

# The Scoop



June, 2012



## CLEARWATER

## COMMUNITY CENTER & SENIOR HAPPENINGS

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## Tame your resting heart rate---from Blue Cross/Blue Shield

Coronary artery disease (CAD) means a blood vessel that carries blood to your heart is blocked. This makes your heart work harder than normal. It can lead to chest pain, heart attack and death.

When you have CAD, it's important to take steps to lower your resting heart rate. Your resting heart rate is how many times your heart beats per minute when you are relaxed and not moving. Reducing your resting heart rate helps take some strain off your heart. Here are four ways to control your heart rate:

- 1) Exercise for 30 minutes five days a week. Aerobic exercise such as walking, swimming, or cycling strengthens the heart and lowers resting heart rate.
- 2) Take your medication. Your doctor may prescribe beta-blockers, which decrease your heart rate and blood pressure.
- 3) Quit smoking. The nicotine in tobacco smoke increases your heart rate with each puff.
- 4) Stress less. When stressed, your heart rate speeds up. Yoga, meditation or deep breathing can help your body and mind relax.

**BENEFITS OF EXERCISE:** Lowers blood pressure, lowers total cholesterol, **INCREASES** the following: your metabolism, helps control your weight, your immune system function, your muscular strength, your endurance, your circulation, your flexibility and range of motion, your bone density, and your psychological benefits. **DECREASES** low back injury.

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### ***CARL'S REPORT***

As some of you may know, this June the Center will have been open for five years. We will have an Open House celebrating that on June the 3<sup>rd</sup>. This will be a good time to come into the building and see the improvements that have been made since the opening. First you will see a sign out front with balloons to welcome you and then will see the flagpole out in front of the building. The doors will be opened at 1:00 p.m. for you to come into the building and look through the books that show some of the history of the Center from when it was started in 1970. We are very grateful for all the people who have made this happen over the last 42 years. If it was not for those people who got it started and those that followed, we would not be here today. It has taken a whole lot of volunteer hours, money, and foresight to get it done. The community should be very proud of the service it has gotten over the years from these volunteers. The volunteers want to thank each one who has supported it over this time frame.

I can say from the time I started here five years ago, we have had some very good people who have helped in all kinds of ways. An example is Betty Peitz, who was a past president of the old "Golden Chain Club." She has been very valuable in putting names with pictures in the history books. Then there is Farol Mc Millan who is in charge of our RSVP program which is very important to our community. This program helps people in our community who cannot drive or do not want to drive into Wichita. Here are some of the places the program allows us to drive your fellow people to: doctors offices, post office, grocery store, pharmacy, activities at the Center, shopping in Wichita at different places where someone needs to go, hair salon, get your toenails fixed, and dentist office, just to name a few.

Through this program, the Department on Aging pays the Center seven dollars for each trip. You can give the driver some money for gas as it is at their expense both for the gas and wear and tear on their vehicle, as well as their time given to drive a person around.

Another activity we have is the "Ol' Sew-N-Sews," which is the people who do the quilting. They have made several "Quilts of Honor" for our service men and women ~ it is very heart warming to give one to those deserving service people in our area. They also make the quilts for our fundraiser that are given away at our annual Catfish Fry. This year it will be on August the 25<sup>th</sup>.

These activities are open to all people ~ from the very young to the very old, as is our Biscuits and Gravy breakfast held each 3<sup>rd</sup> Saturday of the month. Whether it is spaghetti and meatballs or a hamburger and hot dog feed, or the first Saturday night Jam Session, all of these are open to the public. At our Jam Session, anyone who can play a musical instrument or sings can come and join the fun. However, we can only count the people who are 55 or over which is why we have people fill out the participation card. This is a requirement from the Department on Aging.

We also have items to be loaned out for people who need them: crutches, wheel chairs, walkers, canes, 3 wheel walkers, clamps for bath tubs, and various toilet risers. For young people, the Center has a high chair and some booster seats for chairs.

Helen Fesnock heads up our painting class. This class is held on Mondays at 1 p.m. Last week we had seven people which is great, but we still have room for more people in all of our activities.

