

# The Scoop

MARCH 2010



**CLEARWATER**

**COMMUNITY CENTER  
& SENIOR HAPPENINGS**

921 Janet Avenue  
Clearwater, Kansas 67026

620-584-2332

[commcenter@sktc.net](mailto:commcenter@sktc.net)



### MARCH BIRTHDAYS

- 01 Larry Bradt
- 03 Douglas Chase
- 04 Amydell Burns
- 04 Darrel Mourning
- 04 Carol Wise
- 05 Gloria Berntsen
- 07 Mike York
- 08 Joanne Flippin
- 09 Larry Wolf
- 10 Lenora Bradt
- 11 Ronald Southern
- 12 Leila Anderson
- 12 Diane Barkley
- 13 Virginia Snyder
- 15 Patricia Stewart
- 16 Bruce Hopson
- 16 Delbert McMillan
- 17 Dale Morris
- 18 Marsha Emberson
- 18 Shirley High
- 19 Elsie Bell
- 19 Nancy Porter
- 19 Paula Dillon
- 20 Penny Wallker
- 22 Elda Freeman
- 23 Marie Nordstedt
- 24 Nedea Seal
- 24 Melvin Wohlford
- 27 Lila Mourning
- 28 John Wells
- 31 Arnold Gregg
- 31 Jean Murphy

### THINK ABOUT THESE

\*\*I signed up for exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting clothing, I wouldn't have signed up in the first place.

\*\*Why is it that our children can't read a Bible in school, but they can in prison?

\*\*Brain cells come and brain cells go, but FAT cells live forever.

## FEBRUARY FRIENDSHIP LUNCHEON

Carl Shaffer and Jerry Stitt were the hosts for the February lunch. Forty folks sat down to enjoy the spaghetti and meatballs the guys prepared. It's always a pleasure to sample the many varied and delicious dishes the people bring to share.

Following the meal, Carl had a game for all to play. He handed out sheets with the words Valentine's Day on them and instructed everyone to make as many words as possible from them. It was a timed contest. The winner of a white teddy bear with a red heart was Peggy Brockman.

Guests at the luncheon were Linda Watts, No. Carolina, daughter-in-law of Jean Watts; Richard Zarich, Wichita, friend of Jerry Stitt; and Ed & Phyllis Yost, Clearwater, guests of Jim and Maggie Liebold.



Carl, prize bear, Peggy



Birthday celebrants: Janetta Burris, Richard Zarich, Marlene Parret, Linda Watts, Jerry Stitt, and Peggy Brockman



Joseph Benter, Promises Kept

Joseph Benter, marketing director of Promises Kept Hospice spoke to the group about care for the elderly. Hospice alternative is an option for eldercare that should be made available to all eligible seniors. When the topic of hospice is discussed, the uninformed generally think of hospice as a place, specifically, a place for people to go when they are dying. To be considered for this care a person must have received a terminal diagnosis, usually measured by a prognosis of six months or less left to live. At this point the person must be seeking comfort care, rather than treatment aimed at a cure. This can be accomplished either in a care facility or in the home.

Benter gave an interesting talk and fielded several pertinent questions from the group.

The business meeting following was conducted by Ruby Fisher, acting chair. The flag salute and Star Spangled Banner were led by Marlene Parret. Devotions were given by Kathleen Mourning. Minutes of the past month's meeting were read by Sec. Barbara Hufford. They were approved.

Hosts for the March luncheon, to be held on March 9<sup>th</sup>, will be Barbara Hufford, Jean Watts, and Farol McMillan.

It was determined that at the April luncheon a prize will be given to the person with the most becoming home-made Easter hat.

We expected the CHS Blue Notes to perform, but Carl and Mrs. Charles had difficulties in the scheduling. We hope to have the Blue Notes performing for us at the ~~April~~ luncheon.

April  
MAY

## ***THIS 'n THAT***

Carl received a very nice note from State Rep. Pete DeGraaf. (Rep. DeGraaf has visited the Center on several occasions and joined us for biscuits and gravy.)

