David Papish 2/27  
 Jan Casey 2/28  
 Wyval Rosamilia 2/28



## UPCOMING EVENTS

### Schedule of Events

- 2/06 Crochet & Quilting group
- 2/13 Crochet & Quilting group
- 2/14 Carry-In Lunch
- 2/14 Flower Fundraiser
- 2/18 Biscuits & Gravy
- 2/20 Center Closed
- 2/23 & 2/24 Driver Safety
- 2/27 Taxes

#### Valentines Day 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. **BE SURE TO WEAR RED OR PINK!**

Date: Tuesday, February 14th

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 ex-

cept 2nd Thursday

Location: Pam's office

Time 9:30 am

Cost: Free



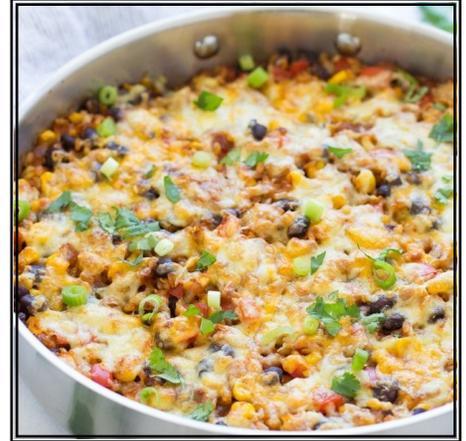
# ONE SKILLET MEXICAN RICE CASSAROLE

## INGREDIENTS :

- 1 small red onion, diced
- 1 tablespoon extra virgin olive oil
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 red bell pepper, cored and diced
- 1 (4 ounce) can diced green chilies, drained (or 1 jalapeno, diced)
- 1 cup corn kernels, fresh or frozen and defrosted
- 1 (15 ounce) can black beans, drained and rinsed
- 12 ounces salsa or enchilada sauce
- 1 and 1/2 cups cooked Planet Rice California Sprouted Brown Rice
- 1/2 cup shredded Monterey Jack cheese\*

## DIRECTIONS :

1. Start by warming the oil in a large skillet (mine is 3 quarts) over medium heat. Add the onion and cook for 3 minutes, then add the spices (cumin to oregano) and stir together. Continue to cook for another 2-3 minutes.
2. Next add the red pepper and the green chilies and stir together. Cook for another 2-3 minutes then add the drained and rinsed beans, corn, salsa, and rice. Stir everything until well-combined.
3. Turn the oven to broil then top the mixture in the skillet with the shredded cheese. Place the skillet in the oven and cook for about 3-4 minutes until the cheese is golden and bubbly on top. Serve warm with diced green onions, cilantro, and/or avocado.



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

### SAFEHOUSE MESSAGE

A message from Betty Jo Embry—"I want to say thank you for all of the donations that were given to the Wichita Children's Safe Place for homeless youth and teens last year. These young people are homeless, run-aways, and so broken. Yet they are still talented, and are trying to be more than just survivors. Through your giving it helps them to have hope that there are still kind adults who care. Thank you and God Bless."

### SEVERE WEATHER POLICY

Just a reminder that the Clearwater Community Center will be closed for winter weather if the Clearwater USD 264 schools are closed. It will be posted on news channels as soon as possible. But if you see that Clearwater has no school due to ice or snow, just know that we will not be open.

**"Remember that the happiest people are not those getting more, but those giving more."**

**-H. Jackson Brown**

## FLOWERS FOR FRIENDS!



*"There is nothing on this earth more to be prized than true friendship."*

Valentines Day is February 14th and it is right around the corner. Far too often our friends are overlooked on this holiday. We have so many friends who may not have a spouse or children close. These people would love to receive something on this holiday! This year the Community Center is raising money by selling "Flowers for Friends!" We will be selling single carnations for \$1.50 for you to give a friend. You may either purchase the flowers and deliver them yourself or for an extra fee we will deliver the flowers to someone in the Clearwater area.

If you are interested please call 620-584-2332 or email [communitycenter@clearwaterks.org](mailto:communitycenter@clearwaterks.org) to reserve your carnations.



Continued from main page.....

These statistics are staggering and may leave you thinking, what can I do to help those around me? “Expand Your Circles: Prevent Isolation and Loneliness As You Age,” offers information and resources to help older adults reduce their risk of becoming isolated or lonely. Suggestions offered are for individuals at risk for social isolation but also those who have identified seniors in their lives who may be socially isolated.

- Meet your neighbors both young and old. This is not as common as it once was but we all need social support around us and this is a great way to expand your circle of support for any age group.
- Stay physically active. Join a group exercise or a walking club at your church, senior center or neighborhood.
- Take a class to learn something new and expand your circle of friends. Senior Centers are great places to connect with new friends and learn new things. To find a senior center near you contact CPAAA’s call center at 855-200-2372 or visit [www.cpaaa.org](http://www.cpaaa.org).
- Volunteer to help those who might be isolated or to deepen your sense of purpose and help others. Contact 855-200-2372 to find a volunteer organization that needs your help.

