

THE SCOOP



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

10 EARLY SIGNS & SYMPTOMS OF ALZHEIMERS

INSIDE THIS ISSUE:

Upcoming Events Pg 2, 4

Recipe Pg 3

Mini Beni Pg 5

Lunch Report Pg 6

Calendars Pg 7, 8

1) Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2) Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3) Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4) Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

Continued on page 9



AUGUST BIRTHDAYS

“OUR BIRTHDAYS ARE FEATHERS IN THE BROAD WING OF TIME” HENRY WADSWORTH

- | | | |
|----------------------|----------------------|---------------------|
| Roy Honn 8/01 | Hazel Dalbom 8/16 | Janet Johnson 8/20 |
| Joyce Avery 8/01 | Carl Shaffer 8/17 | Shirley Pelz 8/21 |
| Joann Hillman 8/02 | Mary Hess 8/17 | Terry Sullivan 8/23 |
| Gerald Avery 8/05 | Pat Parmele 8/18 | Dorothy Gay 8/26 |
| Carol Loker 8/06 | Mark Lincicome 8/18 | Kay Sands 8/28 |
| Maxine Mikesell 8/06 | Laura Walker 8/19 | Marvaline Ray 8/30 |
| Carl Conley 8/07 | Ruby Fisher 8/20 | Lavonne Wells 8/30 |
| Gordon Mikesell 8/08 | Mary Jo McMahan 8/20 | Bobby Robbins 8/31 |
| James Flippin 8/09 | Joan Fleming 8/20 | |

UPCOMING EVENTS

Schedule of Events

- 8-2 Music At The Center
- 8-5 Planning Meeting
- 8-12 Carry In Lunch
- 8-15,22, & 29 Masters of Memory Class
- 8-16 Biscuits & Gravy
- 8-21 Cooking w/Kyle
- 8-30 Annual Catfish Fry

“Music at the Center”

Come enjoy some great entertainment. We will have music by “The Drifters.” There will also be an open mic at intermission if you would like to play a song or two. Bring a snack to share. If you have questions you can contact John Chitwood at 620-456-2373

Date: Saturday, August 2nd
Time: 7 pm—9pm
Location: Main room at Center
Cost: Free



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. 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 August 12th
Time: 12:00 noon
Location: Main room at Center
Cost: Free but donations for meat 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 August 16th
Time: 7am-10am
Location: Main Room at Center
Cost; \$4 for adults & \$2 for kids

Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.

Date: Every Monday
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. All ages welcome!

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



Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday
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. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning
Time: 9:00 am—until you are done
Location: Centers Main Room
Cost: donations for coffee



BIBLE STUDY

Pastor Whitlow will be leading a Bible Study on Mondays here at the Center. He will be starting with the book of Luke

Date: Every Monday
Location: Craft Room
Time 9:30 am



BUFFALO CHICKEN GARBAGE BREAD

Ingredients

2 boneless chicken breasts
 1 tsp. olive oil
 1 pizza dough (I used store bought and let it sit out for about 20 minutes)
 8 oz. of shredded mozzarella cheese (I used part skim)
 3 oz. of shredded cheddar cheese
 1/2 cup of Franks Wing Sauce
 1/3 cup of ranch or blue cheese dressing

Directions

Cut chicken into cubes. Season with salt and pepper. Heat teaspoon of olive oil in skillet and add chicken when hot. Cook chicken completely and then add 1/4 cup of wing sauce. Stir to coat chicken and let simmer for a minute or two. Take chicken off heat and let cool.

Pre-heat oven to 425°F.**

On a well floured surface, spread pizza dough into a long rectangle shape.

Add ranch dressing or blue cheese dressing (depending on your preference!) and remaining 1/4 cup of wing sauce. Spread across the dough. Add chicken and then top with mozzarella and cheddar cheese. You can also add a bit more of the wing sauce on top of the cheese if you want it to be a little bit spicier. Roll the dough like a pinwheel until you reach the end. Make sure to tuck the ends of the dough in so the middle doesn't 'ooze' out when baking. Spray baking sheet with light coat of non-stick cooking spray. Place garbage bread on the pan and bake for 20 to 25 minutes.

Let sit for five minutes and cut into and enjoy!



BITS & PIECES

SAFE HOUSE NEEDS

Betty Jo Embry who works with the Safe House in Wichita, KS, states that there is a need for small snack items that homeless children can put in their back packs. Also there is a need for boys and men's pants. If you would like to donate some items they may be dropped off at the Senior Center.

