

HAPPY ★ NEW ★ YEAR



# SCOOP

**Clearwater Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**communitycenter@clearwaterks.org**



## TOP 5 NEW YEARS RESOLUTIONS FOR SENIORS

Life is full of traditions. Many are handed down through the years, and some are newly created between family and friends. Either way, traditions are part of the colorful fabric that intertwines our lives and holds us together, transcending time and distance. One common tradition this time of year is making New Year’s resolutions, which usually include stopping bad habits or starting good habits.

This tradition is also a great way to stay connected and engaged with those special seniors in your life. By working together with your aging loved ones to put those resolutions into action, you can both maintain the momentum to keep those commitments throughout the year. Providing accountability for each other provides valuable reinforcement, offers the opportunity to stay in touch regularly, and gives you a greater sense of purpose, which is particularly important for seniors and their well-being .

We have compiled a number of interactive New Year’s resolutions designed to keep you connected, in touch, and in tune with each other the entire year:

- **Start a letter journal.** Thanks to the Internet, handwritten letters are almost a thing of the past. However, seniors come from an era when writing letters by hand was an important, valued form of etiquette—a more personal way of keeping in touch. Purchase a bound journal, write a letter inside and give it to your loved one. He or she then writes a letter to you and returns the journal. The same can be done with individual letters written back and forth and pasted into the book. The process repeats throughout the year, or until the journal is full. Sharing a letter journal with your loved one is a unique way to strengthen your connection and getting to know each other better. An added perk is the

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## JANUARY BIRTHDAYS

“MY LIFE IS BETTER WITH EVERY YEAR OF LIVING IT.” RACHEL MADDOW

Ima Kinkaid 1/01	Mary Miller 1/13	Dick Croft 1/18
Natalie Machart 1/02	Maynard Lemon 1/14	Michelle Titterington 1/20
Louise Riggs 1/04	Steve McMillen 1/14	Ruth Glenn 1/21
Pamela Riggs 1/05	Marcille Mitchell 1/15	Bob Fleming 1/23
JoAnn Matthews 1/06	Reid Williams 1/16	Norma Leabo 1/24
Mary Bacon 1/09	Ron Leabo 1/16	Jan Wentworth 1/24
Jan Vogel 1/09	Paul Clark 1/16	Vada Tjaden 1/25
James Richardson 1/12	Tricia Miles 1/17	Phil Wise 1/27

## UPCOMING EVENTS

### Schedule of Events

- 1/1 Center closed
- 1/8 Planning meeting
- 1/11 Crochet & Quilting group
- 1/12 Carry In Lunch
- 1/15 BINGO
- 1/16 Biscuits & Gravy
- 1/25 Crochet & Quilting group

#### 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, January 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



## CHICKEN ENCHILADA RICE CASSAROLE

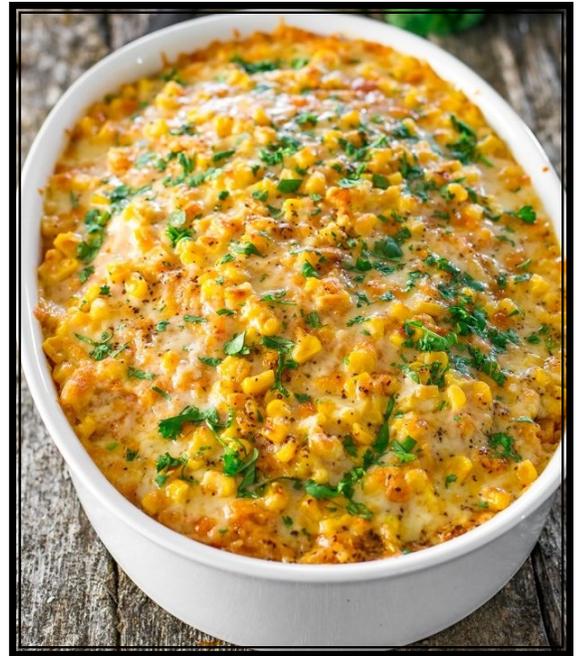
### Ingredients

- 3 cooked chicken breasts, shredded
- 2 cups dry Basmati rice
- 2 cans (10 oz each) Enchilada sauce (I used Old El Paso)
- 1 can (16 oz) re-fried beans (I used Old El Paso)
- 1 cup white cheddar, shredded
- 1 cup Monterey Jack cheese, shredded
- 1 can (11 oz) corn kernel, drained
- cilantro for garnish
- salt and ground black pepper to taste

### Instructions

1. Cook the rice. I cooked it with 4 cups of water and ¼ cup of butter.
2. Preheat oven to 350 F degrees.
3. Mix the 2 cheeses together.
4. In a large bowl mix the shredded chicken with the enchilada sauce, refried beans and half of the cheese. Add rice, season with salt and pepper if needed, and mix well. Pour rice mixture into a large casserole dish. Top with corn then with remainder of cheese.
5. Bake for about 20 to 30 minutes or until cheese melts and is bubbly.
6. Garnish with chopped cilantro and serve warm.