CPAAA is a part of the national network of 622 Area Agencies on Aging (AAAs) providing crucial home and community-based services and supports for older adults in virtually every community in the nation. CPAAA and The Active Age are uniquely positioned to shine a light on this growing problem and to help find solutions.

“CPAAA is on the frontlines of helping seniors in Butler, Harvey and Sedgwick Counties live with dignity and independence in their homes, connecting them to an array of in-home services so vital to their well-being, we are often the first to realize that an older adult is isolated and lonely,” said Annette Graham, Executive Director at CPAAA. “That’s why we believe our participation in this national campaign can have such a major impact locally.”

Our two agencies combined hope to raise awareness of the problem of isolation and loneliness and promote ways to help people stay connected to their neighbors and communities. We want people to start thinking about what can be done about this in their corners of the community. By working together to promote awareness and also making quick phone call, stopping by with hot cocoa, helping out a caregiver or checking in on someone you know who may be at risk for social isolation, you too can make a difference. In 2017 set a goal to make a difference in one older adult’s life.

Central Plains Area Agency on Aging is available to assist caregivers and seniors through life’s transitions with various levels of support. For information about local senior centers, volunteer opportunities or other local programs contact 855-200-2372 or visit [www.cpaaa.org](http://www.cpaaa.org).

## Negative Health Effects of Isolation and Loneliness

Associated with higher rates of:



Chronic health conditions, including heart disease

Weakened immune system



Depression and anxiety

Dementia, including Alzheimer’s disease



Admission to nursing homes or use of emergency services

Death



“Social Disconnectedness, Perceived Isolation and Health among Older Adults,” *Journal of Health and Social Behavior* (2009)

### Here are some actions you may want to consider taking to help you stay ahead of the “connection curve.”

- Nurture and strengthen existing relationships; invite people over for coffee or call them to suggest a trip to a museum or to see a movie.
- Schedule a time each day to call a friend or visit someone.
- Meet your neighbors—you and old.
- Don’t let being a non-driver stop you from staying active. Find out about transportation options.
- Use social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter.
- Stay physically active and include group exercise in the mix, like joining a walking club.
- Take a class to learn something new and, at the same time, expand your circle of friends.
- Revisit an old hobby you’ve set aside and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit your local community wellness or senior center and become involved in a wide range of interesting programs.
- Check out faith-based organizations for spiritual engagement, as well as to participate in activities and events.
- Get involved in your community by taking on a cause, such as making your community more age-friendly.

## AARP SMART DRIVER COURSE

In 1979, AARP founded “55 Alive” to help keep older drivers independent, safe and confident while on the road. While its mission hasn’t changed since then, many other things have, including the program name. Today, AARP Driver Safety continues to meet the needs of older drivers through educational programs led by more than 4,000 volunteers and myriad resources. But they aren’t the same programs and resources that were available nearly 35 years ago. AARP Driver Safety has continued to evolve with the times, delivering on AARP’s goal to promote the independence of older Americans and enhance their quality of life. On Jan. 1, 2014, AARP Driver Safety launched the new and improved AARP Smart Driver™ Course, the nation’s largest driving refresher course.

### **Why a new course?**

A lot has changed since AARP Driver Safety first began as “55 Alive.” The roads have changed. Cars and the technology inside them have changed. Even the people behind the wheel have changed. As drivers, if we don’t keep up with those changes we put others and ourselves at risk. To help with AARP Driver Safety’s efforts to keep up with these changes, Toyota gave the AARP Foundation a three-year, \$12.6 million grant to invest in and improve the quality of education and resources available to older drivers. Through the grant, AARP Driver Safety was able to collaborate with the nation’s top experts in mobility, aging, technology, and vehicle and driver safety to develop AARP Smart Driver Course. It also worked with its nationwide team of volunteers to ensure that the new course would be as effective as possible.

### **How is the AARP Smart Driver Course different?**

The new and improved course curriculum was designed with the participant in mind, and it is different in many ways from previous editions including:

A completely new, easy-to-follow format that incorporates adult-learning principles, features reader-friendly print types, full-color pages, an easy-to-follow format and videos to supplement course content. New opportunities for participants to learn state-specific information throughout the course in a way that is easy to access and understand

As a result of evidence-based research findings, the course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including:

- Roundabouts
- Pavement markings
- Stop-sign compliance
- Red-light running
- Safety issues such as speeding, and seatbelt and turn-signal use

In addition to a new curriculum, AARP Driver Safety recently launched the Driving Resource Center — an interactive online resource for course participants that features tools and activities, including driving simulations, state-specific rules of the road and new vehicle technologies.

***Please consider joining our class on February 23rd and 24th from 1:00 pm to 5:00 pm. Cost is \$15 for AARP members and \$20 for non members.***

Will I get an auto insurance discount for completing the course online?

