



THE SCOOP

Clearwater Community Center
921 Janet Ave Clearwater, KS 67026
620-584-2332
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HOW TO FIND FREE HELP FOR SENIORS STRUGGLING TO MAKE ENDS MEET.

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All of us dream of growing old with health, security, and independence—without having to worry too much about the costs of everyday life.

Unfortunately, that is not the reality for many of today’s older adults. More seniors than ever before are carrying debt into retirement. In 2013, median total debt for older adult households was \$40,900, according to the Survey of Consumer Finances.

Older adults are finding themselves with several kinds of debt, including:

- **Medical expenses:** Seniors managing a chronic disease spend \$38,000 on average in their last five years of life.
- **Credit cards:** 32% of senior households have credit card debt, and 25% of them have a balance greater than \$7,200.

Housing: More than 30% of older adult renters spend nearly half of their income on housing.

If you or an older adult you care about is struggling to pay the bills each month, you’ve probably made tough sacrifices just to get by. In a recent survey, the National Council on Aging found that professionals who help older adults report seeing this in their communities:

- 23% see seniors forgo needed home/car repairs, which can cause them to get in a car accident and/or fall.
- 15% see seniors cut their pills, which can limit their medicines’ effectiveness.
- 14% see seniors who regularly skip meals, which can cause them to become malnourished.

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SEPTEMBER BIRTHDAYS

“YOU DON’T GET OLDER, YOU GET BETTER.” SHIRLEY BASSEY

- | | | |
|-----------------------|---------------------|-----------------------|
| Van Tjaden 9/01 | James Gerlach 9/13 | Louise Stockhaus 9/23 |
| Renee Tjaden 9/01 | Darlene Ales 9/13 | Larry Humiston 9/24 |
| James Wells 9/01 | John Chitwood 9/13 | Ed Williams 9/24 |
| Barbara Byrd 9/02 | Lou Ann Jarboe 9/16 | Frederick Ricke 9/25 |
| Sondra Chambers 9/02 | Mary Hoelscher 9/17 | Irline Kellogg 9/26 |
| Cecil Jeffries 9/03 | Sharon Bolin 9/17 | Wanda Farmer 9/26 |
| Evelyn Brockman 9/05 | Jeanne McCoy 9/20 | Wanda Stitt 9/26 |
| Ava McGeary 9/06 | Bill McKibban 9/20 | Wayne McEntire 9/27 |
| Lee Harp 9/06 | Lewis Kellogg 9/22 | Joni Mills 9/28 |
| Kate Brinkerhoff 9/10 | John Kurimsky 9/22 | Valeta Lindamood 9/30 |
| Bonnie Gerlach 9/11 | Helen Fesnock 9/22 | David FitzGerald 9/30 |



UPCOMING EVENTS

Schedule of Events

- 9/2 Planning committee
- 9/5 Center CLOSED
- 9/7 Foot Clinic
- 9/13 Carry In Lunch
- 9/15-9/18 Fall Festival
- 9/20 "Seagoing Cowboys"
- 9/22 Senior Expo trip
- 9/27 Community Food Bank

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.

Date: Tuesday, September 13th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated

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

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 Lyle Hinsdale with the Clearwater Church of Christ leads a bible study. This is open to all.

Date: Every Monday

Location: Craft Room

Time 9:30 am



BIBLE STUDY

Pastor Joe Eash with the Clearwater E-free church leads a bible study. This is open to all.

Date: Every Thursday

Location: Craft Room

Time 10:00 am

BYOD

Bring Your Own Device! Bring in your new technology and we can assist you in figuring it out or setting things up. We help with laptops, tablets, smart phones, cell phones, digital picture frames, digital cameras, you name it and we can probably figure it out and show you how to use it.

