



THE SCOOP

Clearwater Community Center
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7 EARLY SIGNS OF ALZHEIMERS DISEASE



The average Alzheimer’s patient is not “[Still Alice](#),” the 50-something linguistics expert from last year’s Academy Award-winning movie, who faces a devastating diagnosis of early-onset Alzheimer’s Disease. The average Alzheimer’s patient is in her late 70s, whose disease comes on more slowly than depicted in that film, says George Perry, dean of the College of Sciences at the University of Texas San Antonio and editor-in-chief of the *Journal of Alzheimer’s Disease*.

Still there are certain people who get early-onset Alzheimer’s disease; in the U.S., about 200,000 people have it. How can you tell if you’re among them? There can be surprising symptoms that warn of its development — and they don’t all involve memory problems.

Stealing or Other Law-Breaking Activity

Any behavioral change as people age is of concern, Perry says. But this one is often a sign of Frontotemporal Dementia (FTD), another progressively damaging, age-related brain disorder, which typically strikes adults aged 45 to 65. People’s executive function — their ability to make decisions — can be affected by the disease, which may explain why they become unable to discern right from wrong.

Frequent Falling

A study of 125 older adults asked subjects to keep track of how often, over an eight-month time period, they fell or tripped. When researchers looked at the brain scans of those who fell most frequently, they saw a correlation between falls and the early onset of Alzheimer’s. If you or someone you love is falling frequently, tell your doctor. It may be an indicator of a cognitive problem.

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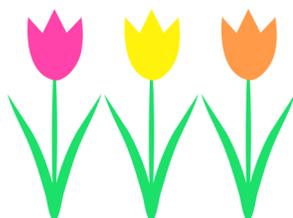
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APRIL BIRTHDAYS

“HOW OLD WOULD YOU BE IF YOU DIDN'T KNOW HOW OLD YOU WERE?” SATCHAL PAIGE

- | | | |
|-------------------------|----------------------|-----------------------|
| Mary Conley 4/02 | Deanna Dent 4/16 | Ruby Richardson 4/25 |
| Marilyn Klausmeyer 4/04 | Lola Jean Lamb 4/19 | Van Mitchell 4/25 |
| Norman Godwin 4/04 | Shannon Avery 4/19 | David Klausmeyer 4/25 |
| Cleona Vandruff 4/07 | Garland Fleming 4/20 | Denny Stauth 4/28 |
| Sonja Booth 4/07 | Connie Craig 4/22 | Jan Hopson 4/29 |
| Mary Maltbie 4/08 | Clarice Sparr 4/23 | Linda McCune 4/29 |
| Lois Croft 4/08 | Gayla Rinehart 4/23 | Charlotte Dawson 4/29 |
| Marvin Schauf 4/11 | Nancy Girard 4/24 | Earnest Glaser 4/29 |
| Justin Givens 4/14 | Jeff Laha 4/24 | |



UPCOMING EVENTS

Schedule of Events

- 4/1 Planning meeting
- 4/1 Trip to Children's Theatre
- 4/4 Zumba
- 4/6 Zumba
- 4/11 Zumba
- 4/12 Carry In Lunch
- 4/13 Zumba
- 4/16 Biscuits & Gravy
- 4/18 Zumba
- 4/20 Zumba
- 4/21 3rd Thursday BINGO
- 4/25 Zumba
- 4/27 Zumba
- 4/28 Master Gardener



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.

Date: Tuesday, April 12th

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

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



SPRING VEGETABLE RICOTTA TART WITH PHYLLO

Ingredients

- 4 cups of ricotta, drained
- 2 eggs
- 2 garlic cloves, finely minced
- handful of chopped fresh basil
- 1/2 cup of grated romano cheese
- 1/2 cup of grated fontina
- 1/2 cup of grated asiago
- salt and pepper to taste
- 8 sheets of phyllo dough
- olive oil, preferably in spray form
- 1 bunch of asparagus, cut in half diagonally
- a large leek, cleaned thoroughly and sliced into rounds
- 1/2 cup cooked and shelled fava beans or replace with peas
- 1 heaping cup or so of artichoke hearts
- 1 cup or so cherry tomatoes, cut in half. (Chopped chives (optional))

Instructions

1. Pre-roast all veggies except the tomatoes, if using fava beans have them preboiled with skins off, if using peas instead, frozen and defrosted is fine.
2. In a bowl whip the romano, asiago, fontina along with the basil, garlic and eggs into the ricotta until well incorporated.
3. Layer each sheet of phyllo one by one into your olive oil greased tart pan fitting it in around the bottom and sides and spraying or brushing each sheet with olive oil as you go, if it rips don't worry it will look fine in the end.
4. When finished layering each sheet spread the ricotta mixture all over.
5. Press your veggies all around into the ricotta.
6. Drizzle the top of the tart and sides of dough with olive oil, sprinkle with romano and bake.
7. Bake in a 400 F. oven, keep checking after 15 minutes, make sure the crust is deep golden and ricotta is set. Let it cool down before you cut into it.



