



THE SCOOP



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



THE HISTORY OF LABOR DAY

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

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Fall Festival
Sept 17th-20th

SEPTEMBER BIRTHDAYS

"YOU DON'T GET OLDER, YOU GET BETTER" SHIRLEY BASSEY

- | | | |
|----------------------|-----------------------|-----------------------|
| Van Tjaden 9/01 | Ava McGeary 9/06 | Lew Kellogg 9/22 |
| James Wells 9/01 | Lee Harp 9/06 | John Kurimsky 9/22 |
| Renee Tjaden 9/01 | Kate Brinkerhoff 9/10 | Helen Fesnock 9/22 |
| Barbara Byrd 9/02 | Darlene Ales 9/13 | Irline Kellogg 9/26 |
| Sonnie Chambers 9/02 | John Chitwood 9/13 | Wayne McEntire 9/27 |
| Cecil Jeffries 9/03 | Sharon Bolin 9/17 | Joni Mills 9/28 |
| Donita Carey 9/04 | Jeanne McCoy 9/20 | David Fitzgerald 9/30 |

UPCOMING EVENTS

Schedule of Events

- 9/2 Zumba
- 9/4 Planning mtg
- 9/07 Zumba
- 9/08 Carry In Lunch
- 9/09 \$5 Manicures
- 9/10 Flu Shot Clinic
- 9/14 Zumba
- 9/16 Zumba
- 9/23 \$5 Manicures
- 9/24 Senior Expo Trip
- 9/28 Home Safety Workshop

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, September 8th

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



APPLE PIE BITES

Ingredients

- ¼ cup packed light brown sugar
- 1 teaspoon apple pie spice, and additional apple pie spice for sprinkling on top of crescent rolls
- 3 tablespoons butter, melted
- ⅓ cup chopped pecans
- 1 small Granny Smith apple, cored and sliced into 8 (1/2-inch) slices
- 1 (8-ounce) can Pillsbury Original crescent rolls

Instructions

Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper. In a small bowl, combine brown sugar and apple pie spice. Set aside. Melt butter and toss apple slices in butter, set aside. Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle. Sprinkle each triangle evenly with the chopped pecans. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple. Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice. Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.



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.

FISH FRY

Each year the Community Center hosts an Annual Fish Fry. This event is made possible by volunteers catching fish and we fry it up and have a great time. Unfortunately this year no fish was caught. Due to the cost of us having to go out and buy fish to prepare we have de-

ecided to not have a Fish Fry in 2015. If you are a person who enjoys fishing and never has anywhere to give your extra fish to.... then consider donating it to the Community Center so we can make sure the Fish Fry happens in 2016.

FAMILY NEEDING HELP

A local Senior has asked if there would be anyone interested in making some extra money. His wife can not be left alone and he needs to run errands sometimes and would like to see if someone would be willing to come sit with her. If this is something you may be interested in please call the Center and we will get you the name.

**"I feel the greatest reward for doing is the opportunity to do more."
-Jonas Salk**

SENIOR CENTER MONTH, WE NEED YOUR HELP!

Every year in September is National Senior Center month. This is a great opportunity for our Center to showcase not only what we do and activities we offer, but also a time for all of us to connect. We are going to have a "Picture board" up for the entire month of September. We are asking that people provide a picture of themselves to be displayed. This picture can be from childhood, teen years, or early adulthood. We will be trying to guess who is who by their childhood pictures. This should be a fun way to connect and get to know each other better. Please drop your picture off at the Center with your name written on the back. We will return the pictures to you as soon as the event is over. Thank you in advance for all who participate.



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: Monday, September 7th, 9th, 14th, & 16th

Time: 7pm—8pm

Location: Clearwater Community Center main room

Cost: \$3 per class

Home Safety Workshop

Heartland Home Health will lead a discussion on home safety and proactive strategies to assist you in remaining safe in your home. Home safety is an important topic that needs to be thought of in every household. This is a free workshop and everyone is invited to attend.

Date: Monday, September 28th

Time: 10:30 am

Location: Clearwater Community Center main room

Cost: Free

Flu Shot Clinic

Wal-mart Pharmacy will be here to administer flu shots to the public. They will have normal flu shots as well as the high dose. They can run your insurance or you can pay out of pocket.

