



THE SCOOP

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

CAREGIVER STRESS: TIPS FOR TAKING CARE OF YOURSELF

As the population ages, more care giving is being provided by people who aren't health care professionals. These informal caregivers provide 80 percent of long-term care in the United States.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

Care giving is rewarding but stressful

Care giving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of care giving — is common.

People who experience caregiver stress can be vulnerable to changes in their own health.

Risk factors for caregiver stress include:

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent care giving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

Continued on page 5

MAY BIRTHDAYS

“YOUTH IS A GIFT OF NATURE, BUT AGE IS A WORK OF ART”

Judy Freed 5/01	Virginia Burt 5/13	John Davis 5/25
Charles Steen 5/02	Tony Soliz 5/14	Mike Gross 5/25
JaNell Clark 5/03	Margaret Knoblauch 5/16	Bertha Parker 5/26
Anita McMillan 5/04	Wayne Dunn 5/18	Lois Slabach 5/26
David Coon 5/04	Donna Wise 5/18	Steve Clark 5/26
Cheryl Kunkel 5/05	Babetta Schmidt 5/22	Joyce Haivala 5/27
Waymie Pearson 5/09	Millie Whitlow 5/22	Gene Eason 5/27
Barbara Lockett 5/11	Laura Papish 5/22	Norma Watts 5/28
Mary Stafford 5/11	Max Tjaden 5/24	Geneva Richards 5/28
Nina Cramer 5/11		Mary Kosmach 5/29



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MEMORIAL DAY



UPCOMING EVENTS

Schedule of Events

- 5/4 Hermes Foot Clinic
- 5/6 Planning meeting
- 5/10 Carry In Lunch
- 5/14 Identity Theft Workshop
- 5/19 3rd Thursday BIN-GO
- 5/21 Biscuits & Gravy
- 5/25 Paint the Towne event
- 5/26 Matter of Balance Class
- 5/30 Center Closed



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, May 10th
 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



5 INGREDIENT BAKED CAULIFLOWER TOTS

Ingredients:

- 2 medium heads cauliflower, cut into florets
- 1/4 cup small diced onion
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely ground breadcrumbs
- 1 large egg

Directions:

1. Preheat the oven to 350°F. Grease a nonstick baking sheet liberally with cooking spray.
2. Bring a large pot of salted water to a boil. Add the cauliflower florets to the water and cook them just until fork tender, 5 to 10 minutes. Thoroughly drain the florets and transfer them to a food processor. Pulse the cauliflower for a few seconds just until it breaks down into small pieces (about the size of grains of rice). (Do not overmix the cauliflower or the mixture will be too wet to form.)



3. Measure out 3 packed cups of the cauliflower and add it to a large bowl. (See Kelly's Notes.) Stir in the diced onion, Parmesan cheese, breadcrumbs, egg, 1 teaspoon salt and 1/4 teaspoon pepper, mixing until thoroughly combined. (The mixture should be roughly the consistency of mashed potatoes.) Using your hands, scoop up 1- to 2-tablespoons of the mixture and mold it into a tater tot shape. Place it on the prepared baking sheet and repeat the shaping process with the remainder of the mixture, spacing the tots about 1 inch apart.
4. Bake the tots for about 20 minutes then flip them and bake an additional 10 to 15 minutes until crisped. Remove and serve with ketchup, pesto, hummus or your preferred dipping sauce.

BITS & PIECES (FROM PAM'S DESK)

BOOKS AT THE CENTER

Did you know you could check out books from the Community Center? We have recently gone through them all and arranged them nicely. Thank you to Marlene for taking the time to do this. We have everything from Romance to Westerns that anyone can check out. Stop by and take a look.

POP TABS & BAGS

We want to take a moment to thank you all for the kind donation of pop tabs and plastic newspaper bags over the last few months. We have been able to donate to the organizations and

they are thankful as well. We need to be able to keep track of who brings things in. If you could find the clip board and sign in when you bring these items it would be very helpful.

SAFE HOUSE NEEDS

Betty Jo Embry volunteers with the "Safe House" in Wichita and she wants people to know the children are in need of snacks that can be put in back packs. If you would like to donate any snacks you can drop them off here at the Center and we will get them to her. She thanks everyone for their help.

"Alone we can do so little, together we can do so much"
-Helen Keller

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. 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.

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, May 19th
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!

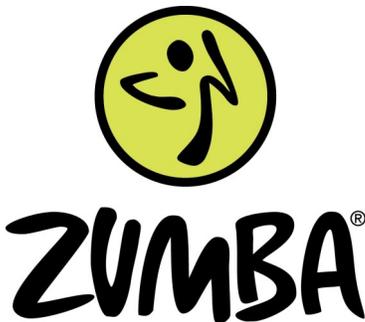
Date: Monday May 2nd, & 16th
Time: 7:00 pm
Location: Center Main Room
Cost: Free



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



Welcome to our newest participants!



Welcome
Glad you're here!

*Larry Humiston
Donna Gray Humiston
Stephen Knoblauch
Jean Vant Zelfde*



CONTINUED FROM MAIN PAGE

Signs of caregiver stress

As a caregiver, you may be so focused on your loved one that you don't realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Too much stress, especially over a long time, can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. In addition, you may not get enough sleep or physical activity, or eat a balanced diet — which increases your risk of medical problems, such as heart disease and diabetes.

Strategies for dealing with caregiver stress

The emotional and physical demands involved with care giving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

Accept help. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week. Someone else might offer to pick up groceries or cook for you.

Focus on what you are able to provide. It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

Set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

Get connected. Find out about care giving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Care giving services such as transportation and meal delivery may be available.

Join a support group. A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

Seek social support. Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

Set personal health goals. For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It's also crucial to fuel your body with healthy foods and plenty of water.