His note:

Dear Carl,

Even though it was a while ago, I was pleased to hear that your efforts at the Clearwater community Center have been rewarded by the Senior Citizens receiving increased funding from the Department of Aging. It is so encouraging to read that all of your efforts in the community are paying off. The fact that you are boosting the community, education, and activities for the elderly is a worthy endeavor. I really like your idea of encouraging seniors and students to get to know each other better. You are doing a great job, I know it takes lots of volunteers to get all you do done, but it also takes a leader/organizer. Keep up the good work. For your sake and the community's, I hope you will be further blessed again in the future.

Respectfully, Pete DeGraaf

\*\*\*T 'n T\*\*\*

**A representative from the US Census Bureau** will be at The Center on March 4, 11, 18, and 25 to give assistance to the local workers who will be calling on residents who did not return the questionnaire mailed to them. If you have questions about any of your answers, these people will be able to assist you.

\*\*\*T 'n T\*\*\*

**"Thoroughly Modern Millie"** will be presented at 10 AM Friday, March 5 at Century II. The River Church has offered two vans to transport folks to the musical. The cost for seniors over 55 years of age is only \$5.00. Reservations had to be made by Feb. 28. More on this next month.

\*\*\*T 'n T\*\*\*

**The March Jam Session will be Saturday the 6<sup>th</sup> from 7 to 10 PM.** Thom Wilkens, Conway Springs, has made plans to attend. He and his daughter, Jessie, did an hour program at the Conway Springs Fall Festival that pleased the crowd. We're looking forward to his music on the 6<sup>th</sup>.

\*\*\*T 'n T\*\*\*

**Rita Linnens of Kansas Truck Mobility, Wichita,** will be the guest speaker at the March Friendship Luncheon on the 9<sup>th</sup>. She will have a vehicle to show the positive features for an infirmed driver. This can be a hands-on experience for some who have a need for this type of vehicle but have questions concerning the operation of it.

## ***More THIS 'n THAT***

**A Tax Consultant will be available at The Center** on Monday and/or Saturday during March to help Seniors complete their Federal & State Tax Forms. Check with Carl, 5844-2332, for more information.

\*\*\*T 'n T\*\*\*

**LaVina McEntire brought in two grocery bags full** of helmet liners for service personnel and caps for cancer patients. These are donated to The Center as part of the RSVP program.

\*\*\*T 'n T\*\*\*

**Jim Liebold has some Cannon Ink Cartridges** the he can no longer use. If you're interested you might give him a call.

\*\*\*T 'n T\*\*\*

**The Center is preparing to assist the Wichita River Festival** again this year by assembling the packets that contain the RiverFest buttons. **Volunteers are needed desperately** to help assemble these. Carl hopes to be able to assemble 5,000 packets this year.

\*\*\*T 'n T\*\*\*

**Coffee & doughnuts were prepared for the USD 264 bus drivers** on Feb. 16. There was a small turnout for this coffee break but The Center is expecting a larger turnout when the invitation will be repeated on March 16.

\*\*\*T 'n T\*\*\*

**Dr. May will be the guest speaker at the April Friendship Luncheon.** For the May Luncheon, we will be entertained by **The CHS Blue Notes.**

\*\*\*T 'n T\*\*\*



**Peggy and Earl Brockman volunteered to serve the soup and chili to the public Saturday evening, Feb. 20<sup>th</sup>.**

\*\*\*T 'n T\*\*\*

We should learn something new every day. Many of us, unfortunately, are at that age where what we learn today, we forget tomorrow.

The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies. (Think we'll remember that?)

## WHO TO CALL

**THE SCOOP** is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

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<http://www.clearwaterks.org>

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### ADVISORY COMMITTEE MEMBERS

Chair - Terry Sullivan  
Co-Chair - Joan Fleming  
Secretary - Carla Butterfield  
Member at Large - James Charles  
Member at Large - Marlene Hand

\*\*\*\*\*

### PLANNING COMMITTEE MEMBERS

Chair Pro Tem - Ruby Fisher  
Co-Chair - Angie Shaver  
Secretary - Barbara Hufford  
Historian - Helen Fesnok  
Education - June Finney  
RSVP Program - Farol McMillan



Gallagher opened the morning newspaper and was astonished to read in the obituary column that he had died. He quickly phoned his best friend, Finney.