**Prep time: 20 mins**  
**Cook time: 30 mins**  
**Total time: 50 mins**  
**Serves 12**



## 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.

### COMPUTERS AT CENTER

The Center has 2 computers that are free to use at any time during normal business hours. You may notice some changes when you come in next time. We have upgraded all the computers to Windows 10. If you need help or just want some practice on Windows 10, let Pame-

la know and she can walk you through what you need to know.

### SAFE HOUSE NEEDS

Betty Jo Embry, who works with the Safe House in Wichita, would like to send out a huge "thank you" from all the kids. The Safe House in Wichita offers meals, toiletries, blankets, coats, and other things to the homeless children living on the streets of Wichita. This year we were able to donate many different things thanks to all of you. She is very appreciative and states that the children are as well.

**"Good deeds  
awaken the good  
spirit of every  
soul."  
-Lailah Gifty  
Aleita**

## PREFERRED RENTAL MANAGEMENT



Wheatland Apartments located in Clearwater, KS, is a 16 unit housing complex, which may be occupied by moderately low, low and very low-income families.

The complex is available to all prospective tenants of all minority and non-minority groups in the housing market area regardless of race, color, religion, sex, national origin, disability, or familial status.

Should you have any questions or desire additional information please feel free to give Anita McMillan a call at 620-545-7755 during business days between the hours of 8:00 am and 5:00 pm.

## **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: Friday, January 15th

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 January 11th & Monday January 25th

Time: 7:00 pm

Location: Center Main Room

Cost: Free

# **2015 Holiday Lights Tour**



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> CENTER CLOSED 	<b>2</b>
<b>3</b> 	<b>4</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>5</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>6</b> Morning Coffee 9am	<b>7</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>8</b> Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am	<b>9</b>
<b>10</b> 	<b>11</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>12</b> Tai Chi 8:45 am Exercise 10:00 am <i>Carry In Lunch noon</i> AA/AI Anon 7-9 pm	<b>13</b> Morning Coffee 9am	<b>14</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>15</b> Tai Chi 8:45 am Exercise 10:00 am BINGO 1:00 pm	<b>16</b> Biscuits & Gravy 7am – 10 am
<b>17</b> 	<b>18</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>19</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>20</b> Morning Coffee 9am	<b>21</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>22</b> Tai Chi 8:45 am Exercise 10:00 am	<b>23</b>
<b>24</b> 	<b>25</b> Blood pressure ck 10am-noon Bible Study (COC) 9:30am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>26</b> Tai Chi 8:30 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>27</b> Morning Coffee 9am	<b>28</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>29</b> Tai Chi 8:45 am Exercise 10:00 am	<b>30</b>

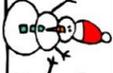
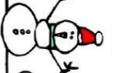
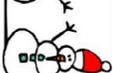
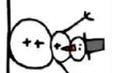
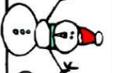
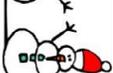
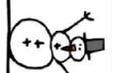
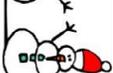
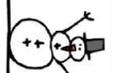
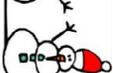
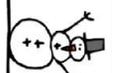
# JANUARY



