



# THE SCOOP



**Clearwater Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**communitycenter@clearwaterks.org**

## IRS SCAM IS BACK

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I have written several times about the IRS scam. Sadly, the message needs to be delivered again.

Six people approached me in the past month—including a probation officer—to say they have been targeted by this scam.

To remind readers, someone claiming to be from the Internal Revenue Service calls and tells you that you have been audited, and you submitted an incorrect tax return. If you don't pay immediately—over the phone—you will face arrest on a tax warrant.

A presentation by investigators with the Inspector General for Tax Administration, note there are 1.7 million reported contacts with IRS scammers each year, amounting to \$48 million in reported losses.

To complicate this situation further, two months ago the IRS said its contracting with four private collections agencies to collect on accounts where taxpayers owe money.

They are CBE Group, Cedar Falls, Iowa; Performant, Livermore, Calif.; and Conserve, Fairport, and Pioneer, Horseheads, both in New York state.

This is important: Taxpayers will receive a written notice that their accounts are being transferred to a collection agency before it is sent to the agency.

My concern is that scammers will try to use this new use of collection agencies to take advantage.

Bottom line: No matter how convincing a caller may be, if you have not already been told that you owe back taxes or you have not received a written notice from the IRS that your account is being transferred to collections, this phone call is a scam.

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## DECEMBER BIRTHDAYS

“THE WAY I SEE IT, YOU SHOULD LIVE EVERYDAY LIKE ITS YOUR BIRTHDAY!” HILTON

- |                        |                        |                         |
|------------------------|------------------------|-------------------------|
| Fern Topham 12/01      | Helen Baker 12/10      | Carla Butterfield 12/22 |
| Linda Blackburn 12/01  | Ruby Morehead 12/12    | Ron DeWeese 12/22       |
| Mark Pelz 12/01        | Dorothy Erwin 12/12    | Fran Nickels 12/23      |
| Don Watt 12/05         | Tex Titterington 12/18 | Karen Randa 12/23       |
| Virginia McSwain 12/06 | Velma Skinner 12/19    | Linda Whitney 12/24     |
| Barbara Callaway 12/07 | Ardena Matlack 12/20   | William Castle 12/25    |
| Denzel Struthers 12/07 | Peggy Chitwood 12/20   | Georgia Roedell 12/27   |
| Verla Wells 12/07      | Dan Rogers 12/20       | Shirley Tarrant 12/31   |
| Donna Whitney 12/09    | Larry Decker 12/22     | Aaron Finney 12/31      |



## UPCOMING EVENTS

### Schedule of Events

- 12/5 Crochet/Quilting group
- 12/12 Crochet/Quilting group
- 12/13 Carry In Lunch
- 12/14 Trip to the Nutcracker Ballet
- 12/19 Crochet/Quilting group
- 12/20 Holiday Lights Tour
- 12/23 Center Closed
- 12/26 Center Closed

### 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, December 13th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated

### Painting Group

Come down and paint with friends. These group of ladies are willing to help beginners. Just stop by and be creative!

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



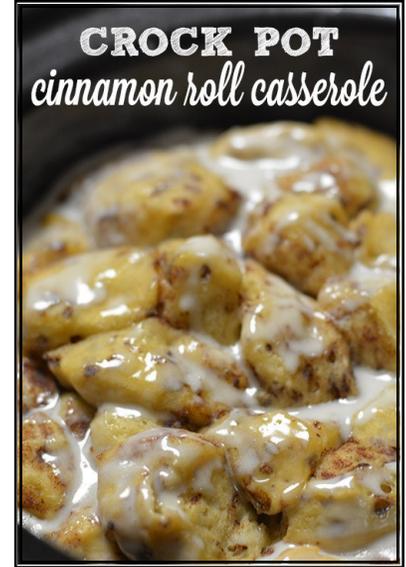
## CINNAMON ROLL CASSAROLE

### Ingredients

- 2 12 oz tubes of cinnamon rolls cut into quarters-divided
- 4 eggs
- ½ cup whipping cream
- 3 Tbsp maple syrup
- 2 tsp vanilla
- 1 tsp cinnamon
- ¼ tsp nutmeg

### Directions

1. Spray your 6-quart crock with cooking spray.
2. Place a layer of cinnamon roll pieces to cover the bottom of your slow cooker **completely**. (Reserve icing packets)
3. Beat eggs, cream, maple syrup, vanilla and spices until blended well.
4. Pour evenly over the rolls in the slow cooker.
5. Place remaining roll pieces on top and spoon one packet of icing evenly over rolls.
6. Cover and cook on low for 2½ to 3 hours or until sides are golden and rolls are set.
7. Drizzle remaining icing over top and serve warm.



