



# THE SCOOP

## Clearwater Senior & Community Center

921 Janet Ave

Activities held at the Clearwater Senior & Community Center are available to anyone 55 and older. No membership fee is required to participate in activities. For more information on events or programs, please contact the Center director at 620-584-2332.

### Mission Statement

To provide services and programs for people of all that promote their well being, support their independence and encourage their involvement in community life.

### Staff

Sonja Froggatte— Director  
 Marlene Parret—Director’s Asst.

### Advisory Committee

Terry Sullivan—Chair  
 Barbara Hufford—Member at Large  
 James Charles—Member at Large

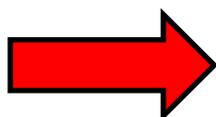
## FROM THE DIRECTOR’S DESK

I’m so excited to have the opportunity to work with the attendees at the Clearwater Senior & Community Center. For the previous 14 years I worked for the Workforce Alliance of South Central Kansas. I’ve spent the past 8 years as a case manager with the Senior Community Service Employment Program; assisting seniors in 7 counties of South Central Kansas. I recruited nonprofit and government agencies who agreed to treat seniors as employees. I then placed the individuals in the agencies: they provided job training and ended up hiring a great number of individuals in the program. I was privileged to see the self-confidence increase for those who were placed. They realized they still had value to add to their communities! I hope to be able to communicate that same message to the individuals who attend the Senior & Community Center. Happy New Year to all!

Sonja Froggatte  
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 Email Address:  
[communitycenter@clearwaterks.org](mailto:communitycenter@clearwaterks.org)



# Happy New Year!



The Center will be **CLOSED**  
 1/1/2019 for New Years Day AND  
 1/21/2019 for Martin Luther King,  
 Jr. Day

**Volunteer Drivers Needed!** Volunteers are the backbone of our program. Not only do they provide transportation to seniors in their communities, they also provide them with companionship. The Clearwater Senior & Community Center is looking for a drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at 584-2332.

## SPECIAL EVENTS

### Covered Dish Luncheon

Join us on the 8th at 12:00 for our monthly carry in luncheon. Bring a side dish to share and a place setting for yourself.

### Blood Pressure Checks

On Thursday, 1/17 Marci with Home Health will provide blood pressure checks.



### Nutrition Class

On Monday 1/28 at 1:00 Shirley Lewis with the Sedgwick County Extension Office will provide information or conduct a cooking class.

### Bingo

Join us on the 18th at 1:00 for Bingo. No Cost!



### **Ongoing Events**

- Monday's at 1:00 we have a painting group in the Arts and Crafts room.
- Tuesday's at 9:00 we have exercise in the main room.
- Wednesday's at 9:30, join us for coffee in the Main Room
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room.
- Friday's at 9:00 we have exercise in the main room.



### BISCUITS AND GRAVY ARE BACK!

Please join us on Saturday, 1/19 at from 7:00—10:00 for biscuits and

"Success is not final; failure is not fatal: It is the courage to continue that counts."

## What Are the Secrets to Aging Well?

It takes a number of strategies to stay healthy and vibrant late into life.

### ...What if You're Already Older?

If you haven't taken great care of yourself over the decades, there are still lots of things you can do to make the most of the years ahead.

**NUMBERS ARE IMPORTANT** to Jan Sirota, a retired investment banker who lives in Sarasota, Florida. Sirota just celebrated 11 years of marriage, [he cycles](#) 40 miles per day, mentors four high school students and races cars 150 miles per hour in High Performance Driver Education events. The number that doesn't seem to matter? His age. "I'm 75, and it's irrelevant to me," Sirota says. "There's no reason to say that I'll slow down because I'm getting older." Many older adults do slow down, however, when faced with chronic disease, disability or [isolation](#). So why is it that some people, like Sirota, can escape that fate and live vibrantly later in life? "Certainly genetics play a big part in this, and then of course luck. However, I don't want anyone to think we can't fight destiny a little bit," says Dr. Patricia Harris, a geriatrician and professor at the David Geffen School of Medicine at UCLA.