Date: Every Thursday

except 2nd Thursday

Time: 9:00 am

Location: Pam's office

Cost: Free



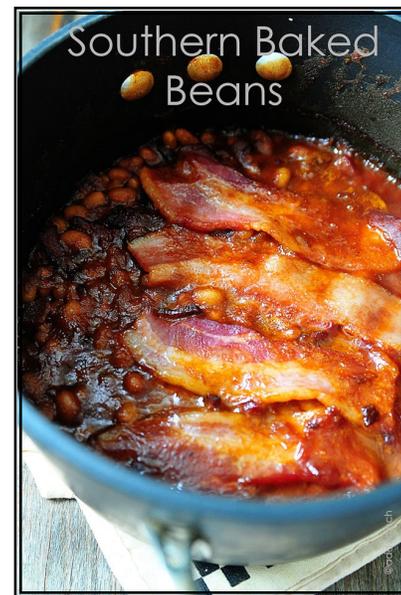
SOUTHERN BAKED BEAN RECIPE

Ingredients

- 2 (16-ounce) cans navy beans
 - 3 strips bacon, diced
 - 1-2 cloves garlic, minced
 - ½ medium sweet onion, diced
 - 1 tablespoon Worcestershire sauce
 - ¼ cup unsulphured molasses
 - ¼ cup dark brown sugar
 - ¼ cup ketchup
 - 1 teaspoon prepared yellow mustard
- For the Top of Baked Beans (optional):
- 2 slices bacon, halved
 - 1 teaspoon brown sugar

Instructions

1. Preheat oven to 325° F.
2. Pour navy beans into medium stockpot.
3. In a medium skillet, add diced bacon, onion, and garlic. Cook until bacon is crisp and onion is tender. Remove from heat and add to navy beans.
4. Add Worcestershire sauce, molasses, brown sugar, ketchup, and yellow mustard. Stir to combine well. Pour into deep dish you plan to serve from or leave in stockpot. Top with bacon and sprinkle top with brown sugar.
5. Place in oven and bake 45 minutes. Increase temperature to 425° F for 10 minutes to crisp bacon. Remove from oven and allow to rest about 5 minutes before serving.



BITS & PIECES (FROM PAM'S DESK)

FOOT CLINIC

Hermes Healthcare will be at the Center on Wednesday, September 7th. Hermes Healthcare can trim nails, remove callous, ingrown toenails, plantar warts, and can do some minor wound care. If you would like to make an appointment please call them directly at 316-260-4110.

VOLUNTEER NEEDED!!!!

Our new lunch program is really taking off and we are getting much needed meals to seniors in the area. This also means that we will need more help. We are still looking for back up

lunch delivery drivers. This person would need to volunteer an hour a week to deliver meals to home-bound seniors. We are also needing a back up kitchen coordinator. This would be someone to cover Becky if she is ever sick. That is a paid position. If interested please call Becky at 620-584-2332.

COMMODITIES

Just a reminder that the Food Bank is open on the LAST Tuesday of every month. There has been confusion about it being the 4th Tuesday or the last. It is always the last Tuesday of the month.

“Here's to all volunteers, those dedicated people who believe in all work and no pay.”
-Robert Ogden



Welcome
Glad you're here!

Welcome to our newest participants! We are glad you decided to join us!

Barbara Eason-Martin
Velma Skinner
Larry Lampe
Virgil Good

UPCOMING EVENTS

“Seagoing Cowboys”

The seagoing cowboys were men and boys who volunteered after World War II to tend the livestock shipped by the United Nations Relief and Rehabilitation Administration and the Heifer Project to war-devastated countries.

Don Zook, a retired Methodist Pastor was a “Seagoing Cowboy” and will give us a presentation on his life during these times. Don is very excited to tell some great stories and would love a big turn out. If you are into history or war times this would be a fun event to come listen to.

Date: Tuesday, September 20th

Time: 1:00 pm

Location: Main room at Center

Cost: Free and open to all



Continued from main page

Your physical, mental, and nutritional well-being are too valuable to give up—and you don’t have to! There are thousands of public and private programs that can help you pay for daily expenses if you are eligible.

It’s easy to find these programs on BenefitsCheckUp®, a free service from the National Council on Aging. BenefitsCheckUp® takes the stress, time, and guesswork out of finding programs that can help you afford basic needs. In less than 15 minutes, you can complete a confidential online questionnaire that will connect you with programs to help pay for medicine, food, utilities, health care, and more. In many cases, you can even apply for the programs online.

The programs you will find on BenefitsCheckUp® can help pay for:

Medications

Food

- Utilities
 - Legal services
- Health care
- Housing
 - In-home services
 - Taxes
 - Transportation
 - Employment training

And much more

Since its launch in 2001, BenefitsCheckUp® has helped more than 5 million seniors find over \$17 billion in benefits!

It’s easy to get started. Visit BenefitsCheckUp® to take the questionnaire and receive a personalized report specific to your situation. If you’re a friend, family member, or caregiver, you can complete the questionnaire with the seniors in your life.

Over 29 million older adults are eligible for benefits—and you or an older adult you know might be one of them. Don’t put off finding help! Start the BenefitsCheckUp® questionnaire now.

