

The Scoop



August, 2011



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

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Tuesday, July 12, 2011, Luncheon

President Barbara Hufford called the luncheon to order. Marlene parret led the group reciting the Flag Salute and singing the national Anthem. Happy Birthday was sung by the group to Peggy Brockman, Mildred Chitwood, and Barbaara Hufford. Carl gave the blessing for the meal.

The current City Clerk, Cheryl Wright, introduced the incoming City Clerk, Liza Donabauer, who will take over on August 1 when Cheryl retires. Liza comes to Clearwater from Minnesota so will have a lot of climate changes to get used to.

Meat for the day was left-over burgers and hot dogs from the supper Sat. 7/9, and Bruce and Jan brought pulled pork as well. There were 34 in attendance.

Our first speaker was Robert Schmidt from Hart Pharmacy who spoke about HOME SAFETY. He told that 1 of 3 people over the age of 55 fall and too often have to go to a care facility. Falls often occur in bathrooms. He warned us not to use towel racks as grqab bars to assist in getting up. He also recommends using tall toilets or toilet risers. We should also be aware of placements of furniture in the home, and use had rails when available. Swing-away hinges are also available for narrow room doors to allow walker and wheelchair usage. In the next 5 years there will be 10,000 people turning 65 years old.

Our next speaker was Police Chief Gene Garcia who told of a new scam going around surrounding towns. This is information he learned when he attended a Kansas Intelligence Association meeting recently. The newest scam is people soliciting to sell HOME ALARM SERVICES. If you are approached to ANYONE that you feel uncomfortable being at your door, call the POLICE or city building RIGHT AWAY. Chief Garcia also introduced Officer Lee harp who will be attending a class geared to this area. Chief Garcia also told that he will be submitting articles periodically for the SCOOP so if there are any questions you would like him to address, get in touch with the Police Dept.

Our next speaker was R.N. Susan Nienhaus from The manor who spoke on DEHYDRATION. She told that besides low fluid intake that dehydration can also be caused by blood pressure or diuretic medications. We need to be on the alert for excessive heat, virus, blood loss, excess thirst, frequent urination (watch for good yellow color). Other things are dry skin, excessive tiredness, muscle cramps which can be caused by an imbalance of sodium or potassium, headaches, heart rate changes or seizure. Keep water handy to sip on all day.

Carl spoke about use of SUNSCREEN to prevent sunburn. Apply 30 minutes before going out and re-apply every two hours.

The table prizes were embroidered tea towels made by Ima Kinkaid and Barbara Hufford.

Peggy Brockman spoke of the need for workers to sell tickets for the quilt which will be raffled off at the Fish Fry August 27. Tickets will be available at Mize's and Casey's on Fridays and Saturdays.

Sandra Cummins has agreed to accept the position of emcee for the Jam Sessions. Ruby Fisher has done this for several years.

We were all asked to sign a letter addressed to our Congressmen encouraging them to vote for the bill to keep funding to government facilities and programs like our Center.

Biscuits and gravy will be this Saturday, 7/16. July movie 7/20 is to be "Tribute" at 1:30.

Marlene Parret, Secretary

Happy Birthday

August, 2011

- 01 Thelma Wohlford
- 06 Carol Loker
- 06 Maxine Mikesell
- 06 Richard Wells
- 07 Carl Conley
- 07 Chuck Watts
- 08 Jim Lang
- 08 Gordon Mikesell
- 09 Ruth Davis
- 09 James Flippin
- 10 LeRoy Eaton
- 11 Pat Kerley
- 15 Lois Winters
- 17 Carl Shaffer
- 18 Maggie Liebold
- 18 Ruth Miller
- 18 Pat Parmele
- 20 Ruby Fisher
- 20 Joan Fleming
- 20 Mary Jo McMahan
- 23 Terry Sullivan
- 25 Mark Bird
- 26 Dorothy Gay
- 30 LaVonne Wells
- 31 Bobby Robbins



211 Quilt Raffle

By Peggy Brockman

We will be selling tickets at Mize's on Friday's **3 to 7 PM**, and at Casey's on Saturday mornings from **8 AM to NOON**.