- **Follow the basics.** "Time and again studies show true benefits of not smoking, keeping weight down and keeping major health conditions like high blood pressure, heart disease or diabetes well controlled," Harris says. Aim for [seven to eight hours of sleep](#) each night to avoid fuzzy thinking and reduce the risk of falls.
- **Start exercising.** "[Exercise reduces stress levels](#) in our bodies. It circulates oxygen to all tissues, which is good for the brain. It builds up strength, so you're at less risk for falling and frailty. And strong muscles make our bones hurt less," Harris says. How much exercise do you need? The standard recommendation is 150 minutes per week of moderate intensity exercise, such as a game of tennis or brisk walking. "That's daunting," Harris says. "Consider that a goal, not an absolute. If you get out and walk regularly for three minutes when you hadn't been walking at all, that's a real accomplishment."
- **[Learn to be resilient.](#)** Being able to bounce back from adversity, such as the loss of a loved one or a job, can help you cope with life's ups and downs, stay active and avoid depression.
- **Socialize more.** [It helps fight loneliness, depression and isolation.](#) If you're far from loved ones, make new friends. Join a club, [volunteer](#) or meet your neighbors. "The number of social interactions in a day or week improves life expectancy, even in people with heart disease and colon cancer," Harris says. "It doesn't have to be a best friend. It can be someone in a coffee shop or the person at the cash register in the grocery store."
- **Challenge your brain.** We all can't race cars like Sirota, but we can try a new hobby, learn another language or take a class at a local college (many universities, including Harvard and Yale, allow you to take free classes online, although you won't receive credit. "Staying mentally active in some way staves off dementia," Harris says. "It has to be something that continues to engage your brain as you get older."
- **Reduce stress.** [Chronic stress raises inflammation in the body.](#) "People with higher levels of inflammation in the body, like C-reactive protein, have a more limited life expectancy," Harris says. Try meditating, yoga or tai chi.
- **Live with purpose.** [It's associated with a reduced risk of cognitive decline](#) and Alzheimer's disease. Sirota says it just makes him feel good. He's passing on his business experience to enterprising high schoolers. "It gives me incredible joy to help kids," he says. You can live with purpose by volunteering, helping a family member or doing anything that gives you meaning.
- **Stay out of the sun.** "Even constant topical sunscreen application is imperfect when you're encountering more than 15 minutes of direct sun exposure," Harris says. "Application error and sweating dilute the sunscreen."

### The Bottom Line

Many aspects of health are related, such as isolation, depression and functional decline. It makes sense, then, that we need a combination of strategies to stay vibrant. "It really takes a lot of things to live longer and healthier", Harris says.

(Continued)

For Sirota, that means doing as many activities as possible to enrich life. "Never step down your game," he says. "There's no reason to not keep doing something until something stops you."

**Heidi Godman**, Contributor

**Heidi Godman** reports on health for U.S. News, with a focus on middle and older age. Her work has appeared in dozens of publications, including the Harvard Health Letter (where she serves as executive editor), the Chicago Tribune, Baltimore Sun, Orlando Sentinel and Cleveland Clinic Heart Advisor.



# Birthdays of the Month

Mary Bacon 01/09  
Norene Booz 01/07  
Bob Fleming 01/23

James Garrison 01/07  
Linda Gros 01/03  
Jerry Stitt 01/02

Josh Thomas 01/17  
Vada Tjaden 01/26

HAPPY 158TH BIRTHDAY KANSAS!