See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.



Information received from Mayo Clinic online.

March 2015



DO YOU HAVE **concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Clearwater Community Center

Clearwater, KS

921 E Janet Ave
Clearwater, KS 67026

Classes start Thursday, May 26th
at 1:00 pm

Classes are held once a week for
8 weeks for 2 hours each.

Program fee is \$10

**For more information or to sign up
please call**

620-584-2332

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Clearwater
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Community Paint Night

Join us for a Community Paint Night brought to us by Paint the Towne out of Wichita, KS.

Paint the Towne offers group and private painting parties. All supplies will be supplied and everyone will paint the same painting. This is a great chance to come hang out with some local people and make something memorable. Open to all

Wednesday, May 25th at 6:30 pm

At the Clearwater Community Center 921

Janet Ave

Cost is \$10 per person

Please call or email to reserve your spot today. Class will fill up quickly.



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Clearwater, KS

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FREE IDENTITY THEFT WORKSHOP



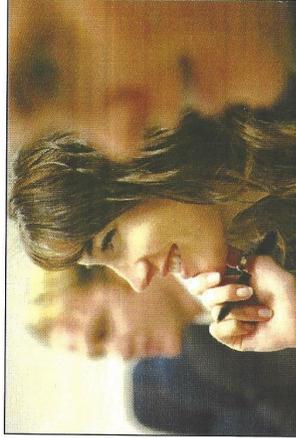
Liberty Benefit Consultants will be presenting a FREE identity theft workshop. During the workshop you will:

- Learn how to protect yourselves from the devastating effects of ID theft
- Be introduced to the six major types of identity theft
- Learn how to better protect personal information
- Learn about restoration services and credit monitoring plans

On average these workshops take about 45 minutes and are very informative and a lot of fun! Best of all, the workshop is offered absolutely FREE.

IDENTITY THEFT FACTS

- ID theft is the fastest growing crime in the US
- There is 1 new victim every 2 seconds
- Only 17% of identity theft deals with credit cards
- Medical ID theft is the fastest growing area
- 60% of small businesses will be breached this year
- 70% of fraud & identity theft occurs to individuals over the age of 50



Clearwater Senior Center

Saturday, May 14th

1:00 pm

Senior Lunch Report 4/12/2016

Pam greeted all for the monthly luncheon. There was no one present with an April birthday. Marlene led the group in reciting the Flag Salute as well as singing of the National anthem. The blessing was then given for the meal.

Our first speaker was Jason McKenney, with the Harper Hospital in Harper, KS. He told us of some of the programs they offer: Cardiac Rehabilitation, Respiratory therapy, and Pulmonary Rehabilitation. These services may cover ailments involving the heart and lungs. They also offer Emotional Support including feelings of grief or sadness or loss of concentration. This is a peer based support group. If you would like more info call 620-896-7324 ext 587. We are also hearing that out-lying hospitals are being closed. He feels secure they will not be affected because of the type of facility that they are.

Our second speaker was Kaylee Hervey from Sedgwick County Health. She was telling of the need to keep up with our annual flu and pneumonia shots. Also with the warmer weather approaching that we need to be aware of allergy problems as well as mosquito and tick problems. When going outside you should take precaution by covering exposed skin. You should also drain any standing water. Check yourself when going inside to make sure you are tick-free.

Our 3rd speaker was Robin with the Mental Health Association. She told of several programs and opportunities to volunteer as a Senior Companion for those who are home bound. She also told of Elder Abuse Awareness day on June 15th at the Sedgwick Co. Extension office at 7001 W 21st St. This is a free workshop. For more information call 316-651-1260.

Marlenes Trivia theme was based on "family." This month would have been her fathers birthday . Winner of who had the most brothers was Lee Wallis and the person who had the most sisters was Angie Shaver. They each won a token gift.

Announcements: Biscuits & Gravy will be changing time to 8am-11am.

City wide clean up day this weekend

4/28 Master Gardener presentation on Summer gardening

5/25 Paint the Towne event. \$10 per person. Each person will complete a painting to keep.

Marlene Parret,
Secretary

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	<p>2 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>3 Tai Chi 8:45 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>4 Morning Coffee 9am</p> <p>Hermes Foot Clinic by appointment only</p> <p>Zumba 6pm</p>	<p>5 BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>AA 7pm-9pm</p>	<p>6 Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Planning meeting 10 am</p>	<p>7</p>
8	<p>9 Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p>	<p>10 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>11 Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>12 Bible Study (E-Free) 10 am</p> <p>AA 7pm-9pm</p>	<p>13 Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	<p>14 Identity Theft Workshop 1:00 pm</p>
15	<p>16 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>17 Tai Chi 8:45 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>18 Morning Coffee 9am</p> <p>Zumba 6pm</p>	<p>19 BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>3rd Thursday BINGO at 1pm</p> <p>AA 7pm-9pm</p>	<p>20 Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	<p>21 Biscuits & Gravy 7am – 10 am</p>
22	<p>23 Blood pressure ✓ 10am-12</p> <p>Bible Study (COC) 9:30 am</p> <p>Painting 1pm-3pm</p> <p>Zumba 6pm</p>	<p>24 Tai Chi 8:45 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>	<p>25 Morning Coffee 9am</p> <p>Paint the Towne event 6:30 pm (sign-up required)</p>	<p>26 BYOD 9am</p> <p>Bible Study (E-free) 10am</p> <p>Matter of Balance Class at 1pm (registration required)</p> <p>AA 7pm-9pm</p>	<p>27 Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p>	<p>28</p>
29	<p>30 CENTER CLOSED </p>	<p>31 Tai Chi 8:45 am</p> <p>Exercise 10 am</p> <p>AA/Al Anon 7pm-9pm</p>				

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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