

THE SCOOP



Clearwater Community Center
921 Janet Ave Clearwater, KS 67026
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6 THINGS TO KNOW ABOUT FALL OPEN ENROLLMENT

Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage plan or by joining a new stand-alone prescription drug plan (PDP). You can also return to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage plan during this time. Listed below are six things to keep in mind while you are deciding on your Medicare coverage.

1. Fall Open Enrollment occurs from October 15 to December 7 of every year.

- If you enroll in a plan during Fall Open Enrollment, your coverage starts January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Medicare Part D plan.

If you have Medicare Advantage, you can also switch to Original Medicare. To get Medicare drug coverage, you must join a stand-alone Part D plan at this time. A Medigap policy helps pay Original Medicare costs, but you may be limited in your ability to buy a Medigap during the Fall Open Enrollment period, depending on where you live.

2. Review your Current Medicare Health and Drug Coverage.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year. If you are unsatisfied with your Original Medicare coverage, you can make changes to your coverage during Fall Open Enrollment. Changes made to your coverage will take effect January 1 of the next year.

If you have a Medicare Advantage plan or a stand-alone Part D plan, you should receive

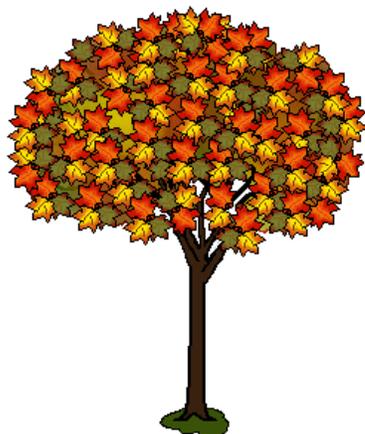
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OCTOBER BIRTHDAYS

“THE MORE YOU PRAISE AND CELEBRATE YOUR LIFE, THE MORE THERE IS IN LIFE TO CELEBRATE.” OPRAH WINFREY

Jacke Eckel 10/06	Jean Richardson 10/14	Donna Yost 10/26
Patt Watt 10/09	Linda Smith 10/17	LaVona Greenlee 10/26
Reba Gross 10/10	Sondra McMillan 10/19	Jacki Matthews 10/27
Allen Tarrant 10/11	Betty Embry 10/21	June Sparr 10/28
Elna Fitch 10/11	Donna Watson 10/21	Donetta Foley 10/28
Don Fitch 10/13	Gene Dunbar 10/22	Adrian DeSaire 10/30
Cheryl Wright 10/13	Helen Stitt 10/22	Roberta Maupin 10/30

UPCOMING EVENTS

Schedule of Events

- 10/2 Planning meeting
- 10/5 Crochet group
- 10/13 Carry In Lunch
- 10/14 \$5 manicures
- 10/17 Biscuits & Gravy
- 10/19 Crochet group
- 10/22 Staying Healthy during cold and flu season
- 10/28 \$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, October 13th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated

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

Pastor Lyle Hinsdale with the Clearwater Church of Christ leads a bible study. This 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. This is open to all.

Date: Every Thursday

Location: Craft Room

Time 10:00 am

\$5 Manicures

Virginia Snell offers \$5 manicures on the 2nd and 4th Wednesday of every month. Come down and enjoy some pampering.

Date: 2nd & 4th Wednesday

Location: Main Room

Time 9:00 am

Cost: \$5



SWISS CHEESE CHICKEN

Ingredients

- 4 Chicken Breasts (or enough to fill pan)
- 6 Slices Swiss Cheese
- 1 can Cream of Chicken Soup
- ¼ cup milk
- Stove Top Turkey Stuffing (about ½ box)
- 1/4 c butter

Instructions

1. Cover bottom of pan with chicken.
2. Lay Swiss Cheese over chicken.
3. Mix 1 can cream of chicken soup and ¼ cup milk.
4. Pour mixture over chicken.
5. Top with ½ bag (or more) of Stove Top Turkey Stuffing.
6. Drizzle ¼ cup butter on top.
7. Bake at 350 for 45-60 minutes. Serve over rice.



