



# THE SCOOP



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

## WHAT IS ELDER ABUSE?

Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes, assisted living, and other facilities

- Physical abuse means inflicting physical pain or injury upon an older adult.
- Sexual abuse means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- Emotional abuse means verbal assaults, threats of abuse, harassment, or intimidation.
- Confinement means restraining or isolating an older adult, other than for medical reasons.
- Passive neglect is a caregiver’s failure to provide an older adult with life’s necessities, including, but not limited to, food, clothing, shelter, or medical care.
- Willful deprivation means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.
- Financial exploitation means the misuse or withholding of an older adult’s resources by another.

How many older Americans are abused?

Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities.

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## JULY BIRTHDAYS

“OUR BIRTHDAYS ARE FEATHERS IN THE BROAD WING OF TIME.” JEAN PAUL

- |                    |                      |                      |
|--------------------|----------------------|----------------------|
| Betty Peitz 7/06   | Don McSwain 7/10     | Normae Sullivan 7/19 |
| Barbara Ford 7/07  | Ron Fleming 7/13     | Sue Ray 7/24         |
| Janie Winter 7/07  | Dean Lindamood 7/14  | Gary Morehead 7/24   |
| Earl Brockman 7/07 | Charles McCoy 7/16   | Hilary Godwin 7/25   |
| Mary Sullivan 7/08 | Barbara Hufford 7/16 | Eileen Garrigus 7/25 |
| Marlene Hand 7/09  | Don Klausmeyer 7/16  | Margie Turrell 7/26  |
| Nellie Ammel 7/10  | Harold Stafford 7/19 | Horst Hillman 7/27   |

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## UPCOMING EVENTS

### Schedule of Events

- 7-3 Center Closed
- 7-9 \$5 Manicures
- 7-10 Planning meeting
- 7-13 Fishing Clinic
- 7-14 Carry In Lunch
- 7-17 BINGO
- 7-18 Biscuits & Gravy
- 7-22 Trip to Frank Lloyd Wright House
- 7-23 \$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, July 14th  
 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, July 18th  
 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, July 17th  
 Location: Main Room  
 Time 1:00 pm  
 Cost: .25 per card



## FRUIT PIZZA

### Ingredients

- 1 (16.5 oz) pkg refrigerated sugar cookie dough
- 1 (8 oz) pkg PHILADELPHIA Cream Cheese, softened
- 1/4 cup granulated sugar
- 1/2 tsp vanilla extract
- 4 cups assorted fresh fruit (such as kiwi and strawberry slices, red raspberries, blueberries, diced pineapple and canned mandarin oranges)
- 1/4 cup apricot preserves, pressed through a sieve to remove lumps
- 1 Tbsp water

### Directions

- Heat oven to 375 degrees. Butter a rimmed 12-inch pizza pan, line with a round of parchment paper and butter parchment paper (or alternately line with foil and spray foil with non-stick cooking spray). Crumble cookie dough over prepared pizza pan and spread into an even layer to completely cover bottom of pan. Bake 13 - 14 minutes. Remove from oven and cool completely on a wire rack.
- In a mixing bowl using an electric hand mixer (or in the bowl of a stand mixer), whip cream cheese with sugar and vanilla until light and fluffy. Spread evenly over cooled crust. Top with fruit. In a small bowl whisk together preserves and water. Brush mixture over fruit. Refrigerate 2 hours then cut into slices.



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

### SLOW IN THE SUMMER

You may have noticed that around June and July things tend to slow down a bit here at the Center. This is due to budgeting for next year and funding applications for the next year. We are coming through nicely and expect to be having some new activities in August. Thank you all for your patience.

### REMINDERS

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.

### BRIDGE PLAYERS

The Bridge group at the Center is looking for either people who know how to play bridge or people who can teach it. They are needing back up players for their group. We would also like to get someone to teach so maybe we can get more of a group going. If interested or know someone interested please call 620-584-2332.



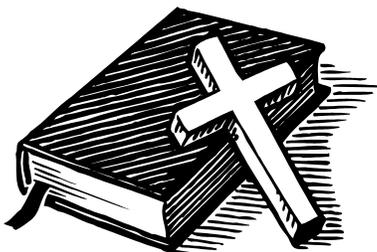
**“The debt each generation owes to the past, it must pay to the future.”**  
-Abigail Dunaway

## TRIP TO FRANK LLOYD WRIGHTS ALLEN HOUSE

Designed in 1915, Frank Lloyd Wright's Allen House is considered the last of the Prairie houses, which Frank Lloyd Wright considered "among my best." Restored back to 1918, the house exemplifies Frank Lloyd Wright's philosophy of living in harmony with nature. The house was pivotal in the movement to the Usonian designs of 1935. Interior furnishings manufactured by Niedecken Walbridge represent the last of twelve collaborations. Considered by many visitors "the house of choice to live in!" We will be taking a tour of the house on **Wednesday July 22nd at 10 am**. The cost is \$7 per person. Please sign up at the Center or call 620-584-2332 to reserve your spot.