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

### MEDICARE COUNSELING

Open enrollment is coming to a close for 2016. The last day to change your Medicare Part D Prescription plan is December 7th. This year we were able to save participants a huge amount! For 2015 we saved 6 people a total of \$4,616.37. So far this year we have helped 10 people and saved an added total of \$13,526.21. That is a huge jump! It is very important to check your coverage every year during open enrollment. You could end up saving thousands! If you would like to get an appointment before December 7th, please call 620-584-2332.

### OPINIONS NEEDED

When the Community Center was first built the plans had an area for a pool table drawn out. At one time there was a pool table and from what I am told there were some issues. I still think this would be a great opportunity to get more participants. Please let me know your thoughts. If you are against or for this idea. The placement would most likely be in the main room if it happens.

**“You make a living  
by what you get.  
You make a life by  
what you give.”**  
~Winston  
Churchill



**Sid Wise & Robert Pugh, American Legion talking to kids at the CIC about what it means to be a Veteran.**



**Phil Wise and Gary Hunt with the Clearwater American Legion. The children loved their presentation!**

Continued from main page

Ask for the callers name and contact information so you can look into it. Never provide bank or credit card information over the phone.

If you have been the victim of a consumer fraud violation or know about a possible fraudulent scheme, call the Consumer Protection Division, 316-660-3600, or email [consumer@sedgwick.gov](mailto:consumer@sedgwick.gov). If you or a loved one have been the victim of a crime, call 911 immediately.

**Marc Bennett, [marcbennett@sedgwick.gov](mailto:marcbennett@sedgwick.gov) is the Sedgwick County District Attorney.**

## Christmas Lights Tour

Please join us as we take a party bus to Wichita to enjoy Christmas lights.

*Tuesday, December 20th at 5:30  
pm*

*Cost is \$10 per person*

*Meet at the Clearwater Community  
Center*

*921 E Janet Ave.*

If you would like to reserve your spot please call 620-584-2332.

Seating is limited so  
reserve your spot today.

This event is open to all ages

### THE DO'S AND DON'TS OF SAFELY DISPOSING OF MEDS

#### DO



#### Investigate disposal programs

See the Drug Enforcement Administration website, [dea.gov](http://dea.gov), or call 800-882-9539 to find a used-medication collector. Some facilities also offer mail-back programs or drop boxes.

#### DON'T



#### Never flush unused medications down the toilet

Several recent studies have found that this practice results in some medicines contaminating the local water supply.

#### DO



#### Do it yourself

Mix medications with used coffee grounds, dirt or kitty litter. Put the mixture into a tightly sealed bag or other container to prevent spilling, then place it in the trash.

### November Carry In Lunch report

Pam called the group together for our November lunch. She introduced our speaker of the day. Misti Bruckner from WSU. She will be working with the City of a strategic plan for the City in the next 5 years. Marlene led the pledge, national anthem, and prayer. Our November birthdays present were Sheila Finnis, Becky Estes, Cleta Cornett, and Shelley Martin.

Some of the items Misti asked for comments on were “ways to describe Clearwater today.” People responded with peaceful, caring, friendly, good place to raise a family, active churches, and volunteers.

“Where do you see Clearwater in 5 years?” Responses were more places/choices to eat, retail stores like Wal-mart style or hardware, more opportunities for youth to stay in town, more affordable housing, better day-care centers, possible emergency medicine.

“What are the assets of Clearwater?” Responses were people are eager to help others, variety of church denominations, attractive & inviting housing areas, nice grocery stores, good Senior Community center and Library.

“What are some challenges Clearwater faces?” Responses were having more of a “local” paper, over night lodging, selective business growth, too close to Wichita for retail to be profitable, need better large truck routes other than through the 4 way stop, as well as better signage on 81 and K42 advertising businesses and attractions.