"Did you see the paper?" asked Gallagher. "They say I died!"

"Yes, I saw it!" replied Finney.

"Where are ye callin' from?"

\*\*\*\*\*

Pat and Kyran were getting ready to go on a camping trip. The first one said, "I'm taking along a gallon of whiskey just in case of rattlesnake bites. What are you taking?"

The other one said, "Two rattlesnakes."

## *Department of Aging Reviews Center*

Stacy Niles from the Department on Aging was at The Center on Monday, February 1, to review the book work on our baseline activities, our special events, and our educational classes. She also went over our participation cards and sign in sheets.

After touring the facility, she was impressed with the improvements that have been made: the door, sidewalks and drain on the north side of the building; the reorganization of the arts & crafts room and the mechanical rooms; the shelf extensions in our lower cabinets; and the items done in the kitchens.

I cannot express how important all the items are to the seniors, especially the education classes to keep us informed on some of the new changes in the medical field and what is needed or cut in the different programs. We all tend to forget things and need to be reminded of some things again and again.

I remember going to a real estate seminar where the speaker said that we go to seminars to hear encouraging words and new ideas, get excited, and absorb information from the tapes and books the speakers have to offer. Then we go back to the office and are tired, so we open the desk drawer and put the material inside and close the drawer. Now the desk is smarter than we are, because it retains the material and we never open the drawer to listen or read the information. That is why we need to be reminded!!!

We need to exercise and expand our minds to new and different items. We also need to keep our bodies active through exercise. **We need to get involved!!!** In every organization, committee, or function it is about 10 to 15% of the people who do 85 to 90% of the work to get a task completed.

This is a replacement business. It goes something like this: The young learn from the older ones at first, and then the older ones learn from the younger ones as new items become available. Kindergartners in time will replace the seniors in school. Some die as others are born and so the life circle continues.

We can always use more volunteers as we continue to grow but we are so very, very thankful for each and everyone who supports us through their time, work, energy, ideas, and money donations. We have been truly blessed.

-----Carl Shaffer, Director of the Clearwater Community/Senior Center.

\*\*\*\*\*

\*\*\*\*\***Irish toast: May you be in heaven a half-hour before the devil knows you're dead.**

\*\*\*\*\***Q. What is Irish diplomacy?**

**A. It's the ability to tell a man to go to hell so that he will look forward to making the trip.**

\*\*\*\*\***One night I was chatting with my Mum about how she had changed as a mother from the first child to the last. She told me she had mellowed a lot over the years: "When your oldest sister coughed or sneezed, I called the ambulance. When your youngest brother swallowed a penny, I just told him it was coming out of his allowance."**

## ***Stay Safe on the Road***

### ***From Kay Sands, Farm Bureau Insurance***

As we continue with the winter months, driving can pose a challenge when bad weather strikes. Snow, sleet, fog and high winds are conditions many drivers will face during this time. Keep these tips in mind when you're on the road:

\*Give yourself enough time to arrive at your destination.

\*Bring a cell phone in case you're running late or for emergencies.

\*Avoid sudden stops and quick direction changes.

\*Keep your gas tank full!!!

**\*Don't use cruise control when driving on slippery surfaces.**

\*Warm up your vehicle outdoors or with the garage door open.

\*Keep an emergency kit in your vehicle that includes a blanket, flashlight, water and non-perishable snacks.

\*Monitor the weather conditions at your destination before beginning your trip.

**By following these tips, you and your family can have a safe winter driving season!**

\*\*\*\*\*



Val Lange & Carl Shaffer checking finger food.

### ***Valentine's Day Tea Dance***

In addition to dancing the standard steps at the Tea Dance, the folks also did some fun dances. Some of the folks had done the "Chicken Song Dance" before but for several it was a new experience. They formed a circle and really got with the program. They also did the actions to the song, "YMCA", by The Village People. It was a fun two hours of music. Everyone enjoyed the home-made finger food donated by Val Lange.