## Easy White Chicken Chili

1 T olive oil	3 boneless skinless
chicken breasts	
1 large onion	2 cloves minced garlic
5 & 1/4 c chicken broth	3 (15 oz.) cans can-
	nellini (white kidney) beans, rinsed and drained
2 (4 oz.) cans chopped green chilis	
1 T dried oregano	1 t ground cumin
2 pinches cayenne pepper	1/4 c fresh cilantro
1/2 c shredded Monterey Jack cheese, or to taste	

1. Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until the chicken is browned completely, 3 to 5 minutes per side.
2. Remove the chicken to a cutting board, cut into 1-inch pieces, and return to the Dutch oven; add chicken broth, cannellini, green chilies, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 45 minutes.
3. Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese. Season with salt to serve.



## Tuesday 12/11/18 Information

Marlene welcomed everyone to the monthly luncheon. The people whose birthday was in December: WH Ford and Virginia McSwain . All joined in reciting the Pledge of Allegiance, saluting the flag, the National Anthem and blessing for the meal. Everyone enjoyed a good ham, with all of the trimmings, meal.

Announcements: Wednesday, 12/12 Hermes Foot Care was at the Center. No December 15 breakfast due to rental of the Center. Thursday, 12/20 BINGO. Saturday 12/22 is Family Empowerment Meet & Greet at 1:00. Center is closed 12/24 & 25.

Marlene lead the group playing a game with Christmas cards called “The Wright Family Christmas”. Heaven Help Us, a gospel dulcimer playing group invited us to sing along as they played several hymns and Christmas carols . We all enjoyed the pleasant gathering.

In attendance: Trisha Rotman, Linda Gros, Capsa Reed, Tina Welch, Mary Jo McMahan, Clea Cornett, Cherya Morris, Sheila Finness, Ruby Fisher, Valera Lange, Robin Simon, Jim Lyons, Leora Jeffries, Virginia McSwain, Candy Burns, Janetta Burris, Donna Bailey, Mary Bacon, Becky Estes and 11 from the Care Home as well as 13 guests.

# Types of Gemstones

R	R	B	T	U	E	T	N	K	T	E	R	O	P
X	Y	N	O	A	T	N	O	U	T	E	R	E	A
T	A	O	U	Y	I	T	R	D	R	T	N	E	Q
S	E	D	A	J	R	Q	A	O	I	I	L	R	U
Y	E	Q	N	S	U	X	R	A	L	R	E	I	A
H	T	N	A	O	Z	L	R	A	E	P	E	H	M
T	E	I	I	K	A	K	M	D	H	R	L	P	A
E	M	S	E	U	U	R	E	A	I	R	M	P	R
M	E	T	M	E	U	N	T	A	U	Z	G	A	I
A	R	O	R	O	I	A	Z	B	O	P	O	S	N
T	A	E	T	R	L	A	Y	I	O	E	I	Y	E
A	L	I	T	G	A	R	N	E	T	P	G	A	Y
L	D	I	M	Z	A	P	O	T	I	E	A	E	A
D	C	U	Q	J	A	S	P	E	R	N	M	L	U

- RUBY
- TURQUOISE
- AQUAMARINE
- CITRINE
- SAPPHIRE
- AMETHYST
- GARNET
- OPAL
- ONYX
- PEARL
- PERIDOT
- TOURMALINE
- EMERALD
- JADE
- KUNZITE
- TOPAZ
- AZURITE
- JASPER

Play this puzzle online at : <http://thewordsearch.com/puzzle/17/>

**C l e a r w a t e r   S e n i o r  
C o m m u n i t y   C e n t e r  
9 2 1   J a n e t   A v e  
C l e a r w a t e r ,   K S   6 7 0 2 6  
6 2 0 - 5 8 4 - 2 3 3 2  
c o m m c e n t e r @ s k t c . n e t**

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Center**

**Mission Statement:**

To provide services and programs for people of all ages, that promote their well being, support their independence and encourage their involvement in community life.

**Staff  
Clearwater Community  
Center**

Kristi Rey, Director  
Marlene Parret - Assistant Director

**Advisory Committee Mem-  
bers**

Terry Sullivan - Chairperson  
Joan Fleming - Co-Chair  
Barbara Hufford – Member at Large  
James Charles - Member at Large  
Marlene Hand - Member at Large