

The Scoop



November, 2012



CLEARWATER

COMMUNITY CENTER & SENIOR HAPPENINGS

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Farol Mc Millan, of our Clearwater Center, was recognized as a silver recipient by the Sedgwick County Department on Aging Retired Senior Volunteer Program. This program is designed to help all seniors, 55 and over, be transported to different places when they cannot drive and need assistance. If anyone needs the service to go to the doctor, post office, shopping, drugstores, etc., we need to have at least a 24-hour notice. With the price of gas and waiting time on some appointments, it would be nice if the driver were to get a small donation for their time. The President's Volunteer Service Award recognizes that standard and is measured by the number of hours of service over a 12-month period. Farol's work involves driving as well as calling people to help drive and keeping records for those who drive and then faxing the records to the department. So there is quite a bit of paperwork to keep these records straight. We are always looking for someone to help us drive your neighbors to different places.

We are also looking for someone to teach knitting and/or crocheting here at the Center. We would like to knit helmet lines for our troops, caps for cancer patients, etc. These are all good causes and a blessing for those who receive them. We have many things that take our time every day, but I remember in World War II in Great Britain, they would take a certain time to pray for each other, their troops, and those in need. They also would take time to make different items for those who were injured, especially blankets and clothing and then even donated blood in a time of war or emergency situations.

Tai-Chi is like the ABCs of exercise as it wakes up the body in different ways. First the body becomes ALERT in going thru a systematic set of slow, flowing exercises. This helps with your BREATHING as your lungs get more oxygen into the blood and then into the brain and make you more alert to your surroundings. The more alert you are, the less chance you have of falling, which is a major concern to older people, causing a lot of injuries and pain. It helps in CONCENTRATION by going thru the slow rhythm routines. This DEVELOPS better health, better body control, and better balance. Should Tai-Chi be too slow, we have an exercise class that meets a few minutes after Tai-Chi is over. The exercises in this class are geared to the older generation of people. It is not like the workout madness you see on TV with its macho extreme programs. You have heard it said, "No sweat, No gain!!" That sounds like an awful lot of hard work to me. Maybe we should say something like this, "No exercise means less body control and quicker body deterioration." I look out the windows here and see people walking every day and that also is a good exercise. We have good smooth roads for walking and very little traffic. At our exercise classes we have water breaks to keep the body flowing and well lubricated with fluids. Water is great for flushing out the impurities in the body. Another good reason to work out with a group is the FRIENDSHIP you have with one another.

We have a problem and a need. The GOOD NEIGHBOR NUTRITION PROGRAM needs people age 60 and over to eat at the CENTER. The meals are served at 11:30 a.m. each weekday unless it is a holiday. There is a schedule in the SCOOP every month with a menu for each day. You can eat here every day or pick and choose the meals that you want. The cost is only \$2.00 per meal. Where can you eat for \$2.00 a day, not have to cook, do dishes, and clean up the kitchen? We serve several people who are homebound

and they need our help to be able to get one balanced meal a day. We do not want to lose these meals for those members of our community. We hope you care about your fellow senior men and women. Just by coming in to eat here at the CENTER we can save this program for those who need it. If you can help us, contact Cindy Peitz at 584-2332 or just come in and talk with her. If you know someone who needs help, come in and we will get them signed up. LET'S NOT LOSE THIS VALUABLE PROGRAM!
We really need your support.

A smile costs you nothing, so give it away
Its memory may linger with a stranger today
It may be a rich man, or a poor man may receive
Yet each is made richer, if stress was relieved
It may be a light, on a dimly-lit way
So give it to someone, it will brighten his day.

Dear Lord I left in such a rush, I forgot to say goodbye.
I felt I had to get away; but now I'm wondering, why?
I traveled far from your loving arms, to a little world of my own.
But, it's cold out here, I miss your warmth, I feel so all alone.
I didn't know when I planned this trip, it wasn't very smart
To turn my back and walk out on you, for you still had my heart.
So dear Lord, I'd like to come back home, and stay for the duration.
If you miss me as I miss you, please meet me at the station.

Many times there are different events for seniors to attend. One was the Senior Expo held in Wichita where those who attended could go to four different places. All you had to do was to park at one place and a shuttle would take you to the other three places. I received this thank-you note from one of the participants regarding the Expo:

“On behalf of Virginia Mc Swain, her daughter Donetta Foley, her daughters-in-law Dona Mc Swain, and Mary Mc Swain, we would like to thank Carl Shaffer for inviting us to the Special event held by the Senior Expo on Thursday, September 27, 2012. We were able to attend Exploration Place, Botanical Gardens, Art Museum, and Cowtown. We had a very nice day and were able to see a lot of nice things and visit with very special people. Looking forward to another event—thank you very much!!”

