

# THE SCOOP



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



## 6 WAYS TO EAT WELL AS YOU GET OLDER

We all remember being told to eat our vegetables when we were children. But is eating well still important as you age?

The answer is yes. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

Here are 6 tips to help you find the best foods for your body and your budget.

### **1. Know what a healthy plate looks like.**

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

### **2. Look for important nutrients.**

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)

*Continued on page 5*

## APRIL BIRTHDAYS

"I INTEND TO LIVE FOREVER, SO FAR SO GOOD."

Mary Conley 4/02	Donna Welsh 4/16	Jeff Laha 4/24
Marilyn Klausmeyer 4/04	Lola Jean Lamb 4/19	Ruby Richardson 4/25
Sonja Booth 4/07	Shannon Avery 4/19	David Klausmeyer 4/25
Mary Maltbie 4/08	Garland Fleming 4/20	Jan Hopson 4/29
Lois Croft 4/08	Gayla Rinehart 4/23	Linda McCune 4/29
Marvin Schauf 4/11	Nancy Girard 4/24	Charlotte Dawson 4/29

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## UPCOMING EVENTS

### Schedule of Events

- 4-3 Planning Meeting
- 4-14 Carry In Lunch
- 4-17 BINGO
- 4-18 Biscuits & Gravy
- 4-25 Casting Clinic
- 4-25 Potato Bar

#### 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. Don't forget to wear your green!

Date: Tuesday, April 14th

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, April 18th

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

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

Clearwater Church of Christ will be leading a Bible Study on Mondays here at the Center. The group is now going through the book of Acts.

Date: Every Monday

Location: Craft Room

Time 9:30 am



#### BINGO

Come down and play BINGO with friends. There will be plenty of prizes to chose from. Bring a friend and come play some good ol fashion BINGO.

Date: Friday, April 17th

Location: Main Room

Time 1:00 pm

Cost: .25 per card



## BUNNY TAILS POPCORN MIX

### Ingredients

- 4 c. popped popcorn (I use my **Stir Crazy**)
- 1/4 c. white mini marshmallows
- 1/4 c. each of **Wilton Candy Melts - Marshmallow (Limited Edition), Pink, & Vibrant Green**
- two handfuls of Bunny Mix M&Ms
- Sprinkles

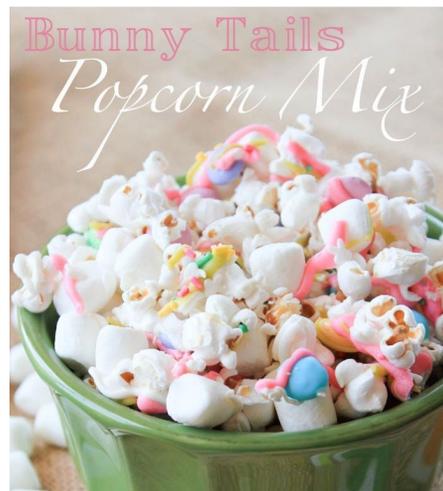
### Instructions

Spread popped popcorn onto a parchment-lined baking sheet. (If you don't want to pop your own popcorn, use a bag of pre-popped kettle corn or lightly salted popcorn.) Add mini marshmallows and use your hands to create a flat layer.

Microwave Marshmallow candy melts in a **decorating bag** at 50% power for 1 minute. Melt for another 30 seconds until chocolate is completely melted.

Snip 1-2cm off the end of the bag and slowly drizzle melted chocolate back and forth over popcorn. Sprinkle a few handfuls of M&M's on top while the chocolate is still warm. Repeat steps 2 and 3 with both Pink and Vibrant Green. Shake sprinkles over melted chocolate while it is still warm. This will help the sprinkles stick to the popcorn rather than getting lost at the bottom of your bowl ;)

Place baking sheet in the freezer for 5 minutes or until chocolate has hardened. Gently break popcorn apart. Add a few handfuls to your favorite popcorn bowl and enjoy!