If you wish to volunteer to take a 2 hour shift, please call Peggy Brockman at 584-2555 or call Carl at the center 584-2332. Sales will begin on July 22, the lucky winner will be awarded on Aug. 29 at the Fish Fry.

The quilt will be on display at the center and at the ticket sales locations. It is important that as we sell the tickets we respect the merchants allowing us to use their store space. We will have a designated space and will use our own equipment.

Thank you in advance for your help and support. We have raised over \$1,000 with past quilts.

ITEMS FROM CARL'S DESK

* Mayor Mike York will be a speaker at the August 9th carry-in-Luncheon if workload will allow the time. He will give us a brief report on what is happening with the city.

* Police Chief Gene Garcia will be at The Center on August 17 to talk about the D.A.R.E. Program.

***How to stop junk mail and prevent mail fraud!** Millions of seniors get bombarded with unwanted junk mail these days, including mail fraud schemes. So be on the alert!!! While junk mail comes in many different forms - credit card applications, sweepstakes entries, magazine offers, coupon mailers, donation requests, political fliers, catalogs and more - the most troublesome type that all seniors need to be aware of is mail fraud. This is the junkiest of junk mail that comes from con artists who are only trying to take your money. Mail fraud can be tricky to detect because there are many different types of schemes out there that may seem legitimate. Some of the most common mail scams targeting seniors today are fake checks, phony sweepstakes, foreign lotteries, free prizes or vacation scams, donation requests from charities or government agencies that don't exist, get rich chain letters, work at home schemes, inheritance and investment scams, and many more. Should you get some junk mail asking for money in exchange for free gifts or winnings that require you to wire money - contact the US Postal Inspector Service at **877-876-2455** and report it. If you are asked to donate to a charity, use this to check it out if it is legit - WWW.Charitywatch.org, or www.give.org or at www.charitynavigator.org. To put a stop to credit cards and insurance offers you can call the consumer credit reporting industry opt-out service at **888-567-8688** and follow the automated prompts to opt out for 5 years or permanently. Be prepared to give your social security number and date of birth. To cut down on telemarketing calls call the Do Not Call Registry number, **888-382-1222** or www.donotcall.gov. **Savvy tip:** If you don't want to hassle with stopping junk mail yourself, you can hire a private company, www.41pounds.org or www.stopthejunkmail.com to do it for a small fee. Also be aware of 'prescreened' or 'prequalified' from credit card or insurance companies.

***Are You Aware of Day Loans?** These loans are very dangerous to use. The following is a true story. An elderly gentleman needed some extra money and saw a famous actor he admired recommending a title loan. Thinking he could pay the loan back with his next social security check, he took out a loan. The loan was due on Dec. 3rd and he took the loan out on Nov. 10th. Unfortunately, he had another emergency and could not pay the loan back on Dec. 3rd. By the time he was able to contact the loan company, his car had been repossessed. Now the Title Company had the car with all the repairs he had just paid for with the loan money. To get his car back, he had to pay the debt back at an interest rate of 150% of what he borrowed.

Payday loans are just as dangerous because they use post-dated check or electronic checking account information as collateral for these short term loans. Many seniors and disabled individuals watch TV commercials offering these loans at seemingly cheap rates. The truth is that the interest rates are unconscionable and should be avoided at all costs. Not only do the companies charge ridiculous interest rates over 100%, they also use some of the most aggressive collection tactics in the industry. This was in the Senior Sunshine Times written by Mary Baker, Attorney/Debt Counselor for seniors & the disabled.

