



SCOOP



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

5 WAYS TO SAVE MONEY ON YOUR MEDICATIONS

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Managing medications can be difficult when the cost of your drugs is high. If you're having trouble paying for your prescriptions, here are 5 ways you might be able to save money.

1. Talk to your doctor—and your plan.

When you're prescribed a new medication, check to see whether it's on your plan's formulary (approved drug list) and how much your copayment is. If your drug plan doesn't cover your prescription, or if your copayments are very high, ask your doctor for help.

Physicians will know whether there are comparable, less expensive drugs (e.g., generics) that may be available to you. Some may even be able to provide free samples of medications while you seek other coverage options. Doctors also can request an exception to ask your plan to cover the medication, or to pay at a lower tier.

2. See if you qualify for Extra Help.

The Medicare Part D program has a subsidy called Extra Help that assists people with limited income and resources with paying for their drugs. If you get Extra Help, you'll save money on your drug plan premium, deductible, and at the pharmacy—with prescriptions costing between \$1.15 and \$6.60.

3. Find help from drug manufacturers.

Patient Assistance Programs, or PAPs, are programs offered by drug companies to help people pay for their drugs. Through these programs, many drug manufacturers offer the drugs they make for free, or at a discount. Some PAPs are for people who don't have insurance, while a few help people with

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JULY BIRTHDAYS

"In the end, its not the years in your life that count. It's the life in your years!" Abraham Lincoln

- | | | | |
|----------------------|----------------------|-----------------------|----------------------|
| Betty Peitz 7/06 | Bob Jacobs 7/10 | Beverly McKibban 7/18 | Hilary Godwin 7/25 |
| Barbara Ford 7/07 | Ron Stever 7/11 | Harold Stafford 7/19 | Eileen Garrigou 7/25 |
| Janie Winter 7/07 | Nadine Kraft 7/13 | Normae Sullivan 7/19 | Margie Turrell 7/26 |
| Wayland Whitlow 7/07 | Ron Fleming 7/13 | Lola Struthers 7/20 | Horst Hillmann 7/27 |
| Earl Brockman 7/07 | Dean Lindamood 7/14 | Richard Burke 7/24 | Sheila Glasco 7/30 |
| Mary Sullivan 7/08 | Charles McCoy 7/16 | Sue Ray 7/24 | Betty Hall 7/31 |
| Marlene Hand 7/09 | Barbara Hufford 7/16 | Gary Morehead 7/24 | Mary Higgins 7/31 |
| Don McSwain 7/10 | Don Klausmeyer 7/16 | Mildred Chitwood 7/25 | |

UPCOMING EVENTS

Schedule of Events

- 7-1 Planning meeting
- 7-8 Carry In Lunch
- 7-17 Cooking with Kyle
- 7-19 Biscuits & Gravy
- 7-21 Cooking w/Diabetes Class
- 7-25 BINGO

“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: There will be no Music at the Center this month due to holiday weekend.

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 July 8th

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 July 19th

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



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ZUCCHINI & FRESH CORN SUCCOTASH

Ingredients

3 T. butter
1 large onion, diced,
about 1 cup
1 medium zucchini (about
2.5 inches in diameter)
5-6 ears of fresh corn on
the cob, cooked
2 cups or one can lima
beans of black-eyed peas,
drained and rinsed
Salt and Pepper to taste

In a large skillet heat the butter over medium to medium-high heat until melted. Add the onion and sauté until the onion starts to get clear on the edges, about 5 minutes.

While the onion is cooking cut the ends off of the zucchini and then cut it in to fourths long-ways. Slice each quarter into 1/4 to 1/2 inch slices. When the onion is starting to go clear on the edges add the chopped zucchini. While the zucchini is cooking, cut the cooked corn from the cob. Use your knife to scrape the cob once the corn has been cut to get off any remaining kernel pieces and the extra juice (called corn milk).

After the zucchini has cooked for about 5 minutes and is still tender crisp add the cut corn and lima beans. Heat through, about 2 minutes. Remove from the heat and add plenty of salt and pepper to taste. Serve right away. Add a dash of Tabasco to individual servings to taste.



