



# THE SCOOP



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



## TEN HEALTHY HABITS FOR A NEW YEAR.

Weight loss is often included in the list of resolutions for the new year. Instead of going on another diet, choose to adopt healthy habits for a lifetime. To get started, here are ten suggestions based on the Dietary Guidelines for Americans.

1. Engage in 30 minutes of physical activity every day  
 This helps to reduce the risk of chronic diseases. To lose weight or maintain weight loss, 60 - 90 minutes of moderate to vigorous activity is recommended.

2. Make half your plate fruits and vegetables  
 Fruits and vegetables are high in nutrients and low in fat and calories. By incorporating a variety of fruits and vegetables into your diet on a daily basis, you are decreasing your risk of chronic diseases, vitamin deficiencies and other health problems.

3. Get plenty of fiber: 20-35 grams each day.  
 Fiber has many health benefits including reducing risks for chronic disease such as cardiovascular disease and cancer. When you are increasing fiber in your diet, make sure you increase fluid intake as well.

4. Make at least half your grains whole grains  
 . Choose from oatmeal, brown rice, popcorn, cereal, tortillas and bread. To assure the bread is whole grain, make sure the first grain ingredient listed on the package is whole wheat or another whole grain.

5. Eat three cups of beans every week  
 Beans are packed with fiber, vitamins and minerals. One half cup of cooked beans can have as much as seven grams of fiber

6. Eat when you are hungry and stop when you are full.  
 Extra weight and unhealthy eating habits begin when hunger and full cues are ignored. Make sure that when you eat it is because of hunger and not thirst or boredom. If you are

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## FEBRUARY BIRTHDAYS

“FORGET THE PAST, LOOK FORWARD TO THE FUTURE THE BEST THINGS ARE YET TO COME.”

- |                     |                       |                      |
|---------------------|-----------------------|----------------------|
| Jerry Stitt 2/02    | Vivian Maechtlen 2/09 | Lorena Hinckley 2/23 |
| Janetta Burris 2/03 | Gene Garcia 2/09.     | Ida Combs 2/24       |
| Marlene Parret 2/04 | David Bentley 2/12    | David Papish 2/27    |
| Yvonne Coon 2/06    | Peggy Brockman 2/21   | Jan Casey 2/28       |
| Gary Hunt 2/06      | Charles Rinehart 2/21 | Wyval Rosamilia 2/28 |

## UPCOMING EVENTS

### Schedule of Events

- 2-6 Planning Meeting
- 2-10 Valentine Carry In Lunch
- 2-16 Quilt of Valor Presentation
- 2-20 BINGO
- 2-21 Biscuits & Gravy
- 2-23 AARP Tax Preparation



### Valentine 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. Bring in a dish that is red or pink for the Valentine holiday!

Date: Tuesday, February 10th

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, February 21st

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

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, February 20th

Location: Main Room

Time 1:00 pm

Cost: .25 per card



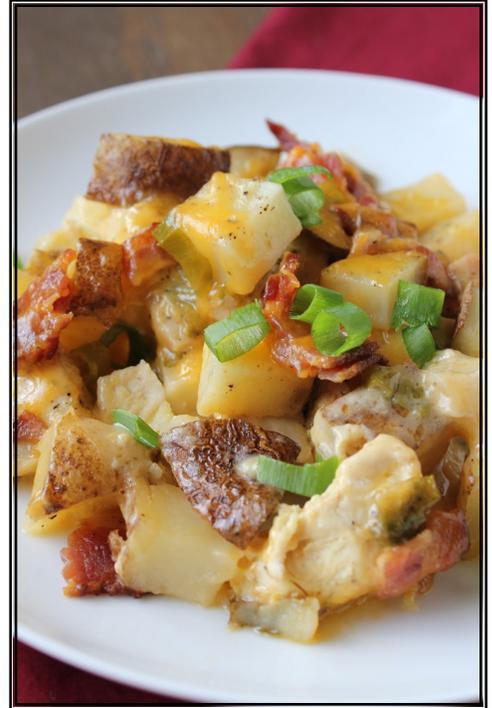
## LOADED BAKED POTATO & CHICKEN CASSAROLE