WHO TO CALL

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THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

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 - Barbara Hufford

Co-Chair - Angie Shaver

Secretary - Marlene Parret

Historian - Helen Fesnock

Activity Leader - June Finney

RSVP Program - Farol McMillan

Book Signing at Library

On Tuesday, June 28th the Times-Sentinel Newspaper, located in Cheney sent one of their representatives, Scott, to interview **Frankie and Phyllis Valens** at the Clearwater Library about Frankie's soon to be published autobiography titled "Chasing An Illusive Dream" which should be published in a couple of months. Frankie's book will then be available through Barnes & Noble, and Amazon.com, plus hundreds of bookstores nationwide. The Clearwater library is planning on creating a book-signing session with Frankie as soon as his book becomes available. If you want to be informed when Frankie's book is available please visit their web sites at: www.frankievalens.com or www.frankievalensministries.com (This news made the front page of both the Times- Sentinel and the Conway Springs Star in July. - Ruby)



LEARN HOW TO READ BAR CODES

Many of us dislike buying goods made in China. Did you know that the bar code lets us know where the merchandise comes from. The code above shows the first 3 numbers as 471. That means the product was made in Taiwan.

We have the right to know where the goods come from, but the government and related departments never educate the public, therefore, we have to RESCUE ourselves.

You may want to keep this information handy for future use: Check the first 3 numbers of the barcode.

690 to 692 - made in China

00 to 09 - made in USA & Canada

30 to 37 - made in France

40 to 44 - made in Germany

471 - made in Taiwan

49 - made in Japan

50 - made in the United Kingdom

If you want to buy US and Canada, watch for the "0" at the beginning of the number.

Diplomat Adlai Stevenson talks about damaged reputations:

"Accuracy is to a newspaper what virtue is to a lady, but newspapers can always print a retraction."

US military leader, Omar Bradley defines bravery:

"Bravery is the capacity to perform properly even when scared half to death."

A Test for Old Kids

01. When the Beatles first came to the US, in early 1964, we all watched them on The _____ Show.

02. "Get your kicks _____."

03. "The story you are about to see is true. The names have been changed to _____."

04. What takes a licking and keeps on ticking?

05. Red Skeleton's hobo character was named _____.

06. Red always ended his television show by saying, "Good Night, and _____."

09. In 1971, singer Don MadLean sang a song about 'the day the music died.' This was a tribute to _____.

10. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.

(Answers on the following page.)

Never Too Old to Marry

Gilbert Herrick says he never got married because he never met the right woman - until he turned 98.

Now 99, the World War II vet and retired postal worker from western New York recently married 86-year-old Virginia Hartman, a widow who raised five children.

They met in 2010 in a hall at Monroe Community Hospital, the nursing home where they both live. After that, he started visiting her every day. Gilbert says they wanted to share a room, but the facility rules don't allow it unless a couple is married. Hartman asked him if he wanted to tie the knot, he said yes and they were married on June 6, 2011.

(This Associated Press release was from information from Rochester Democrat and Chronicle, Rochester, NY.)



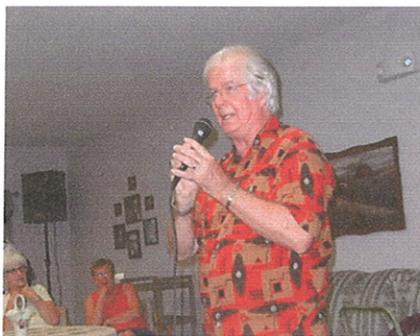
Folks enjoying the Burger & Dog Supper, Sat., July 9. At the Center



Farol McMillan signing folks in



Peggy & Earl Brockman & quilt tickets



Frankie & Phyllis Valens entertaining at the Burger & Dog Supper



Close-up of quilt on display at Burger & Dog Supper. The quilt will be on display at the Center, Mize's on Friday afternoons and Casey's on Saturday mornings. The name of the lucky quilt winner will be drawn at the Annual Fish Fry on Saturday, August 27. Tickets are \$1.00 per ticket or \$5.00 for 6 tickets.

If you haven't been to any of the activities sponsored by the Seniors at the Clearwater Community/Senior Center, check the calendar page and then come in and join for the social times, educational information, and entertainment that are available for the people of the Clearwater Community.

July's Jam Session

Troy Pulver, Derby, joined the group for the first time. He came to share his talent with the mandolin, guitar, harmonica and vocals with all of us. We're glad he came to share.