We are very lucky to have Lew Kellogg leading the Tai-Chi and exercise classes on Tuesdays and Thursdays. Tai-Chi starts at 8:45 a.m., followed by the exercise class at 10:00 a.m.

One of most necessary activities is the Planning Committee. It meets on the first Tuesday of each month at 9 a.m. We could really use several more people to come with their ideas as to what else we can do to help people in our community, as well as any gripes or complaints. Our building was built to be used by all, not just a few.

We have rented out the building several times over the years. Anyone can rent it for almost any use or activity. The rent is \$25.00 per hour with a maximum of \$125.00 for all day. There is also a deposit of \$125.00, which is given back if the property is left in good condition. This allows them to use all the facilities we have.

We try to keep everyone informed by the use of A-frame signs, flyers put up in different businesses in town, and for those who live within the city limits, notices on channel 2. Also in the monthly newsletter, the Scoop, the back page has a calendar you can tear off that tells where the different activities are being held and at what time ~ it would be very handy to put on your refrigerator to look at daily to know what is going on at the Center.

We are working hard to get to be a Senior Level II facility here at the Clearwater building. We can increase this if the Seniors who live in the community would support the Center by participating in the different activities we have. Listed are the items we must meet for two years to make it to Level II.

- The director is to attend the four quarterly meetings – this has been done.

- At least 151 people must come into the Center and fill out our cards. They do not have to attend all of our activities, but to come to as many as possible. We have already met our baseline number of activities of 10. We have a few special events to make our goal of 15. We are currently at 7 with 3 more activities scheduled before the end of June. That will be easy to make.
- The hardest requirement is scheduling 40 educational classes. So far we are at 17, so we are short 23 that we must do before the end of the year. We will need your support for the classes. The number of attendance cards we have as of right now is 248.

I thought you may be interested in of some of the activities and what's been done to the building. Some of the items came in from when the Center was housed at the school.

**Outside** of the building: windbreaks, two planters, flag and flagpole, handicap button on the east side, handicap parking spaces in back of building, and three A-frame signs for events.

**Kitchen:** replaced our coffee maker, purchased a new refrigerator, replaced the stove, purchased two new ovens, extended all shelves underneath the cabinet (kitchen and big room), installed towel racks, put up a fan, and bought some new appliances. **Hallway:** water fountain, plastic racks for brochures, rack for round tables, 8 round tables, installed fan, and a new volunteer plaque. **Large Room:** three moveable racks for stacking chairs, big-screen TV/VCR, pool table, light and cue sticks, two racks for painters to display their artwork, window coverings, sound system, L-shaped desk, three 2½ x 6 foot folding tables, installed four ceiling fans, 25 chairs, two card tables, two computers and one printer; **Office:** one desk, 5-shelf bookcase, 4-drawer filing cabinet, three rolling chairs, ceiling fan, track lighting, small folding table and several office supplies; **Pantry:** Two 5-shelf wire racks on rollers; **Arts and Craft Room:** 9-drawer cabinet, four wire racks on rollers, one book shelf, one scale, one treadmill, one cabinet for storage, wash basin, and miscellaneous plastic boxes with different items inside, installed soap and paper towel dispensers, installed ceiling fan and a couple of small utility racks on rollers; **Restrooms:** soap and paper towel dispensers plus a Koala Kare changing table in the ladies restroom, eighteen wooden hangers in the closet in the big room and the list goes on.

So do come to our **Open House on June 3<sup>rd</sup>** and see all this progress and enjoy light refreshments while having a good time visiting with folks.

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### *Getting to know.... Angie Shaver*

Note from Carl: This will be my first attempt at interviewing a person. I really hope you will enjoy a few words about Angie Shaver.

Angie came to Clearwater 14 years ago from Wichita after her husband died. She was born and raised around a little town call Black Jack near Galena. Like most small communities, there is not much left of it and others like it.

She started to school at a one-room school house with grades 1 thru 8. She is the third oldest of 12 children and that is where she learned to work. She was the mother of six

children, and four are still living. Angie and Wayne lived in Columbus before moving to Wichita where Wayne worked at Boeing.