MOBILITY AIDS

Did you know that the Senior Center offers items such as

wheelchairs, walkers, crutches, canes, bath chairs, and many other items to rent? If you are needing a mobility aid device stop by or call and see if we have what

you are needing. There is no cost for this service.

VOLUNTEER DRIVERS

If you would be interested in being a volunteer driver for our Meals on Wheels program in Clearwater please contact Cindy at 620-584-2332. We are

currently needing back up drivers for when others can not make it.

CAKE MAKING

We will once again need some people to make sheet cakes for our Annual Fish Fry in August. If you might be interested in helping out by making a cake please call the Center at 620-584-2332.

**“Volunteers are
 paid in 6 figures...
 S.M.I.L.E.S.”
 Gayla Lemaire**

A HUGE THANK YOU!!!!



Each year the Clearwater Senior Community Center holds an annual Catfish Fry in August. The Catfish Fry is our biggest fundraiser and we all look forward to it every year. Each year the Center purchases approximately 60 lbs of Catfish which is a huge expense. This year we have been blessed with an avid fisherman who has caught, cleaned, and filleted about 80 lbs of catfish for us. This will save a huge amount of money for the Center. Thank you to **Jeff Brockman**. He is the son of Earl and Peggy Brockman. Thank you so much for all your hard work and your contribution to the Senior Center. We look forward to meeting you at the Catfish Fry on Saturday, August 30th!



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

Barbara Hufford - Member at Large

James Charles - Member at Large

Marlene Hand - Member at Large

Planning Committee Members

Vacant - Chairperson

Vacant - Co-Chair

Marlene Parret - Secretary

Cheryl Wright - Member at Large

Vacant - Member at Large

Farol McMillan - RSVP Program

Clearwater Senior Community Center

921 Janet Ave
Clearwater, KS 67026
620-584-2332

commcenter@sktc.net

UPCOMING EVENTS

Masters of Memory Class

Master of Memory is a series of four lessons designed to help you understand how your memory works, and things you can do to improve it. The Master of Memory course was designed by Texas A & M, and being used by K-State Research and Extension. Participants will learn how many things affect our memory, such as, nutrition, exercise, medication, chronic health conditions, and disease. We will also play some fun brain games to get you thinking outside the box.



Date: Friday August 15th, 22nd, 29th and September 5th

Time: 1:00 pm

Cost: Free. Just call the Center to register.

Annual Catfish Fry

Every year the Center has a Catfish Fry as our biggest fundraiser for the Center. There will be a quilt that will be raffled off as well as amazing food and entertainment. This event is open to the public.

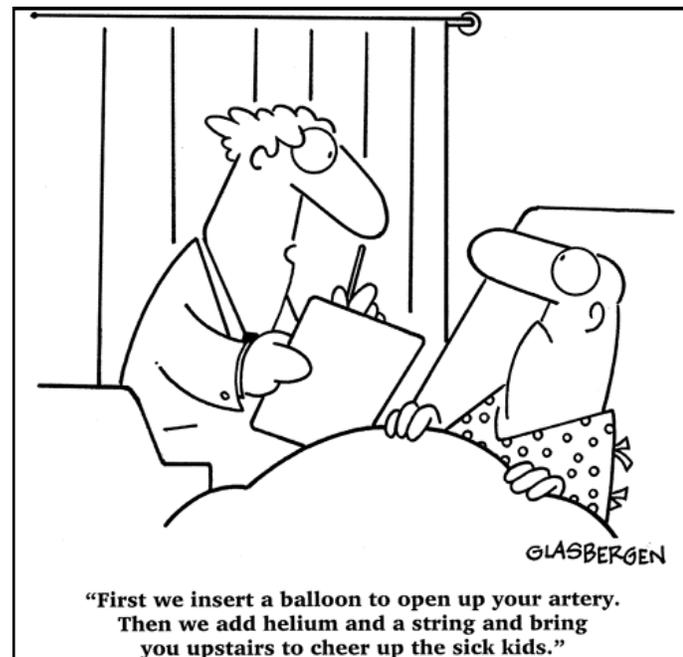


Date: Saturday, August 30th

Time: noon

Cost: Free


Flu Shot Clinic
coming in September



AUGUST MEDICARE MINI-BENI



Colorectal Cancer Screenings are covered by Medicare for all beneficiaries 50 and over. You pay nothing for the fecal occult blood test. You pay nothing for the flexible sigmoidoscopy or screening colonoscopy if your doctor provides this service or referral.

