



SCOOP

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KANSAS LOW INCOME ENERGY ASSISTANCE PROGRAM

The Kansas Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Benefit levels vary according to the following factors: 1) Household income, 2) number of persons living at the address, 3) type of dwelling, 4) type of heating fuel, and 5) utility rates.

The 2016 application period is from Tuesday, January 19, 2016 through Thursday, March 31, 2016. Applications must be received prior to 5:00 PM, March 31, 2016.

In order to qualify, applicants must meet the following requirements:

- An adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or the fuel vendor.
- Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.

The combined gross income (before deductions) of all persons living at the address may not exceed 130% of the federal poverty level according to the guidelines. Additional information may be obtained by calling 1-800-432-0043 or you can make an appointment with the Center to have Pamela assist you with an application.

Household Size*	Maximum Income Level (Per Year)
1	\$15,301
2	\$20,709
3	\$26,117
4	\$31,525
5	\$36,933
6	\$42,341
7	\$47,749
8	\$53,157

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FEBRUARY BIRTHDAYS

“LET THEM EAT CAKE!” MARIE ANTOINETTE

- | | | |
|---------------------|-----------------------|----------------------|
| Jerry Stitt 2/02 | Vivian Maechtlen 2/09 | Lorena Hinckley 2/23 |
| Janetta Burris 2/03 | Gene Garcia 2/09 | David Papish 2/27 |
| Marlene Parret 2/04 | David Bentley 2/12 | Jan Casey 2/28 |
| Yvonne Coon 2/06 | Peggy Brockman 2/21 | Rosamilia Wyval 2/28 |
| Gary Hunt 2/06 | Charles Rinehart 2/21 | |

UPCOMING EVENTS

Schedule of Events

- 2/5 Planning meeting
- 2/8 Crochet & Quilting group
- 2/9 Carry In Lunch
- 2/15 Center Closed
- 2/16 Identity Theft Workshop
- 2/18 BINGO
- 2/22 Crochet & Quilting group
- 2/22 Tax Preparations

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, February 9th

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



CROCKPOT ZUPPA TOSCANA

Ingredients

- 1 lb of mild Italian sausage links.
- 2 large baking potatoes cut in half and then quartered.
- 1 onion, chopped.
- 1/4 cup bacon bits
- 3 garlic cloves minced
- 2 cups of Kale (or Swiss Chard) chopped
- 16 oz can of chicken broth
- 1 qt of water
- 1 cup heavy whipping cream
- Salt & pepper to taste.

Instructions

1. Brown sausage link in pan. Drain grease very well. Cut links in half lengthwise, then in 1/2 inch slices.
2. Place cooked sausage, chicken broth, water, garlic, potatoes, salt, pepper, and onion in slow cooker.
3. Cover. Cook on high for 3-4 hours until potatoes are cooked and soft.
4. Turn off the crock pot and add the chopped kale.
5. Return the lid and let sit for 5 mins.
6. Add whipping cream and serve.



Serves: many
Prep time: 25 mins
Cook time: 4 hours
Method: Slow cooker

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 CHAIRS

On Thursday January 21st we received our new chairs. They are much more ergonomically and easily stackable and more light weight. When we received them every single chair was wrapped individually and it took a good 3-4 hours to unwrap them all. Thank you to Maynard Lemon who gave up his afternoon to help me. Everyone make sure you thank Maynard as well.

“Doing nothing for others is the undoing of ourselves”
-Horace Mann



UPCOMING EVENTS CONTINUED



BINGO

Come join us for some fun time playing BINGO! Cost is .25 per card and there are a great selection of prizes to choose from. This is open to all.

Date: Thursday, February 18th

Time: 1:00 pm

Location: Center Main Room

Cost: .25 per card

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 February 8th and February 22nd

Time: 7:00 pm

Location: Center Main Room

Cost: Free



Hermes Healthcare

“Foot Care for you... when you cant.”