BITS & PIECES (FROM PAM'S DESK)

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.

SHICK COUNSELING

Reminder that open enrollment for Medicare Part D prescription drug plans is October 15th—December 7th. If you would like to have some assistance with going over your prescription drug plan please call the Center to make an appointment. We are not able to tell

you which plan you should choose. We can only give you the information to make an informed decision yourself.



“Alone we can do so little, together we can do so much!”
-Helen Keller

WELCOME TO OUR NEWEST PARTICIPANTS



Welcome
Glad you're here!

Gilbert Milliken
Connie Milliken
Mary Bacon

Wayne Wulf
Michael Robinson
Christene Robinson

UPCOMING EVENTS

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

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: Wednesday October 7th, 14th, 21st, 28th

Time: 7pm—8pm

Location: Clearwater Community Center main room

Cost: \$3 per class

Staying Healthy During Cold & Flu Season

Heartland Home Health will lead a discussion on how to stay healthy during cold and flu season. This short workshop is free and open to the public.

Date: Thursday, October 22nd

Time: noon

Location: Clearwater Community Center main room

Cost: Free



Annual Auction & Dinner for Missions

Oct. 17th

Clearwater United Methodist Church

4:30-6:00 Dinner w/ live music

4:00-close Country Store

4:00-6:00 Basket Silent Auction

6:30 Live Auction

Dinner: Ham w/ Cherries Jubilee

Au Gratin Potatoes

Seasoned Green Beans &.....TBA Assorted Home-made Desserts

Adults: \$10 Children 4-10 \$5 3 & under free



We invite the community to join us for an evening of great food, awesome entertainment, and opportunities to purchase homemade & handmade items, unique items, and various other sundry things. All monies raised are used for United Methodist missions around the world.

CONTINUED FROM PAGE 1

an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits and rules for the upcoming year. If you are dissatisfied with any changes, you can make changes to your coverage during Fall Open Enrollment. Changes made to your coverage will take effect January 1 of the next year.

Even if you are satisfied with your current Medicare coverage, take action and look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year. For example, another Part D plan in your area may cover the drugs you take with fewer restrictions and charge you less.

3. Help is out there.

If you want to join a stand-alone prescription drug plan (PDP), use the Plan Finder tool on Medicare.gov.

The Plan Finder tool compares plans based on the drugs you need, the pharmacy you go to and your drug costs.

If you want to join a Medicare Advantage plan, call 800-Medicare to find out what plans are in your area. When you receive the list of plans, check the plan websites to see which best fits your needs.

- After you have researched a plan online, call the plan itself to confirm what you learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about that conversation. In your notes, record the date of the conversation, whom you spoke with, and the outcome of the call. This information may help protect you in case a plan representative gives you misinformation.

Call or visit the website of your State Health Insurance Assistance Program or SHIP. Your state SHIP can help you to understand all of your Medicare coverage options.

4. The best way to enroll in a new plan is to call 800-MEDICARE.

- Enrolling in a new plan through Medicare is the best way to help protect you if there are problems with enrollment. Write down everything about the conversation when you enroll through Medicare. In your notes, record the date of the conversation, whom you spoke with, and any information you were given during the call.

Before you enroll with Medicare, confirm all of the details about your new plan with the plan itself.

5. If you are dissatisfied with your Medicare Advantage plan, you can disenroll from that plan and join Original Medicare during the Medicare Advantage Disenrollment Period (MADP).

The MADP is every year from January 1 to February 14.

6. Understand the difference between the Fall Open Enrollment Period and Open Enrollment for the Health Insurance Marketplaces.

- The Health Insurance Marketplaces (also known as Exchanges) will hold open enrollment for uninsured or underinsured Americans. The Marketplaces are not meant for people with Medicare. People with Medicare should not use this open enrollment period to purchase or change their health care.