- Screening fecal occult blood test—Once every 12 months.
- Screening flexible sigmoidoscopy—Once every 48 months after
- the last flexible sigmoidoscopy or barium enema, or 120 months after a previous screening colonoscopy.
- Screening colonoscopy—Once every 120 months (high risk every 24 months) or 48 months after a previous flexible sigmoidoscopy.
- Screening barium enema—Once every 48 months (high risk every 24 months) when used instead of sigmoidoscopy or colonoscopy.

Are you at high risk for colorectal cancer?

You are at high risk if you have had colorectal cancer before, have a close relative who had colorectal polyps or colorectal cancer, if you have a history of polyps, or if you have ever had inflammatory bowel disease.

For more information call 1 - 855-200-2372.

Brought to you by Central Plains Area Agency on Aging and Kansas Department for Aging and Disability Services.

2014 QUILT RAFFLE

Once again we will be selling raffle tickets throughout the month of July and August for chances to win this gorgeous handmade quilt. This quilt was made by the Ol Sew & Sews, a local quilting group. You can stop in anytime in July to purchase a ticket and see the quilt. You may also purchase tickets in August at the Center or on Fridays afternoons at Mize's and Saturday mornings at Casey's. If you would like to help with the quilt raffle we could really use some help. We need 2 people each day to either work Mize's or Casey's. We would really like to see this as a success. Please contact Pamela at the Center to sign up for selling raffle tickets.



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 collage in Wichita, former Music pastor in a Southern Baptist Church and 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.

Come on out to the Catfish Fry on Saturday, August 30th at 5:00 pm to hear the group "Four The Cross." They will be performing for us that night. They were the same group that came last year and they were a big hit! They will also have CDs to sell.



Senior Lunch 7-8-2014

Pam called the group to order. We wished our only birthday girl, Betty Peitz a Happy Birthday. Marlene then led the group in reciting the Flag Salute and National Anthem. Marlene then gave the blessing for the “picnic-style” lunch.

After the meal, Marlene gave a quick talk about the importance of continuing friendships between women as our “sisters”, and all men as “brothers”. We should value the opportunities of that kinship, as we can confide in our friends.

Our second speaker was Kent Brown, City Administrator. Kent explained the progress of the road construction on 135th north of Clearwater to K42. We will all be somewhat inconvenienced for awhile but the end result will be a safer and smoother ride. Kent also brought us up to date on the Wal-Mart Express that has announced it is coming to town. He states that we should try to keep an open mind as there is nothing that can be done by the City or anyone else to stop this matter. He encourages everyone to continue to support local businesses.

He states we need to have a positive outlook on this for the growth of our community.

Lonnie Stieben was our 3rd speaker. Lonnie told us about the upcoming 150th anniversary of the Chisholm Trail, which is planned for 2017. If any of our people have information to share pertaining to the local area with the Chisholm Trail please contact Lonnie at SKT.

Announcements:

The Cooking with Diabetes Class will be 7-21

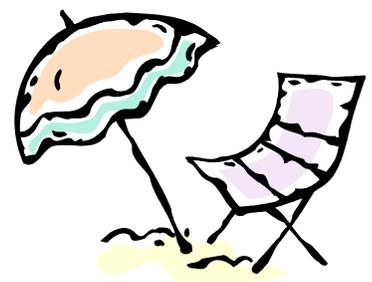
The annual Catfish Fry and Quilt Raffle is scheduled for 8-30. We are needing volunteers to help sell raffle tickets at Mize's on Fridays and at Casey's on Saturdays for the month of August. If interested please call the Center to sign up.

Masters of Memory Class will start on 8-15. Sign up at the Center.

At the Center we always welcome visitors to our lunches. This month we welcomed 2 visitors. One was raised in the area but has been away for most of her adult life. Mildred Engren-Storment was visiting relatives in the area and decided to stop by. She was very impressed with our facility and our programs.