BITS & PIECES

SURVEYS

The Sedgwick Co Dept on Aging would like to find out information from you that will help us plan programming and services around your needs to better serve you. Stop by the Center to get a survey. When you fill it out and turn it in you will be entered in to a drawing for a \$50 gift card!

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. 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.

**"Here's to all
volunteers, those
dedicated people
who believe in all
work and no pay."
Robert Orben**

5 WAYS TO SAVE MONEY ON YOUR MEDICATIONS

Continued from front page

Medicare Part D who don't qualify for Extra Help.

4. Don't forget Open Enrollment!

Every year from Oct. 15 to Dec. 7, people with Medicare can switch their prescription drug plans for the following year. If you're having trouble with your drug costs, it's a good idea to compare plans to see if there's a more affordable option.

You can go online at any time to compare plans using the Medicare Plan Finder, or you can get personalized help from your State Health Insurance Assistance Program (SHIP). Every state has a SHIP that offers free, objective, and personalized information to people with Medicare. You also can ask your SHIP whether you qualify for a Special Enrollment Period to switch plans.

- See more at: <http://www.ncoa.org/enhance-economic-security/benefits-access/5-ways-to-save.html#sthash.WRY08ZvY.dpuf>





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

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UPCOMING EVENTS

BINGO

We will be attempting to do our BINGO again this month. We have changed the day and time to see if it better fits schedules. Stop by and play for a chance to win some fun prizes!



Date: Friday July 25th
Time: 1pm
Cost: .25 cents per card

Lunch with Kyle

Come to the Center and enjoy a nice meal prepared by Kyle Huxford who is the dietician at the Clearwater Nursing Home. It is always a great meal!

Date: Thursday July 17th
Time: noon
Cost: Free



Cooking with Diabetes Class

Denise Diaz with the Sedgwick County Extension office will be here with a cooking demonstration. She will be teaching the healthy ways to cook for diabetes. There will be food to try but not a full meal, so eat lunch before you come.

Date: Monday, July 21st
Time: noon



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JULY MEDICARE MINI-BENI UPDATE



Depression screening are covered by Medicare for all beneficiaries once annually. Medicare covers one depression screening per year. The screening must be done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals. **Cost to you?** You pay nothing for this test if your doctor or other qualified health care provider accepts assignment.

Glaucoma Tests are covered by Medicare every 12

months for those at high risk for glaucoma, an eye disease caused by high pressure in the eye. Glaucoma can develop gradually without warning and often without symptoms. The best way for people at high risk for glaucoma to protect themselves is to have regular eye exams. **Cost to you?** You pay 20% of the Medicare-approved amount after the yearly Part B deductible. **Abdominal Aortic Aneurysms** - people at risk for abdominal aortic aneu-

rysms may get a referral for a one-time screening ultrasound at their "Welcome to Medicare" preventive visit. If you have a family history of abdominal aortic aneurysms, or you're a man 65 to 75 and you have smoked at least 100 cigarettes in your lifetime, you're considered at risk. **Cost to you?** You pay nothing for this screening. For more information call 1- 855-200-2372.

Brought to you by Central Plains Area Agency on Aging

MESSAGE FROM THE CLEARWATER POLICE DEPARTMENT

On June 11th at 3:30 p.m. the Sheriff's Office began receiving phone calls from concerned citizen's reference to phone calls they received today. At least three separate victims received phone calls from an unknown caller, identifying themselves as Sheriff's Deputies, demanding immediate payment for unpaid fines, unsatisfied warrants, or fines for missing jury duty.

This is not the first time scams like this have been attempted; however, this time the caller ID is showing as 316-660-3900, the very real phone number to Sheriff Administration. Evidently there is a phone app that allows callers to select the number they want displayed on a caller ID.



The Sheriff's Office is advising the public to NOT make payment or provide any personal information to anyone demanding payment to the Sheriff's Office over the phone. The Sheriff's Office does not collect fines by phone. If you have been the victim of this scam call 911 or Sheriff Investigations at [316-660-5300](tel:316-660-5300).



RSVP is America's largest volunteer network for people age 55 and older. There are nearly 500,000 volunteers across the country who are tackling tough issues in their communities.