If this is something you need help with please call us here at 620-584-2332. We would be happy to help you with the process of doing this online.



Get Ready for Senior Expo 2016 - September 22nd, 2016

CPAAA's Senior Expo provides options for today's seniors and caregivers. Today, seniors are more affluent, educated and active than ever before. Keeping that in mind, CPAAA strives to provide valuable information, access to health screenings, new opportunities and sales that interest today's seniors.

What's New this year?

Senior Expo continues to be one of the most anticipated annual senior events of the year. There are several new things in store for Senior Expo attendees this year.

- New and entertaining programs, education, and sales
- New opportunities to get to know the local museums
- A unique twist to Senior Expo's fashion show
- Topics of interest/presentations will be offered at each location such as history, new home technology, health or art.
- Food truck
- Interactive booths offering fun and interesting hands on activities
- An opportunities for vendors to advertise their company or service



The event runs from 9am-3pm at these participating locations: Botanica, The Wichita Gardens, 701 N. Amidon; Exploration Place, 300 N. McLean Blvd; and The Wichita Art Museum, 1400 West Museum Boulevard. Entrance to Senior Expo and admission to the museums is complimentary to anyone age 55 and older and to caregivers of all ages!

We will be going as a group to the Senior Expo. If you are interested in going with this group please call 620-584-2332 or email communitycenter@clearwaterks.org to sign up. There is also a sign up sheet in the main room.

MEDICARE PART D OPEN ENROLLMENT

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your questions about Medicare.



SHICK has counselors throughout the state who can assist people to stay informed on changing conditions in health care insurance and to cut through the confusion. Our counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans. Our counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

Its about that time..... Medicare Part D Open enrollment is **October 15th to December 7th**. The Medicare Prescription Drug Plan Finder provides a way to make specific plan comparisons. It is available electronically at www.medicare.gov or by calling a customer service representative at 1-800-633-4227. The Drug Plan Finder allows you to personalize your search for a drug plan that most closely fits your needs.

Each year Medicare beneficiaries have the opportunity to review their health and drug coverage for the next year during the Open Enrollment Period October 15 through December 7. SHICK counselors are available to answer questions and assist beneficiaries with their shopping and enrollment. For more information call the KDADS Senior Health Insurance Counseling for Kansas (SHICK) at 800-860-5260.

The Director of the Clearwater Senior Center is a certified SHICK counselor. If you need to have someone help you take a look at your Medicare Part D coverage during the open enrollment period, please call 620-584-2332 to scheduled an appointment. Keep an eye out as we will also be offering counseling events throughout town.



Annual Auction & Dinner for Missions

Oct 15th, 2016

Clearwater United Methodist Church

4:30-6:00 Dinner w/ live music

4:00-6:00 Country Store & Basket Silent Auction

6:30 Live Auction

Dinner: Fried Chicken w/ all the fixins'

Assorted Homemade Desserts

Iced Tea Lemonade Coffee

Adults: \$10 Children 4-10 \$5 3 & under free

We invite the community to join us for an evening of great food, awesome entertainment, and opportunities to purchase homemade & handmade items, unique items, and various other sundry things. All monies raised are used for United Methodist missions around the world.



August 9th Carry In Lunch Report

Pam called the group to order by acknowledging Tricia Rotman & Mary Jo McMahan as the birthday celebrants. She introduced the speakers for the day; Christina Campbell from KS Legal Services, Stacy Nilles from the Department on Aging, and Erin Horton from Art on a Cart Wichita.

Marlene led the group reciting the Flag Salute, the National Anthem, and grace for the meal.

Our first speaker was Christy and she explained some of the FREE services that they offer to seniors over 60 years of age. They offer free legal services to anyone in this age group. Some of the things they help with are wills, Durable Power of Attorneys, Transfer on Death, divorces, and so much more. They will come to your home if you are unable to go to the office at 340 S Broadway in Wichita. The phone number is 316-265-9681, or the Elder Law Hotline at 888-353-5337.

Our next speaker was Stacy Nilles who announced the 2016 Senior Expo in Wichita. This will be the 31st year for this event. It will be at the Exploration Place, Botanica, and the Wichita Art museum. This is a free event with multiple activities. There is no cost to get into any of the sites and there is a \$6 lunch available at each location. Parking is available at each location with shuttle buses to other locations. See poster at Center for more details.

Our third speaker was Erin and she has background in several kinds of art. She offers painting, stained glass mosaic, and jewelry classes. She can work with groups on various kinds of parties and fundraisers. There is a charge for her activities. You can contact her at 316-871-9198.

