

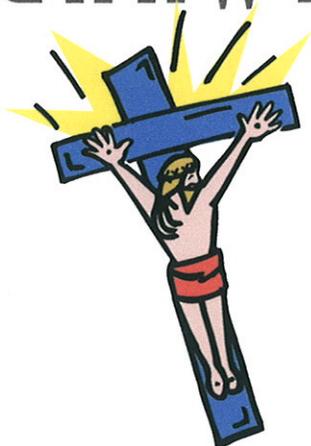
The Scoop



April, 2012



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



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FROM YOUR HEALTH CORNER---LEW KELLOGG

Do you want to make a decision for you "Quality of Life"? If you don't make it, someone else will. Believe that is the last thing any of us want made by someone else!

During the last few senior center Luncheons and at the Senior Health fair all one hears or sees are offers for: senior assisted living, wheel chairs, lift vans, prescription drugs, nursing home care, home aides etc that are available to keep you going? Why wait for this when there are alternatives to keep you up and going strong. If you have the strength and ability to get to your nearest health center do it now!!

Clearwater has a Wellness center and a Senior Center that provides a wide variety of approved exercise classes for Senior. You have the opportunity to maintain or improve your present level of health by joining one of those Groups now. For the Senior Center you can call Carl Shaffer, Lew Kellogg or Robert Pugh. For the Wellness Center call Paula Swanson.

Please read the following two articles, by professionals, on benefits to your health from exercise.

Article # 1 is by **ACSM master trainer** Jim Starshak from Shawnee, Ks. Who recommends **Tai Chi**.

Master Trainer Jim Starshak has been involved in fitness most of his life. He is recognized by the IDEA Health & Fitness Organization as an Elite Personal Fitness Trainer and is "Re-Certified with Distinction as a Certified Personal Trainer by the National Strength & Conditioning Association. He currently teaches in Kansas.

The American College of Sports Medicine (ACSM) is the world's largest sports medicine and exercise science organization. They promote and integrate scientific research, education, and practical applications of sports medicine exercise science to maintain and enhance an individual's physical performance, fitness, health, and quality of life. For most of us probably know them for their standardized exercise protocols used for health, fitness, and rehabilitation professionals throughout the world. When ACSM speaks, people listen!!

In 2011, ACSM added a new exercise category—Neuromotor—to the familiar categories of Cardio-respiratory Fitness, Muscular Fitness, and Flexibility. Neuromotor—or Functional Fitness—incorporates motor skills as balance, coordination, gait, and agility along with proprioceptive training. ACSM recommends that all healthy individuals participate in a neuromotor exercise two to three times each week. This is significant to all of us as ACSM specifically includes Tia-Chi as a neuromotor exercise.

In order to improve and maintain physical fitness and health, ACSM states that it is essential for most to participate in a program of regular exercise that is beyond their activities of daily living and includes cardiorespiratory, resistance, flexibility, and neuromotor training. Multifaceted physical activities, such as Tia-Chi, inherently involve all of those exercise categories. According to ACSM, neuromotor exercise training is especially beneficial as part of a comprehensive exercise program for older persons to improve their balance, gait, agility, muscular strength, and to reduce their risk of falls and the fear of falling.

Although designed years ago, our Tai-chi for health programs each dovetail perfectly with ACSM's new guidance. Our programs also comply with ACSM's additional guideline that exercise programs should be easily modifiable to meet any individual's habitual physical activity, physical function, health status, exercise responses, and goals. Both of these facts should be mentioned when promoting your Tai-Chi for health class.

ACSM readily admits that we need much more research on Tai-Chi. However, they also recognize that Tai-Chi is already the most widely studied functional fitness program and that it has been shown to be effective in improving balance, agility, motor control, proprioception, and quality of life. Although limited by the number of Tai-Chi studies on younger populations, ACSM's evidence still suggest that exercises that involve balance and agility—such as Tai-Chi—may reduce anterior cruciate ligament (ACL) injuries and current ankle injuries in men and women athletes. Tai-Chi for Health really does have something to offer just about everyone.

ARTICLE #2---BENEFITS OF EXERCISE:

LOWERS blood pressure, Lowers total cholesterol, LOWERS resting heart rate, INCREASES metabolism, helps control weight, INCREASES immune system function, INCREASES muscular strength and endurance, INCREASES circulation, INCREASES flexibility and range of motion, DECREASES low back injury, INCREASES bone density, and INCREASES PSYCHOLOGICAL BEBEFITS!!!!!!!!!!!!!!

WHAT ARE YOU WAITING FOR???????

