THE SCOOP

Clearwater Senior Community Center
921 Janet Ave Clearwater, KS 67026
620-584-2332
commcenter@sktc.net

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He's Watching Over Me by Joan

I really loved my Dad. He was a wonderful, kindhearted man who dedicated his life to his family. For many years we used to do crossword puzzles every Sunday morning while having a hot cup of coffee together. When I was 31 and he passed away, my world fell apart. A few years after his death the post office came out with a commemorative Father's Day stamp. It was a picture of a crossword puzzle, a steaming cup of coffee, and a pair of reading glasses lying across the puzzle. That was my Dad on Sundays, so I kept one of those stamps in my wallet. I went on with my life. Years later I was at work and someone stole my wallet. I found my empty wallet in the office hallway, money gone. I called the police and they found the thief very quickly. I got my money back that same day.

Two weeks later I was at work taking a walk at lunchtime, something I don't usually do, when this little pink paper in the street caught my eye. I kept walking, but something told me to stop and go back. I picked it up...it was my Father's Day stamp that I had completely forgotten about after being in my wallet for years. Amazingly, it had been two weeks since I was robbed. Obviously the stamp got mixed in with the money the robber had taken, and he threw it in the street.

I thought about how I rarely go for a walk at lunchtime. I thought about all the things that could have happened to the stamp during those two weeks...the wind might have blown wherever, the rain might have turned it to mush. Yet here I was out walking at lunchtime, on a crowded street, and there was my stamp directly in my path. I started to cry. It was at that very moment I knew my Dad was watching over me.

http://outfieldangels.tripod.com/oat42.html

June Birthdays

"As soon as you feel too old to do a thing, do it" Margaret Deland

Leatha Thompson 6/04	Cleo Koehler 6/13	Farol McMillan 6/18
Betty Batten 6/04	Doris Matthews 6/14	Tom Hess 6/18
Robert Howlett 6/08	CP Comegys 6/14	Linda Taggart 6/19
Robert Pugh 6/11	Sandra Cummins 6/15	Leona Jeffries 6/24
Gary Freed 6/11	Mary Mitchell 6/16	Sandra Baxter 6/24
June Finney 6/12	Richard Vogel 6/17	Algie Strait 6/25

Schedule of Events

- 6-1 Spaghetti Supper
- 6-3 Trip to EVRC
- 6-4 Planning meeting
- 6-11 Carry In Lunch
- 6-14 Jam Session
- 6-15 Biscuits & Gravy

NOTE: The results of the Survey from April is attached in this SCOOP. Thank you to all that filled one out.

UPCOMING EVENTS

Jam Session

Come enjoy some great entertainment. Enjoy music from local artists. The cost is free but donations are accepted. Also please bring a snack to share.

Date: Friday June 14th
Time: 7pm-9pm
Location: City Pool
Cost: Free as long as you are not swimming.

Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. These topics are usually things that you can relate to. We ask that everyone brings in a dish to share and a plate and utensils. The event is free but donations are accepted.

Date: Tuesday June 11th
Time: 12:00 noon
Location: Main room at Center
Cost: Free but donations are appreciated.

Biscuits & Gravy breakfast

All you can eat Biscuits & gravy made by Center volunteers. This is open to ALL age groups. It is a nice place to come feed the family when you don't feel like cooking.

Date: Saturday June 15th
Time: 7am-10am
Location: Main Room at Center
Cost; $4 for adults & $2 for kids

Painting Class

Come down and paint with friends. Learn to paint. Beginners and advanced. Please call the Center first to register.

Date: June 3rd, 10th, 17th, & 24th
Day: Monday
Time: 1pm-3pm
Location: Art & Crafts room
Cost: Free

Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg. Please call the center to register.

Date: Every Tuesday & Friday
Time: 8:45 am
Location: Centers Main Room
Cost: $8 per month

Games *We have changed days*

Do you like to play bridge or pitch, do puzzles or play the Wii? Maybe you have an idea for a new game. Come down on Wednesdays and play some games.