Date: Thursday, September 10th

Time: 10 am—1 pm

Location: Clearwater Community Center main room



WALK TO END ALZHEIMERS

Alzheimer's is relentless. But its about to meet its match—you!

Right now, Alzheimer's disease is the nations sixth-leading cause of death. It is destroying our families, our finances and our future. By stepping up as a leader in the fight, you can do something to stop it.

The Alzheimer's Association Walk to End Alzheimer's is the worlds largest event to raise awareness and funds for Alzheimer's care, support and research. Each year more than 450,000 people of all ages and abilities come together in over 600 communities to reclaim the future for millions.

The walk will take place in Wichita on Saturday, September 12th.

Start a Walk to End Alzheimer's team. Sign up as a Team Captain and form a team. Ask friends, family and co-workers to join you. The Alzheimer's Association provides coaching and tools to help you meet your fundraising and recruitment goals.

Recruit. Ask others to join your team or to start their own.

Raise awareness and funds. Their fundraising tools make it easy to collect donations and spread the word. Raise \$125 or more to receive

a Walk to End Alzheimer's t-shirt. All funds raised benefit the care, support and research efforts of the Alzheimer's Association.

Register today. Sign up as a Team Captain, join a team or select to walk as an individual at: alz.org/centralandwesternkansas/walk



SENIOR EXPO

Its that time of year again. The 30th Annual Senior Expo is happening on **Thursday, September 24th** from 9am to 3pm.

Visit 4 great locations: Botanica, The Wichita Gardens; Exploration Place; Old Cowtown Museum; The Wichita Art Museum.

30th Anniversary Highlights include:

- Munch & Learn in 30.
- Zentangle Art.
- Pop Noggins Interactive video.

- Food Truck at Caregiver Corner.
- Photo booth.
- And much more.

Experience Senior Expo:

- Complimentary admission.
- Program & resource info.
- Caregiver Corner at Cowtown.
- Free Health Screenings.
- Interactive booths/prizes
- Fashion Show.
- Museum tours/ highlights

- Lunch \$6.00 at all locations.
- Park & Ride: Shuttle to all locations.

If you are interested in going with our group please contact the Center or put your name on



TIPS FOR SAFE SOCIAL NETWORKING



1. Never post that you are away from home or discuss current or future travel plans.
2. Set your privacy settings to "friends only."
3. Keep your "friends" list short enough to manage. Know who you can trust to handle your news and photographs appropriately. Decline requests from people you don't know personally.
4. Before sending a message, consider how it could be read by others. Saying anything online that is cruel or damaging to someone's reputation isn't just rude, its also dangerous. It puts you at risk of being accused of slander or defamation, and could even escalate.
5. Never allow anyone to photograph you in an embarrassing or compromising situation and don't post anything that would case you or others embarrassment or shame. You never know where these things will end up, and they could be used against you.
6. Never share your full email contact list with websites. This can lead to you and your contacts receiving spam and phishing emails.
7. Never follow a link that asks you to log onto a social networking site. Links may lead to fake websites created to steal information or install malware.
8. Don't forward another persons email without permission.

Music At The Center

The Messengers Gospel Quartet



IN CONCERT

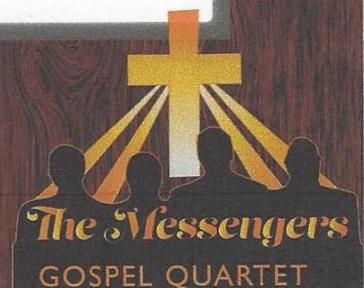
PLACE: Community Center

TIME: 7:00 pm

DATE: Sat. September 5th

For booking, contact:

Rob Wilson: 316-648-9145



~ September 2015 ~

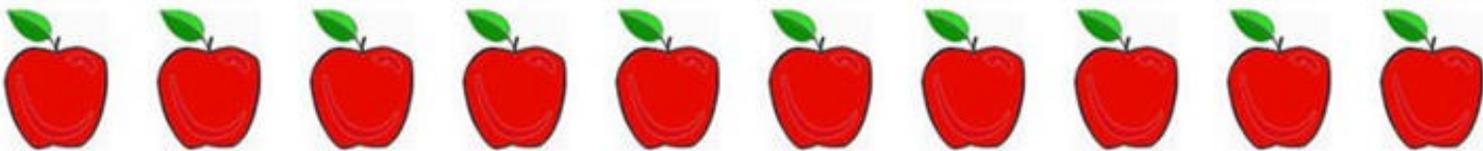
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	2 Morning Coffee 9am Zumba 7-8 pm	3 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	4 Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	5 Music At The Center 7pm-9pm
6 	7 CENTER CLOSED 	8 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	9 Morning Coffee 9am \$5 Manicures by Virginia (call for appointment) Zumba 7-8 pm	10 Bible Study (E-free) 10am AA 7pm-9pm	11 Tai Chi 8:45 am Exercise 10:00 am	12
13 	14 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 7-8 pm	15 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	16 Morning Coffee 9am Zumba 7-8 pm	17 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	18 Tai Chi 8:45 am Exercise 10:00 am	19 Fall Festival No Biscuits & Gravy
20 	21 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	22 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	23 Morning Coffee 9am \$5 Manicures by Virginia (call for appointment)	24 BYOD 9am Bible Study (E-free) 10am Senior Expo Trip 9am-3pm AA 7pm-9pm	25 Tai Chi 8:45 am Exercise 10:00 am	26
27 	28 Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm Home Safety workshop 10:30 am	29 Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	30 Morning Coffee 9am	 <h1 style="font-size: 4em;">September</h1>		

Clearwater Nursing & Rehab.

(menu is subject to change)

SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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
Center Closed For Labor Day *only homebound meals will be served this day.	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	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
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
14	15	16	17	18
ROAST BEEF CREAM STYLE CORN COUNTRY CABBAGE ROLL MARBLE CAKE	CHICKEN CORDON 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
21	22	23	24	25
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		
28	29	30		



Senior Lunch Tuesday August 11th, 2015

Mary Jo McMahan was our only birthday person present.

After another delicious meal, our first speaker was Nancy Millege. Nancy is the pharmacist from the Clearwater Wal-Mart. She told that she was from Council Grove and was happy to be in another small town to work. She told that she will be offering flu shots at the Center on Thursday, September 10th. Both the regular flu shot and high-dose flu shot will be available. If you would like to participate contact the Center to get your name on the list. She states that Medicare should cover the injection as long as you have reached your deductible for the year. You will need to bring your Medicare card with you. Some other injections that are offered at Wal-Mart include: Tetanus, pneumonia, shingles, and Hepatitis B. No appointments are required at the store, but afternoons are usually not as busy of a time.

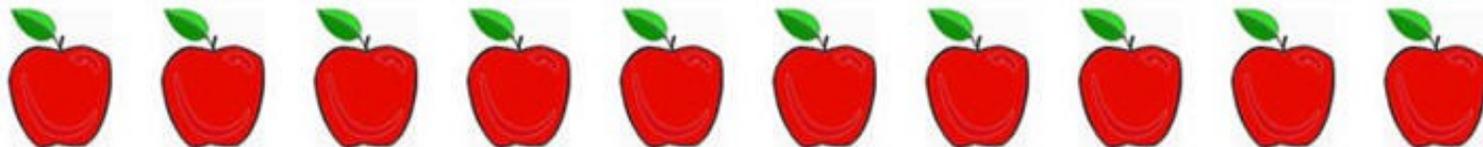
Marlene led a game about our wedding anniversaries, and what was notable about the chosen day. Mary Jo McMahan and Linda McCune were the winners.

Then Marlene had a trivia session about the month of August. We welcomed another first timer to our group, Jackie Wallis joined her husband Lee who has been visiting the Center for several activities. We welcome any and all.

Announcements:

- Saturday August 18th Biscuits & Gravy—we need workers to help. There will be NO biscuits & gravy in September due to Fall Festival.
- Zumba class has had a great response. If you would like to attend check the SCOOP calendar for details.
- There will be no Fish Fry this year due to no fish being caught. We will need to have another fundraiser later in the fall to replace it.
- Farol brought an announcement about how to get on the “no-call” phone list. The number is 1-888-382-1222. If you have any questions call Pam at the Center.

Marlene Parret,
Secretary



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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