### Ingredients

3-4 medium russet potatoes, scrubbed and diced. (about 1.5 lbs or 4 1/2 cups)  
 1 lb boneless, skinless chicken breast, diced.  
 4 slices bacon, cooked crisp, cooled and crumbled.  
 1 1/2 cups shredded cheddar cheese.  
 4 green onions, sliced  
 1/2 tsp salt  
 1/2 tsp pepper  
 1/2 cup heavy cream  
 2 Tbsp unsalted butter, cut into small pieces

### Directions

1. Heat oven to 350 degrees. Lightly grease a 9x9 baking pan or casserole dish.
2. Spread half of the diced potatoes in bottom of pan. Place the diced chicken breasts evenly on top. Season chicken with 1/4 tsp each salt and pepper. Sprinkle with half the bacon crumbles, 1/2 cup of the cheese, and half the green onions.
3. Spread the remaining diced potatoes on top, followed by the remaining bacon, another 1/2 cup of cheese, remaining green onions and another 1/4 tsp each salt and pepper. Pour heavy cream over top of casserole and then dot with the butter.
4. Cover with aluminum foil and bake in the preheated oven for 1 hour. Uncover and bake another 30 minutes. In the last few minutes of baking, sprinkle with the remaining 1/2 cup cheddar cheese and bake until melted. Serve.



## BITS & PIECES

### SAFE HOUSE NEEDS

Betty Jo Embry who works with the Safe House in Wichita, KS, would like to thank everyone who has donated blankets and toiletries to the Safe House. Your donations have helped many homeless children in Wichita. They could still use donations.

### 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 a driver for Mondays and a back up drivers for when others can not make it.

### FUNDRAISING

We have been trying to think outside the box on our fundraising for 2015. We are wanting to do something memorable that other organizations do not do. Be on the look out for some fun new ideas. We plan to have a "Potato Bar" night in March, as well as a "Dog Bakery" throughout the year. We plan to make dog treats. This is a great idea as we see our pets as family. We hope you will be able to either participate or tell all your friends to come out and support the Clearwater Community Center.

**"Research has shown, people who volunteer live longer."  
 -Allen Klein**

## APPLICATION FOR LIEAP NOW OPEN

The Kansas Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Benefit levels vary according to the following factors: 1) Household income, 2) number of persons living at the address, 3) type of dwelling, 4) type of heating fuel, and 5) utility rates. In order to qualify for this benefit program, you must be a resident of the state of Kansas and you must need financial assistance for home energy costs. In order to qualify, you must have an annual household income (before taxes) that is in the following amounts on the right side of this. The application deadline is Tuesday, March 31st, 2015. If you would like to apply you can call the Center to schedule a time to have us do an online application for you.

| Household Size* | Maximum Income Level (Per Year) |
|-----------------|---------------------------------|
| 1               | \$15,171                        |
| 2               | \$20,449                        |
| 3               | \$25,727                        |
| 4               | \$31,005                        |
| 5               | \$36,283                        |
| 6               | \$41,561                        |
| 7               | \$46,839                        |
| 8               | \$52,117                        |



### 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

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## UPCOMING EVENTS

### Square Dancing Class

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. John Chitwood will again be leading a class that will teach the basics of square dancing.

The class is now closed to new students but you may come and watch the class at anytime.



Date: Every Friday

Time: 7:00 pm

Location: Main Room

Cost: donations for coffee

### 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



CONTINUED FROM PAGE 1

not sure, try drinking a glass of water or do another activity. If you're still hungry a little while later, you'll know it probably is hunger.

7. Limit total fat to no more than 25-35% of total calories.

For a person consuming 2,000 calories per day, this means about 67 grams of fat per day. Saturated fat should be no more than 10 percent of total calories, or about 22 grams. Young children (1-3 years) can get about 30-40% of their calories from fat because they are still growing.