- The AARP Smart Driver™ online course is recognized as an approved Motor Vehicle Accident Prevention Course by the Kansas Department of Insurance. Licensed drivers of all ages may be eligible for an automobile insurance reduction discount after completing this course. Please check with your insurance company or agent for any additional requirements for eligibility.



# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Morning Coffee 9am	<b>2</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>3</b> Tai Chi 8:45 am Exercise 10:00 am	<b>4</b>
<b>5</b> 	<b>6</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>7</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>8</b> Morning Coffee 9am	<b>9</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>10</b> Tai Chi 8:45 am Exercise 10:00 am	<b>11</b>
<b>12</b> 	<b>13</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>14</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/AI Anon 7-9 pm Flower Fundraiser all day!	<b>15</b> Morning Coffee 9am	<b>16</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>17</b> Tai Chi 8:45 am Exercise 10:00 am	<b>18</b> Biscuits & Gravy 7:30 am – 10:30 am
<b>19</b> 	<b>20 CENTER CLOSED</b> 	<b>21</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>22</b> Morning Coffee 9am	<b>23</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm Driver Safety Course 1pm-5pm	<b>24</b> Tai Chi 8:45 am Exercise 10:00 am Driver Safety Course 1pm-5pm	<b>25</b>
<b>26</b> 	<b>27</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm <i>Tax Preparations (by appointment only)</i>	<b>28</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm				

Mon	Tue	Wed	Thu	Fri
Birthday Day - February 9 Choice Days - February 7 Circled Days - meals that freeze well		1 Spaghetti w/meat sauce 1 c Combination salad 1/2 c Salad dressing 1 oz Pineapple 1/2 c Garlic bread	2 Chicken & noodles 1 c Copper pennies salad 1/2 c Strawberries 1/2 c Roll Brownie	3 Mexican pork stew 1 c Cole slaw 1/2 c Savory lima beans 1/2 c Blushing pears 1/2 c Cornbread
6 Chicken fried steak Mashed potatoes 1/2 c Cream gravy 1/4 c Combination salad 1/2 c Salad dressing 1 oz Apricots 1/2 c Wheat roll	7 Fish or Chicken sandwich with set up or tartar sauce On a Bun Cracker-1 Split pea soup 1/2 c Beets 1/2 c Mandarin oranges 1/2 c	8 New England stew 1 c Tomato salad 1/2 c Banana Cornbread Oatmeal crispies	9 Oven fried chicken 1 breast or 1 leg/thigh Scalloped potatoes 1/2 c Mixed greens salad 1/2 c with dressing 1 oz Roll Peaches 1/2 c White cake	10 Southwest Chicken bake 1 c Carrot raison salad 1/2 c Strawberries 1/2 c Wheat bread
13 Ham & beans 1 c Potatoes & onions 1/2 c Carrots 1/2 c Plums 1/2 c Cornbread	14 Meatloaf 3 oz Baked potato Herbed green beans 1/2 c Peaches 1/2 c Wheat roll	15 Chicken fajita salad (lettuce & tomatoes 1 c) (corn chips 1/4 c) Salsa 1 oz Bananas in orange juice 1/2 c Peanut butter cake/Peanut butter frosting	16 Tuna noodle casserole with peas 1 c Cole slaw 1/2 c Apricots 1/2 c Wheat bread Gelatin 1/2 c	17 Baked chicken 1 breast or 1 leg/thigh California mash 1/2 c Mixed vegetables 1/2 c Strawberries 1/2 c Roll
20 Chicken & cheese casse- role 1 c Beets 1/2 c Cooked cabbage 1/2 c Peaches 1/2 c Wheat bread	21 Crispy fish sandwich with tartar sauce Spinach 1/2 c Macaroni & cheese 1/2 c Strawberries 1/2 c Bun	22 Mexican lasagna 1 c Broccoli 1/2 c Lima bean salad 1/2 c Apricots 1/2 c Pudding 1/2 c	23 BBQ pork 3 oz on a Bun Baked beans 1/2 c Combination salad 1/2 c Salad dressing 1 oz Mandarin oranges 1/2 c	24 Oven fried chicken 1 breast or 1 leg/thigh Mashed pot 1/2 c Chicken gravy 1/4 c German mixed veg. 1/2 c Plums 1/2 c W heat roll
27 Swedish ham balls 3 oz Mashed sweet potatoes 1/2 c Broccoli 1/2 c Pears 1/2 c Roll	28 Chili 1 c Combination salad 1/2 c Salad dressing 1 oz Pineapple 1/2 c Crackers-2 Cinnamon roll		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	



### Quilt of Valor Presentation

Every year the quilting group called the Ol' Sew n Sews make quilts for local Veterans in the Clearwater area. They present them to the Veterans every year on Presidents Day. The entire community is invited to attend to show their appreciation to the Veterans.

Monday, February 20th at 3pm  
At the Clearwater Executive Center  
226 E Ross  
Clearwater, KS 67026



### **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