Another health tip on drinking water. We all know or have heard of drinking 8 glasses of water a day. We know that you need to drink a minimum amount of water to flush the toxins out of your body. This tip was from a cardiac specialist. He says it is very important to drink water at certain times each day. 2 glasses of water after waking up—helps activate internal organs: 1 glass of water 30 minutes before a meal—helps digestion; 1 glass of water before taking a baht—helps lower blood pressure; 1 glass of water before going to bed—avoids strokes or heart attacks. Very interesting! Drinking water helps regulate temperature, composes 75% of brain, helps carry nutrients and oxygen to cells, moistens oxygen for breathing, helps convert food to energy, protects and cushions vital organs, helps body to absorb nutrients, makes up 15% of muscles, cushion joints, accounts for 22% of bones, removes waste, and makes up 83% of blood. In others words keep hydrated and keep healthy.

From Police Chief Gene Garcia---regarding safeguarding your mail. There is still a lot of people having mail taken from their mail boxes. (1.) Safeguard your financial information, especially your Social Security numbers, account numbers, and bank statements. Be very careful when disposing used credit card receipts and pre-approved credit card solicitations. Best way is to shred them. (2.) Retrieve mail as soon as possible after delivery; DO NOT LEAVE OVER NIGHT or for long periods of time. (3.) If mail receptacle has a locking devise, make sure it works. Apartment boxes should be maintained by the landlord. (4.) If expecting a check or credit card but are unable to be home when it is delivered, have a trust friend get the mail, or better yet, have the mail placed on hold if you are away. (5.) Report any suspicious activity to local police. Suspicious activity may be someone following the letter carrier, attempting to break into a postal vehicle or tampering with mail. (6) Report non-receipt of valuable mail as soon as possible by calling banks, credit card issuers and the Postal Inspection Service at 877-876-2455. (7) Use letter slots at the post office to mail letters or give them to the letter carrier. (8) Consider having blank checks mailed to a bank for pick up. (9) Report any mail theft by calling 877-876-2455 or on line at <http://postalinspectors.uspis.gov>. (10) Obtain Label 33 from the Postal Inspection Service and affix it to your mailbox. The sticker warns that willful damage to mailboxes and theft are crimes. (11) Keep your mailbox in good repair and make sure it's properly installed. This may help prevent theft of the mailbox itself.

It is extremely important that individuals report the theft of any correspondence to the Inspection Service (by calling 877-876-2455 or reporting it on line), because the reports help Inspectors to identify problem areas. Postal Inspectors have a standing reward offer up to \$10,000 for information leading to the arrest and conviction of anyone stealing mail or possessing stolen mail. I hope this information will be helpful and keep your mail safe.

A little old lady was sitting in a park bench in The Sun Lakes, an Arizona Adult community. A man walked over and sits down on the other end of the bench. After a few moments, the woman asks, "Are you a stranger here?" He replies, "I lived here years ago." "So, where were you all these years?" "In prison," he says. "Why did they put you in prison?" He looked at her, and very quietly said, "I killed my wife." "Oh!" said the woman. "so you're single...?"

The Central Plains Area Agency on Aging (CPAAA) is currently conducting an internet online survey to determine in-home and community needs of the older adult population who are 60 and older. This survey is confidential and will be used by the Department on Aging to maintain and develop services in our community. Your input is vital.

The Senior Survey-2012 encompasses several purposes:

- 1) To evaluate current services to determine their effectiveness, and
- 2) To see how many people are actually utilizing them.
- 3) To establish new and better services for the older adult population, and
- 4) To establish new and better services for those individual who provide care and assistance to an older adult.

CPAA is asking for as much participation as possible in order to get the best picture of what older adults need so that they are able to maintain the lifestyle of their choice. In order to collect information from a diverse population, the survey is going to be available online for anyone 60 and older, the baby boomer population, and for individuals caring for an older adult.

Beginning April 1st, there will be assistance at the Senior/Community Center for individuals who do not have a home computer, or need help with taking an online survey. The survey will be available through April 30th.

To access the Senior Survey-2012, log onto the Central Plains Area Agency on Aging website at www.cpaaa.org For more information and/or questions, to take the survey over the phone, or to request a paper copy, please call Joan Flynn at 316-660-5224.

Note from Carl, Senior Director

Seniors,

When completing the above survey, please consider the following services that our community needs:

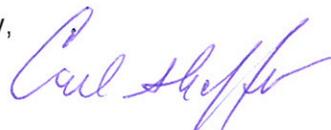
Red Cross Meals at the Community Center
Delivery of the Red Cross Meals to Adult Shut-ins
Exercise Programs
RSVP Program (Travel to doctor appointments, shopping, hair/nail appointments, etc)
In-House Care

Please also ask yourself, "*What other programs are necessary to me as a senior in this community?*"

Please invest in your future and your community. Please participate in this survey as well as the programs offered at the Senior/Community Center.

