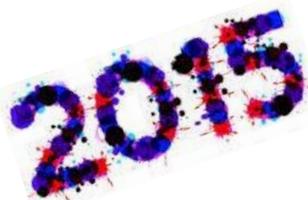


HAPPY ★ NEW ★ YEAR

THE SCOOP



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



A NOTE FROM LEW KELLOGG

If you are still alive please read this.....

Here we are at the beginning of a new year. Robert and I hope everyone is thinking about their present health and their future years when they want to enjoy life at its finest?

What are you doing about your health?

We see it happen quite often when someone in the community falls and breaks bones that don't recover, where their heart develops problems and/or blood pressure puts them on drugs. How about your breathing and possibility of developing COPD or other respiratory problems? Then there is the mind, with Alzheimers or dementia? Do you know you can stop all these problems with proper exercise? No need for prescription drugs. No need for a walker or a cane. We hope you are thinking ahead while you have full use of your body functions.

We have the facilities and ability to provide all the help you need to prevent these health problems and to be able to enjoy a pain free future. We are not doctors but research has established these facts.

It has been established with research by May Clinic and Harvard University Medical School that proper exercises will provide these benefits:

1. To improve balance that will reduce the likely hood of falling by 70%.
2. The deep breathing practices and exercise will build the immune system so you are 40% less likely to catch a cold.
3. Will also improve and or prevent high blood pressure.
4. These exercises will improve mindfulness and can slow or prevent dementia.
5. You will be less likely to suffer joint pain and will have good body flexibility and range of motion.
6. Feel good about yourself and have good self confidence

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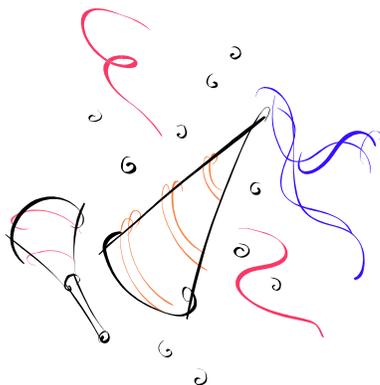
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JANUARY BIRTHDAYS

“THE ONLY WAY YOU CAN LIVE YOUR LIFE TO THE FULLEST IS BY UNDERSTANDING YOU DO NOT HAVE ALL THE TIME IN THE WORLD!”

Ima Kinkaid 01/01	Mary Miller 01/13	Verna Champagne 01/21
Natalie Machart 01/02	Maynard Lemon 01/14	Bob Fleming 01/23
Louise Riggs 01/04	Steve McMillen 01/14	Norma Leabo 01/24
Pamela Riggs 01/05	Marcille Mitchell 01/15	Vada Tjaden 01/25
Jan Vogel 01/09	Michelle Titterington 01/20	Bob Parmele 01/26



UPCOMING EVENTS

Schedule of Events

- 1-9 Planning Meeting
- 1-13 Carry In Lunch
- 1-15 Lunch with Kyle
- 1-16 BINGO
- 1-17 Biscuits & Gravy



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. The event is free but donations are accepted.

Date: Tuesday, January 13th
 Time: 12:00 noon
 Location: Main room at Center
 Cost: Free but donations for meat 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, January 17th
 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
 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 Whitlow 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, January 16th
 Location: Main Room
 Time 1:00 pm
 Cost: .25 per card



EASY BISCUIT CHICKEN POT PIE

- Ingredients**
- 2 Tablespoons vegetable oil
 - 1 onion, chopped fine
 - ½ cup of chopped carrots
 - ½ cup of chopped broccoli
 - ½ cup of chopped cauliflower
 - Kosher salt & ground black pepper
 - 4 tablespoons unsalted butter
 - ½ cup of all-purpose flour
 - 1½ cups milk
 - 2 to cups of low-sodium chicken broth
 - 1 reg size can of cream of chicken
 - ½ teaspoon dried thyme
 - 2 cups cooked, shredded chicken
 - ¾ cup frozen peas, thawed
- 1 refrigerated package of Pillsbury Grands Biscuits (8 biscuits)