Date: Every Wednesday
Time: 8:00 am—12:00 pm
Location: Centers Main Room
Cost: Free

Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? No you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free. Our director is from the medical field and can do this at the Center.

Date: 1st and 3rd Mondays
Time: 10 am – 12 noon
Location: Center Main Room
Cost: Free

Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee and we would eventually like to start having cookies or donuts. We will have a donation jar out for coffee.

Date: Every Wednesday morning
Time: 8:30 am—until you are done
Location: Centers Main Room
Cost: donations for coffee

Continued on page 4

Recipe of the Month

'Bacon Egg and Cheese Ring'

Ingredients
1 can of crescent rolls
5 large eggs; scrambled
1 cup of shredded Colby and Monterrey jack cheese
8 slices of cooked bacon (I bought the pre-cooked stuff)
1 teaspoon of season salt

Directions
1. Heat oven to 375 degrees. Scramble eggs on stove top. Lay out crescents on a parchment lined pizza pan in a star formation (the longer sides of each crescent on the inside with the pointed ends pointing out.)
2. Place cooked bacon around the inside center of the ring. Top with about 1/3 of the cheese, scrambled eggs, season salt (or whatever seasoning you're using), and remaining cheese.
3. Fold pointed tips of each crescent over the filling and join in the center of the ring. Press all the points in the center down to seal them together.
4. Place in oven and bake for 15-17 minutes, or until golden brown. Slice in between each crescent to make 8 individual pieces.

Bits & Pieces

VOLUNTEERS
Do you have a talent you can teach? Are you good with cooking, or filing, cleaning, or just being friendly? We need you! Our Center is striving to start new things and keep this place interesting. We need more people to volunteer their time to help us grow. Please contact the Center for more information. We are currently needing help with our picture book, the SCOOP, new arts or crafts classes, musicians, and help with events and dinners.

COMPUTER AREA
The center offers computers for members to use. You can come in to type up a document, send an email, or just surf the web. You can come into the Center anytime Monday through Friday from 8:00 am to 2:00 pm. We also offer computer tutoring on Thursdays at 9am. The center also offers free wifi.

JAM SESSION CHANGE
For the summer months of June, July, and August we will be partnering with the Clearwater Pool to do our Jam Sessions. They will be on the 2nd Friday of the month instead of the 1st Saturday. This will only be for 3 months and we hope you will come enjoy the pool party! Also we will be doing all music acoustically. Bring a lawn chair and come ready for a great time.

> "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that every has."
> Margaret Mead

Healthy Tid bits forPractical Living

Kay Farmer,Nutrition & Health Coach

I love this season of new beginnings which rings about a freshness of life and enthusiasm for living more fully in this space we find ourselves in. Many come out of hibernation to garden, walk through the park, or play out doors. But some of us lack inspiration to get moving because of their outlook on life. Being in vibrant health is more than being physically fit, much of our health is affected by how we thing about things. If we believe life has no purpose, we wont bother getting out. We'll just hide out in fantasy land through TV or games as our mind and body become less responsive. Do you always see the glass as half full, see the problem, or find the fault and never see the good? I am here to tell you that you matter regardless of your point in life. With a little practice you too will be able to find the good in any given situation. We can literally retrain our minds to stop focusing on stress, & negativity. According to Shawn Achor, author of The Happiness Advantage, we can start by making a few incremental changes to our daily lives. Because positive brains have a biological advantage it may be crucial to make those changes today. One simple strategy to get out of the negative pattern is to start a praise journal and do this the same time every day. Reflect on your day and choice 3 positive experiences to journal or share with someone. If you need assistance in achieving your nutrition and health goals I will be glad to visit with you. Kay Farmer (316) 213-9277

City of Clearwater Senior Community Center

Mission Statement:

The Clearwater Senior/Community Center is here to provide, maintain, and expand to the Community the social, educational, physical, nutritional, health, recreational, spiritual, and intellectual well being of each senior in our community.

Goals:

1. Keep and Maintain a warm and friendly center.
2. To increase the activities and growth at the Center.
3. To maintain the newsletter promoting all activities at the Center.