Big thanks to City Administrator Kent Brown for loaning his copy of the movie "Courageous". The Senior/Community Center had its largest turnout for a movie showing!

Sincerely,



Honoring ... Robert Johnson



Bob Johnson with the QUILT of VALOR held by Bob Pugh, and quilt makers June Finney, Barbara Hufford, Ima Kinkaid, Peggy Brockman, and Angie Shaver

Robert J. "Bob" Johnson was awarded a Quilt of Valor at a gathering March 24 at the Clearwater Senior Center. Robert Pugh, present Commander at the Clearwater American Legion, presented the quilt to Bob and commended him on his dedicated service to our country. The ladies who constructed the quilt at the Center were part of the presentation.

Bob is originally from Fargo, North Dakota. Following high school graduation there, he enlisted in the Army Air Corps. After basic training in Kingman Arizona he was assigned to the Eighth Air Force B-17 Bomber Squadron stationed at Kettering Air Force Base in Ohio.

Bob was trained as a gunner of the crew of the B-17, the plane that was fitted with a ball turret, a bubble-like structure on the plane's belly that served as the protection to the underside of the plane. Bob was chosen to man the turret because he was the smallest man in his crew.

Bob said the turret was designed to allow the gunner to spin in a 360-degree circle, but it had limited up and down movement. It was equipped with two .50-caliber machine guns that were automatic to a degree. The gunner's job was to recognize aircraft silhouettes and determine when enemy craft were in shooting range. He had the critical job of determining when to fire, and he pulled the triggers.

Bob and his crew completed seven missions during his time in the service and he was discharged in 1945. Like so many service personnel, he used the G. I. Bill to go to college; he went to North Dakota State. While there, he met Fran, who became his wife in 1949 after he completed college in just three years. Bob and Fran have two daughters: Bobbie who has been a long-time attorney for Via Christie in Wichita, and Linda who lives with her family in Raleigh, N.C.

Bob and Fran's first home was Sioux City, Iowa where Bob took a job with American Tobacco, later renamed American Brand. He was then transferred to Jefferson City, Missouri, and then to Wichita. In 1978, Bob and Fran decided to get out of the city and chose Clearwater. They had their house built at 350 S. Third Street where they have resided ever since. When they moved to Clearwater, they became members of St. John's Catholic Church and Bob became active in the Clearwater Lions Club and the American Legion. He has served as honor guard and Post Commander.

Fran mentioned that Bob is the one who spearheaded the idea for the construction of the Parade of Flags at the Clearwater Cemetery. The idea came from the beautiful display of flags at the cemetery in Winfield, and Bob promoted the idea in Clearwater.

The flags are a fitting tribute to the men and women from Clearwater who have served their country just as the Quilt of Valor is a fitting tribute to a man who served with honor during WW II.