- Instructions**
1. Preheat the oven to 400 degrees.
 2. In a large pan heat your oil on medium-high heat. Once the oil is hot, saute the onions, carrots, broccoli, cauliflower, and peas until tender, about 5-7 minutes. Season with salt and pepper to taste. Transfer cooked vegetables to a bowl with the chicken; set aside.
 3. Reduce the heat to medium and add the butter to the same pot. When melted, stir in the flour and cook, stirring constantly for 1 minute. Whisk in the milk, chicken broth, cream of chicken soup and thyme. Allow the sauce to come to a simmer and let it simmer for 1 minute to thicken. Season with salt and pepper.
 4. Turn off the heat and transfer the vegetables and chicken to the pot, stirring until the filling is well-combined. If the filling is too thick, stir in some extra chicken broth milk.
- Pour the filling into a 13x9-inch baking dish and bake for 18 minutes. Remove the dish from the oven (keeping the oven on and door closed) and top the filling with 8 biscuits (yes, raw biscuits). Return the baking dish to the oven and bake for an additional 10-12 minutes, until the biscuits are golden brown and the filling is bubbly. Cool for 5 minutes before serving.



BITS & PIECES

SAFE HOUSE NEEDS

Betty Jo Embry who works with the Safe House in Wichita, KS, would like to thank everyone who has donated blankets and toiletries to the Safe House. Your donations have helped many homeless children in Wichita. They could still use donations.

VOLUNTEER DRIVERS

If you would be interested in being a volunteer driver for our Meals on Wheels program in Clearwater please contact Cindy at 620-584-2332. We are currently needing a driver for Mondays and a back up drivers for when others can not make it.

BUNKO PLAYERS

Calling all BUNKO players. We are getting

closer and closer to colder months and we have some Seniors who are interested in learning how to play BUNKO. It is a nice activity for inside. If you are interested please call 620-584-2332.

VOLUNTEERS NEEDED

We are wanting to start some new activities here at the Senior Center. In order to do this we will need some leaders to step up and lead the class. We are needing the following people.

- A singing instructor. (ex. Retired music or choir teacher)
- A painting instructor.
- BUNKO instructor/player.

If interested please call 620-584-2332.

“What is the essence of life? To serve others and to do good.” -Aristotle

CONTINUED FROM PAGE 1

What are you waiting for? Make a New Year Resolution that will assure you continued good health. At the very least come to the Clearwater Community Center and discuss this with Robert and I. We have certified Tai Chi and Qi Gong instructors to work with you. Even if you need to sit in a chair we can cover it. The cost is only a voluntary \$8.00 a month. Time and location is posted on SKT channel 2 and also in the SCOOP you are reading. The Tai Chi exercise is low impact moves that were developed by the Chinese over 1000 years ago. (Their Emperor wanted a way to keep his people healthy.) We have our classes in the morning at 8:30 am to allow everyone to get it done and go on with their daily activities. There is no religious aspect the these teachings but it will improve and develop your mindfulness. You will be a better person and a more positive thinker from participating. Before its too late please come see us or get in contact with Pam, our Center Director to arrange a meeting.



Submitted by Lewis Kellogg and Robert Pugh



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

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UPCOMING EVENTS

Square Dancing Class

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. John Chitwood will again be leading a class that will teach the basics of square dancing.

The class is now closed to new students but you may come and watch the class at anytime.

Date: Every Friday

Time: 7:00 pm

Location: Main Room

Cost: donations for coffee



Cooking with Kyle

Come to the Center and enjoy a nice meal prepared by Kyle Huxford who is the dietician at the Clearwater Nursing Home.

He will supply recipes and tips!

Date: Thursday January 15th

Time: noon

Location: Main Room

Cost: Free

*Please call the Center to make a reservation



VOLUNTEER OF THE MONTH!

