

December, 2011

The Scoop



CLEARWATER

**COMMUNITY CENTER
& SENIOR HAPPENINGS**

921 Janet Avenue
Clearwater, Kansas 67026
commcenter@sktc.net
Phone: 620-584-2332

*Merry
Christmas*



Marlene Parret, Secretary



Barbara Hufford, Chairperson

November 8, 2011 Friendship Luncheon

Barbara called the group to order, followed by Marlene leading the flag Salute and The National Anthem. **We sang Happy Birthday to Angie Shaver, Clea Cornett, Jim Seal, Bob Johnson and Nelda Newberry** of Oklahoma who is a sister of Farol McMillan and Carl Shaffer.

After Carl gave the blessing for the food, 34 of us enjoyed the entrée prepared by **Joan Fleming, Jan Hopson and Carl** that included turkey and dressing, mashed potatoes and gravy, and rolls as well as the yummy side dishes provided by the group.

Our first speaker was **Connie Mansaw** who works for the Department on Aging for Sedgwick County and the Central Plains. She told us the month of November is 'National Family Care-Giver Month'. She told that approximately 80% of older citizens are given assistance. As a result of so many giving care to others they are susceptible to expire before the ones they are caring for. She encouraged all of us to offer to share our time or resources to relieve care-givers we know. Even a short break to do something different is welcomed. She announced the Secretary of the Kansas Dept. on Aging, Shawn Sullivan, was scheduled to be in Wichita Nov. 10, 2011, giving a report on 'Transforming the State of Aging in Kansas.'

Our next speaker was **Marlene Parret** who encouraged everyone to assemble a **Vial of Life** to keep in your refrigerator. This set of papers should include your medical history along with medications you take. And remember to include a picture of yourself. She passed out information sheets of what to include in your Vial. Also carry a set of papers with you in your purse. If you have any questions, call and she will be glad to share information with you.

ANNOUNCEMENTS:

Carl told that he is in the process of updating the old Golden Chain memory board. He then plans to start a new Community Center board. That can be an on-going project.

He announced that there were 42 in attendance at the November Jam Session.

Monday, Nov. 14 is to be a Square Dance class with a seasoned caller leading the group.

Saturday the 19th is Biscuits and Gravy morning. We always need help for this.

The Fall Festival Quilt show was a big success with over 55 lovely quilts shown, and 108 people signing the guest book.

Maggie Liebold informed all of a possible Christmas Dinner Theater and Talent Show. After explaining the concept, a vote was taken to pursue the program and let us know as soon as possible. This would be a catered meal.

The December lunch hostesses are to be **Mary Mitchell and Clea Cornett**. There will not be scheduled speakers, but instead, will play **BINGO**.

Irline Kellogg won the door prize that was made by **Barbara Hufford**: a hand towel with a colorful turkey on it.

Since Veterans Day is this week, the tables each had a small display of the military service flags. **Veterans recognized were Jim Seal Carl Shaffer, Marvin Schauf, Bob Johnson and Lew Kellogg**. Maggie asked the group if they had family members who would be serving in the armed forces over the holiday season. Several advised they did. She asked us to all keep these people in our prayers.

Barbara advised the planning committee had discussed a possible trip to Abilene in the spring.

City of Clearwater officials in attendance were **Kent Brown, Jim Frischenmeyer, Marvin and Mary Schauf**.

Submitted by Marlene Parret, secretary

PART II. Outcomes

Think about your life since you started attending the Community Center. Below are some ways that the Community Center might make a difference. Please circle a number for each statement to indicate the extent the statement applies to you. (Please CIRCLE your answer for each of the following items):

Because I go to the Community Center, I...	<u>Most of the time</u>	<u>Sometimes</u>	<u>Almost Never</u>	<u>Not Applicable</u>
Do more volunteer work:	1	2	3	-1
See more friends more often:	1	2	3	-1
Make new friends:	1	2	3	-1
Take better care of my health:	1	2	3	-1
Eat more nutritious meals:	1	2	3	-1
Have more energy:	1	2	3	-1
Feel happier or more satisfied with my life:	1	2	3	-1
Have something to look forward to each day:	1	2	3	-1
Know where to ask if I need a service such as a ride to the doctor or an aide:	1	2	3	-1
Feel that the Community Center has had a positive effect on my life:	1	2	3	-1
Learn new things:	1	2	3	-1
Have learned about services and benefits:	1	2	3	-1
Am more physically active:	1	2	3	-1
Would recommend the Community Center to a friend or family member:	1	2	3	-1

The results of this survey will be forwarded to the Department on Aging who are instrumental in their funding of the programs offered at the Clearwater Community Center.