Here in our community we have a set of volunteers who provide rides to other Seniors. These can be rides to and from the store or a doctor's appointment. Each year these volunteers are given an appreciation dinner and recognized for their contributions to their community. We would like to recognize them here as well. We have

4 Seniors from our area who received Silver Awards. This award was given for 250-499 hours worked. They received a certificate and a Service Award Pin. Congratulations to **Farol McMillan, Marlene Parret, Vivian Maechtlen, and Carl Shaffer** for receiving the Silver Award. Also the following people who generously give their time were invited to attend as well including **Cheryl Wright, Mary Jo McMahan, Betty Jo Embry, Normae Sullivan, Yvonne Coon, Jerry & Helen Stitt, & Mary Jane Hoelscher**. If you see any of these people be sure to tell them thank you for all their hard work!

Senior Lunch 6-10-14

After Pam called the group to order, Marlene led the group reciting the Flag Salute and singing the National Anthem. The June birthdays people were Mary Mitchell, and Linda Taggart.

Marlene gave the blessing for the BBQ beef provided by the Center and the many side dishes.

The first speaker was Lona Kelly from the RSVP program. She stated there is always a need for us to volunteer to help other seniors to enable us to remain in our own homes longer. Some of the areas are companionship, help with communications, transportation, access to new Medicare changes. Military families also need occasional assistance, as well as working through the Red Cross.

Our second speaker with Bryan Dillon who spoke on the various stages of Alzheimer's and other dementia impairment. He reminded us to keep a current list of all medications to take when we visit our doctors. Sometimes medicines given by several doctors may be the problem that they don't go with other meds. He also stated that Alzheimer's often takes up to 8 years from diagnosis till death, or longer. He reminded us to eat a good balance diet including lots of fruits and food rich in Omega 3.

The next speaker was Gary Hunt, who brought several stuffed and mounted animals native to Kansas. Gary will be hosting a Hunters Safety Class soon at the Center. If you are interested, or have family interested in taking the class, you can get more information by contacting the Clearwater Police Department or the Center.

Our last speaker was one of our own, Ruby Fisher. She recently "flew south for the winter" but returned to tell us how life is in sunny Florida. She explained some of the activities offered in her apartment complex there. She told that not only is her rent based on income but also on the price you pay for medications. We were glad to see her back since she had been a very active part of our Center for years.

Pam gave announcements for up coming events. Check the calendar page of The Scoop for the monthly programs offered here.