Each month we are going to recognize volunteers for all the hard work they do. This month our Volunteer of the Month is Marlene Parret. Marlene has been volunteering as the Secretary of the Planning Committee for 4 years now. She helps with Biscuits & Gravy, helps with planning events, participates in exercise, provides lunch and learn tidbits, and is an RSVP driver. Next time you see Marlene, be sure to tell her thank you for all her hard work! Thank you from the bottom of our hearts.

“We often take for granted the very things that most deserve our gratitude” ~Cynthia Ozick



TOMMORROWS SENIOR CENTER: DYNAMIC, ACCESSIBLE, & PERHAPS NOT EVEN CALLED SENIOR

That's just one question on the minds of many senior center directors as they look down the road and see the baby boomer population approaching old age. With their sheer numbers and diverse lifestyles, the boomers offer center directors an unprecedented opportunity to reshape the image of today's senior centers into a dynamic, accessible and appealing community resource. The question is how? The National Institute for Senior Centers (NISC) and Tracey Kelley, principal investigator and graduate student intern from Baylor University School of Social Work, recently (2005) asked 244 senior center directors what they think needs to change to prepare senior centers for the tidal wave of aging boomers on the horizon.

The Name Game

When it comes to image and perception, an organization's name is crucial. And it seems many of today's senior center directors aren't happy with what they've got. When asked if they were in favor of changing the name of their program, 63% said yes. Nearly 60% said they don't believe the term "senior center" will serve their community well into the future, and 70% said baby boomers can't relate to it. "There's a negative image or stigma associated with the current name," said one respondent. "It suggests a stereotypical view of people sitting around in a wheelchair playing cards." The title "senior center" doesn't adequately reflect the high activity level found in most centers, and it makes it difficult to market centers to younger seniors, others said.

Yet, some directors pointed out that a common name helps people find the center in their community. "It clearly identifies the facility as where seniors go for services and activities ... changing it would cause confusion," one respondent said. "Seniors would fight it," added another. "Younger people are the ones that have the problem, not older people." Still, more than 70% of respondents said it is possible to come up with a better name than senior center.

Programming and Accessibility

Beyond the name, directors realize that to attract more and younger people to their centers, they need strong programming that is accessible and appealing.

"Less cards, more activities," summed up one respondent. Educational and community events—often in collaboration with other local agencies or groups—can expand the scope of the senior center, and evening and weekend hours are attractive to the growing number of older adults who are working well past traditional retirement age.

Programming needs to change with the generations, as well, many respondents said, offering a diverse mix of activities that appeal to younger and older seniors, men and women.

Centers also must address the common barriers that keep seniors from attending. Among the most basic are accessibility issues like transportation, parking, health issues and hours of operation. Perhaps more difficult to combat are misperceptions people have about senior centers—such as that they're only for low-income individuals or people must be very old to participate. In many situations, there's a basic lack of understanding about what a senior center is, what services are provided and to whom the services are available, respondents agreed. In other cases, seniors are afraid to visit, feeling the environment is unfamiliar and not welcoming.

All of these issues must be addressed if seniors are to successfully compete with other organizations offering similar services to older adults, the survey found. In the next five to 10 years, directors said their major sources of competition are likely to include:

- Assisted living and senior retirement communities;
- Community colleges and universities;
- Other community organizations and institutions, such as faith-based groups (churches, synagogues, mosques), hospitals offering volunteer and travel clubs, banks offering travel clubs and country clubs; and Adult programs offered through recreation and parks departments.

The Center of the Future

What will tomorrow's senior center look like? According to many of those surveyed, the future is already here, as communities actively redesign their centers to be on the cutting edge.

"Our center is truly representative of what I see centers looking like in the future," said one respondent,

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CONTINUED FROM PAGE 5

"multi-service, multi-lingual, a wide range of programs for young, old, frail, active, retired and working." "We are in the midst of designing a new senior center," another director said. "We are adding a fitness area, computer room, large multi-functional space that can be broken into multiple program areas and a preventive health room. It will focus on multi-functional utilization. Fewer senior centers will be freestanding, but rather, they will be a part of a community center attached to another facility—in our case, a library." Other respondents said seniors centers already are offering more exercise and health programs and a greater selection of intergenerational activities. Others are actively collaborating with other community organizations such as universities to offer educational and recreational opportunities that seniors want.