## BITS & PIECES (FROM PAM'S DESK)

### SAFE HOUSE NEEDS

Betty Jo Embry is a local Senior who volunteers at the Safe House in Wichita. They help homeless children who are living on the streets in the Wichita area. They try to provide food, snacks, clothing, and blankets for homeless kids. Betty states that they are currently in need of paper goods like toilet paper. She also would like to personally thank Mary Stafford for all her help with providing meals for the kids over Christmas.

### REMINDERS

Just a friendly reminder to make sure that every time you attend a program or class at the

Center that you are checking in on the computer. If you do not have your card you can use your phone number. If you have problems let me know and I will help you.

### WE NEED DESSERTS!

We are looking for a handful of people to make some cake or desserts for the upcoming Potato Bar fundraiser night. If you might be interested please call the Center so we can add you to the list. We are expecting big numbers and will need plenty of desserts.

Call 620-584-2332 to get signed up. We usually only do cake but are opening it up to all desserts that can be served easily.

**"Kindness, like a boomerang, always returns!"**

**-Author Unknown**

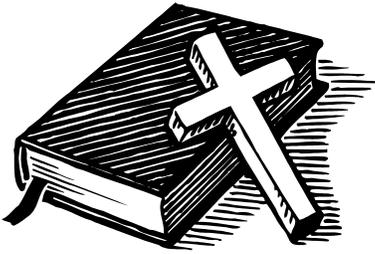
## A SPECIAL THANK YOU!



As some of you are aware we had some computer issues this last month. I wanted to personally thank Jim and Jimmy Charles of Charles Engineering! They take care of our computers as well as print off SCOOP's every month. They were able to get us up and going again very quickly. I do not think they get enough credit so I wanted to give them a shout out in this months Newsletter.

***"Thank you to Charles Engineering for all you do for the Community Center!"***

## **UPCOMING EVENTS**



### **Bible Study with Joe Eash**

Pastor Joe Eash with the Clearwater E Free church is leading a bible study about the life of Christ. This is open to all.

Date: Every Thursday  
Time: 10:00 am  
Location: Craft Room

### **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



### **Casting Clinic**

Terry Sullivan who works with Kansas Department of Wildlife and Parks is offering a Casting Clinic that will teach you how to cast a fishing pole as well as other basics of fishing. This will lead into his actual fishing day that will happen most likely in May. The Fishing Day will allow you to put your new learned skill to the test when you join him and the others at the Clearwater ponds to enjoy a morning of fishing.



Date: Saturday, April 24th  
Time: 9:30 am  
Location: Community Center  
Cost: Free  
Open to all ages.

### **Potato Bar Night**

Help support the Clearwater Community Center by enjoying some great food. We will have our 1st Annual Potato Bar Fundraiser. Includes: All you can eat potatoes, tossed salad with dressing. Toppings will include butter, sour cream, shredded cheddar, cheese sauce, chili, broccoli, bacon bits, diced ham, shredded beef, green onions, salsa, and croutons. We will also have activities for children.

Date: Saturday, April 24th  
Time: 5:00 pm to 8:00 pm  
Location: Community Center  
Cost: \$6 for adults, \$3 for kids 12 and under, 3 and under free.  
Open to all ages.



## CONTINUED FROM PAGE 1

- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

### 3. Read the Nutrition Facts label.

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

### 4. Use recommended servings.

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

### 5. Stay hydrated.

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

### 6. Stretch your food budget.

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Vis-



## RSVP RURAL TRANSPORTATION

Did you know, that the Clearwater Community Center offers Transportation to Seniors in the area who need to make a trip to the Doctor or needs to run to the store? This program has been offered at the Center for years but has not been utilized as much as it could. We are working hard to bring this program back to life. If you, or someone you know may need a ride for an upcoming appointment or to go shopping please give us a call. We have registered drivers who have had offender checks and are willing to drive you. Please give us a few days notice in order to make sure we have someone to drive you. Also this program is no cost to the passenger or the driver. This program is simply Seniors helping Seniors!