#### Announcements:

- Medicare counseling still happening. If you want to make an appointment please let Pamela know.
- Biscuits & Gravy for November has been cancelled due to scheduling issue.
- Christmas Lights Tour is December 20th at 5:30 pm

Marlene,  
Secretary



# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>2</b> Tai Chi 8:45 am Exercise 10:00 am	<b>3</b>
<b>4</b>	<b>5</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>6</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>7</b> Morning Coffee 9am	<b>8</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>9</b> Tai Chi 8:45 am Exercise 10:00 am	<b>10</b>
<b>11</b> 	<b>12</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>13</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/Al Anon 7-9 pm	<b>14</b> Morning Coffee 9am Nutcracker Ballet trip at 1pm	<b>15</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>16</b> Tai Chi 8:45 am Exercise 10:00 am	<b>17</b>
<b>18</b> 	<b>19</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Crochet/Quilting group 7pm	<b>20</b> Tai Chi 8:45 am Exercise 10 am Holiday Lights Tour 5:30 pm AA/Al Anon 7pm-9pm	<b>21</b> Morning Coffee 9am	<b>22</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>23</b> <b>CENTER CLOSED</b> 	<b>24</b>
<b>25</b> 	<b>26</b> <b>CENTER CLOSED</b> 	<b>27</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>28</b> Morning Coffee 9am	<b>29</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>30</b> Tai Chi 8:45 am Exercise 10:00 am	<b>31</b>

December 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 20 - SERVING DAYS - 2 HOLIDAYS

Mon	Tue	Wed	Thu	Fri
Birthday Day - December 8 Choice Days - Circled Days - meals that freeze well Christmas Holiday - December 23 & 26				
5 Creamed chicken 6 oz over Biscuit Broccoli raisin salad 4 oz Plums 4 oz Molasses drop cookie Milk	6 Easy lasagna 8 oz Combination salad 4 oz Salad dressing 1 oz Pineapple 4 oz Garlic bread Milk	7 New England stew 8 oz Pickled beets 4 oz Banana Cornbread No bake cookie Milk	8 Meatloaf 4 oz Mashed pot 4 oz/Gravy 2 oz Herbed green beans 4 oz Apricots 4 oz Wacky cake Wheat roll Milk	9 Chicken fajita salad 8 oz (lettuce & tomato) (chips) Salsa 2 oz Milk Carrots 4 oz Cranberry juice 4 oz Cinnamon rolls
12 Sloppy joe 4 oz on a Bun Potato soup 4 oz Cracker-1 Broccoli/carrot salad 4 oz Pears 4 oz Milk	13 Oven fried chicken 2 pc dark or 1 pc white meat Baked beans 4 oz Corn tomato casserole 4 oz Mandarin oranges 4 oz- Wheat bread Milk	14 Crispy fish 1 pc with Tartar sauce 1 oz Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Roll Milk	15 Ham 3 oz Sweet potatoes 4 oz Cauliflower in cheese sc 4oz Ambrosia salad 6 oz Cherry pudding cake Wheat roll Milk	16 Chicken pot pie 8 oz Cooked cabbage 4 oz Peaches 4 oz Lime gelatin 4 oz (biscuit) Milk
19 Chicken fried steak 1 pc Mashed pot 4 oz/Gravy 2 oz Combination salad 4 oz Salad dressing 1 oz Apricots 4 oz Milk Peach cobbler Roll	20 Ham chowder 8 oz Three bean salad 4 oz Pineapple 4 oz Crackers-2 Applesauce cake Milk	21 Turkey salad 4 oz on a Bun Cream of tomato soup 4 oz Corn relish 4 oz Strawberries 4 oz Cracker-1 Milk	22 Easy beef & rice 8 oz Broccoli 4 oz Mixed fruit 4 oz Gingerbread Milk	23 HOLIDAY
26 HOLIDAY	27 Mexican pork stew 8 oz Lima beans 4 oz Pickled beets 4 oz Peaches 4 oz Cornbread Milk	28 Chicken & rice cass. 8 oz Broccoli 4 oz Plums 4 oz Biscuit Pineapple upside-down cake Milk	29 Liver & onions OR Beef cutlet Mashed pot 4 oz/Gravy 2 oz Mixed vegetables 4 oz Mandarin oranges 4 oz Roll Milk	30 Chili 8 oz Combination salad 4 oz Salad dressing 1 oz Cracker-1 Apricots 4 oz Bread pudding Milk

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

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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  
Becky Estes – Member  
Farol McMillan - RSVP Program