Your feet are a very important part of your health and independence, and caring for them can become quite a task as you age. You may not be physically able to care for them properly any longer, due to failing vision, decreased mobility or flexibility. You may have one or more health diagnoses that also put you at risk, such as diabetes, cardiac or neurological problems. Any or all of these can create special problems for the feet, and possibly decrease your ability to feel when you have sores, foreign bodies, or infection on any part of the foot. Your feet and toes can also become more deformed as you age, creating pressure points that can cause sores as well. Properly caring for and maintaining the health of your feet, can provide you with greater independence for the rest of your life. Medicare covers these routine foot care every 60 days. Hermes Healthcare can trim nails, remove callous, ingrown toenails, plantar warts, and can do some minor wound care. They used to come to Dr. Papish's office but have since outgrown the space. They will now be visiting the Clearwater Community Center every other month. If you would like to make an appointment for when they are here please call 316-260-4110. The dates below are when they are here.

Wednesdays March 2, May 4, July 6th, Sept 7 and November 9th.



FOOTCARE



January Carry In Lunch Report

Pamela called the group to order by announcing our speakers for the day, Denise Vann with the Alzheimer's Association, and new Police Chief Bill Hisle. Our January birthdays were Mary Bacon and Pam Riggs. Marlene led the group in reciting the Flag Salute and National Anthem, as well as giving the blessing for the meal. Our first speaker was Denise Vann from the Alzheimer's Association. She told of several fundraisers through the local group out of Wichita. She also spoke of how the public could get involved. They also offer many support services for family members of loved ones who suffer from the disease. Other things available are educational classes, music therapy, and the annual golf tournament to help raise funds for the group. There are also trial medications programs available. If you have any questions you may contact the Alzheimer's Association Wichita.

Our next speaker was our new Police Chief Bill Hisle. He gave us some of his background in police work, beginning in his home state of Missouri. He started working in the field in 1983. He retired from police work and sought other types of work. He realized that police work was in his blood and re-entered the field. He says he is enjoying meeting out local people. One of the main things he urges us all to do is to be alert to our surroundings at all times, also to make sure to keep all your doors locked even when you are home. It is the best deterrent to crime.

Announcements:

Biscuits & Gravy 1-16

Seminar on Identity Theft at the Center 2-15 @ 1230 pm

AARP Tax preparation on Feb 22nd

New chairs have been ordered for the Center. Part of the funds for them was from the Clearwater Foundation. Thank you!

Marlene's Trivia reminded us that though we are beginning a new year, it is still fun to remember the old times. Thus reminding us then that we may be "Older than dirt!"

We were glad to welcome as first-time guests Chief Bill Hisle and his wife Julie.

Also another of our group returned with her son. Donna and Stanley Yost. She recently moved to Wichita with him. We are always glad to welcome visitors and new-comers to our community.

Marlene Parret,
Secretary

AARP FOUNDATION TAX-AIDE



Since 1968, volunteer-based program has helped nearly 50 million low- to moderate-income taxpayers. AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you.

AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

AARP will be at the Clearwater Community Center on Monday, February 22nd. Please call the office to make an appointment. 620-584-2332. Please see the items on page 7 that you will need to bring with you.

QUILT OF VALOR PRESENTATION

The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. We are blessed to have a local sewing group who each year make Quilts of Valor for local veterans. This year they will be presenting 8 quilts. This event is open to all and we would love to see a great turn out to support our local Veterans and let them know we appreciate them.

Date: Monday, February 15th

Time: 3:00 pm

Location: Community Center

Free and open to all



Items to bring for tax prep.

Bring these items with you when you come to have your 2016 tax returns completed:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents – everyone to be included on the return
An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and/or your dependents if you do not have a Social Security number
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning, pension or other retirement income statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers/payers
- Interest and dividend statements from banks (Forms 1099-INT and -DIV)
- Brokerage statements
- Health Insurance Exemption Certificate, if received
- A blank check for proof of bank account routing and account numbers for direct deposit
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B or C, Affordable Health Care Statements
- **Your Tax Records envelope with this year's federal and state returns and other tax documents**

Note: We electronically file tax returns and both spouses must be present to sign the required forms on a married-filing-joint return.

Thank you for allowing the volunteers of AARP Foundation Tax-Aide to assist you with the preparation of your tax return(s) today. As part of our IRS certification requirements we are required to verify the identity and Social Security numbers of all individuals that appear on the Federal Income Tax forms.

Due to changing Federal reporting standards and the release of new tax preparation software, next year we will not be able to accept alternate forms of Social Security number verification. To have your taxes prepared next year you will be required to provide a valid **Social Security Card** for all individuals on the return.

