



# THE SCOOP

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

## ELDER ABUSE

### What is elder abuse?

Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes, assisted living, and other facilities.

- **Physical abuse** means inflicting physical pain or injury upon an older adult.
- **Sexual abuse** means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- **Emotional abuse** means verbal assaults, threats of abuse, harassment, or intimidation.
- **Confinement** means restraining or isolating an older adult, other than for medical reasons.
- **Passive neglect** is a caregiver’s failure to provide an older adult with life’s necessities, including, but not limited to, food, clothing, shelter, or medical care.
- **Willful deprivation** means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.
- **Financial exploitation** means the misuse or withholding of an older adult’s resources by another.

Learn more about the types of abuse from the National Center on Elder Abuse (NCEA).

### How many older Americans are abused?

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## JULY BIRTHDAYS

“GROW OLD ALONG WITH ME, THE BEST IS YET TO BE.” ROBERT BROWNING

- |                     |                       |                        |
|---------------------|-----------------------|------------------------|
| Glen Hoheisel 7/05  | Ron Stever 7/11       | Normae Sullivan 7/19   |
| Betty Peitz 7/06    | Ron Fleming 7/13      | Stephen Knoblauch 7/20 |
| Barbara Ford 7/07   | Dean Lindamood 7/14   | Sue Ray 7/24           |
| Janie Winter 7/07   | Gilbert Milliken 7/15 | Gary Morehead 7/24     |
| Carolyn Seiter 7/07 | Charles McCoy 7/16    | Hilary Godwin 7/25     |
| Earl Brockman 7/07  | Barbara Hufford 7/16  | Eileen Garrigus 7/25   |
| Mary Sullivan 7/08  | Don Klausmeyer 7/16   | Horst Hillmann 7/27    |
| Marlene Hand 7/09   | Stephanie Doll 7/16   | Jack Skinner 7/30      |
| Nellie Ammel 7/10   | Clinton Ray 7/18      | Mary Alice Sperry 7/31 |
| Don McSwain 7/10    | Beverly McKibban 7/18 | Betty Hall 7/31        |
| Bob Jacobs 7/10     | Harold Stafford 7/19  | Mary Higgins 7/31      |

## UPCOMING EVENTS

### Schedule of Events

- 7/4 Center Closed
- 7/11 Crochet & Quilting grp
- 7/12 Carry In Lunch
- 7/16 Biscuits & Gravy
- 7/22-7/23 Hunters Safety Class
- 7/25 Crochet & Quilting grp.

#### 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, July 12th

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



## 4TH OF JULY FIRECRACKER DOGS

### Ingredients

- 1 can refrigerated breadstick dough
- 2 packages— 16 hot dogs
- 16 thick slices Colby cheese
- 16 skewers

### Cooking Directions

1. First take your skewers and stick them all the way through your hot dogs leaving about an inch and a half exposed out of the top of each hot dog. Then take a piece of breadstick dough and carefully wrap it around the hot dog until you get to the top.

Place the wrapped dogs on a silpat (non stick baking liner) or parchment paper and bake according to the package directions for the breadstick dough. It took us about 20 minutes at 350.

2. While the hot dogs are cooking take out your cheese slices, the key to this step is to go to your grocers deli counter and ask for them to slice you pieces of cheese that are 1/4"-3/8" thick. Then using a small star cookie cutter cut out your stars. Depending on how big or small your cookie cutter is will determine

how many stars you get out of each slice of cheese. We could only get one star out of each slice.

3. After your dogs have cooled for 2-3 minutes stick the star through the skewer at the top.

We used a pail with a Styrofoam ball hidden by crinkly papers to display them here, which would also be a great way to display them at a gathering. You can also just layer them on top of each other on a plate. Enjoy!



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

### COMPUTER USE

Did you know you could come into the Center during normal business hours and use our computers? You can surf the web, type documents, or just play games anytime while we are open. No need to sign up, just stop by and we will get you signed on.

### POP TABS & BAGS

We want to take a moment to thank you all for the kind donation of pop tabs and plastic newspaper bags over the last few months. We need to be able to keep track of who bring things in. If you could find the clip board and sign in

when you bring these items it would be very helpful.