8. Eat a variety of foods from all the food groups.

Choose grains, fruits, vegetables, dairy products and meat and beans because each group provides different nutrients needed for good health.

9. Drink plenty of fluids to stay hydrated.

By being properly hydrated, your body can function at its best. Water is the best choice, but low-fat milk and 100 percent juice are also good choices when you're thirsty.

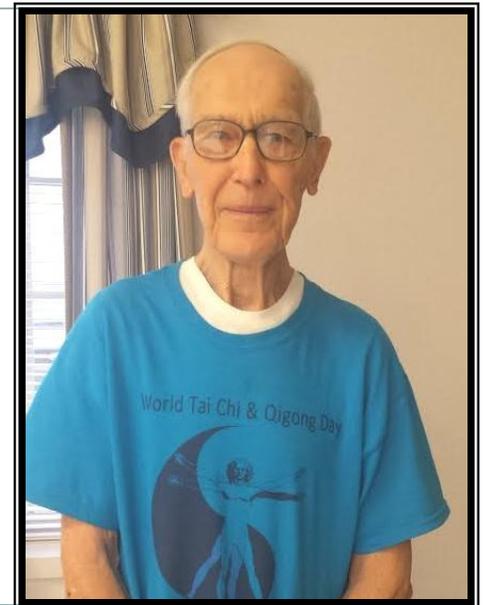
10. Be a safe food handler.

Keep food safe in your household by washing your hands often and keeping kitchen surfaces clean. Cook foods to a safe temperature to kill bacteria and then promptly refrigerate. Bacteria can grow at temperatures of 40F to 140F

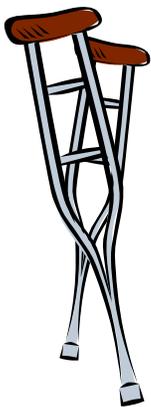
Habits are hard to change. Choose one goal at a time to work on and then move on to the next to ensure you meet your health goals. Soon, you'll feel better and be healthier

VOLUNTEER OF THE MONTH!

Each month we are going to recognize volunteers for all the hard work they do. This month our Volunteer of the Month is Lewis Kellogg. Lew is the fearless Tai Chi and Exercise Instructor at the Center. He genuinely cares about each and every members health. He also volunteers with other activities such as staying behind and putting up tables and chairs. Lew helps wherever he can and is happy to do it! Next time you see Lew, be sure to tell him thank you for all his hard work!



*"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude." ~Author Unknown*



Did you know that you can rent some pieces of medical equipment from the Community Center? Below are some items that we have available for rent should you ever need them. There is no cost we just like to keep track of who has them.

Items available

- Wheelchairs
- Walkers
- Crutches
  - Canes
- Bathroom equipment
  - Medical boots

**Did you know?**



### January Carry In Lunch Report 1-13-15

Pam called the group to order and announced the January birthday people in attendance; Maynard Lemon, Vada Tjaden and herself Pamela Riggs. Marlene led the group in reciting the Flag Salute and singing the National Anthem.

Our first speaker was Nancy Milledge, who is the pharmacist at the new Wal-Mart Neighborhood Market now open in Clearwater. With the opening of the local Wal-Mart store, the company had bought the medical records from Bales Pharmacy. If you have questions concerning the transfers, Nancy says she will be glad to visit with everyone.

Our next speaker was Nick Ybarra and Joe from Home Health of KS. Their presentation was on fall prevention. People over 65 are more prone to falls that can often be attributed to chronic pain, previous fall history, neuropathy, urinary incontinence, stroke, etc. Prevention suggestions were; use of non skid rugs, and footwear as well as exercise for strengthening.

Our third speaker was the Interim City Administrator, Jim Heinike who also introduced the new City Clerk, Courtney Meyer. They are both new to our city and getting acquainted.

City Librarian Sure Koenig gave updates on the happening at the local library.

Cleta Cornett rounded out the speakers by reading a humorous poem titled the Senior Citizens Lament.