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GOULASH CAULIFLOWER QUICK FRUIT CUP WHOLE WHEAT BREAD</p> <p>22 Gm Fat 708 Calories 922 mg Sodium</p> <p>2</p>	<p>SOFT TACO YELLOW SWEET CORN PINEAPPLES & STRAWBERRIES</p> <p>21 Gm Fat 632 Calories 843 mg Sodium</p> <p>3</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES ROMAINE SALAD w/DRSG APRICOT MIX POTATO ROLL</p> <p>25 Gm Fat 745 Calories 669 mg Sodium</p> <p>4</p>	<p>EGG SCRAMBLE w/BACON BITS POTATOES O'BRIEN FRESH ORANGE BLUEBERRY MUFFIN</p> <p>39 Gm Fat 820 Calories 1024 mg Sodium</p> <p>5</p>	<p>TUNA SANDWICH on WHEAT CARROT COINS PASTA SALAD HOT SPICED PEACHES</p> <p>13 Gm Fat 667 Calories 967 mg Sodium</p> <p>6</p>
<p>SLOPPY JOE on BUN YELLOW SWEET CORN MACARONI SALAD w/CARROTS FRUITED GELATIN</p> <p>25 Gm Fat 762 Calories 683 mg Sodium</p> <p>9</p>	<p>PEPPER STEAK MASHED POTATOES LOOSE LEAF SALAD w/DRSG FRUIT MEDLEY w/PEARS WHOLE WHEAT BREAD</p> <p>26 Gm Fat 798 Calories 791 mg Sodium</p> <p>10</p>	<p>OVEN ROASTED CHICKEN CHEESY POTATOES PICKLED BEETS SPRING FRUIT MIX DINNER ROLL</p> <p>26 Gm Fat 798 Calories 791 mg Sodium</p> <p>11</p>	<p>BEEFY MAC & CHEESE CALIFORNIA VEGETABLES PEACH SLICES WHOLE WHEAT BREAD</p> <p>24 Gm Fat 629 Calories 797 mg Sodium</p> <p>12</p>	<p>HAM LOAF w/ CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG PEARS & MANDARIN ORANGES DINNER ROLL</p> <p>21 Gm Fat 677 Calories 965 mg Sodium</p> <p>13</p>
<p>HAM & BEANS w/ONIONS SPINACH MANDARIN ORANGES CORNBREAD</p> <p>12 Gm Fat 669 Calories 1059 mg Sodium</p> <p>16</p>	<p>CHICKEN NOODLE SOUP BAKED POTATO w/MARGARINE COMBINATION SALAD w/DRSG ORANGE FRUIT MIX CRACKERS</p> <p>19 Gm Fat 677 Calories 361 mg Sodium</p> <p>17</p>	<p>TACO SALAD CALICO CORN FRESH ORANGE</p> <p>28 Gm Fat 657 Calories 769 mg Sodium</p> <p>18</p>	<p>HAMBURGER on BUN POTATOES ROMANOFF BLACK EYED PEA SALAD CINNAMON APPLESAUCE</p> <p>30 Gm Fat 950 Calories 979 mg Sodium</p> <p>19</p>	<p>CRANBERRY MEATBALLS HAWAIIAN RICE SPINACH SALAD w/DRSG STRAWBERRY APPLE GELATIN DINNER ROLL</p> <p>22 Gm Fat 805 Calories 1292 mg Sodium</p> <p>20</p>
<p>SCALLOPED POTATOES w/HAM BRUSSELS SPROUTS PEACH SLICES FRUIT GELATIN WHOLE WHEAT BREAD</p> <p>17 Gm Fat 701 Calories 978 mg Sodium</p> <p>23</p>	<p>CHICKEN TORTILLA SOUP MIXED GREEN SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CORN CHIPS</p> <p>34 Gm Fat 840 Calories 675 mg Sodium</p> <p>24</p>	<p>TUNA PASTA CASSEROLE GREEN PEAS ROSY APPLESAUCE SUGAR COOKIES DINNER ROLL</p> <p>19 Gm Fat 676 Calories 939 mg Sodium</p> <p>25</p>	<p>SLICED ROAST BEEF w/GRAVY MASHED POTATOES ROMAINE SALAD w/DRSG APPLE SPICE GELATIN POTATO ROLL</p> <p>19 Gm Fat 701 Calories 730 mg Sodium</p> <p>26</p>	<p>SPAGHETTI w/MEATSAUCE GREEN BEANS BANANAS & STRAWBERRIES CHOCOLATE CHIP CAKE w/COCOA TOPPING BREADSTICKS</p> <p>22 Gm Fat 851 Calories 969 mg Sodium</p> <p>27</p>
<p>CABBAGE ROLL CASSEROLE GREEN PEAS PINEAPPLE CHUNKS TAPIOCA PUDDING WHOLE WHEAT BREAD</p> <p>22 Gm Fat 716 Calories 994 mg Sodium</p> <p>30</p>				
<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊙ CONTAINS PORK 				



APRIL 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 TAI-CHI 8:45 AM EXERCISE 10-11 AM PLANNING COMMITTEE 9 AM AA & AL-ANON TO 9 PM	4	5 AA & AL-ANON 7 TO 9 PM	6 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS 1 PM CARDS & GAMES 1 PM	7 7 TO 10 PM JAM SESSION
8	9 PAINTING 1 PM TO 3 PM BOTH BEGINNING AND ADVANCED	10 TAI-CHI 8:30 AM EXERCISE 9:30 AM TO 10:30 AM CARRY-IN-LUNCH 12 PM AA & AL-ANON 7 TO 9 PM	11	12 AA & AL-ANON 7 TO 9 PM	13 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS AND GAMES 1 PM	14
15	16 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	17 TAI-CHI 8:45 AM EXERCISE 10-11 AM CARRY-IN-LUNCH 12 PM AA & AL-ANON 7 TO 9 PM	18	19 AA & AL-ANON 7 TO 9 PM	20 QUILTING 9:30 TO 11:30 TAI-CHI 8:45 EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	21 BISCUITS & GRAVY 7 TO 10 AM
22	23 PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED	24 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	25	26 AA & AL-ANON 7 TO 9 PM	27 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 EXERCISE 10-11AM CARDS & GAMES 1 TO 4 PM	28
29	30 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED					



What I Learned From The Easter Bunny!

Don't put all your eggs in One Basket.
Everyone needs a friend who is all ears.
All work and no play can make you a basket case.
There's no such thing as too much candy.
Everyone is entitled to a bad hare day.
Let happy thoughts multiply like rabbits.
The grass is always greener in someone else's basket.
The best things in life are still sweet and gooey.
May the joy of the season fill your heart.

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