

# THE SCOOP



**Clearwater Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**commcenter@sktc.net**

## WICHITA POLICE ISSUE WARNING ABOUT ATM "SKIMMERS"

The Wichita Police Department wants you to pay close attention when you use an ATM. An ATM skimmer was recovered from the Sunflower Bank location at 4101 E. Harry in Wichita.

"I will definitely look at a machine differently now, it makes me so nervous now that I found out about it," said Sunflower Customer Arielle Ross. "I will definitely watch out."

Detectives are cautioning ATM users to check and double-check ATMs they use for suspicious devices like the one pictured above.

Police say cameras have also been associated with the ATM skimmers.

Those cameras attempt to capture a user's PIN number.

I figured an ATM would be safe and I wouldn't have to think a skimmer on there getting my information," said Sunflower Customer Randall Shannon.

Police tell us they believe they retrieved the device before the owners would have been able to retrieve any information from it. However, if you believe your banking information was compromised, contact your financial institution.

If you believe that an ATM has a skimmer or any other suspicious device, contact the bank and police.

Eyewitness News checked around for ATM safety tips for Fact Finder 12. Experts with PC Magazine have these tips on making sure your ATM is secure:

- Check for signs of tampering - check around the speakers and the bank's security camera.
- Be aware of your surroundings.
- "Wiggle" the card reader to make sure it isn't loose.
- Cover your hand when you enter your PIN to be sure no one and no camera could see the number
- Check the keyboard, make sure it doesn't have an overlay.

Also if you have any other suspicions contact your bank or the police.

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## AUGUST BIRTHDAYS

"FORGET THE PAST, LOOK FORWARD TO THE FUTURE, FOR THE BEST IS YET TO COME"

Roy Honn 8/01	Don Higgins 8/14	Joan Fleming 8/20
Joyce Avery 8/01	Hazel Dalbom 8/16	Janet Johnson 8/20
Joan Hillman 8/02	Carl Shaffer 8/17	Sandra Mertens 8/21
Gerald Avery 8/05	Mary Hess 8/17	Shirley Pelz 8/21
Carol Loker 8/06	Pat Parmele 8/18	Terry Sullivan 8/23
Maxine Mikesell 8/06	Mark Lincicome 8/18	Dorothy Gay 8/26
Carl Conley 8/07	Laura Walker 8/19	Kay Sands 8/28
Gordon Mikesell 8/08	Ruby Fisher 8/20	Lavonne Wells 8/30
James Flippin 8/09	Mary Jo McMahan 8/20	Bobby Robbins 8/31

## UPCOMING EVENTS

### Schedule of Events

- 8-3 Zumba
- 8-7 Planning mtg
- 8-10 Zumba
- 8-11 Carry In Lunch
- 8-13 \$5 Manicures
- 8-15 Biscuits & Gravy
- 8-17 Zumba
- 8-21 BINGO
- 8-27 \$5 Manicures

#### 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, August 11th

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, August 15th

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.

Date: Friday, August 21st

Location: Main Room

Time 1:00 pm

Cost: .25 per card



## ESQUITES (MEXICAN CORN SALAD)

Prep Time: 5 minutes Cook Time: 15 minutes Total Time: 20 minutes Servings: 4

A tasty Mexican street corn salad with an amazing blend of sweet corn, salty cheese, sour lime juice and a hint of spicy chili powder; pure summer in a bowl.

### ingredients

- 2 tablespoons butter
- 3 cups corn (about 4 ears), cut from the cob
- 1/2 jalapeno, seeded and finely diced
- 3 tablespoons mayonnaise
- 1 glove garlic, grated
- 2 green onions, sliced
- 1 handful cilantro, chopped
- 1 lime, juice
- 2 tablespoons cotija (or feta), crumbled
- chili powder to taste

### directions

- Melt the butter in a heavy skillet over medium-high heat.
- Add the corn, toss and let it sit cooking until charred, mix it up and let it char again, about 6-10 minutes.
- Add the jalapeno, sauté for a minute and remove from heat.
- Mix everything and serve warm or at room temperature.