Objectives:

1. Improve community involvement by newsletter, telephone, email, TV access channel with information on all Senior Activities.
2. Implement new ideas, programs, and activities as they develop.
3. Maintain and keep accurate records of attendance.
4. Maintain current facility and plan for growth.

Staff
Clearwater Senior Community Center

Pamela Riggs,
Director
Farol McMillan
Administrative Assistant

Advisory Committee Members

Terry Sullivan - Chairperson
Joan Fleming - Co-Chair
Vacant - Secretary
James Charles - Member at Large
Marlene Hand - Member at Large

Planning Committee Members

Cheryl Wright - Chairperson
Vacant - Co-Chair
Marlene Parret - Secretary
Vacant - Historian
Vacant - Education
Farol McMillan - RSVP Program

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Senior Luncheon Tuesday 5-14-13

Cheryl Wright was absent today. Therefore Pam opened the meeting. Ruby Fisher led the group in the Flag Salute and National Anthem.

Laura Papish was our only birthday in attendance today. We sang Happy Birthday to her.

Our first speaker was *Robert Schmidt* from the Hart Pharmacy. He spoke about "Foot Problems" and some simply ways to prevent them. *Rep. Monta Plank* from the Silver Haired Legislature told us about how he is an advocate for seniors in Topeka and said we can contact him for anything. *Cheryl Lorenc* who makes soaps and different things out of goat's milk talked about the benefits of it. She also gave handmade soaps to all mothers in attendance. *Burt Ussery* came to thank all who voted for him and to let us all know that he is immersing himself in the details of this city and is always open to talk about issues.

Announcements:

Sat 6-1 We will be having our Spaghetti Dinner with musical performance by Charles Nida. Cost is $6 for adults $4 for children.

Mon 6-3 We will be having our first day trip. We are going to the Eagle Valley Raptor Center in Cheney, KS. We will leave here at 9:30am.

We also mentioned about the change in Jam Sessions for the month of June, July, and August. It will be on the 2nd Friday of the month at the City Pool. Bring a lawn chair and come listen to some great local artists.

Also in June we are starting our "Morning Coffee" on Weds mornings until you are ready to go home.

Pamela Riggs, Director

UPCOMING EVENTS

All you can eat Spaghetti Supper

This event will be a fundraiser for the Center. Come out and enjoy some spaghetti, salad, and dessert. We will also have musical talent from Charles Nida. This event is open to all ages.

Date: Saturday June 1st
Time: 5pm-7:30pm
Location: Centers Main Room
Cost: $6 for adults & $4 for kids

Good Sugars, the missing link class

This class will be lead by Kay Farmer a local diet and health coach. She is going to speak about different ways to help with diabetes and diet to control illnesses.

Date: Monday June 24th
Time: 1:00 pm
Location: Centers Main Room
Cost: Free

Clearwater Senior Services Survey 2013

Thank you for taking about 10-15 minutes of your time to complete this survey. We appreciate your effort to help us measure how well we are meeting our mission of involving, enriching, and empowering seniors in our community, and you insights into how you think we could improve. We will share the results of this survey in a future newsletter. Questions: Please call Senior Director at 620-584-2332

1. **How often do you participate in Center activities? Check one**.

O Almost every day **0%**
O 1 time per week **4%**
O 1 time per month **23%**
O 2 or more x per wk **35%**
O 2-3 times per month **23%**
O Rarely or Never **15%**

If you answered "Rarely or Never," why do you not participate more often? Check all that apply.

O Working full/part time **21%**
O No transportation **0%**
O Cost of activity **0%**
O Health problems **0%**
O I am a caregiver **0%**
O Live too far away **0%**
O Nothing of interest **14%**
O Hours are not convenient **7%**
O Other **58%**_____

Other reasons: 1) been in the hospital
2) Not lonely
3) Involved in too many activities
4) Busy with other things
5) Nothing for men
6) Other activities & committees need my attention.