If someone does not have a Social Security Card, we strongly recommend that that you apply for a replacement card now. To obtain a replacement Social Security card, you will need to fill out a SS-5 form. This form, and the directions to obtain a Social Security card, can be obtained from your local Social Security office or downloaded from www.ssa.gov/forms.

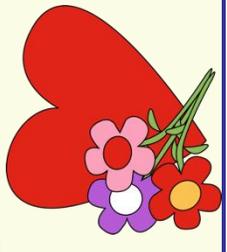
The screenshot shows the Social Security Administration's website. At the top, there is a navigation bar with links for 'Home', 'Numbers & Cards', 'Benefits', 'Information for...', and 'Business & Government'. Below this is a 'Forms' section with a search bar containing 'SS-5' and a result count of '3/127'. The search results table shows the following entry:

Number	Title
SS-5	Application for a Social Security Card

above

When you return next year to have your taxes prepared, please bring the items listed on the reverse side of this document. We look forward to seeing you again next tax season.

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	2 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	3 Morning Coffee 9am	4 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	5 Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	6
	8 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	9 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/Al Anon 7-9 pm	10 Morning Coffee 9am	11 Bible Study (E-free) 10am AA 7pm-9pm	12 Tai Chi 8:45 am Exercise 10:00 am	13
	15 Center Closed for Presidents Day Quilt of Valor presentation 3pm	16 Tai Chi 8:45 am Exercise 10:00 am Identity Theft workshop 12:30 pm AA/Al Anon 7-9 pm	17 Morning Coffee 9am	18 BYOD 9am Bible Study (E-free) 10am BINGO @ 1pm AA 7pm-9pm	19 Tai Chi 8:45 am Exercise 10:00 am	20 Biscuits & Gravy 7am – 10 am
	22 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm Tax Prep. By appt only	23 Tai Chi 8:30 am Exercise 10 am AA/Al Anon 7pm-9pm	24 Morning Coffee 9am	25 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	26 Tai Chi 8:45 am Exercise 10:00 am	27
	29 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm					

Happy Valentine's Day

Clearwater Nursing & Rehab. (menu is subject to change) FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
1	2	3	4	5
PORK LOIN SCALLOPED POTATOES CALIFORNIA VEGGIES ROLL ICE CREAM	CHICKEN FRIEND STEAK MASHED POTATOES GREEN BEANS ROLL CAKE	BEEF STROGANOFF BUTTERED NOODLES BROCCOLI CHERRY COBBLER	TURKEY A LA KING MIXED GREEN SALAD BISCUIT SPICED PEARS	BRAISED CHICKEN BREAST WILD RICE BLEND ZUCHINI PEACH DESSERT
8	9	10	11	12
CLOSED FOR PRESIDENTS DAY ONLY HOME BOUND MEALS WILL BE SERVED	CHICKEN BREAST WILD RICE BLEND BROCCOLI ROLLS SUNNY PEARS	SPAGHETTI W/MEAT SAUCE CREAMED SPINACH BREADSTICK FRUIT CUP	POLISH SAUSAGE FRIED POTATOES GREEN BEANS ROLL BREAD PUDDING	BATTERED FISH ROASTED RED POTATOES PEAS CHOCOLATE MOUSSE
15	16	17	18	19
BAKED HAM SCALLOPED POTATOES SPINACH ROLL AMBROSIA FRUIT SALAD	CHICKEN STRIPS FRIED POTATOES GRAVY PEAS & CARROTS BISCUIT CINNAMON PEARS	LASAGNA ITALIAN VEGETABLES BREADSTICKS PEACH CRISP	SWEET & SOUR PORK OVER RICE ROLL MANDARINE ORANGES	MEATLOAF MASHED POTATOES GREEN PEAS GRAVY ROLLS PINEAPPLE CUBES
22	23	24	25	26
ROAST BEEF CREAM STYLE CORN COUNTRY CABBAGE ROLL MARBLE CAKE				
28				



Clearwater Community
Center
921 E Janet Ave
Clearwater, KS 67026
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
Cheryl Wright – Member
Becky Estes – Member
Farol McMillan - RSVP Program