On the way home from Wichita on Sept. 27th, I commented to my traveling partner about the sea of white hair we had just left, but as I looked in the mirror I realized that I fit right in with the others. Each location offered much helpful information. While my partner and I were in Cowtown, we were bystanders to a shootout. Our next enjoyable stop was at the senior style show at Botanica, where the runway was out in the lovely flower garden. A number of seniors modeled frocks they had purchased while vacationing out of the country, which proved we are never too old to “strut our stuff.” Just in case we got exhausted from making the rounds, there was no shortage of little sweets at each booth.

This was the 20th Senior Expo and the weather was very pleasant for the many people who attended.

Personally I never heard anyone complaining about the event. Everyone I talked with enjoyed the Expo. The best thing about it, you were not hurried to go somewhere and had time to see what you wanted to see. The weather and food were also good. The thank-you card is hanging in the hall for all to see and read. We also want to thank everyone from here who went to the Expo with me including Marlene Parret, Cheryl Wright, and Angie Shaver.

November birthdays: Mattie Hardesty 4th; Sharyn Morris & Grace Webb 5th; Frankie Valens 7th; Angie Shaver 8th; T. L. Pearson 9th; Ed Shaffer & Cindy Peitz 10th; Rita Gorges 15th; Lola Honn 18th; Roger Dawson & John Struthers 20th; Ginger Murphy 21st; Denise Morehead, James Liebold, & Fran Johnson 24th; Cleta Cornett, Jo Ann Coy, & Robert J. Johnson 25th; Martena Gerlach & Grace Godwin 27th; Kenneth Coy 29th; June Sparr 30th.

The Clearwater High School is starting a program for seniors to welcome students at the school from 7:15 to 7:55 a.m. on Wednesday mornings. The program starts on November 7th followed by December 5th; January 9th; February 6th; March 6th; April 3rd; and May 1st. We need at least 8 people to greet the students at 4 different locations at the school; 3 or 4 would make it easier on the rest. The Center will provide what is needed. The Department of Aging is encouraging more projects that get students and seniors together.

American Legion National Commander James Koutz started his Kansas Tour by landing at Wichita's Mid-Continent Airport on 10-22-12. He visited the Robert Dole Veterans Hospital, local American Legion Posts, and the Moving Vietnam Wall in Valley Center. John West of the Derby/Haysville Post 408 served as the dinner host National Commander with Post commander Cregg Hansen opening the dinner and meeting. Then the national colors were presented followed by the national anthem, a POW/MIA Observance and introduction of local, district, state, and national officers. Commander Koutz's remarks centered on all levels of the American Legion, registration and voting in this election, so we can take back our Nation. Never forget the sacrifice that our armed forces made to keep us free and preserve our country when armed conflict was forced upon us. Always remember to pray for our POW/MIAs so all our veterans will be accounted for by their friends and families. His project is Operation Comfort Warriors. This is an American Legion project to raise \$2,500,000.00 before the 2013 national convention. He emphasized that not one cent will be spent on administration, promotions, staff or travel, but all funds will be used for essential needs of our wounded veterans to be as comfortable as possible while in our hospitals. Commander Koutz will finish his Kansas tour this week. Then he will travel across this nation and around the world to visit other American Legion Posts before going to Vietnam and Laos to dig for the remains of American soldiers. All veterans wish him Godspeed.

Getting to know.... Mary Mitchell

By Carl Shaffer

Mary Mitchell was born in a farmhouse in rural Atchison County to a family of 3 girls and 3 boys. The farm had no running water, indoor plumbing or electricity, just like the one-room school she attended during first through eighth grades. It was a mile walk to the school which was located four miles from the town of Horton. She recalled that she had four different teachers during her time at that school.



She attended Horton High School and after graduation, she moved to Wichita where she got a job with Kress Department Store. From there she went to work at the Orpheum Theatre where she worked as an usherette. Her job required her to wear a tuxedo and carry a flashlight and swagger stick. Mary said she was working at the theatre when the Japanese bombed Pearl Harbor. She quit that job to join a theatre co-worker who went to work at Midwestern Procurement District where she worked for two years.

In 1943, Mary married her high school sweetheart, and they had three boys and twin girls. When the children were grown, Mary went to the Wichita Area Vocational-Technical School



and became a Licensed Practical Nurse. She noted that Lucille Charles went to the same school and graduated the year before she did. Mary worked at St. Joseph Hospital for 15 years until she retired.

Mary recalled the nature of her work as a nurse. She said while the doctors performed critical procedures such as surgeries or even transplants, it was the nurses who offered the care that was an important part of the patients' recovery. She was responsible for making sure patients had proper nourishment, the correct medication, that surgery sites were kept sterile so infection could be avoided at all costs and much more.

