



# THE SCOOP

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

## WHAT LONELINESS IS DOING TO YOUR HEART

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You may have heard that loneliness is hazardous to your health — and can even lead to an early death. Now, an analysis of 23 scientific studies gives us numbers that reveal just how sick it can really make you.

People with “poor social relationships” had a 29 percent higher risk of newly diagnosed heart disease and a 32 percent higher risk of stroke, according to the study, published July 1 in the British journal *Heart*.

That puts loneliness and social isolation on par with other known risk factors for cardiovascular disease, such as anxiety and job strain, the researchers said. And it exceeds the risk posed by physical inactivity and obesity, said lead researcher Nicole Valtorta, of the Department of Health Sciences, University of York, England.

Over the past two decades there has been a three-fold increase in the number of Americans who say they have no close confidants.

Given the results of the study, Valtorta said, “interventions to prevent coronary heart disease and stroke should take loneliness and social isolation into consideration.”

Such interventions could be relatively inexpensive, she added, especially given the fact that cardiovascular disease remains the most costly disease in the United States. It accounted for direct medical costs totaling \$193 billion, according to a 2015 study from *GoBankingRates.com*.

*There’s a Difference*

Loneliness and social isolation do not necessarily go hand in hand. You can be lonely in a crowd, or you can be by yourself and feel perfectly content. But when your experience

*Continued on pg 4*



## OCTOBER BIRTHDAYS

“THERE IS NO CURE FOR THE COMMON BIRTHDAY.” JOHN GLENN

Cindy Shrottson 10/03

Gary Richards 10/03

Virginia Snell 10/05

Jacke Eckel 10/06

Reba Gross 10/10

Don Sparr 10/10

Connie Barton 10/10

Elna Fitch 10/11

Cheryl Wright 10/13

Capsa Reed 10/13

Jean Richardson 10/14

Linda Smith 10/17

Vicki Wise 10/17

Stephen Knoblauch 10/20

Betty Jo Embry 10/21

Donna Watson 10/21

Eugene Dunbar 10/22

Don Winter 10/22

Helen Stitt 10/22

Margaret Bolan 10/22

Cletus Zoglman 10/24

LaVona Greenlee 10/26

Donna Yost 10/26

Jacki Matthews 10/27

June Sparr 10/28

Donetta Foley 10/28

Steven Heppler 10/29

Robert Gerlach 10/30

Roberta Maupin 10/30



## UPCOMING EVENTS

### Schedule of Events

- 10/10 Center Closed
- 10/11 Carry In Lunch
- 10/15 Biscuits & Gravy
- 10/17 Medicare counseling
- 10/18 Medicare counseling
- 10/20 Medicare counseling
- 10/21 Flu Shot clinic
- 10/25 Community Food Bank

#### 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, October 11th

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



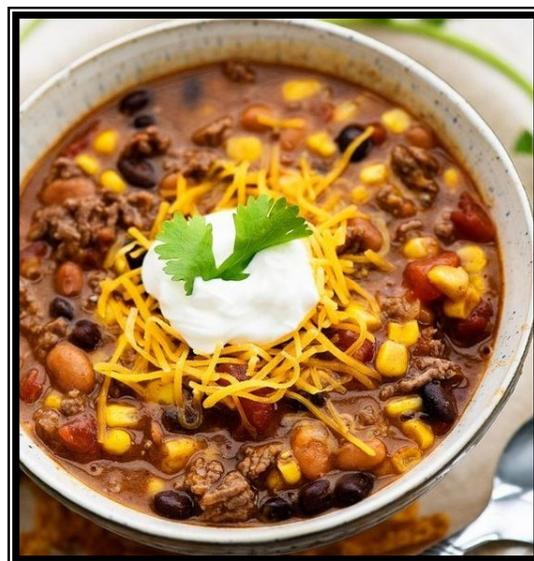
## EASY TACO SOUP

### Ingredients

- 1½ pounds ground beef
- ½ onion, chopped
- 28 oz can diced tomatoes (undrained)
- 15 oz can corn (undrained)
- 8 oz can tomato sauce
- 1 small can black or kidney beans (optional)
- 1 cup water
- 1 envelope taco seasoning
- salt/pepper
- 1/2 pound lean ground beef