In addition to Troy, repeat performers included Jerry Angstadt, with his steel guitar, Haysville; Roger and Charlotte Dawson, Bruce Hopson and Rickie Vreeland, all fantastic musicians from Clearwater.

It's always a blessing to have such talented folks come share their music with us.

There were some special numbers by local artists. Marlene Parret and Ruby Fisher sang a duet. Jerry and his wife, Ernie Angstadt, sang a duet, accompanied by Jerry on a rhythm guitar. The first song after the break was a patriotic medley by Frankie and Phyllis Valens. They encouraged the audience to sing along with several of the numbers. The final number of the evening was a group sing-along with Lee Greenwood singing "God Bless the U.S.A."

ANSWERS TO TEST FOR OLD KIDS

01. Ed Sullivan
02. 'on Route 66'
03. "protect the innocent."
04. Timex watch
05. Freddie the Freeloader
06. "God Bless."
09. Buddy Holly
10. Sputnik

SENIOR PROGRAMS ARE FINE

Every few months, the Dept. of Aging has a representative visit each of the Senior Centers in this district to determine if they are following the guidelines set forth by their program. The last visit to Clearwater was last month. After checking the cards that each senior fills out and checking the book where folks sign in when they visit the center. It was found that the Clearwater Seniors have met all the set goals. **Wheeeeeeeeeee !!!!!!!!**

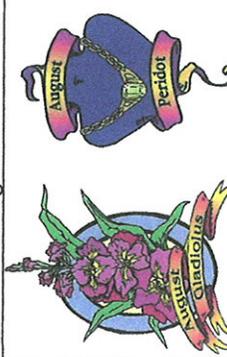
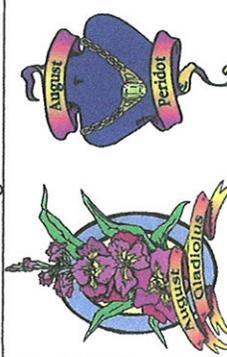
August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Painting - both Beginners & Advanced 1 to 3 PM	2 Exercise: 10 to 11 am Plan Meeting: 9:30am AA & AI Anon: 7 pm	3 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	4 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	5 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ???	6 JAM SESSION With Sandy Cummins, Emcee 7 TO 10 PM	
7 8 Painting - both Beginners & Advanced 1 to 3 PM	9 Exercise: 9:30 to 10:30 am LUNCHEON: NOON AA & AI Anon: 7PM	10 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	11 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	12 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ???	13	
14 15 Painting - both Beginners & Advanced 1 to 3 PM	16 Exercise: 10 to 11 am AA & AI Anon: 7 pm	17 MOVIE 1:30 PM	18 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	19 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ???	20 BISCUITS & GRAVY 7 TO 10 AM	
21 22 Painting - both Beginners & Advanced 1 to 3 PM	23 Exercise: 10 to 11 am AA & AI Anon: 7 pm	24 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	25 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	26 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ???	27 FISH FRY & QUILT DRAWING	
28 29 Painting - both Beginners & Advanced 1 to 3 PM	30 Exercise: 10 to 11 am AA & AI Anon: 7 pm	31	August luncheon speakers will be Mayor Mike York, if his schedule permits, bringing us up to date on what is happening in the City of Clearwater. Police Chief Gene Garcia will talk about the D.A.R.E. program. *****			