Announcements were for the lunch on 1-15 by Kyle at the care home. Monthly BINGO, also a new Bible Study class to be led by the Evangelical Free Pastor to begin on Thursday 1-22 at the Center at 10 am. All are welcome.

We would also like to welcome a new-comer to our group. Lee Wallis recently moved to Clearwater and has joined in several of the offered functions at the Center. Welcome Lee.

Marlene Parret,

~ February 2015 ~

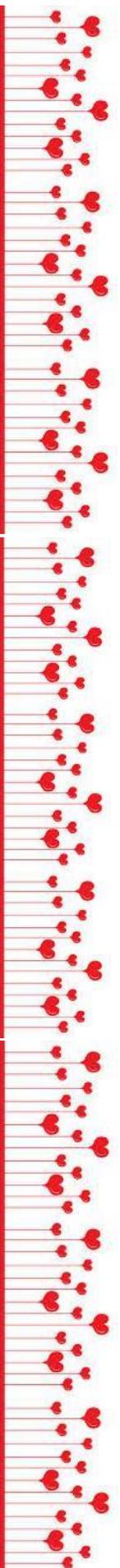
| Sun   | Mon   | Tue   | Wed                      | Thu  | Fri   | Sat   |
|---|---|---|--------------------------|--|---|---|
| 1<br>    | 2<br>Blood pressure ck<br>10am-noon<br>Bible Study 9:30 am<br>Painting 1pm-3pm  | 3<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/AI Anon 7-9 pm                                | 4<br>Morning Coffee 9am  | 5<br>BYOD 9 am<br>Bible Study 10:00 am<br>AA 7-9 pm  | 6<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>Square Dancing 7pm<br>Planning mtg 10 am | 7   |
| 8<br>    | 9<br>Blood pressure ck<br>10am-noon<br>Bible Study 9:30 am<br>Painting 1pm-3pm  | 10<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br><b>Carry In Lunch noon</b><br>AA/AI Anon 7-9 pm | 11<br>Morning Coffee 9am | 12<br>Bible Study 10:00 am<br>AA 7pm-9pm             | 13<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>Square Dancing 7pm                      | 14<br> |
| 15<br>  | 16<br>Blood pressure ck<br>10am-noon<br>Bible Study 9:30 am<br>Painting 1pm-3pm<br><b>Quilt of Valor presentation 3pm</b>       | 17<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/AI Anon 7-9 pm                               | 18<br>Morning Coffee 9am | 19<br>BYOD 9 am<br>Bible Study 10:00 am<br>AA 7-9 pm | 20<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>BINGO 1pm<br>Square Dancing 7pm         | 21<br>Biscuits & Gravy<br>7am – 10am  |
| 22<br> | 23<br>Blood pressure ck<br>10am-noon<br>Bible Study 9:30 am<br>Painting 1pm-3pm<br><b>AARP Tax Prep. 9 am-3 pm by appt only</b> | 24<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/AI Anon 7-9 pm                               | 25<br>Morning Coffee 9am | 26<br>BYOD 9 am<br>Bible Study 10:00 am<br>AA 7-9 pm | 27<br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>Square Dancing 7pm                      | 28  |

# Clearwater Nursing & Rehab.

(menu is subject to change)