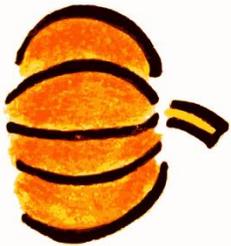
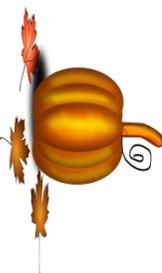
People with Medicare should continue to use the Fall Open Enrollment Period to review and make changes to their health coverage.

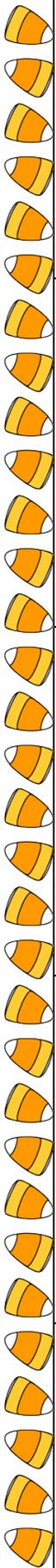


~ October 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	2 Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	3
4 	5 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet group 7pm	6 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	7 Morning Coffee 9am Zumba 7-8 pm	8 Bible Study (E-free) 10am AA 7pm-9pm	9 Tai Chi 8:45 am Exercise 10:00 am	10
11 	12 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	13 Tai Chi 8:45 am Exercise 10:00 am <i>Carry In Lunch noon</i> AA/Al Anon 7-9 pm	14 Morning Coffee 9am \$5 Manicures by Virginia (call for appointment)	15 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	16 Tai Chi 8:45 am Exercise 10:00 am Barn Quilt Class 12-5pm (class is full)	17 Biscuits & Gravy 7am – 10 am
18 	19 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet group 7pm	20 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	21 Morning Coffee 9am Zumba 7-8 pm	22 BYOD 9am Bible Study (E-free) 10am "Staying Healthy During Cold & Flu Season" noon AA 7pm-9pm	23 Tai Chi 8:45 am Exercise 10:00 am	24
25 	26 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	27 Tai Chi 8:30 am Exercise 10 am Commodities 8-3pm AA/Al Anon 7pm-9pm	28 Morning Coffee 9am \$5 Manicures by Virginia (call for appointment) Zumba 7-8 pm	29 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	30 Tai Chi 8:45 am Exercise 10:00 am	31 

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BAKED PORK CHOPS SCALLOPED POTATOES CARROTS BUTTERED APPLES	 CHICKEN WILD RICE SPINACH PEARS	 SPAGHETTI W/MEAT SAUCE CREAMED SPINACH BREADSTICK FRUIT CUP	BEEF STROGANOFF NOODLES SEASONED BROCCOLI ROLL CHERRY COBBLER	HONEY CHICKEN WILD RICE BLEND ZUCCHINI SAUTEE ROLL CHILLED PEACHES
POT ROAST FRIED POTATOES GREEN BEANS STRAWBERRIES & WHIPPED TOP.	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	LASAGNA ITALIAN VEGETABLES GARLIC BREAD PEACHES	SWEET AND SOUR PORK RICE JAPANESE VEGETABLES MANDARIN ORANGES	BAKED HAM SCALLOPED POTATOES SPINACH W/MUSHROOMS FRUIT AMBROSIA
ROAST BEEF CREAM STYLE CORN COUNTRY CABBAGE ROLL MARBLE CAKE	CHICKEN GORDON BLEU MASHED POTATOES BROCCOLI ROLL FROSTED CAKE	SMOTHERED PORK CHOPS RICE PEAS ROLL CHOCOLATE CREAM PIE	FRIED CHICKEN MASHED POTATOES MIXED VEGETABLES BISCUIT VANILLA PUDDING	LEMON PEPPER FISH BOWTIE PASTA SEASONED CARROTS ROLL STRAWBERRIES & BANANAS
BAKED PORK RICE BLEND CALIFORNIA VEGETABLE ROLL PUDDING	CHICKEN FRIEND STEAK MASHED POTATOES GREEN BEANS ROLL CAKE	TURKEY A LA KING WITH BISCUIT MIXED GREEN SALAD HONEYED PEARS	BEEF STROGANOFF NOODLES SEASONED BROCCOLI ROLL CHERRY COBBLER	HONEY CHICKEN WILD RICE BLEND ZUCCHINI SAUTEE ROLL CHILLED PEACHES
26	27	28	29	30



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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