### Instructions

1. Brown ground beef in a large skillet until crumbly.
2. Add chopped onion, sauté until softened.
3. In a large pot or crock pot add remaining ingredients.
4. Cook in pot until boiling. In a Crockpot cook on high for 1 hour and on low for 4 hours.
5. Serve topped with tortilla chips and grated cheese -
6. \*Our favorite chips to use are Fritos original Corn Chips
7. You may also like to top with avocado or sour cream.



## BITS & PIECES (FROM PAM'S DESK)

### CROCHET & QUILTING GROUP

The Crochet and Quilting group is back in session. They recently took a summer break but have started back up again. If you would like to crochet or quilt with them or just have some things you may need a second opinion or help on, they meet every Monday night at 7:00 pm here at the Center.

### ZUMBA

Due to the Zumba instructor taking a job in another town, we will no longer have Zumba on Wednesday nights. This class will be discontinued completely and we will look to put

something in its place. We apologize for the inconvenience.

### COMMODITIES

Just a reminder that the Food Bank is open on the LAST Tuesday of every month. There has been confusion about it being the 4th Tuesday or the last. It is always the last Tuesday of the month. We will have commodities every month as long as there is food. Food is usually delivered every other month. But on months it is not delivered we usually have food left over to distribute. If you have questions call before to be sure.

**"Wherever a man  
turns he can find  
someone who  
needs him."  
-Albert Schweitzer**

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. Our counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans. Our counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

Open Enrollment for Medicare Part D plans begin on October 15th and lasts through December 7th. This is a great time to come in and have us look at your Rx Drug plan and make any changes to save you money. If you are interested in this our Director is a trained SHICK counselor and will be offering Part D counseling the week of October 17th—October 21st by appointment. She will also be making appointments at the local pharmacy as well. If you are interested in taking a free look then call 620-584-2332 or email [communitycenter@clearwaterks.org](mailto:communitycenter@clearwaterks.org) to schedule a time.



## **UPCOMING EVENTS**

### **Flu Shot Clinic**

It is that time of year again. Time to get your flu shot! The Community Center will have the pharmacy team from the Goddard Wal-mart here to provide flu shots to the community. People ages 65+ are free with your Medicare card. People who are cash paying it will cost \$27.88 for the shot. Please call to reserve your spot.

Date: Friday, October 21st

Time: 9:00 am to 1:00 pm

Location: Main room at Center

Cost: Free for Medicare pts, \$27.88 for cash paying



#### Continued from main page

is negative — you are not happy with the quality of your social interactions, or you're grieving a loss — that "can be really disastrous for well-being," Valtorta said.

Unlike other studies, Valtorta's (which was published online in April) was the first to focus on whether people experiencing loneliness and isolation were at greater risk of *developing* cardiovascular disease. It excluded people who were lonely but already had the disease.

Studies involving 181,000 people living mainly in the U.S., Europe and Japan were examined as a part of the meta-analysis, and they were tracked for a range of time — between three and 21 years. Among those people, there were 4,628 heart attacks or related events and 3,002 strokes.

The age of the subjects varied, and it wasn't possible given the data to conclude whether a 75-year-old lonely person was more likely to have a heart attack than a 50-year-old, Valtorta said. The researchers did not find evidence of a difference between men and women.

#### Other Research on Isolation and Health

A separate 2015 meta-analysis by Brigham Young University researchers concluded that both actual and perceived isolation were associated with early death.

Social isolation corresponded with a 29 percent greater risk of premature death; loneliness corresponded with a 26 percent greater risk and living alone corresponded with a 32 percent greater likelihood, according to the study, published in *Perspectives on Psychological Science*. Social isolation and loneliness threatened longevity as much as obesity did, the study said.