**Option:** Adding one diced avocado is so amazing!

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

### NEW POP MACHINE

It was expressed how some people would like to see a pop machine in our facility. I have contacted Coca-Cola and they have agreed to bring out a pop machine to be placed on the outside of the building. Keep an eye out for the new machine in the next few months.

### REMINDERS (VERY IMPORTANT)

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 computer. 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. Also if you need a card, please let me know.

### BUDGET ADJUSTMENTS

Many have expressed concerns over the Sedgwick County 2016 budget. I have included a statement showing which programs have been effected and this should not effect our Center. If you would like more info please let me know.

“Significant adjustments to the Department on Aging’s 2016 Recommended Budget include a reduction of funding for Senior Centers (\$5,000), elimination of funding to Envision (\$6,400) and elimination of the Foster Grandparent program (\$23,326).”  
www.sedgwickcounty.org

**“You tell me and I forget. You teach me and I remember. You involve me and I learn  
-Benjamin Franklin**

## WELCOME NEW PARTICIPANTS

A big welcome our newest participants .Be sure to welcome them if you meet them.

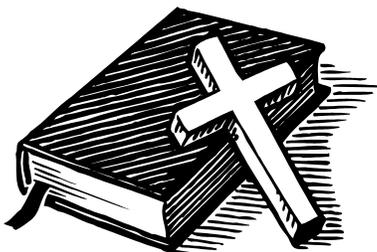
*Russ Carey  
Donita Carey  
John Yoakum  
Nina Kramer*

*E.A. Van Mitchell  
Nancy Lawrence  
Virginia Snell  
Sharon Bolin*



**Welcome**  
*Glad you're here!*

## 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



### Manicures

The Clearwater Village has a lady that comes and offers manicures to residents. She has agreed to offer this service at the Center as well. The cost will be \$5 for a manicure. This is only available for seniors age 55 and up. She will be here on the 2nd and 4th Thursday of the month in June. If you would like to book an appointment with her please call 620-584-2332 or email [commcenter@sktc.net](mailto:commcenter@sktc.net)



Date: 2nd and 4th Thursdays

Time: by appointment

Location: Main room

Cost: \$5

### Zumba

Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop. Jennifer Clark will be leading a 4 week class here at the Center. The cost is \$3 drop in fee. Great for all fitness levels, beginners to advanced. Please call 620-584-2332 to pre register.

Date: Monday, August 3rd, 10th, & 17th

Time: 7pm—8pm

Location: Clearwater Community Center main room

Cost: \$3 per class



## LETS HELP LINDA

As most of you may know one of our very own, Linda Taggart has been struggling with cancer treatments. Linda has been a very active volunteer here at the Center up until her cancer diagnosis. I think we can ban together to help her out now. Her daughter Angela has started up a "gofundme" page online in hopes to get some financial help for her mother. This information is something that we are just sharing. The Clearwater Community Center is in no way raising money in this situation. This is what the online page states.....

My name is Angela, I am a full time student in my Senior year of college. My Mother, Linda is 61 years old and a wonderful and caring person. She is a two time Cancer Survivor. She was first diagnosed with Breast Cancer in 1994. After receiving radiation and chemotherapy treatments and undergoing a mastectomy she was able to put the cancer into remission.

In 2002 she was diagnosed with Colon cancer, in which she underwent a colonoscopy, but did not have to receive radiation or chemo. After a separation from her husband in 2008, she had to adapt to living alone. In February of 2015 she developed a cough, and when it would not go away she went to the doctor. She was soon diagnosed with non-small cell Stage 3b Lung cancer. She underwent scans to check and make sure the cancer had not spread anywhere else, and it had not.

The tumor was discovered to be around a vocal nerve, making her voice sound squeaky and raspy. It was also around a vein. Signs of these has lessened after the radiation.

She is fighting bravely. Radiation treatment has went well. The doctor decided to do the treatments one at a time to lessen the chances of complications since the radiation overlapped slightly with the past treatment from her Breast Cancer. Last Monday (6-15-15), she started her Chemotherapy. She is receiving both Carboplatin and Taxol. She will receive 6 treatments, once every 3 weeks. Before each treatment, she has to have blood work done to check her white blood cell and platelet counts.