2. **Which programs do you participate in at the Center? Check all that apply.**

O Performing Arts (Jam Session) **13%**
O The Arts (Painting class) **4%**
O Health & Fitness (Tai Chi, exercise) **26%**
O Nutrition (Red Cross Meals, Biscuits & Gravy, Carry In Lunch) **24%**
O Recreation (Pitch, Bridge, Wii, games) **4%**
O Lifelong learning (Classes, educational presentations) **7%**
O Travel (day trips, mystery trips) **7%**

- O Volunteering **4%**
- O Services (computer tutoring, assistance applications) **0%**
- O Special Events (dances, concerts, dinners) **11%**

3. What suggestions would you have to improve programs and attendance at the Senior Center?
   1) I don't have any specific ideas. I think the staff at the center is doing a great job.
   2) We have just not gotten used to participating much. I have played bridge, gone to lunches, Tai Chi and jam sessions. No particular suggestions
   3) Don't know, maybe a seperate room for the men.
   4) I think computer lessons being offered are great-hope they are well attended.
   5) better outreach/making community aware of activities
   6) more personal contact from people at the center and out in the community

4. Please rate the following in terms of **customer service** at the Clearwater Senior Center on a scale from 1 to 4, where **4 means excellent service** and **1 means poor service**. You are rating front desk volunteers, meal volunteers, and Director. Your specific suggestions will help us improve our service.

Professionalism:	1-**5%**	2-**0%**	3-**30%**	4-**65%**
Friendly & Welcoming:	1-**9%**	2-**0%**	3-**17%**	4-**74%**
Willing & Able to Help:	1-**5%**	2-**9%**	3-**21%**	4-**65%**
Efficient & Knowledgeable:	1-**5%**	2-**13%**	3-**22%**	4-**60%**
Timely follow-up on emails & calls:	1-**0%**	2-**12%**	3-**29%**	4-**59%**

Suggestions for improvement:_____

5. We would appreciate your feedback. If we could provide a better Senior Center, what elements or activities would you want us to include?
1) having more time to visit after you eat lunch!!
2) A larger facility that would better accomodate activities for men.
3) ????
4) Horse shoes, shuffle board, pool
5) I'm happy with it now, but I am not a good judge because I have other family and activities that keep me busy.
6) maybe more activities involving meals.....comrodary, fellowship type things
7) More diabetic nutrition information
8) welcoming to the community activity, more time to visit

Please describe yourself. Are you?
Gender

O Male **25%** O Female **75%**

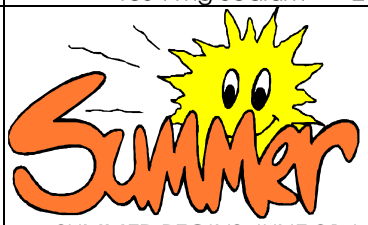
Age

O 50-59 **4%** O 60-69 **25%** O 70-79 **50%**
O 80-89 **21%** O 90 + **0%**

~ June 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 *Spaghetti Dinner with musical performance 5pm-8pm *open to all ages*
2	**3** Blood pressure ck 10am-noon Painting class 1pm-3pm Trip to EVRC at 9:30 am	**4** Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9 am AA/Al Anon 7-9 pm	**5** Morning Coffee 9am Games 8am-12pm	**6** Computer Tutoring 9am – 10am AA 7pm – 9pm	**7** Tai Chi 8:45 am Exercise 10:00 am	**8**
9	**10** Blood pressure ck 10am-noon Painting class 1pm-3pm	**11** Tai Chi 8:45 am Exercise 10:00 am ***Carry-In-Lunch 12pm*** AA/Al Anon 7-9 pm	**12** Morning Coffee 9am Games 8am-12pm	**13** AA 7pm – 9pm	**14** Tai Chi 8:45 am Exercise 10:00 am *Jam Session @ Pool 7pm-9pm*	**15** *Biscuits & Gravy 7am – 10am *open to all ages*
16	**17** Blood pressure ck 10am-noon Painting class 1pm-3pm	**18** Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	**19** Morning Coffee 9am Games 8am-12pm	**20** Computer Tutoring 9am – 10am AA 7pm – 9pm	**21** Tai Chi 8:45 am Exercise 10:00 am	**22**
23	**24** Blood pressure ck 10am-noon Painting class 1pm-3pm Good Sugars, the missing link talk @ 1p	**25** Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	**26** Morning Coffee 9am Games 8am-12pm	**27** Computer Tutoring 9am – 10am AA 7pm – 9pm	**28** Tai Chi 8:45 am Exercise 10:00 am	**29**
30						