Two of the Brigham Young researchers were also involved in a 2010 study that found loneliness is as bad for your health as smoking 15 cigarettes a day. The problem is only getting worse, the scientists said.

"Humans are naturally social. Yet, the modern way of life in industrialized countries is greatly reducing the quantity and quality of social relationships ... over the past two decades there has been a three-fold increase in the number of Americans who say they have no close confidants," the study said.

All of the studies reinforce the growing recognition of loneliness as a public health issue.

A nonprofit coalition in Britain has responded by initiating the Campaign to End Loneliness, which among other things aims to broaden the services and activities available to those who may be lonely.

#### What We Should Be Doing

Brigham Young researcher Julianne Holt-Lunstad told *Time* magazine that nurturing close relationships as well as a "diverse set of social connections" is key. She said that policies to alleviate loneliness may be difficult to imagine but could include encouraging doctors to identify at-risk patients and rethink the way neighborhoods are designed, the magazine said.

"People's response is oftentimes to say, 'What are you going to do, tell everybody to give someone a hug?'" *Time* quoted Holt-Lunstad as saying. "But there are many potential ways in which this could be implemented."

# CHECK FRAUD SCAM TARGETING THE ELDERLY!

ST. LOUIS, MO (KTVI) - If it sounds too good to be true, it probably is. That's the message from U.S. Postal Inspectors about a scam involving checks made out to unsuspecting St. Louisans.

It was Alex and Rich Usher's lucky day; a letter in the mail, letting them know they were now \$250,000 richer. The letter included a check from a Nebraska bank for \$4,350. "Which was going to be deposited into my account and used to pay the processing fee," explained Alex Usher.

Luckily, she didn't deposit that check. It would have ultimately bounced, after she paid the hefty processing fee. "I knew it was a scam. Nobody in this world gives you all this money for no good reason," she said. The check is from the Midwest Bank in Pierce, Nebraska. According to a bank representative, the check is from a real, but empty, bank account.

Unfortunately U.S. Postal Inspector Dan Taylor says people fall victim to these foreign lottery scams because the checks appear to be real.

"Just some rough estimates indicate that it's well over \$100 million per year that's going out of the country, just on lottery scams," explained Taylor.

As is the case with many scams, the elderly are often targeted. "At our age, we're not as sharp as we were when we were younger, and I think we're pretty trusting as a generation, so that's too bad," lamented Usher. Postal inspectors follow the trail as best they can, but the international nature of these scams makes them tough to track. Therefore, their best bet is educating the public. "Did you receive a notification that you've won a contest that you never even entered? The red flags also go

up if this involves a foreign country," Taylor explained. He also mentioned that it's illegal for Americans to participate in foreign lotteries to begin with. Even though the Usher wasn't taken advantage of, she is still angry that these scammers even tried: "It's a shame. I don't know how people can live with themselves when they participate in taking people's money this way. Elderly people who lose their life's savings with this kind of scam. It's pathetic."

### Message from the Clearwater Police Department:

We have had four people come in the office in the last week regarding phony checks they have received from BillTRust Financial Inc. with a check in the amount of \$3,750, with a processing fee of \$3,400. This is a scam and the check will only end up hurting them. Please pass this on to your seniors.

This scam has made its way to our community. Please be aware that if it sounds too good to be true it most certainly is. You may also contact the Clearwater Police Department with any questions.