Marlene Parret,
Secretary

~ July 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9am AA/Al Anon 7-9 pm	2 Morning Coffee 9am	3 Computer Tutoring 9am AA 7pm-9pm	4 CENTER CLOSED 	5
6 	7 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	8 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/Al Anon 7-9 pm	9 Morning Coffee 9am	10 AA 7pm-9pm	11 Tai Chi 8:45 am Exercise 10:00 am	12
13 	14 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	15 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	16 Morning Coffee 9am	17 Cooking with Kyle 12pm AA 7pm-9pm	18 Tai Chi 8:45 am Exercise 10:00 am	19 Biscuits & Gravy 7am-10am
20 	21 Blood pressure ck 10am-noon Bible Study 9:30 am Painting grp 1pm-3pm Cooking w/Diabetes at noon	22 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	23 Morning Coffee 9am	24 Computer Tutoring 9am AA 7pm-9pm	25 Tai Chi 8:45 am Exercise 10:00 am BINGO at 1:00 pm	26
27 	28 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	29 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	30 Morning Coffee 9am	31 Computer Tutoring 9am AA 7pm-9pm		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC PEPPER PORK LOIN AU GRATIN POTATOES ZUCCHINI AND TOMATOES BREAD MARGARINE MARBLE PUDDING W/TOPPING MILK	CHEESEBURGER BAKED POTATO WEDGES WATERMELON MILK 1 SUNDAE BROWNIES MILK	FETTUCINI ALFREDO CHICKEN SEASONED PEAS GARLIC BREAD MARGARINE 1 SUNDAE BROWNIES MILK	SAUTEED VEAL W/VEGGIES GARLIC MASHED POTATOES BREAD MARGARINE RASBERRY SWIRL CAKE MILK	CENTER CLOSED FOR 4 TH OF JULY *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY 
7	8	9	10	11
CHICKEN TENDERS BAKED POTATO WEDGES BAKED BEANS FRUIT COCKTAIL MILK	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	OVEN FRIED CHICKEN BAKED BEANS BUTTERED CORN BISCUIT HONEY BUTTER SHERBERT MILK	GLAZED MEATLOAF CHEDDAR MASHED POTATOES SEASONED BROCCOLI BREAD MARGARINE CARAMEL APPLE BAR MILK	FISH & CHIPS COLESLAW DINNER ROLL MARGARINE STRAWBERRY SHORTCAKE MILK
14	15	16	17	18
SHREDDED BEEF ON A BUN POTATO SALAD BUTTERED CORN PECAN PIE MILK	PORK STEAK W/SOUR CREAM ROSEMARY RED POTATOES SEASONED BROCCOLI DINNER ROLL MARGARINE FROSTED CAKE MILK	HOT ROAST BEEF SANDWICH W/GRAVY GARLIC MASHED POTATOES SEASONED CARROTS GELATIN W/WHIPPED TOPPING MILK	Cooking with Kyle Free lunch at the Center. *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	SPAGHETTI W/MEAT SAUCE ITALIAN VEGETABLES GARLIC BREAD MARGARINE MILK
21	22	23	24	25
HONEY GLAZED MEATBALLS SCALLOPED POTATOES GREEN BEAND BREAD MARGARINE OLD FASHIONED FRUIT SALAD MILK	CHICKEN BREAST PARMESAN NOODLES ITALIAN VEGETABLES DINNER ROLL MARGARINE FROSTED ANGEL FOOD CAKE MILK	SMOTHERED PORK STEAK GARLIC MASHED POTATOES GREEN BEANS BREAD MARGARINE FROSTED BROWNIE MILK	HERB BAKED CHICKEN AU GRATIN POTATOES CALIFORNIA VEGETABLES DINNER ROLL MARGARINE VANILLA BERRY DESSERT MILK	TACO SALAD SOUR CREAM SALSA CHILLED PINEAPPLE MEXICAN CHOCOLATE PUDDING MILK
28	29	30	31	
				



Local Happenings



CarFit is an education program that provides quick, yet comprehensive review of how well you and your vehicle work together. The program also provides information and materials on community specific resources that could enhance your driving safety and increase mobility.

Does Your Vehicle Fit?

Do you have a clear view out your vehicles windows? Can you reach and manage all controls and adjust the seat and seatbelt so they are secure yet comfortable? Making adjustments can help you benefit from vehicle safety features by improving comfort, control and confidence behind the wheel.

You Should Be Able To:

- Reach the shoulder belt and buckle and unbuckle the seat belt without difficulty.
- Get into and out of your vehicle easily.
- Sit comfortably, without knee, back, hip, neck or shoulder stiffness or pain.
- Turn your head to look over your shoulder when changing lanes and backing up. May collisions related to lane-changing are the result of the drivers inability to check the vehicles blind spots adequately.

CarFit is a free, interactive program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers and their vehicles. Clearwater Police will be offering this program. Where: The Clearwater Police Department at 129 E Ross, Clearwater When: Sunday - Saturday By appointment Contact: Officer Rebekah Patterson by calling 620-584-2395 or by email. pattersonr@clearwaterpd.org

Local Hunters Education Course

Dates & Times: Friday, July 11th & Saturday, July 12th.

Friday- Registration begins at 6:00 pm and class will be until 9:30 pm.

Saturday - Registration begins at 7:30 am and class will be until 5:00 pm.

Place: Clearwater Senior Community Center, 921 E Janet Ave.

For more information and to register contact: Clearwater Police Department at 620-584-2317

Note: All students must be 11 years old as of 7-12-14. All sessions must be attended to receive certification.



Dog Obedience Class

Is your puppy out of control?

Want to teach your old dog new tricks?

Sign up for Dog Obedience classes that begin in July!!

July 1 - July 29 (every Tuesday)

7:30 pm

Clearwater City Park

\$50/participant

For more information, call Instructor Terrie Clark at 316-215-2844.



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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.