If you are interested in becoming a driver. The application part is not hard at all and doesn't cost a dime.

Stop in or call and we can mail you an application. We will then put you on a list of possible drivers when someone calls needing a ride. You have every right to deny giving a ride if need be. Also if you

drive over a certain number of miles in a month the RSVP Program in Wichita will send you a gas card. Our main goal is to help keep Seniors in their home as long as possible. Living out here in Clearwater it can sometimes be hard for a Senior to get to appointments in Wichita. This is exactly what this program was designed for.

So please spread the word to everyone you know! Let them know this service is available at the Center. Encourage them to take part. For questions or more information contact 620-584-2332 or email [commcenter@sktc.net](mailto:commcenter@sktc.net)





**Senior Lunch Report**  
**Tuesday, March 10th, 2015**

Pam called the group to order. March birthdays present were Verna Champagne who celebrates on March 21st. Marlene led the group in reciting the Flag Salute, and the National Anthem. Betty Jo Embry gave the blessing for the meal.

Our first speaker was Laura Papish, who is running for reelection on the City Council. She and her husband have lived in the area for 36 years. She has been active both at the Drs office as well as in several programs in the City.

Our next speaker was Burt Ussery, who has been on City Council for 2 years and is now running for Mayor. He has lived in the area 11 years and in town for 2 years.

Information from these 2 candidates included: the road north of town, 135th closing time has been moved back to approximately April 16th. The road south of town, 151st, will be closed for an unknown time while that road is under repairs. That work will begin sometime in March. They also told of the need for the gazebo at the local park to be torn down. It was deemed no longer safe. There will be a "work day" this Saturday at the park to make the area safe for children's play equipment. They both stayed and answered numerous questions.

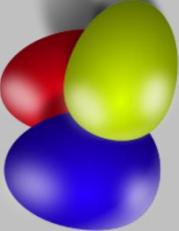
Sue Koenig, from the Clearwater Public Library brought us up to date with the activities happening at the Library.

Announcements: This week at the Center activities include the Diabetes workshop, Biscuits and Gravy, and on March 25th the trip to the Museum of World Treasures.

Marlene Parret,



~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Morning Coffee 9am Quilting group 7pm	<b>2</b> BYOD 9am Bible Study w/Joe Eash 10 am AA 7pm-9pm	<b>3</b> Tai Chi 8:45 am Exercise 10:00 am Planning mtg 10 am	<b>4</b>
<b>5</b> 	<b>6</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	<b>7</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	<b>8</b> Morning Coffee 9am Quilting group 7pm	<b>9</b> Bible Study w/Joe Eash 10 am AA 7pm-9pm	<b>10</b> Tai Chi 8:45 am Exercise 10:00 am	<b>11</b>
<b>12</b>	<b>13</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	<b>14</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/AI Anon 7-9 pm	<b>15</b> Morning Coffee 9am Quilting group 7pm	<b>16</b> BYOD 9am Bible Study w/Joe Eash 10 am AA 7pm-9pm	<b>17</b> Tai Chi 8:45 am Exercise 10:00 am BINGO 1pm	<b>18</b> Biscuits & Gravy 7am – 10am
<b>19</b>	<b>20</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	<b>21</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	<b>22</b> Morning Coffee 9am Quilting group 7pm	<b>23</b> BYOD 9am Bible Study w/Joe Eash 10 am AA 7pm-9pm	<b>24</b> Tai Chi 8:45 am Exercise 10:00 am	<b>25</b> Casting Clinic 9:30 am Potato Bar Night 5pm – 8pm
<b>26</b> 	<b>27</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting 1pm-3pm	<b>28</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	<b>29</b> Morning Coffee 9am Quilting group 7pm	<b>30</b> BYOD 9am Bible Study w/Joe Eash 10 am AA 7pm-9pm		