Courtesy of the National Council on Aging

After reading articles like this one and going to some conferences on the matter, you may see some changes coming at the Clearwater Community Center in 2015. First of all we will be taking the name Senior out of things. You will see us referred to now as the Community Center. Also you will see new activities that are geared towards younger Seniors. We have also revised our Mission Statement.

"The Mission of the Clearwater Community Center is 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!" We are all looking forward to 2015 and the great things that this will bring!



December Senior Lunch Report 12-9-14

Pam called the group to order. The Flag Salute and National Anthem were led by Marlene. Ardena Matlack was our December birthday person. Wayland Whitlow led the blessing of the meal. We had a lovely dinner which included a delicious ham and many side dishes.

We all had a good time when we joined the "Wright Family Christmas Party." (For those who missed it, ask someone who was there about it!)

Cheryl Wright read an explanation of the origin of the 12 days of Christmas that she learned while on her recent trip to Texas.

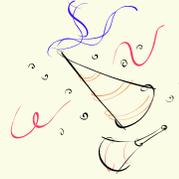
Cindy Houston with Gartens Music explained some of the many ways music is used for both children and adults. It has been proven to help school aged children with math and science, better motor skills, calming emotions and stress management as well as good fellowship on all age levels. She explained their various music learning opportunities offered through their company. Several attendees were given free lessons and all are invited to take a class that will start after the first of the year. If you are interested call 942-1337 for more information. Two ladies who have taken classes showed off some of their music talent at the lunch. They played some fun Christmas music.

Announcements: Tour of Christmas lights December 16th and Caroling December 18th. Pam stated that she was able to assist 20 people in the Medicare Part D Prescription Drug Enrollment!

Marlene,
Secretary



~ January 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Center Closed for painting	5 Center Closed for painting	6 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	7 Morning Coffee 9am Quilting group 7pm	8 BYOD 9am AA 7pm-9pm	9 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7pm Planning mtg 10 am	10
11 	12 Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	13 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/Al Anon 7-9 pm	14 Morning Coffee 9am Quilting group 7pm	15 BYOD 9am Lunch w/Kyle at noon AA 7pm-9pm	16 Tai Chi 8:45 am Exercise 10:00 am BINGO 1pm Square Dancing 7pm	17 Biscuits & Gravy 7am – 10am
18 	19 Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	20 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	21 Morning Coffee 9am Quilting group 7pm	22 AA 7pm-9pm	23 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7pm	24 Volunteer Appreciation Dinner 5:00 pm
25 	26 Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	27 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	28 Morning Coffee 9am Quilting group 7pm	29 BYOD 9am AA 7pm-9pm	30 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7pm	31

Clearwater Nursing & Rehab.

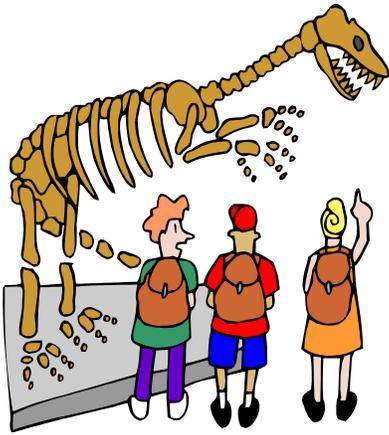
(menu is subject to change)

JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>CENTER CLOSED *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY</p>	<p>CENTER CLOSED *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY</p>
<p>CENTER CLOSED *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY</p>	<p>HAM AND BEANS CORN/BREAD CHOCOLATE CHIP BAR MILK</p>	<p>HOT TURKEY SANDWICH HARVEST BEETS PUMPKIN PIE MILK</p>	<p>MEATLOAF SCALLOPED POTATOES BROCCOLI CHOCOLATE MOUSE PUDDING MILK</p>	<p>GLAZED PORK CHOP WHIPPED SWEET POTATOES APPLE SAUCE SPICE CAKE MILK</p>
<p>CHILI TOSSED SALAD CINNAMON ROLL MILK</p>	<p>CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY</p>	<p>PORK STIR FRY STEAMED RICE JAPANESE VEGGIES MANDARIN ORANGES MILK</p>	<p>POT ROAST BOILED POTATOES ROOT VEGETABLES BREAD PUMPKIN BAR MILK</p>	<p>OVEN FRIED FISH RED BLISS POTATOES COLE SLAW DINNER ROLL STRAWBERRY PARFAIT MILK</p>
<p>PIZZA TOSSED GREEN SALAD ICE CREAM SANDWICH MILK</p>	<p>SALISBURY STEAK BAKED POTATO BAKED ZUCCHINI DINNER ROLL FROSTED CAKE MILK</p>	<p>BBQ CHICKEN POTATO SALAD BAKED BEANS PECAN PIE MILK</p>	<p>BEEF & BEAN BURRITO SPANISH RICE CHERRY PIE MILK</p>	<p>BREADED SHRIMP POTATO WEDGES BROCCOLI SALAD LEMON MERINGUE PIE MILK</p>
<p>BEEF STROGANOFF BUTTERED CORN DINNER ROLL FROSTED CAKE MILK</p>	<p>CHICKEN & NOODLES MASHED POTATOES GREEN BEANS APPLE PIE MILK</p>	<p>ROAST BEEF SANDWICH MASHED POTATOES GLAZED CARROTS GOLDEN PEACH CRUMBLE MILK</p>	<p>CHILI FRITO PIE TOPPINGS CINNAMON ROLL MILK</p>	<p>TURKEY TETRAZINI BROCCOLI BREADSTICK CHOCOLATE PUDDING CAKE MILK</p>



2015 PROPOSED TRIPS



The Clearwater Community Center is teaming up with the Haysville, Mulvane, and Derby Senior Centers with some trips in 2015! Together we have compiled a list of possible trips. We need your input. If you are interested in going on any of these exciting trips with us, please tear this page out and return it to me with your choices marked. This will be a group trip with the other Centers. This will be a great opportunity to meet people in our surrounding areas. Please let me know if you have any questions.

Pamela Riggs,
Director



Trip Location	Possible Activities	Interested
1 Pretty Boy Floyd Restaurant Underground Restaurant and Vintage Hotel - Ellsworth, KS	Private tour of hotel that has been restored Underground Restaurant - Good Food Served	
2 Pioneer Woman - Ree Drummond Pawhuska, Oklahoma (Osage County, OK)	Visit "The Lodge" where Pioneer Woman Show is Taped. Deli is Open in the Spring Tour of the Ranch	
3 Tour of Yoder Yoder, KS	Visit the Hardware Store and the Mercantile where Buggies are made Lunch in a Private Dining Room	
4 Braum's Dairy Tuttle, OK 15 miles south of OK, City (3 hours)	Tour of the farm that produces the milk used in the production of Braums products and it's basic operations. Lunch (maybe on farm)	
5 Arkansas City & Dexter	Nature Trail in Arkansas City (Spring Trip) Henry's Candy Making Tour. Lunch in Ark City.	
6 State House Topeka, KS	Tour renovated State House	
7 Kechi Playhouse Kechi, KS	Attend production at Playhouse Lunch at Cracker Barrel	
8 Salt Mine Hutchison, KS	Tour Salt Mines (Various Tours Offered) Eat Lunch at the Carriage House	
9 Oklahoma City Oklahoma City, OK	Tour Murrah Building Museum Visit Bricktown, Stay Overnight Possibly	
10 Mystery Trip	Offered by Village Charters Unknown destination, day trip usually	
11 Kansas City KS, KS & KC, MO	Crown Center, Plaza Lights, Shopping Overnight Stay Will Be Required	

What would be the most you would want to spend for a single day trip? _____

What would be the most you would want to spend for an overnight trip? _____

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