"If I were ever to go to a hospital, I would like a nurse like Mary. With her warm gentle smile, it could do nothing but make you feel better, knowing you would be getting the very best care."

When talking about her nursing career, Mary had a twinkle in her eyes and her enjoyment of her years as a nurse was obvious.

Mary is a good example of being a caregiver. When she moved to Clearwater in 1989 she became involved at the Center doing different jobs. She is a warm and caring person to all she meets. We all appreciate her volunteer work here at the Center.

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊙ CONTAINS PORK 		<ul style="list-style-type: none"> ● APPLE WALNUT TURKEY SALAD on WHEAT BREAD LOOSE LEAF SALAD w/DRSG PEACH CUP OATMEAL COOKIES 	<ul style="list-style-type: none"> ⊙ SCALLOPED POTATOES With HAM RANCH BROCCOLI SALAD CITRUS FRUIT MIX CORNBREAD
<ul style="list-style-type: none"> 19 Gm Fat 676 Calories 939 mg Sodium 	<ul style="list-style-type: none"> 22 Gm Fat 671 Calories 1006 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 736 Calories 689 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 685 Calories 1072 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 760 Calories 1179 mg Sodium
<p>CLOSED FOR VETERAN'S DAY</p> 	<ul style="list-style-type: none"> MEATLOAF MASHED POTATO CASSEROLE PEA LETTUCE SALAD w/DRSG FRUITED GELATIN WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> SLOPPY JOE on BUN CAPRI VEGETABLES MACARONI SALAD APRICOT MIX 	<ul style="list-style-type: none"> CHICKEN CACCIATORE GARDEN RICE PILAF GARDEN VEG SALAD w/DRSG FRUITY AMBROSIA WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> ⊙ EGG SCRAMBLE WITH BACON BITS OVEN FRIED POTATOES FRESH BANANA BLUEBERRY MUFFIN SQUARE
<ul style="list-style-type: none"> 12 Gm Fat 696 Calories 1140 mg Sodium 	<ul style="list-style-type: none"> 26 Gm Fat 775 Calories 1126 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 788 Calories 812 mg Sodium 	<ul style="list-style-type: none"> 17 Gm Fat 674 Calories 973 mg Sodium 	<ul style="list-style-type: none"> 33 Gm Fat 745 Calories 898 mg Sodium
<ul style="list-style-type: none"> ⊙ HAM & BEANS w/ONION SPINACH STRAWBERRY APPLE GELATIN CORNBREAD 	<ul style="list-style-type: none"> CHICKEN NOODLE SOUP BAKED POTATO CORONADO SALAD FRESH ORANGE CRACKERS 	<ul style="list-style-type: none"> CHICKEN PRIMAVERA ROMAINE SALAD w/DRSG PEACH SLICES FRENCH BREAD 	<ul style="list-style-type: none"> BEEF GUMBO SOUP MACARONI SALAD w/CARROTS MANDARIN ORANGES CHOCOLATE CHIP COOKIES CRACKERS 	<ul style="list-style-type: none"> CHEESEBURGER on BUN CALICO BAKED BEANS RANCH BROCCOLI SALAD FRESH APPLE
<ul style="list-style-type: none"> 20 Gm Fat 674 Calories 354 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 674 Calories 354 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 849 Calories 1337 mg Sodium 	<p>CLOSED FOR</p> 	<p>CLOSED FOR DAY AFTER THANKSGIVING</p>
<ul style="list-style-type: none"> 18 Gm Fat 665 Calories 1044 mg Sodium 	<ul style="list-style-type: none"> 30 Gm Fat 734 Calories 465 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 806 Calories 931 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 792 Calories 873 mg Sodium 	<ul style="list-style-type: none"> 27 Gm Fat 738 Calories 877 mg Sodium
<ul style="list-style-type: none"> BBQ RIBETTE on BUN CALIFORNIA VEGETABLES POTATO SALAD BERRY CUP 	<ul style="list-style-type: none"> OVEN ROASTED CHICKEN HERBED POTATOES TOSSED SALAD w/DRSG PINEAPPLE AMBROSIA WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> TACO SALAD GREEN PEAS CINNAMON APPLESAUCE 	<ul style="list-style-type: none"> WHOLE GRAIN SPAGHETTI With MEATSAUCE GREEN BEANS BANANAS & STRAWBERRIES BREADSTICKS 	<ul style="list-style-type: none"> CHILI w/BEANS COOKED CARROT COINS COMBINATION SAL. w/DRSG SLICED PEACHES CHOC. CHIP CAKE w/COCOA CRACKERS

HAPPY THANKSGIVING

November 2012

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