FEBRUARY 2015

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| HAMBURGER<br>POTATO CHIPS<br>COOKIE              | HAM & BEANS<br>CORNBREAD<br>CHOCOLATE CHIP BAR                                      | HOT TURKEY SANDWICH<br>MASHED POTATOES<br>HARVARD BEETS<br>PUMPKIN PIE   | MEATLOAF<br>SCALLOPED POTATOES<br>BROCCOLI<br>CHOCOLATE MOUSSE PUDDING | GLAZED PORK CHOPS<br>SWEET POTATOES<br>APPLE SAUCE<br>SPICE CAKE              |
| 2  | 3   | 4  | 5  | 6   |
| CHILI<br>TOSSED SALAD<br>CINNAMON ROLL           | CARRY IN LUNCH<br>AT THE CENTER<br>*ONLY HOMEROUND MEALS WILL<br>BE SERVED THIS DAY | PORK STIR FRY<br>STEAMED RICE<br>JAPANESE VEGETABLES<br>MANDARIN ORANGES | POT ROAST<br>BOILED POTATOES<br>ROOT VEGGIES<br>PUMPKIN BAR            | OVEN FRIED FISH<br>RED BUSS POTATOES<br>COLE SLAW<br>STRAWBERRY PARFAIT       |
| 9  | 10  | 11   | 12   | 13  |
| PIZZA<br>TOSSED SALAD<br>ICE CREAM SANDWICH      | SAUSBURY STEAK<br>BAKED POTATO<br>ZUCCHINI<br>FROSTED CAKE                          | BBQ CHICKEN<br>POTATO SALAD<br>BAKED BEANS<br>PECAN PIE                  | BEEF AND BEAN BURRITO<br>SPANISH RICE<br>CHERRY PIE                    | BREADED SHRIMP<br>BAKED POTATO WEDGES<br>BROCCOLI SALAD<br>LEMON MERINGUE PIE |
| 16   | 17  | 18   | 19   | 20  |
| BEEF STROGANOFF<br>BUTTERED CORN<br>FROSTED CAKE | CHICKEN & NOODLES<br>MASHED POTATOES<br>GREEN BEANS<br>APPLE PIE                    | HOT ROAST BEEF SANDWICH<br>MASHED POTATOES<br>CARROTS<br>PEACH CRUMBLE   | CHILI FRITO PIE<br>CINNAMON ROLL                                       | TURKEY TETRAZZINI<br>BROCCOLI<br>BREADSTICK<br>CHOCOLATE PUDDING CAKE         |
| 23   | 24  | 25   | 26   | 27  |



## VOLUNTEER APPRECIATION

On Saturday, January 24th, we recognized the people at the Center who have given their time in 2014 by volunteering. The night consisted of a lovely meal and some entertainment as our way of saying "Thank You" for all that you do for us. I also want to list them in the SCOOP as well so everyone knows how very special they are to us!

If you see any of these people be sure to tell them thank you. If it was not for our volunteers we would not be able to operate the way we do.

*Algie Strait*

*Angie Shaver*

*Barbara Hufford*

*Becky Estes*

*Betty Jo Embry*

*Betty Peitz*

*Carl Shaffer*

*Roger & Charlotte*

*Dawson*

*Cheryl Wright*

*Cindy Peitz*

*Cleta Cornett*

*Darrel Mourning*

*Donna Yost*

*Farol McMillan*

*Gail Fleming*

*Jim Charles*

*Jim & Linda Whitney*

*Jimmy Charles*

*John Chitwood*

*Kenneth Riggs*

*Lewis Kellogg*

*Marlene Parret*

*Mary Jo McMahan*

*Wayland & Millie*

*Whitlow*

*Normae Sullivan*

*Earl & Peggy Brockman*

*Robert Pugh*

*Terry Sullivan*

*Tina Morris*

*Virginia McSwain*

*Thank  
You*

### 2014 Tax Preparations

AARP will be here once again to do basic taxes at no cost. If you are interested in having this done please call the Center at 584-2332 to schedule an appointment. There will be here Monday, February 23rd from 9 am to 3 pm.



### Quilt of Valor Presentation

The mission of the Quilts of Valor is to cover Veterans touched by war with comforting and healing Quilts of Valor.

The Old Sew and Sews will present 5-6 quilts of Valor to local Veterans on Monday, February 16th at 3 pm here at the Center. This event is open to anyone.

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SKT Email change workshop

As you may have heard SKT is transitioning from Google as their email provider to Zimbria. SKT is going to lead a workshop on how to handle and make these changes and the new look of email. It will take place here at the Center on **Thursday, March 5th at 9 am**. Please call the 584-2332 to reserve your spot today.