GOOD NEIGHBOR NUTRITION PROGRAM **GNNP MENU (menu is subject to change)** **JUNE 2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF GUMBO SOUP ROTINI PASTA SALAD STRAWBERRY PEARS SUGAR COOKIES 27 Gm Fat 724 Calories 690 mg Sodium 3	CHICKEN DIJON GARDEN RICE PILAF SPINACH SALAD w/DRSG BERRY FRUIT MIX POTATO ROLL 13 Gm Fat 653 Calories 874 mg Sodium 4	SALISBURY STEAK MASHED POTATOES MARINATED CUCUMBERS MANDARIN ORANGE GELATIN DINNER ROLL 28 Gm Fat 815 Calories 704 mg Sodium 5	☻TURKEY POT PIE BRUSSELS SPROUTS FRESH APPLE BISCUIT 27 Gm Fat 756 Calories 1212 mg Sodium 6	TUNA SALAD on WHEAT COLESLAW w/CARROTS FRESH APPLE CHOCOLATE CHIP COOKIES 22 Gm Fat 752 Calories 1062 mg Sodium 7
MEAT LOAF w/TOMATO SAUCE CREAMY SCALLOPED POTATOES PICKLED BEETS FRUITED GELATIN WHOLE WHEAT BREAD 19 Gm Fat 750 Calories 1094 mg Sodium 10	☺HAM & BEANS w/ONIONS SPINACH MANDARIN ORANGES CORNBREAD 12 Gm Fat 669 Calories 1059 mg Sodium 11	☺BBQ RIBETTE on BUN CAPRI VEGETABLES POTATO SALAD BERRY CUP 18 Gm Fat 660 Calories 1033 mg Sodium 12	LIVER & ONIONS w/GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG PINEAPPLE AMBROSIA WHOLE WHEAT BREAD 23 Gm Fat 781 Calories 708 mg Sodium 13	TACO SALAD GREEN PEAS CINNAMON APPLESAUCE 28 Gm Fat 806 Calories 931 mg Sodium 14
BEEFY MAC & CHEESE CALIFORNIA VEGETABLES FRUIT MEDLEY OATMEAL COOKIES WHOLE WHEAT BREAD 30 Gm Fat 770 Calories 891 mg Sodium 17	HAMBURGER on BUN OVEN FRIED POTATOES CORONADO SALAD QUICK FRUIT CUP 25 Gm Fat 754 Calories 794 mg Sodium 18	WHOLE WHEAT SPAGHETTI w/MEATSAUCE ROMAINE SALAD w/DRSG FRUITED GELATIN BREADSTICKS 20 Gm Fat 761 Calories 929 mg Sodium 19	CRANBERRY MEATBALLS SWEET POT. & APPLE CASSEROLE GARDEN VEG. SALAD w/DRSG MIXED FRUIT CUP POTATO ROLL 23 Gm Fat 754 Calories 1143 mg Sodium 20	CHICKEN SALAD on WHEAT ITALIAN PASTA SALAD FRESH BANANA CHOCOLATE PUDDING 23 Gm Fat 815 Calories 874 mg Sodium 21
☺SCALLOPED POTATOES w/HAM SMOKEY GREEN BEANS FRUIT SLAW STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD 19 Gm Fat 754 Calories 1144 mg Sodium 24	ITALIAN CHICKEN CASSEROLE CAPRI VEGETABLES PINEAPPLE CHUNKS APPLESPICE GELATIN FRENCH BREAD 17 Gm Fat 748 Calories 1090 mg Sodium 25	SOFT TACO CALICO CORN FRESH BANANA VANILLA PUDDING 25 Gm Fat 798 Calories 1034 mg Sodium 26	BEEF PATTY w/ONION GRAVY MASHED POTATOES PEA LETTUCE SALAD w/DRSG SLICED PEACHES WHOLE WHEAT BREAD 25 Gm Fat 719 Calories 652 mg Sodium 27	SLOPPY JOE on BUN PARSLIED POTATOES CORONADO SALAD FRESH APPLE CHOCOLATE CAKE 31 Gm Fat 927 Calories 819 mg Sodium 28
 FLAG DAY JUNE 14th	 FATHER'S DAY JUNE 16th	 SUMMER BEGINS JUNE 21st	 	☻ CONTAINS TURKEY ☺ CONTAINS PORK