## 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

### Fishing Clinic

A few months back Terry Sullivan offered a "casting clinic" to show people who were interested how to cast a fishing pole. This time he is holding the actual fishing clinic. This will be a couple of hours of real fishing down at the ponds. Terry will provide the Catfish bait. Bring your pole and come ready to have some fun. If you do not have equipment please let us know. Call the Center at 620-584-2332 to reserve your spot.

Date: Monday, July 13th

Time: 6pm—8pm

Location: Ponds located in front of Chisholm Ridge

Cost: Free



## CONTINUED FROM PAGE 1

Who are the abusers of older adults?

Abusers are both women and men. In almost 90% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

What makes an older adult vulnerable to abuse?

Social isolation and mental impairment (such as dementia or Alzheimer's disease) are two factors. Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities.

What are the warning signs of elder abuse?

- Physical abuse, neglect, or mistreatment: Bruises, pressure marks, broken bones, abrasions, burns
- Emotional abuse: Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult
- Financial abuse: Sudden changes in financial situations
- Neglect: Bedsores, unattended medical needs, poor hygiene, unusual weight loss
- Verbal or emotional abuse: Belittling, threats, or other uses of power and control by individuals

What are the effects of elder abuse?

Elders who have been abused have a 300% higher risk of death when compared to those who have not been mistreated. While likely underreported, elder financial abuse costs older Americans \$2.9 billion per year. Yet, financial exploitation is self-reported at rates higher than emotional, physical, and sexual abuse or neglect.

Are there criminal penalties for the abusers?

Most states have penalties for those who victimize older adults. Increasingly, across the country, law enforcement officers and prosecutors are trained on elder abuse and ways to use criminal and civil laws to bring abusers to justice.

How does a person make an elder abuse report?

Anyone who suspects that an older adult is being mistreated should contact an [Adult Protective Services Office](#) in your area or the [National Center on Elder Abuse](#) or call 1-800-677-1116.

How can elder abuse be prevented?

Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention.

If you're an older adult, you can stay safe by:

- Taking care of your health.
- Seeking professional help for drug, alcohol, and depression concerns and urging family members to get help for these problems.
- Attending support groups for spouses and learning about domestic violence services.
- Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents.
- Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse.
- Posting and opening your own mail.
- Not giving personal information over the phone.
- Using direct deposit for all checks.
- Having your own phone.
- Reviewing your will periodically.
- Knowing your rights. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns.

If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.



Senior Lunch Tuesday 6-09-15

Pam called the group to order and recognized the June birthdays present: Farol McMillan and Lee Wallis.

Marlene led the group in reciting The Flag Salute and National Anthem and grace for the meal.

Our first speaker was Noreen Stonehocker, representing the Clearwater Village. She spoke on the awareness and precautions of heat stroke. She advised to watch for muscle cramps, disorientation, nausea, increased heart rate, and seizures. Also if you are in the heat and you cease to sweat to be sure to seek shade and to keep well hydrated. If working in the heat take frequent breaks for water or Gatorade.

City council woman Laura Papish reminded us that the City Council meeting was that evening. All are welcome to attend. The new City Administrator and council members will be discussing budget and the search for a new Police Chief among other things.

June announcements:

18th—Speaker from the Lake Afton Public Observatory to talk about the Life of Stars

19th—BINGO all invited to join

20th—Biscuits & Gravy open to the public.

Marlene led a game where we each wrote on paper of a fun thing we did with our Fathers and the lesson learned from that activity. Becky Estes was the first place winner and the lesson was to not lie. Capsa Reed was the second place. Each won a small prize. The main theme of the game was about the things we learned from our Fathers and what we have each passed onto our family.

Several of our group were recently recognized at the RSVP luncheon in Wichita for the work we have done in helping our fellow seniors. We are all reminded to pass the word that our Center does provide this kind of assistance. Call the Center for more information.

A new project we want to begin is for everyone to start saving their plastic bags that your Wichita Eagle comes in. When you get a good bagful, bring them to the Center. We will periodically take a load into the Department on Aging office. They will then use them for stuffing for big floor pillows that can be used for animal bedding and or pillows for children to sit on at schools.

Secretary,  
Marlene Parret

~ July 2015 ~

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> CENTER CLOSED IN OBSERVANCE OF 4 <sup>TH</sup> OF JULY	<b>4</b> 
<b>5</b> 	<b>6</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>7</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>8</b> Morning Coffee 9am	<b>9</b> Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	<b>10</b> Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	<b>11</b>
<b>12</b> 	<b>13</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Fishing Clinic 6pm-8pm	<b>14</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/AI Anon 7-9 pm	<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 BINGO 1pm	<b>18</b> Biscuits & Gravy 7am – 10am
<b>19</b> 	<b>20</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>21</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>22</b> Morning Coffee 9am <i>Trip to Frank Lloyd Wright house 10 am</i>	<b>23</b> Bible Study (E-free) 10am \$5 Manicures by Virginia (call for appointment) AA 7pm-9pm	<b>24</b> Tai Chi 8:45 am Exercise 10:00 am	<b>25</b>
<b>26</b> 	<b>27</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>28</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>29</b> Morning Coffee 9am	<b>30</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>31</b> Tai Chi 8:45 am Exercise 10:00 am	<b>Notes:</b>

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July 



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