Angie was a housewife who took care of her children and babysat for others. She worked at Jesse Hunter School as a playground teacher, in the kitchen, and tutored other people's children for seven years.

Her oldest son owns a golf course in St. Louis and has been a pro for over 45 years. Jim lives in Andover and has been a fireman for 36 years. He has been the fire chief for the past nine years. Terry lives in Clearwater and has worked at Boeing for the last 17 years. Her daughter Weymie lives in Clearwater and works in sanitation with her husband, T. L. Pearson.



Angie Shaver

Angie has been a member of the Clearwater First Christian Church since moving to Clearwater and started volunteering at the Golden Chain Club at the same time. She can be seen at every function at the Center, where her warm smile and her positive attitude is a big asset. She is a warm and friendly person who likes talking to people.

Angie says, "I have met a lot of very nice friendly people since moving to Clearwater and made a lot of good friends in that time." She enjoys working at the Center whenever she has the opportunity. So come in and say "hello" to Angie.

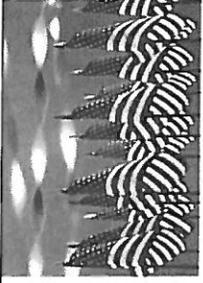
## June birthdays

June 1	Thelma Wohlford
June 4	Leatha Thompson
June 6	Buelah Barnett
June 11	Robert Pugh
June 12	June Finney
June 14	C.P Comegg, Doris Matthews
June 15	Ernie Angstadt, Sandra Cummins
June 16	Mary Mitchell
June 17	Richard Vogel
June 18	Tom Hess, Jim Kendrick, Farol McMillan
June 19	Linda Taggart
June 24	Sandra Baxter
June 25	Angie Strait