Since the separation she has been without health insurance. When she was diagnosed with Lung cancer, the doctor determined her unable to work and we have filed for disability. She is not eligible for either Medicare and Medicaid. She also missed the window for Obamacare, and needs all the help she can get.

As many of us know all too well, receiving medical treatment can be very costly. Being an only child, my goal with this fundraiser is to raise money to help pay for the continuing treatments and doctor visits, as well as to help cover the cost of her treatments that she has received since she was first diagnosed with the Stage 3b Lung Cancer.

Update: Just received the first phone call from bill collectors for \$7000 that had went to collection.... They can take action against her house, truck, and what money she does have. We really need help here, this is only the first call, there will be more coming before long. Any help, large or small is needed. If you cannot donate, please share, even if you have before!

If you would like to help please visit the online page at <http://www.gofundme.com/x6p2kk> or you may stop in and we can show you how to donate.



Senior Lunch Tuesday 7/14/15



Pam called the group to order and there were no July birthdays present. Marlene led the group in reciting The Flag Salute and National Anthem and grace for the meal.



Our first speaker was Linda Barnes from Eaglemed. She was accompanied by Darcy Bluma, also from Eaglemed. She explained there are 238 home-bases in 32 states. When they go out responding to a medical emergency, there are always 3 people on board either the helicopter or plane; the pilot, nurse, and paramedic.



Their units are fully equipped to handle most any kind of medical emergency. The helicopters have the advantage of being able to get in small areas. Each time one of their units answer a call the expense may vary from \$20,000 to \$50,000. Medicare usually pays a small amount and supplemental will not pay more than 20% of what Medicare paid. This leaves the balance with the patient. So the best outcome would be to join their membership program at \$65 annually per family.

If you have any questions, contact Pam at the Center for application forms.



Our second speaker was Bob Jacobs who amazed us by doing several fun magic tricks. It makes you wonder how he was able to make a dollar bill disappear from one place and reappear in another.



Marlene led the group with little-known information about July. Each person present was asked to answer 2 questions: what their favorite toppings would be on an ice cream sundae and on a hot dog. The Eaglemed ladies chose the winners and they were Lee Wallis and Betty Jo Embry, who each received a small prize.



Announcements:

7/18 Biscuits & Gravy

7/22 Trip to the Frank Lloyd Wright house in Wichita.



City council woman, Laura Papis, told that the budget for the coming year has been completed. The big change beginning at the first of the year will be an increase in the City sewer costs on our bills.

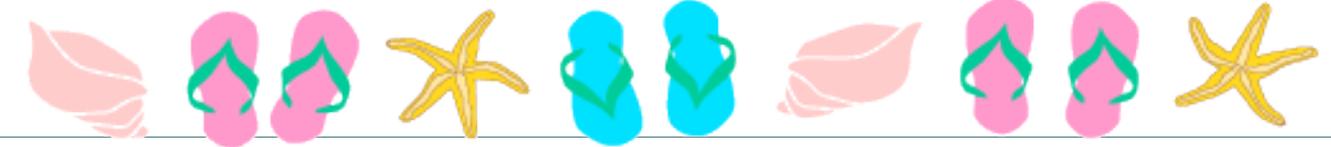
We welcomed one of our own back who has been ill for some time. Linda Taggart.



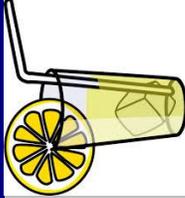
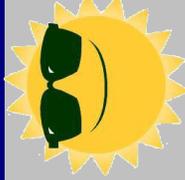
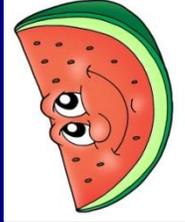
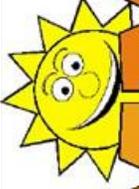
Also, first-timers were April and Trinity Earp who came to see the magic show. Welcome to all visitors.