Marlene's trivia was based on time and how use and abuse our time. Telling of a Japanese soldier who lost nearly 30 years after WWII was over by not believing that the war was over. It wasn't until his previous commander contacted him in person.

Tricia and Mary Jo got special prizes of hummingbird candles based on it being the August bird. Then everyone was invited to take memorabilia Marlene brought that was from the family of her recently deceased sister.



Marlene Parret,
Secretary



September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	2 Tai Chi 8:45 am Exercise 10:00 am Planning Committee 10:00 a	3
4 	5 CENTER CLOSED 	6 Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	7 Morning Coffee 9am Foot Clinic by appt only Zumba 6:30 pm	8 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	9 Tai Chi 8:45 am Exercise 10:00 am	10
11 	12 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	13 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/Al Anon 7-9 pm	14 Morning Coffee 9am Zumba 6:30 pm	15 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	16 Tai Chi 8:45 am Exercise 10:00 am	17
18 FALL FESTIVAL 	19 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	20 Tai Chi 8:45 am Exercise 10 am Don Zook presents "Seagoing Cowboys" presentation at 1pm AA/Al Anon 7pm-9pm	21 Morning Coffee 9am Zumba 6:30 pm	22 BYOD 9am Bible Study (E-free) 10am Senior Expo Trip 9a-3p AA 7pm-9pm	23 Tai Chi 8:45 am Exercise 10:00 am	24
25	26 Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	27 Tai Chi 8:45 am Exercise 10 am Community Food Bank 9a-3p AA/Al Anon 7pm-9pm	28 Morning Coffee 9am Zumba 6:30 pm	29 BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	30 Tai Chi 8:45 am Exercise 10:00 am	

September 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS - 1 HOLIDAY

Mon		Tue		Wed		Thu		Fri	
Birthday Day - September 8 Choice Days - September 22 Circled Days - meals that freeze well Labor Day Holiday - September 5				Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher		1 Spaghetti with meat sauce Cauliflower bean salad Apricots Garlic bread		2 Turkey roast with gravy Mashed potatoes/gravy Green beans Mandarin oranges Wheat roll	
5 HOLIDAY		6 Scalloped potatoes w/ham Peas Cantaloupe No-bake cookie Bread		7 Baked chicken Broccoli with cheese sauce Sliced tomatoes Apple slices Wheat roll		8 Meatloaf Creamy rice Savory green beans Cantaloupe Peanut butter cake Roll		9 Italian chicken Lima bean salad Pineapple Lime gelatin Wheat bread	
12 Goulash Corn Combination salad/dressing Apricots Garlic bread		13 Turkey pasta salad Broccoli raisin salad Banana 2 Tbsp. Peanut butter Wheat bread		14 Chicken fajita salad Salsa (lettuce & tomato) Strawberries Cinnamon roll (chips)		15 Roast with gravy Mashed potatoes/gravy Cole slaw Peaches Roll		16 Tuna or Salmon salad on a Bun Cucumber & onion salad Sliced tomatoes Cantaloupe Oatmeal cookie	
19 Ham & beans Parslised carrots Tomato slices Peaches Cornbread		20 Creamed chicken over a Biscuit Broccoli/cauliflower salad Applesauce Peanut butter cookie		21 Turkey with gravy Mashed potatoes/gravy Herbed green beans Mixed melon cup Wheat bread Wacky cake		22 Liver & onions or Beef cutlet Mashed potatoes/gravy Harvard beets Mixed fruit Roll		23 Tuna noodle casserole Mixed greens salad/dressing Banana in Orange juice Bread	
26 Swedish ham balls Sweet potatoes Mixed vegetables Watermelon Wheat roll		27 Soft taco Shredded lettuce & tomato Corn relish Strawberries Original Girl Scout sugar cookie		28 Chicken & noodles over Mashed potatoes Pickled beets Apricots Peanut butter muffin		29 Crispy fish with tartar sauce Macaroni & cheese Spinach Cantaloupe Apple crisp		30 Oven fried chicken Baked potato Cooked red & green cabbage blend Peaches Wheat roll	
Milk		Milk		Milk		Milk		Milk	

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Center
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620-584-2332



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.



Clearwater Community 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

Pamela Riggs, Director
Farol McMillan
Administrative Assistant

Advisory Committee Members

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

Planning Committee Members

Marlene Parret - Secretary
Becky Estes – Member
Farol McMillan - RSVP Program