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

JUNE 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SUMMER BEGINS JUNE 20th</p>	<p>● CONTAINS TURKEY ○ CONTAINS PORK</p>	 <p>FATHER'S DAY JUNE 17th</p>	 <p>FLAG DAY JUNE 14th</p>	
<p>● HAM &amp; BEANS w/ONIONS SPINACH MANDARIN ORANGES CORNBREAD</p> <p>12 Gm Fat 669 Calories 1059 mg Sodium</p>	<p>● CHICKEN CACCIATORE GARDEN RICE PILAF SPINACH SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p> <p>13 Gm Fat 667 Calories 929 mg Sodium</p>	<p>SWISS STEAK MASHED POTATOES MIXED GREEN SALAD w/DRSG APRICOTS POTATO ROLL</p> <p>25 Gm Fat 717 Calories 667 mg Sodium</p>	<p>● TURKEY TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CRACKERS</p> <p>24 Gm Fat 717 Calories 952 mg Sodium</p>	<p>CHEESEBURGER on BUN MEDITERRANEAN VEGETABLES POTATO SALAD PINEAPPLE SAUCE</p> <p>24 Gm Fat 700 Calories 943 mg Sodium</p>
<p>SPAGHETTI with MEATSAUCE MEDITERRANEAN VEGETABLES QUICK FRUIT CUP BREADSTICKS</p> <p>17 Gm Fat 743 Calories 940 mg Sodium</p>	<p>● BEEF PATTY w/ONION GRAVY MASHED POTATOES CARROT RAISIN SALAD BANANAS &amp; STRAWBERRIES WHOLE WHEAT BREAD</p> <p>29 Gm Fat 869 Calories 800 mg Sodium</p>	<p>● APPLE WALNUT TURKEY SALAD on WHEAT BREAD LOOSE LEAF SALAD w/DRSG FRESH BANANA OATMEAL COOKIES</p> <p>20 Gm Fat 672 Calories 1065 mg Sodium</p>	<p>● HAMLOAF w/CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG PEARS &amp; MANDARIN ORANGES POTATO ROLL</p> <p>21 Gm Fat 707 Calories 1020 mg Sodium</p>	<p>CHILI w/BEANS CAPRI VEGETABLES PEACH SLICES CHOCOLATE PUDDING CRACKERS</p> <p>26 Gm Fat 739 Calories 796 mg Sodium</p>
<p>● BBQ RIBETTE on BUN CALIFORNIA VEGETABLES POTATO SALAD FRUITY AMBROSIA</p> <p>21 Gm Fat 652 Calories 1079 mg Sodium</p>	<p>TACO SALAD GREEN PEAS STRAWBERRY PEACHES</p> <p>28 Gm Fat 779 Calories 918 mg Sodium</p>	<p>CHICKEN NOODLE SOUP BAKED POTATO COMBINATION SALAD w/DRSG ORANGE FRUIT MIX CRACKERS</p> <p>19 Gm Fat 677 Calories 361 mg Sodium</p>	<p>● TURKEY &amp; CAVATAPPI CALIFORNIA VEGETABLES FRUIT COCKTAIL TAPIOCA PUDDING POTATO ROLL</p> <p>18 Gm Fat 682 Calories 1132 mg Sodium</p>	<p>CRANBERRY MEATBALLS MASHED POTATO CASSEROLE CORONADO SALAD PEARS w/WATERMELON WHOLE WHEAT BREAD</p> <p>31 Gm Fat 859 Calories 1201 mg Sodium</p>
<p>ITALIAN BEEF STEW ROMAINE SALAD w/DRSG SUNSHINE GELATIN SALAD CHOCOLATE CHIP COOKIES CRACKERS</p> <p>22 Gm Fat 703 Calories 652 mg Sodium</p>	<p>● TURKEY ROAST CHEF SALAD w/CHEESE CREAMY POTATO SOUP FRESH BANANA OATMEAL COOKIES CRACKERS</p> <p>28 Gm Fat 738 Calories 1198 mg Sodium</p>	<p>BEEF &amp; MACARONI BUTTERED CABBAGE SPRING FRUIT MIX WHOLE WHEAT BREAD</p> <p>22 Gm Fat 672 Calories 652 mg Sodium</p>	<p>● SCALLOPED POTATOES w/HAM BRUSSELS SPROUTS APRICOT HALVES STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD</p> <p>17 Gm Fat 708 Calories 1005 mg Sodium</p>	<p>SLOPPY JOE on BUN CORN COBBETT COLESLAW PINEAPPLE UPSIDE DOWN CAKE</p> <p>34 Gm Fat 909 Calories 927 mg Sodium</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June 2012</h1>						
3 1:00 PM OPEN HOUSE 2- 4 PM BLUE GRASS	4 PAINTING FOR BEGINNING AND ADVANCED 1 PM	5 TAI-CHI 8:45 AM EXERCISE 10-11 AM PLANNING COMMITTEE 9 AM AA & AL-ANON 7-9 PM	6	7 AA & AL-ANON 7-9 PM	1 QUILTING 9: AM TO ??? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	2 JAM SESSION 7 TO 9 PM
10	11 PAINTING FOR BEGINNING AND ADVANCED 1 PM	12 TAI-CHI 8:30 AM EXERCISE 9:30 TO 10:30 CARRY-IN-LUNCH 12:00 PM AA & AL-ANON 7-9PM	13	14 AA & AL-ANON 7-9 PM	8 QUILTING 9 AM TO ??? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS AND GAMES 1 PM	9
17	18 PAINTING FOR BEGINNING & ADVANCED 1 PM	19 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM	20 FREE MOVIE 1:30 PM	21 AA & AL-ANON 7 TO 9 PM	15 QUILTING 9AM TO ??? TAI-CHI 8:45 AM EXERCISE 10-11AM GAMES & CARDS 1 PM	16 BISCUITS AND GRAVY 7- 10 AM
24	25 PAINTING FOR BEGINNING AND ADVANCED 1 PM	26 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM	27	28 AA & AL-ANON 7 TO 9 PM	22 QUILTING 9 AM TO ??? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	23
					29 QUILTING 9 AM TO ??? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	30

**F**lag Day

Thursday  
June 14, 2012



**F**ather's Day

Sunday  
June 17, 2012



**F**irst Day of Summer

Wednesday  
June 20, 2012



Clearwater  
Community/Senior Center  
921 E. Janet  
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