Please return survey by Friday, December 9th to be entered into a drawing for a \$25 gift card from Mize's Grocery Store. The drawing will be held at the Carry-In Luncheon on Tuesday, December 13th. The Luncheon begins at noon. Surveys can be mailed or returned to the Clearwater Community Center. You do not need to be present to win.

Name: _____ Phone: _____

December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Let me take this opportunity to thank each and every one of you who aided me in any way during these last three years I've been doing The Scoop. It's been a real treat to meet and work with all of you. Thanks so much! I appreciated all your help! - Ruby Merry Christmas & Happy New Year!!!!</p>			<p>1 Knitting: 9:30 to 11:30 am Line Dancing: 9 am AA & AI Anon: 7 pm</p>	<p>2 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>3 JAM SESSION 7 TO 9 PM</p>
<p>4 5 Painting - both Beginners & Advanced 1 to 3 PM Square Dance 7 pm</p>	<p>6 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am Plan Meeting: 10am AA & AI Anon: 7 pm</p>	<p>7 VOL-</p>	<p>8 Knitting: 9:30 to 11:30 am Line Dancing: 9 am AA & AI Anon: 7 pm</p>	<p>9 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>10</p>
<p>11 12 Painting - both Beginners & Advanced 1 to 3 PM Square Dance 7 pm</p>	<p>13 Tai Chi-- EXERCISE 9:30 to 10:30 am LUNCHEON: NOON AA & AI Anon: 7PM</p>	<p>14 UN-</p>	<p>15 Knitting: 9:30 to 11:30 am Line Dancing: 9 am AA & AI Anon: 7 pm</p>	<p>16 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>17 BISCUITS & GRAVY 7 TO 10 AM</p>
<p>18 19 Painting - both Beginners & Advanced 1 to 3 PM Square Dance 7 pm</p>	<p>20 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am AA & AI Anon: 7 pm</p>	<p>21 TE-</p>	<p>22 Knitting: 9:30 to 11:30 am Line Dancing: 9 am AA & AI Anon: 7 pm Winter Begins</p>	<p>23 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>24 Christmas Eve </p>
<p>25 Christmas Day </p>	<p>26 Painting - both Beginners & Advanced 1 to 3 PM Square Dance 7 pm</p>	<p>27 Tai Chi: 8:45 to 9:45 Exercise: 10 to 11am AA & AI Anon: 7 pm</p>	<p>28 ER!!</p>	<p>29 Knitting: 9:30 to 11:30 am Line Dancing: 9 am AA & AI Anon: 7 pm</p>	<p>30 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>
					<p>31 New Year's Eve </p>

GOOD NEIGHBOR NUTRITION PROGRAM MENU (219-4020)