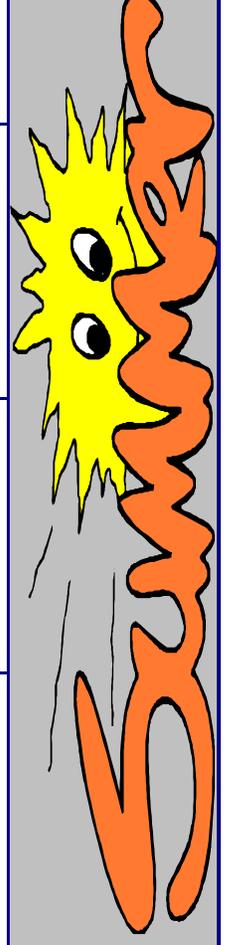
Also we are still looking for places we can take day trips, so feel free to give suggestions!

Marlene Parret,
Secretary



~ August 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tai Chi 8:45 am Exercise 10:00 am	2 Music at the Center 7pm-9pm
3 	4 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	5 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9am AA/AI Anon 7-9 pm	6 Morning Coffee 9am	7 Computer Tutoring 9am AA 7pm-9pm	8 Tai Chi 8:45 am Exercise 10:00 am	9
10 	11 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	12 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	13 Morning Coffee 9am	14 AA 7pm-9pm	15 Tai Chi 8:45 am Exercise 10:00 am Masters of Memory Class @ 1pm	16 Biscuits & Gravy 7am-10am
17 	18 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	19 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	20 Morning Coffee 9am	21 Computer Tutoring 9am AA 7pm-9pm	22 Tai Chi 8:45 am Exercise 10:00 am Masters of Memory Class @ 1pm	23
24 	25 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	26 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	27 Morning Coffee 9am	28 Computer Tutoring 9am AA 7pm-9pm	29 Tai Chi 8:45 am Exercise 10:00 am Masters of Memory Class @ 1pm	30 Annual Cat-Fish Fry 5:00 pm-7:00 pm
31 						



Clearwater Nursing & Rehab. (menu is subject to change) AUGUST 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 PORK LOIN AU GRATIN POTATOES ZUCCHINI AND TOMATOES MARBLE PUDDING W/TOPPING MILK	 BEEF STROGANOFF GREEN BEANS DUTCH CHERRY COBBLER MILK	 FRIED CHICKEN BAKED BEANS BUTTER CORN BISCUIT SHERBERT MILK	 GLAZED MEATLOAF CHEDDAR MASHED POTATOES SEASONED BROCCOLI CARAMEL APPLE BAR MILK	PULLED PORK SANDWICH BAKED POTATO WEDGES GREEN & GOLD BEANS PECAN PIE MILK
CHICKEN TENDERS BAKED POTATO WEDGES BAKED BEANS FRUIT COCKTAIL MILK	PORK STEAK ROSEMARY RED POTATOES SEASONED BROCCOLI FROSTED CAKE MILK	HOT ROAST BEEF SANDWICH W/GRAVY GARLIC MASHED POTATOES SEASONED CARROTS GELATIN W/WHIPPED TOPPINGS MILK	BBQ SAUSAGE SCALLOPED POTATOES MIXED VEGETABLES PEACHES & CREAM MILK	SPAGHETTI W/MEAT SAUCE ITALIAN VEGETABLES GARLIC BREAD ICE CREAM SUNDAE MILK
BBQ BEEF SANDWICH POTATO SALAD BUTTERED CORN PECAN PIE MILK	CHICKEN BREAST PARMESAN NOODLES ITALIAN VEGETABLES FROSTED ANGEL FOOD CAKE MILK	SMOTHERED PORK STEAK GARLIC MASHED POTATOES GREEN BEANS FROSTED BROWNIE MILK	HERB BAKED CHICKEN AU GRATIN POTATOES CALIFORNIA VEGETABLES VANILLA BERRY DESSERT MILK	TACO SALAD SOUR CREAM SALSA CHILLED PINEAPPLE MEXICAN CHOCOLATE PUDDING MILK
HONEY GLAZED MEATBALLS SCALLOPED POTATOES GREEN BEANS OLD FASHIONED FRUIT SALAD MILK	CHEESBURGER BAKED POTATO WEDGES WATERMELON MILK	FETTUCCHINI ALFREDO PEAS GARLIC BREAD SUNDAE BROWNIE MILK	SAUTEED VEAL GARLIC MASHED POTATOES MIXED VEGETABLES RASPBERRY SWIRL CAKE MILK	PULLED PORK SANDWICH BAKED POTATO WEDGES GREEN & GOLD BEANS PECAN PIE MILK

Summer Vacation

Continued from page 1



They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5) Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6) New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7) Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8) Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9) Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10) Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

This information was provided by the Alzheimer's Association.



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

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.