\*\*\*\*\*

**To Ponder:** \*What is a "free" gift? Aren't all gifts free?

\*\*\*I used to be indecisive. Now I'm not sure.

### ***Story from Maggie Liebold's email:***

This week, I took my children to a restaurant. My six-year-old son asked if he could say grace.

As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my son and said, "I happen to know that God thought that was a great prayer."

"Really?" my son asked.

"Cross my heart," the man replied.

Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment, then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

The End!

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### ***Airline Joke***

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile and give them a "Thanks for flying our airline." He said that, in light of his bad landing, he had a hard time looking the passengers in the eye thinking that someone would have a smart comment. Finally everyone had gotten off except for a little old lady walking with a cane.

She said, "Sir, do you mind if I ask a question?"

"Why no, Ma'am," said the pilot. "What is it?"

She asked, "Did we land, or were we shot down?"

# March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Painting- both beginners & advanced 1 to 3 PM	2 Arts & Crafts 9:30 to 11:30AM Exercise-10 to 11 am Plan. Meet- 1:00pm AA & AI Anon 7 pm	3	4 Knitting- 9:30 to 11:30 AA & AI Anon - 7pm	5 Quilting-9:30 to 1130 Exercise: 10 to 11 am Cards & Games 1 to whenever pm	6 Jam Session 7 to 10 pm
7	8 Painting-both beginners & advanced 1 to 3 PM	9 Arts & Crafts 9:30 to 11:30AM Exer.-9:30to 10:30 Luncheon- 12 noon AA & AI Anon 7 pm	10	11 Knitting- 9:30 to 11:30 AA & AI Anon - 7pm	12 Quilting-9:30 to 1130 Exercise: 10 to 11 am Cards & Games 1 to whenever pm	13
14 Daylight Savings Time Begins 	15 Ides of March Painting- both beginners & advanced 1 to 3 PM	16 Arts & Crafts 9:30 to 11:30AM Exercise-10 to 11 am Coffec/donuts-8am AA & AI Anon 7 pm	17 St. Patrick's Day 	18 Knitting- 9:30 to 11:30 To WalMart- am AA & AI Anon - 7pm	19 Quilting-9:30 to 1130 Exercise: 10 to 11 am Cards & Games 1 to whenever pm	20 1 <sup>st</sup> Day of Spring Biscuits & Gravy 7 to 10 am 
21	22 Painting- Both beginners & advanced 1 to 3 PM	23 Arts & Crafts 9:30 to 11:30AM Exercise-10 to 11 am AA & AI Anon 7 pm	24	25 Knitting- 9:30 to 11:30 AA & AI Anon - 7pm	26 Quilting-9:30 to 1130 Exercise: 10 to 11 am Cards & Games 1 to whenever pm	27
28 Palm Sunday 	29 Painting- both beginners & advanced 1 to 3 PM	30 Passover Begins Arts & Crafts 9:30 to 11:30AM Exercise-10 to 11 am AA & AI Anon 7 pm	31	<p><i>Are Your Taxes All Finished For the April Deadline? IF NOT-- Call Carl, 584-2332, To Get AARP Help!!!!</i></p>		