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

AUGUST 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
① SCALLOPED POTATOES w/HAM MEDITERRANEAN VEGETABLES MIXED FRUIT CUP CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD 24 Gm Fat 745 Calories 1062 mg Sodium	SWISS STEAK MASHED POTATOES MIXED GREEN SALAD w/DRG APRICOT MIX POTATO ROLL 25 Gm Fat 717 Calories 667 mg Sodium	SPAGHETTI w/MEATSAUCE CAPRI VEGETABLES FRESH BANANA BREADSTICKS 18 Gm Fat 703 Calories 8781 mg Sodium	BEEF STEW GREEN BEANS ROSY APPLESAUCE BISCUIT 22 Gm Fat 670 Calories 1100 mg Sodium	OVEN ROASTED CHICKEN CHEESY POTATOES ROMAINE SALAD w/DRSG PINEAPPLE CHUNKS WHOLE WHEAT BREAD 26 Gm Fat 684 Calories 664 mg Sodium
HAMBURGER ON BUN CALICO BAKED BEANS POTATO SALAD MANDARIN ORANGES 25 Gm Fat 808 Calories 801 mg Sodium	CABBAGE ROLL CASSEROLE GREEN PEAS STRAWBERRY CUP WHOLE WHEAT BREAD 25 Gm Fat 717 Calories 667 mg Sodium	CRANBERRY MEATBALL MASHED POTATOES SPINACH SALAD w/DRSG FRESH BANANA POTATO ROLL 18 Gm Fat 703 Calories 8781 mg Sodium	CHILI CHEESE POTATO MIXED GREEN SALAD w/DRSG CHERRY PIE WHOLE WHEAT BREAD 22 Gm Fat 670 Calories 1100 mg Sodium	● SOUTHWEST TURKEY w/PASTA DICED CARROTS APRICOT MIX STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD 15 Gm Fat 650 Calories 1274 mg Sodium
② BRATWURST on BUN BUTTERED CABBAGE PICKLED BEETS CINNAMON APPLESAUCE 29.5 Gm Fat 681 Calories 1002 mg Sodium	SOFT TACO CALICO CORN JELLIED STRAWBERRY PEAR SALAD 18 Gm Fat 654 Calories 817 mg Sodium	BEEFY MAC & CHEESE CALIFORNIA VEGETABLES APPLE JUICE OATMEAL COOKIES WHOLE WHEAT BREAD 25 Gm Fat 848 Calories 1204 mg Sodium	● TURKEY & CAVATAPPI MEDITERRANEAN VEGETABLES FRESH BANANA VANILLA PUDDING WHOLE WHEAT BREAD 29 Gm Fat 854 Calories 903 mg Sodium	③ HAM LOAF w/CREAM GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG PEACH CUP WHOLE WHEAT BREAD 15 Gm Fat 650 Calories 1274 mg Sodium
BEEF GUMBO SOUP CARROT RAISIN SALAD PEACH CUP SUGAR COOKIES CRACKERS 29.5 Gm Fat 681 Calories 1002 mg Sodium	GROUND BEEF STROGANOFF MEDITERRANEAN VEGETABLES JELLIED STRAWBERRY PEAR SALAD WHOLE WHEAT BREAD 21 Gm Fat 635 Calories 941 mg Sodium	● TURKEY POT PIE BRUSSELS SPROUTS FRESH APPLE BISCUIT 30 Gm Fat 750 Calories 884 mg Sodium	ROAST BEEF w/GRAVY MASHED POTATOES GARDEN VEG. SALAD w/DRSG HARVEST FRUIT MIX DINNER ROLL 19 Gm Fat 717 Calories 1043 mg Sodium	SLOPPY JOE ON BUN CAPRI VEGETABLES APRICOT MIX STRAWBERRY SHORTCAKE 21 Gm Fat 717 Calories 966 mg Sodium
TACO SALAD GREEN PEAS CINNAMON APPLESAUCE 24 Gm Fat 731 Calories 850 mg Sodium	BEEF PATTY w/ONION GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG DICED PEACHES WHOLE WHEAT BREAD 27 Gm Fat 679 Calories 750 mg Sodium	TUNA SALAD on WHEAT TOMATO SOUP MANDARIN ORANGES SUGAR COOKIES 27 Gm Fat 756 Calories 1212 mg Sodium	18 Gm Fat 714 Calories 660 mg Sodium	25 Gm Fat 811 Calories 775 mg Sodium
28 Gm Fat 671 Calories 806 mg Sodium	17 Gm Fat 665 Calories 1109 mg Sodium			● CONTAINS TURKEY ③ CONTAINS PORK
29	30	31	25	26



August's Dog Days of Summer
Take it Easy & Drink Lots of Water

Clearwater Community/Senior Center
921 East Janet
Clearwater, KS 67026