MARTIN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>CLOSED FOR NEW YEARS ONLY HOME BOUND MEALS WILL BE SERVED</p> 
<p>ROAST BEEF CREAM STYLE CORN COUNTRY CABBAGE ROLL MARBLE CAKE</p>	<p>CHICKEN CORDON BLEU MASHED POTATOES BROCCOLI ROLL FROSTED CAKE</p>	<p>SMOTHERED PORK CHOPS RICE PEAS ROLL CHOCOLATE CREAM PIE</p>	<p>FRIED CHICKEN MASHED POTATOES MIXED VEGETABLES BISCUIT VANILLA PUDDING</p>	<p>LEMON PEPPER FISH BOWTIE PASTA SEASONED CARROTS ROLL STRAWBERRIES &amp; BANANAS</p>
<p>PORK LOIN SCALLOPED POTATOES CALIFORNIA VEGGIES ROLL ICE CREAM</p>	<p>CARRY IN LUNCH DAY ONLY HOME BOUND MEALS WILL BE SERVED.</p>	<p>BEEF STROGANOFF BUTTERED NOODLES BROCCOLI CHERRY COBBLER</p>	<p>TURKEY A LA KING MIXED GREEN SALAD BISCUIT SPICED PEARS</p>	<p>BRAISED CHICKEN BREAST WILD RICE BLEND ZUCCHINI PEACH DESSERT</p>
<p>MEATLOAF MASHED POTATOES PARSELY CARROTS BREAD CINNAMON APPLES</p>	<p>CHICKEN BREAST WILD RICE BLEND BROCCOLI ROLLS SUNNY PEARS</p>	<p>SPAGHETTI W/MEAT SAUCE CREAMED SPINACH BREADSTICK FRUIT CUP</p>	<p>POLISH SAUSAGE FRIED POTATOES GREEN BEANS ROLL BREAD PUDDING</p>	<p>BATTERED FISH ROASTED RED POTATOES PEAS CHOCOLATE MOUSSE</p>
<p>BAKED HAM SCALLOPED POTATOES SPINACH ROLL AMBROSIA FRUIT SALAD</p>	<p>CHICKEN STRIPS FRIED POTATOES GRAVY PEAS &amp; CARROTS BISCUIT CINNAMON PEARS</p>	<p>LASAGNA ITALIAN VEGETABLES BREADSTICKS PEACH CRISP</p>	<p>SWEET &amp; SOUR PORK OVER RICE ROLL MANDARINE ORANGES</p>	<p>MEATLOAF MASHED POTATOES GREEN PEAS GRAVY ROLLS PINEAPPLE CUBES</p>
<p>25</p>                    	<p>26</p>               	<p>27</p>          	<p>28</p>     	<p>29</p> 

## CONTINUED FROM MAIN PAGE

excitement of looking forward to receiving “real” mail. You find yourselves thinking of each other more often and contemplating what bit of news to share in the next letter.

- **Plan to age gracefully.** Growing old has advantages as well as a few disadvantages, such as wrinkles, gray hair and changes to our bodies. It is never too late to decide to pursue a healthy lifestyle, which increases the odds of aging gracefully. Plan to exercise often, eat nutritious foods and encourage each other while doing so. If you live near your senior loved one, take walks or participate in a group exercise class together. Even if your senior lives far away, you can take walks during the same time of day and talk on the phone to plan healthy meals and other activities. Share your favorite recipes. Exchanging healthy recipes helps your elderly loved one eat more nutritious meals and gives you the opportunity to ensure she is eating well. As a bonus, your loved one sends you favorite family recipes that have been passed down through the generations.
  - **Get tech savvy.** A study in 2010 found that seniors are the fastest growing demographic on social networks. If mom and dad do not already have a computer, now is the time to expand their horizons. It might seem a bit intimidating at first, but once they are comfortable, their prowess might surprise you. Communicating and trading pictures via email becomes a snap. Even better, webcams allow “face-to-face” conversations between family members who live far apart. The grandkids can relay their adventures, and everyone gets the pleasure of seeing each other laugh. You also get the chance to observe your loved one and check for signs of good or failing health.
  - **Talk about the hard stuff.** This resolution is not fun, but it is the most important. While your senior is able, help set the standards of care he or she desires should he or she become incapacitated later. Decide if you will designate a family member or hire a senior care professional to be the primary caregiver. Talking about estate planning and wills, along with other related issues, helps prepare everyone for the inevitable. Discussing these things in advance ensures that your loved one’s wishes are recorded and understood by all.
- Making New Year’s resolutions together builds bonds with family and friends. Set your resolution, involve your loved one and help each other reach your goals. Strengthen your relationships and show your love all year long.



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<http://pewresearch.org/pubs/1093/generations-online>.

## 2016 MEDICARE PART D ASSISTANCE

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with

your questions about Medicare.

The open enrollment for Medicare Part D is complete for the year. Here at the Center we offered counseling on Part D plan choices. I am proud to say that this year we were able to counsel 13 people with a total of 4 people changing their plans to

something more affordable. Between those 4 people the total savings was \$5,248.43 a year. One participant was able to save a little over \$3000 a year on their Rx drug plan. Please keep us in mind next year during open enrollment. We would love to help you out.



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Center  
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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