(menu is subject to change) DECEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>● CONTAINS TURKEY</p> <p>◎ CONTAINS PORK</p>			<p>TUNA SALAD on WHEAT BREAD</p> <p>TOMATO SOUP</p> <p>PASTA SALAD</p> <p>HOT FRUIT COMPOTE</p> <p>14 Gm Fat 637 Calories 1270 mg Sodium</p>	<p>● TURKEY & CAVATAPPI</p> <p>BROCCOLI</p> <p>STRAWBERRY PEARS</p> <p>SUGAR COOKIES</p> <p>WHOLE WHEAT BREAD</p> <p>19 Gm Fat 627 Calories 943 mg Sodium</p>
<p>SPAGHETTI w/MEATSAUCE</p> <p>CAPRI VEGETABLES</p> <p>CHERRY PINEAPPLE</p> <p>BREADSTICKS</p> <p>17 Gm Fat 677 Calories 789 mg Sodium</p>	<p>BEEF VELVET</p> <p>MASHED POTATOES</p> <p>TOSSED SALAD w/DRSG</p> <p>PEACH SLICES</p> <p>WHOLE WHEAT BREAD</p> <p>26 Gm Fat 707 Calories 622 mg Sodium</p>	<p>CHICKEN & NOODLES</p> <p>GREEN BEANS</p> <p>MANDARIN ORANGES</p> <p>CHOCOLATE PUDDING</p> <p>WHOLE WHEAT BREAD</p> <p>23 Gm Fat 782 Calories 807 mg Sodium</p>	<p>TACO SALAD</p> <p>CALICO CORN</p> <p>FRESH ORANGE</p> <p>28 Gm Fat 664 Calories 778 mg Sodium</p>	<p>BEEF MINESTRONE SOUP</p> <p>BAKED POTATO</p> <p>QUICK FRUIT CUP</p> <p>CRACKERS</p> <p>21 Gm Fat 811 Calories 735 mg Sodium</p>
<p>● CHEESEBURGER on BUN</p> <p>TATOR TOTS ROMANOFF</p> <p>ITALIAN PASTA SALAD</p> <p>CINNAMON APPLESAUCE</p> <p>37 Gm Fat 948 Calories 1233 mg Sodium</p>	<p>CHICKEN ALA KING</p> <p>WHITE RICE</p> <p>BROCCOLI SALAD</p> <p>FRESH BANANA</p> <p>WHOLE WHEAT BREAD</p> <p>20 Gm Fat 801 Calories 779 mg Sodium</p>	<p>CRANBERRY MEATBALLS</p> <p>MASHED POTATOES</p> <p>SPINACH SALAD w/DRSG</p> <p>PEAR HALVES</p> <p>POTATO ROLL</p> <p>25 Gm Fat 781 Calories 1206 mg Sodium</p>	<p>BEEF & MACARONI</p> <p>BUTTERED CABBAGE</p> <p>SPRING FRUIT MIX</p> <p>WHOLE WHEAT BREAD</p> <p>22 Gm Fat 672 Calories 652 mg Sodium</p>	<p>BAKED BBQ CHICKEN</p> <p>HERB ROASTED POTATOES</p> <p>MIXED GREEN SALAD w/DRSG</p> <p>STRAWBERRY APPLE GELATIN</p> <p>DINNER ROLL</p> <p>22 Gm Fat 686 Calories 556 mg Sodium</p>
<p>◎ HAM & BEANS w/ONIONS</p> <p>COOKED SPINACH</p> <p>ROSY APPLESAUCE</p> <p>CORNBREAD</p> <p>12 Gm Fat 677 Calories 1070 mg Sodium</p>	<p>CHILI CHEESE POTATO</p> <p>PICKLED BEETS</p> <p>MIXED FRUIT CUP</p> <p>WHOLE WHEAT BREAD</p> <p>34 Gm Fat 724 Calories 796 mg Sodium</p>	<p>◎ CREAMY HAM POTATO SOUP</p> <p>COMBINATION SALAD w/DRSG</p> <p>HOT SPICED APPLES</p> <p>CHOCOLATE CHIP COOKIES</p> <p>CRACKERS</p> <p>17 Gm Fat 634 Calories 1074 mg Sodium</p>	<p>ITALIAN CHICKEN CASSEROLE</p> <p>CAULIFLOWER</p> <p>PEACH SLICES</p> <p>FRENCH BREAD</p> <p>17 Gm Fat 681 Calories 1055 mg Sodium</p>	<p>SLICED ROAST BEEF w/GRAVY</p> <p>MASHED POTATOES</p> <p>ROMAINE SALAD w/DRSG</p> <p>CHERRY PIE</p> <p>POTATO ROLL</p> <p>30 Gm Fat 874 Calories 927 mg Sodium</p>
<p>CLOSED FOR CHRISTMAS</p> 	<p>◎ HAM LOAF w/CREAM GRAVY</p> <p>MASHED POTATOES</p> <p>PICKLED BEETS</p> <p>STRAWBERRY WHIP GELATIN</p> <p>WHOLE WHEAT BREAD</p> <p>26 Gm Fat 834 Calories 1209 mg Sodium</p>	<p>SOUTHWESTERN CHICKEN w/PASTA</p> <p>CAPRI VEGETABLES</p> <p>APRICOT MIX</p> <p>VANILLA PUDDING</p> <p>DINNER ROLL</p> <p>19 Gm Fat 706 Calories 942 mg Sodium</p>	<p>SLOPPY JOE on BUN</p> <p>CORN</p> <p>BROCCOLI PASTA SALAD</p> <p>FRESH APPLE</p> <p>22 Gm Fat 754 Calories 614 mg Sodium</p>	<p>SWISS STEAK</p> <p>MASHED POTATOES</p> <p>FRUIT SLAW</p> <p>CHOCOLATE CAKE</p> <p>WHOLE WHEAT BREAD</p> <p>31 Gm Fat 846 Calories 941 mg Sodium</p>
26	27	28	29	30

HAVE A HOLLY JOLLY CHRISTMAS

My Wish for You in 2012

May peace break into your home and may thieves come to steal
your debts.

May the pockets of your jeans become a magnet for \$100 bills.
May love stick to your face like Vaseline and may laughter assault
your lips!

May happiness slap you across the face and may your tears be
that of joy

May the problems you had, forget your home address!

In simple words

*May 2012 be the best year of your
life!!!*

Clearwater Community/Senior Center

921 East Janet

Clearwater, KS 67026



And

HAPPY NEW YEAR