### SUMMERTIME

It is budgeting time and renewal of contracts. This is the busiest time of the year for the Director of the Center. If you notice that Pam's door is closed more often these next few months please know its temporary. For most people the end of the year is busiest, this is our busy time. Hope everyone has a great summer!

**"Alone we can do so little, together we can do so much."  
-Helen Keller**



**Welcome**  
Glad you're here!

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

*Jerry Farabough*  
*Janice Headgepath*  
*Hope Just*  
*Tricia Rotman*  
*Marilyn Lies*

## UPCOMING EVENTS CONTINUED

### Crochet/Quilting Group

Do you enjoy crocheting, knitting, or quilting but don't find the time to do it? Or do you have questions or need help? Or would you just like to be around other people who share the same skill as you? If so this group is for you!

Date: Monday July 11th & 25th

Time: 7:00 pm

Location: Center Main Room

Cost: Free



# ZUMBA®

### Zumba Class

Zumba classes are starting back up again at the Center. Classes will be every Monday and Wednesday from 6pm to 7pm. Cost is \$20 a month or \$3 drop in per class.

Date: Every Monday and Wednesday

Time: 6:00 pm

Location: Center Main Room

Cost: \$20 a month or \$3 drop in fee

### VOLUNTEER DRIVER PROGRAM

Everyday the Center makes sure that home bound seniors are served a warm meal at lunch time. This would not be possible without the wonderful volunteers who give up their time and gas every week to deliver these meals to people. I just wanted to take a moment and recognize these amazing volunteers and tell them "THANK YOU" from the staff here at the Center and all the seniors you serve. It is kind people like you that make this world a better place to live. If you happen to see one of these people out and about be sure to tell them you appreciate what they are doing!

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

#### Volunteer Drivers

David Knoblauch

Normae Sullivan

Stephanie Doll

Gale Fleming

Don Watt

#### Back-up Drivers

JaNell Clark

Betty Jo Embry

Kate Kinkaid-Brinkerhoff

Elna Fitch

## CONTINUED FROM MAIN PAGE

Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities.

### **Who are the abusers of older adults?**

Abusers are both women and men. In almost 90% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

### **What makes an older adult vulnerable to abuse?**

Social isolation and mental impairment (such as dementia or Alzheimer's disease) are two factors. Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities.

### **What are the warning signs of elder abuse?**

- **Physical abuse, neglect, or mistreatment:** Bruises, pressure marks, broken bones, abrasions, burns
- **Emotional abuse:** Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult
- **Financial abuse:** Sudden changes in financial situations
- **Neglect:** Bedsores, unattended medical needs, poor hygiene, unusual weight loss

**Verbal or emotional abuse:** Belittling, threats, or other uses of power and control by individuals

### **What are the effects of elder abuse?**

Elders who have been abused have a 300% higher risk of death when compared to those who have not been mistreated. While likely underreported, elder financial abuse costs older Americans \$2.9 billion per year. Yet, financial exploitation is self-reported at rates higher than emotional, physical, and sexual abuse or neglect.

### **Are there criminal penalties for the abusers?**

Most states have penalties for those who victimize older adults. Increasingly, across the country, law enforcement officers and prosecutors are trained on elder abuse and ways to use criminal and civil laws to bring abusers to justice. Review elder justice laws, statistics and other state resources compiled by the NCEA.

### **How does a person make an elder abuse report?**

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman, or police. Access more information about local resources from the Eldercare Locator online or by calling 1-800-677-1116.

### **How can elder abuse be prevented?**

Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention. If you're an older adult, you can stay safe by:

- Taking care of your health.
- Seeking professional help for drug, alcohol, and depression concerns and urging family members to get help for these problems.
- Attending support groups for spouses and learning about domestic violence services.
- Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents.
- Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse.
- Posting and opening your own mail.
- Not giving personal information over the phone.
- Using direct deposit for all checks.
- Having your own phone.
- Reviewing your will periodically.

Knowing your rights. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns. If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.