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.

CLOSING OF THE CENTER

When the roads are bad due to weather we would prefer that people not get out and about. Due to this it is a reminder that when Clearwater USD 264 cancels school the Community

Center will also not be open. We will also post this on news stations.

NEW HOURS

We have been closely monitoring traffic at the Center between the hours of 8am and 9 am. We have noticed that most people do not come to the Center until 9am or after. Others have stated that they wish the Center was open later. Therefore effective April 1st the Centers hours will be Monday-Friday 9:00 am to 3:00 pm.

“Those who can, do. Those who can do more, volunteer “
-Unknown



New Lunch Program

As you are all aware we recently lost our in house lunch program. We have been diligently looking for a new company and believe we have found a great fit. API or Aging Projects, Inc will be taking over our lunch program effective Friday, April 1st. There will be a few changes.

The meals will be a suggested donation of \$3 instead of \$2. Also we will need to find volunteers to help with delivery of meals. If you or someone you know may be interested in delivering meals on wheels please call 620-584-2332. We are excited for the opportunity to bring back lunches at the Center as well as still being able to serve all the people who are home bound. If you would like to sign up for a meal please call a day in advance and let us know. Also if you know someone who could benefit from home bound lunches please let us know. The first few months will be a learning process for us all so please bear with us.

UPCOMING EVENTS CONTINUED

3rd Thursday BINGO

Come join us for some fun time playing BINGO! This is offered to us by Haysville Health mart and there is no cost.

Date: Thursday, April 21st

Time: 1:00 pm

Location: Center Main Room



Crochet/Quilting Group

Do you enjoy crocheting, knitting, or quilting but don't find the time to do it? Or do you have questions or need help? Or would you just like to be around other people who share the same skill as you? If so this group is for you!

Date: Monday March 7th and March 21st

Time: 7:00 pm

Location: Center Main Room

Cost: Free



Zumba Class

Zumba classes are starting back up again at the Center. Classes will begin Monday April 4th. Classes will be every Monday and Wednesday from 6pm to 7pm. Cost is \$20 a month or \$3 drop in per class.

Date: Every Monday and Wednesday

Time: 6:00 pm

Location: Center Main Room

Cost: \$20 a month or \$3 drop in fee



Master Gardener presentation

Sedgwick County Master Gardener, Karen Sanders West will be here to give a talk on "Annuals—for summer garden and summer containers."

This is a free presentation and all are welcome to attend.

Date: Thursday, April 28th

Time: 1:00 pm

Location: Center Main Room

Cost: Free



CONTINUED FROM MAIN PAGE

Forgetting the Function of Objects

Can't remember where you put your keys? Not usually a problem. But, says Perry, if you can't remember what a key is for, or where dirty dishes are supposed to go, then you might be facing the first signs of Alzheimer's or dementia.

Eating Inappropriate Things

Before the onset of Alzheimer's, patients tend to eat more — about 500 calories more per day — than their aging counterparts. And still, they tend to lose weight. “We can only guess that the change is metabolic,” Perry says.

Some people actually eat inanimate objects prior to their diagnosis, though researchers don't know why. But since Alzheimer's and dementia affect the brain's memory, it may be because their brain receives hunger signals but can't discern how to react to them. Some patients have been reported to eat paper or other inedible objects.

Inability to Recognize Sarcasm

“*That was a sarcastic remark.*” We say this regularly because we can tell when someone is using the wise-guy device of sarcasm. But if you fail to recognize it, or take it very literally and seriously, this may be a sign of atrophy in your brain. (We all miss sarcasm from time to time, of course, but if you consistently “don't get it,” it could be a problem.)

A [study](#) by Katherine Rankin, of the University of California/San Francisco, found that Alzheimer's patients and those with Frontotemporal Disease were among those who could not recognize sarcasm in face-to-face encounters. In such diseases, Perry says, the brain's posterior hippocampus is affected, which is where short-term memory is stored, and where one would sort out such things as sarcasm.

Depression

If someone has never suffered from clinical depression in the course of their lives but develops it later in life (after age 50), it could be an early sign of Alzheimer's.

This does not mean if you're diagnosed with depression in older age that you will develop Alzheimer's or other cognitive decline, but it does raise the possibility that you might. One [study](#) showed that people who suffered from depression after 50 were three times more likely to develop an Alzheimer's-related disease, Vascular Dementia, than those that did not.