Secretary,  
Marlene Parret



~ August 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 7-8 pm	4 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	5 Morning Coffee 9am Sewing class 7 pm	6 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	7 Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	8
9	10 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 7-8 pm	11 Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/AI Anon 7-9 pm	12 Morning Coffee 9am Sewing class 7 pm	13 Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	14 Tai Chi 8:45 am Exercise 10:00 am	15 Biscuits & Gravy 7am – 10am
16	17 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 7-8 pm	18 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	19 Morning Coffee 9am Sewing class 7 pm	20 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	21 Tai Chi 8:45 am Exercise 10:00 am BINGO 1pm	22
23	24 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	25 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	26 Morning Coffee 9am Sewing class 7 pm	27 Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	28 Tai Chi 8:45 am Exercise 10:00 am	29
30	31 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	 <b>SUMMER</b>				

**Clearwater Nursing & Rehab. (menu is subject to change) AUGUST 2015**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
POT ROAST FRIED POTATOES GREEN BEANS STRAWBERRIES & WHIPPED TOP.	CHICKEN TENDERS GRILLED POTATO CUBES TOSSED SALAD CINNAMON PEARS	LASAGNA ITALIAN VEGETABLES GARLIC BREAD PEACHES	SWEET AND SOUR PORK RICE JAPANESE VEGETABLES MANDARIN ORANGES	BAKED HAM SCALLOPED POTATOES SPINACH W/MUSHROOMS FRUIT AMBROSIA
3	4	5	6	7
BEEF BRISKET CREAM STYLE CORN COUNTRY CABBAGE ROLL CHOCOLATE CAKE	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	GARLIC PEPPER PORK LOIN MASHED SWEET POTATO CAULIFLOWER ROLL CHOCOLATE CHIP COOKIE BAR	FRIED CHICKEN GRAVY WHIPPED POTATOES MIXED VEGETABLES BISCUIT VANILLA PUDDING	LEMON PEPPER FISH BUTTERED PASTA SEASONED CARROTS ROLL STRAWBERRIES AND BANANAS
10	11	12	13	14
PORK CHOP WILD RICE BLEND CALIFORNIA VEGETABLES BREAD ICE CREAM	CHICKEN FRIED STEAK MASHED POTATOES GRAVY GREEN BEANS ROLL FROSTED CAKE	TURKEY ALA KING BISCUIT MIXED GREEN SALAD HONEYED PEARS	BEEF STROGANOFF NOODLES SEASONED BROCCOLI ROLL CHERRY COBBLER	HONEY CHICKEN WILD RICE BLEND ZUCCHINI SAUTEE ROLL CHILLED PEACHES
17	18	19	20	21
PORK CHOP SCALLOPED POTATOES CARROTS ROLL CINNAMON APPLES	CHICKEN & WILD RICE MIXED GREEN SALAD DRESSING ROLL SUNNY PEARS	SPAGHETTI W/MEAT SAUCE CREAMED SPINACH BREADSTICK FRUIT CUP	RED BEANS AND SAUSAGE RICE SAUTEED ONIONS & PEPPERS CORNBREAD BREAD PUDDING	CRUNCHY ORANGE FISH PARSLEY RICE COUNTRY CABBAGE ROLL PINEAPPLE CUBES =
24	25	26	27	28
POT ROAST FRIED POTATOES GREEN BEANS STRAWBERRIES & WHIPPED TOP.				
31				

## FLU SHOT CLINIC IN SEPTEMBER

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. "Flu season" in the United States

can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that com-

munity. The Clearwater Community Center will have an annual Flu Shot Clinic on **Thursday, September 10th** from 10 am to 1 pm. Please call to reserve your spot. 620-584-2332. This will be brought to us by Wal-Mart pharmacy.



## SEPTEMBER IS SENIOR CENTER MONTH!

The month of September is Senior Center month and this year's theme nationwide is "Celebrate Life!" We will be having some special things happening this month to recognize and make people aware of our Center. One of the things we will be

doing is a story board. This title of this story board will be "Getting older is better because....." then we will have people add their thoughts to the board. I am excited to share these with you in a few months. Also, if you know some-

one in the surrounding areas like Peck, Viola, Conway Springs, and other communities that would benefit from joining our Center, this would be the month to tell them all about the fun and interactive things we offer.

**"Growing old has been the greatest surprise of my life."**

**Billy Graham**



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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