JORGE CHAM ©THE STANFORD DAILY

# October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	4 Tai Chi 8:45 am Exercise 10 am AAVAI Anon 7pm-9pm	5 Morning Coffee 9am	6 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	7 Tai Chi 8:45 am Exercise 10:00 am	8
9 	10 <b>CENTER CLOSED</b> 	11 Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AAVAI Anon 7-9 pm	12 Morning Coffee 9am	13 Bible Study (E-free) 10am AA 7pm-9pm	14 Tai Chi 8:45 am Exercise 10:00 am	15 Biscuits & Gravy 8am-10am
16 	17 Bible Study (COC) 9:30 am Painting 1pm-3pm Medicare counseling by appt only Crochet/Quilting group 7pm	18 Tai Chi 8:45 am Exercise 10 am Medicare counseling by appt only AAVAI Anon 7pm-9pm	19 Morning Coffee 9am	20 BYOD 9am Bible Study (E-free) 10am Medicare counseling by appt only AA 7pm-9pm	21 Tai Chi 8:45 am Exercise 10:00 am <b>Flu Shot Clinic by appointment only</b>	22
23 	24 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	25 Tai Chi 8:45 am Exercise 10 am Community Food Bank 9a-3p AAVAI Anon 7pm-9pm	26 Morning Coffee 9am	27 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	28 Tai Chi 8:45 am Exercise 10:00 am	29
30 	31 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm					

October 2016

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
3 Cheeseburger soup 8 oz Cracker-2 Copper penny salad 4 oz Apricots 4 oz Brownie Milk	4 Creamy chicken & veggie casserole 8 oz Breaded tomatoes 4 oz Pears 4 oz Wheat bread Gelatin w/pineapple 4 oz	5 Liver & onions OR Beef cutlet 1 each Mash pot 4 oz/Gravy 2 oz Broc/raisin/salad 4 oz Apricots 4 oz Bread Milk	6 Italian baked chicken 2 pc dark or 1 pc white meat Mixed greens salad 4 oz Salad dressing 1 oz Corn 4 oz Strawberries 4 oz Wheat roll Milk	7 Tuna patty w/tartar sauce Broccoli cheeses soup 4 oz Cracker-1 Carrots 4 oz Peaches 4 oz Bread Milk
10 Chicken & cheese casserole 8 oz Broccoli 4 oz Beets 4 oz Pineapple 4 oz Wheat bread Milk	11 Ham & beans 8 oz Potatoes with onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk	12 Swedish steak 1 each on Rice 4 oz Red & green cabbage 4 oz Applesauce 4 oz Lime gelatin w/pears 4 oz Roll Milk	13 Meatloaf 4 oz Mashed pot 4 oz/Gravy 2 oz Green beans 4 oz Apricots 4 oz Pumpkin spice pound cake Wheat roll Milk	14 Turkey chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Cinnamon roll Milk
17 Brunswick stew 8 oz Mixed greens salad 4 oz Salad dressing 1 oz Banana Cheddar dill bread Milk	18 Hamburger with set up on a Bun Oven browned potatoes 4 oz Three bean salad 4 oz Mandarin oranges 4 oz Milk	19 Swedish ham balls 4 oz Sweet potatoes 4 oz German mix vegetables 4 oz Pineapple 4 oz Wheat roll Milk	20 Egg salad sandwich Black bean soup 4 oz Cracker-1 Carrot sticks 4 oz Strawberries 4 oz Bread Milk	21 Scalloped chicken 8 oz Broccoli 4 oz Blushing pears 4 oz Pineapple bread Milk
24 Oven fried chicken 2 pc dark or 1 pc white meat Cole slaw 4 oz Corn 4 oz Peaches 4 oz Roll Milk	25 Mexican lasagna 8 oz Combination salad 4 oz Salad dressing 1 oz Cracker-1 Strawberries 4 oz Milk	26 New England stew 8 oz Green beans 4 oz Pears 4 oz Cook's choice cookie Bread Milk	27 Tuna noodle casserole with peas 8 oz Pickled beets 4 oz Mixed fruit 4 oz Wheat bread Milk	28 Easy chicken & broccoli pie 8 oz Tomato salad 4 oz Apricots 4 oz Orange muffin Milk
31 Harvest Turkey Soup 8oz Black eye pea/corn salad 4 oz Apple slices 4 oz Pumpkin pie squares Biscuit Milk	Birthday Day - October 13 Choice Days - October 5 Circled Days - meals that freeze well	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher		

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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  
Becky Estes – Member  
Farol McMillan - RSVP Program