If you are depressed, get treatment sooner rather than later because some researchers speculate that hormones released in the depressed brain may damage certain areas of it, leading to the development of Alzheimer's or other dementia.

**Unfocused Staring**

Alzheimer's is a change in cognitive and executive functioning in the brain — meaning your ability to recall facts, memories and information is compromised, as is your ability to make decisions. Essentially, your brain becomes unfocused, Perry says. So staring in a detached way may be an early sign of so-called “tangles” in your brain.

These symptoms may signal Alzheimer's disease, but they may be the signs of other underlying conditions. Perry says a trained neurologist can easily diagnose Alzheimer's or other dementias. See your doctor if you have worrying signs so that you can begin treatment. It may turn out that these

symptoms are a sign of something else. But sharing them with a physician is the best thing you can do.

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Senior Lunch Report 3-8-16

Pam called the group to order. There was no one present with March birthdays. She introduced Sloan Freeman, who will be opening a new pharmacy soon in Clearwater. She is also the person who owns Freeman pharmacy in Conway Springs.

Marlene led reciting the Flag Salute and singing the National Anthem, as well as giving the blessing for the meal.

Sloan was our first speaker giving more information on the services they will be offering at their facility here in Clearwater. They will be located at the NW corner of Ross and Lee. Their scheduled hours will be M-F 9-5. They will be happy to help anyone make the transition from their current pharmacy over to them.

Marlene's Tricia was based on the dates of inauguration of presidents as January 20th. For the time of our 2nd President John Adams on 1797 the date had been March 4th until the death of President Roosevelt when President Truman took over. President Dwight Eisenhower was the first President after the 20th amendment moved the date to 1-20. Marlene also gave some interesting information on President Adams including that he was the longest lived President dying after 94 years.

Our trivia game was a 2-word description of our Director Pam Riggs. Some of the answers were; friendly, hospitable, pretty, efficient, hard-worker, beautiful smile, nice lady, ready & willing. Also the description for Becky Estes; good neighbor, joyful, funny, new-comer, likes Pepsi, and intelligent woman! Our winners were Linda McCune and Mary Bacon.

Announcements:

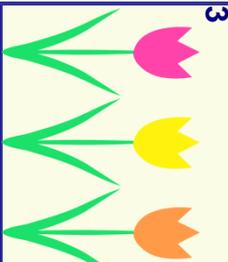
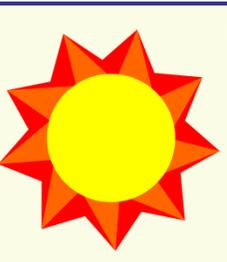
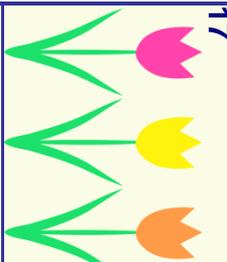
- Bingo is now being sponsored by Haysville Health mart free of charge and they have been giving away prizes.
- Friday, April 1st trip to the Children's Music Theater in Wichita to see a play.
- Zumba will resume at the Center in April.
- The Nursing Home is discontinuing bringing meals to the Center. Those currently eating here may have home bound meals until another program is found. Pam has been researching other options.
- Beginning in April the hours at the Center will be changed to 9am-3pm to offer later access.

Marlene Parret

-Secretary



April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Planning meeting 10 am</p> <p>Joseph and the amazing Technicolor dreamcoat trip at 1:00 pm</p>	2
<p>3</p> 	<p>4</p> <p>Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p> <p>Crochet/Quilting group 7pm</p>	<p>5</p> <p>Tai Chi 8:30 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>6</p> <p>Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>7</p> <p>BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>AA 7pm-9pm</p>	<p>8</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	9
<p>10</p> 	<p>11</p> <p>Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p>	<p>12</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Carry In Lunch noon</p> <p>AA/Al Anon 7-9 pm</p>	<p>13</p> <p>Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>14</p> <p>Bible Study (E-free) 10am</p> <p>AA 7pm-9pm</p>	<p>15</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	<p>16</p> <p>Biscuits & Gravy Tam – 10 am</p>
<p>17</p> 	<p>18</p> <p>Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p> <p>Crochet/Quilting group 7pm</p>	<p>19</p> <p>Tai Chi 8:30 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>20</p> <p>Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>21</p> <p>BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>3rd Thursday BINGO at 1pm</p> <p>AA 7pm-9pm</p>	<p>22</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	23
<p>24</p> 	<p>25</p> <p>Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p>	<p>26</p> <p>Tai Chi 8:30 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>27</p> <p>Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>28</p> <p>BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>Master Gardener at 1pm</p> <p>AA 7pm-9pm</p>	<p>29</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	30

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Center
921 E Janet Ave
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620-584-2332



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
Becky Estes – Member
Farol McMillan - RSVP Program