The Ten Jammandments

As a public service, below are the "unofficial" rules of a Jam Session. Thanks to John Chitwood for pointing me to this. ☺
By Larry Carlin

1. Thou Shalt Tune Thy Instrument.
   ~ Electronic tuners make this easy.

2. Thou Shalt Keep Steady Rhythm.
   ~ Count beats if necessary.

3. Thou Shalt Take Turns Choosing Songs.
   ~Announce the key. Vocalists always choose their key.
   ~ Choose a song you can complete.

4. Thou Shalt Not Speed.
   ~ Start songs at a reasonable tempo. Speed up according to abilities.

5. Thou Shalt Signal Who Has The Solo.
   ~ Follow a pattern when taking solo leads.

6. Thou Shalt Listen To Others.
   If you can't hear the lead, consider yourself too loud.

7. Thou Shalt Welcome Others.
   ~ Include everyone in your jam. Help everyone sound as good as they can.

8. Thou Shalt Not Steal Other Musicians From An Active Jam.
   ~With time, players move around anyway.

9. Thou Shalt Try New Material.
   ~ Original & different tunes are OK occasionally.

10. Thou Shalt Be Considerate Of Pickers (and Others).
    ~ Explain when you're rehearsing, not jamming. Help beginners.

Farol McMillans 80th Birthday

The children of Farol McMillan cordially invite you to attend an 80th Birthday celebration in her honor on Saturday June 22nd, 2013 from 3:00 pm – 5:00 pm. No gifts please. Your appearance is your gift. If you cannot attend but would like to send a card or note you may mail them to P.O. Box 295 Clearwater, KS 67026 or call her at home. ☺

Senior Trips:

Here at the Center we would love to take some trips. It is a great chance to get together with others and have a fun day away from home. Some ideas are…..

- Wyldewood Cellars in Mulvane, KS
- Kansas Star Casino in Mulvane, KS
- Positive Aging Day in Wichita, KS
- Or just eating out anywhere. ☺

If this is something you may be interested in please call the Center and give your ideas. We would love to hear them.

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Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.

Do you have some gently used shoes lying around? We are partnering with Sedgwick Senior Center to gather used shoes to donate to the VA. They take new and like new shoes and donate them to Veterans. Please drop off shoes at the Clearwater Senior Community Center.

Four The Cross Gospel Quartet

In April, 2011, Larry DeTienne (formerly with The New Wine Quartet, The DeTienne Family Trio, The Huffman Family Band, and The Calvary Echoes) joined with Mark Hall (a graduate of the worship college in Wichita, former Music pastor in a Southern Baptist church & formerly with The Calvary Echoes.) and their friend Richard Meier came together to begin to develop a new gospel quartet. It wasn't until October 2011, we were fortunate enough to have Vernon Smith join us. Vernon is a wonderful addition to the group, and is an excellent soloist that has been singing many years in a variety of venues throughout the state of Kansas. We sing a variety of music styles like the Gaither Vocal Band, Gold City, Signature Sound, The Cathedrals, and more. If you are interested in going and listening to some good Southern Gospel music, this quartet will be performing on the following date and location. We already have a few people signed up to go and would like to welcome any other Seniors who are interested. Four the Cross will be performing at First Baptist Church, 125 S Delos Haysville, KS on Thursday June 13th. If you are interested in going please call the Center to sign up.