Clearwater Nursing & Rehab. (menu is subject to change) APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAMBURGER POTATO CHIPS COOKIE	HAM & BEANS CORNBREAD CHOCOLATE CHIP BAR	HOT TURKEY SANDWICH MASHED POTATOES HARVARD BEETS PUMPKIN PIE	MEATLOAF SCALLOPED POTATOES BROCCOLI CHOCOLATE MOUSSE PUDDING	GLAZED PORK CHOPS SWEET POTATOES APPLE SAUCE SPICE CAKE
CHILI TOSSED SALAD CINNAMON ROLL	CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS APPLE CRISP	PORK STIR FRY STEAMED RICE JAPANESE VEGETABLES MANDARIN ORANGES	POT ROAST BOILED POTATOES ROOT VEGGIES PUMPKIN BAR	OVEN FRIED FISH RED BLISS POTATOES COLE SLAW STRAWBERRY PARFAIT
PIZZA TOSSED SALAD ICE CREAM SANDWICH	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	BBQ CHICKEN POTATO SALAD BAKED BEANS PECAN PIE	BEEF AND BEAN BURRITO SPANISH RICE CHERRY PIE	BREADED SHRIMP BAKED POTATO WEDGES BROCCOLI SALAD LEMON MERINGUE PIE
BEEF STROGANOFF BUTTERED CORN FROSTED CAKE	CHICKEN & NOODLES MASHED POTATOES GREEN BEANS APPLE PIE	HOT ROAST BEEF SANDWICH MASHED POTATOES CARROTS PEACH CRUMBLE	CHILI FRITO PIE CINNAMON ROLL	TURKEY TETRAZZINI BROCCOLI BREADSTICK CHOCOLATE PUDDING CAKE
HAMBURGER POTATO CHIPS COOKIE	HAM & BEANS CORNBREAD CHOCOLATE CHIP BAR	HOT TURKEY SANDWICH MASHED POTATOES HARVARD BEETS PUMPKIN PIE	MEATLOAF SCALLOPED POTATOES BROCCOLI CHOCOLATE MOUSSE PUDDING	

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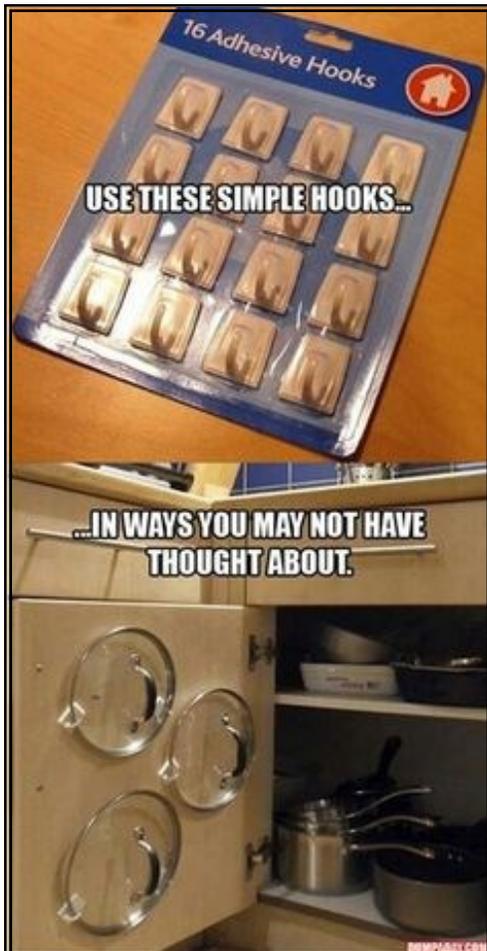
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# LIFE HACKS! LITTLE THINGS TO MAKE LIFE EASIER!



Clearwater Community  
Center  
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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.



**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  
Cheryl Wright – Member  
Becky Estes – Member  
Farol McMillan - RSVP Program