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**MARCH 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF MINESTRONE SOUP BAKED POTATO APRICOT MIX OATMEAL COOKIES SALTINE CRACKERS  27 Gm Fat 877 Calories 668 mg Sodium	BBQ CHICKEN on BUN CALIFORNIA VEGETABLES MACARONI SALAD MIXED FRUIT CUP  20 Gm Fat 692 Calories 617 mg Sodium	MUSHROOM STRIP STEAK MASHED POTATOES TOSSED SALAD with DRSG DICED PEACHES DINNER ROLL  30 Gm Fat 733 Calories 1035 mg Sodium	Ⓜ HAM & BEANS with ONION SPINACH TROPICAL FRUIT TAPIOCA PUDDING CORN BREAD  14 Gm Fat 683 Calories 1249 mg Sodium	TACO SALAD GREEN PEAS FRESH ORANGE  28 Gm Fat 651 Calories 795 mg Sodium
CHICKEN & NOODLES GREEN BEANS PINEAPPLE & STRAWBERRIES CHOCOLATE PUDDING WHOLE WHEAT BREAD  23 Gm Fat 787 Calories 967 mg Sodium	MEATLOAF with TOMATO SAUCE CREAMY SCALLOPED POTATOES PEA & LETTUCE SALAD FRUIT COCKTAIL WHOLE WHEAT BREAD  19 Gm Fat 673 Calories 934 mg Sodium	SPAGHETTI with MEATSAUCE BROCCOLI CINNAMON APPLESAUCE BREADSTICKS  17 Gm Fat 677 Calories 786 mg Sodium	● TURKEY & SWISS CHEESE on HOAGIE BUN CREAMY POTATO SOUP FRESH BANANA CHOCOLATE CHIP COOKIES  22 Gm Fat 747 Calories 1077 mg Sodium	Ⓜ PORK ROAST in GRAVY MASHED POTATOES COMBINATION SALAD with DRSG AUTUMN GELATIN POTATO ROLL  16 Gm Fat 702 Calories 627 mg Sodium
BEEF PATTIE with ONION GRAVY MASHED POTATOES PICKLED BEETS DICED PEACHES WHOLE WHEAT BREAD  25 Gm Fat 761 Calories 756 mg Sodium	SLOPPY JOE on BUN CAPRI VEGETABLES PASTA SALAD MANDARIN ORANGES  24 Gm Fat 719 Calories 703 mg Sodium	<b>ST. PATRICK'S DAY</b> Ⓜ SCALLOPED POTATOES & HAM BUTTERED CABBAGE SUMMER LIME GELATIN POTATO ROLL  21 Gm Fat 766 Calories 1121 mg Sodium	CHILI with BEANS CAULIFLOWER BLUEBERRY CRISP SALTINE CRACKERS  26 Gm Fat 775 Calories 829 mg Sodium	CHICKEN BREAST CACCIATORE GARDEN RICE PILAF SPINACH SALAD with DRSG FRESH APPLE WHOLE WHEAT BREAD  13 Gm Fat 667 Calories 929 mg Sodium
BEEF & MACARONI GREEN PEAS STRAWBERRIES & APRICOTS SUGAR COOKIES WHOLE WHEAT BREAD  25 Gm Fat 792 Calories 764 mg Sodium	OVEN ROASTED CHICKEN MASHED POTATOES THREE BEAN SALAD ROSY APPLESAUCE WHOLE WHEAT BREAD  25 Gm Fat 716 Calories 641 mg Sodium	Ⓜ BBQ RIBBETTE on BUN WHOLE KERNEL CORN CORONADO SALAD QUICK FRUIT CUP  17 Gm Fat 666 Calories 1039 mg Sodium	GROUND BEEF STROGANOFF BROCCOLI SPRING FRUIT MIX CHERRY GELATIN WHOLE WHEAT BREAD  27 Gm Fat 767 Calories 726 mg Sodium	CHICKEN TORTILLA SOUP MIXED GREEN SALAD with DRSG CITRUS FRUIT CUP BANANA CAKE SALTINE CRACKERS  32 Gm Fat 892 Calories 758 mg Sodium
CHEESEBURGER on BUN MEDITERRANEAN VEGETABLES POTATO SALAD PINEAPPLESAUCE  25 Gm Fat 691 Calories 789 mg Sodium	SOFT TACO CALICO CORN JELLIED STRAWBERRY PEAR SALAD  21 Gm Fat 636 Calories 941 mg Sodium	● TURKEY TETRAZINI BRUSSELS SPROUTS FRESH BANANA WHOLE WHEAT BREAD  20 Gm Fat 652 Calories 1057 mg Sodium	<b>ST. PATRICK'S DAY</b> <b>MARCH 17TH</b> 	
			● CONTAINS TURKEY	Ⓜ CONTAINS PORK





Daylight Savings begins March 14



St. Patrick's Day: March 17



First Day of Spring: March 20



Palm Sunday: March 28



Passover begins: March 30

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