# ***Sedgwick County Garden Tour***

The Sedgwick County Garden Tour features 7 or 8 local gardens each year. The gardens show a range of landscape and plant options that are suited to our area. This is a great way to get ideas for your own yard! The Garden Tour is typically held in mid to late May. This year a group of our participants visited all of these gardens on a day trip. These are some of the great pictures from the day. Thank you to all who came out and we hope more people can join next year.

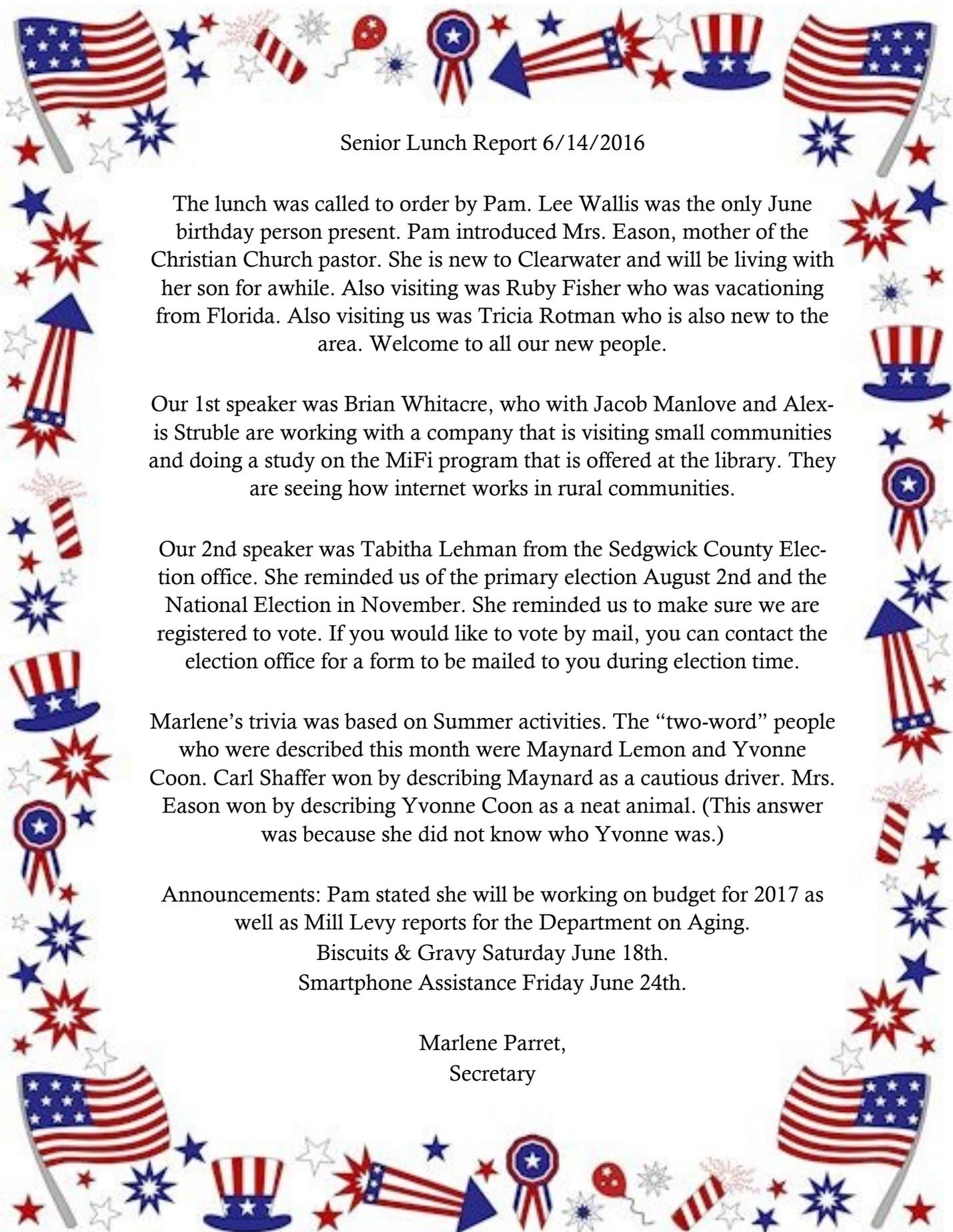


# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Tai Chi 8:45 am Exercise 10:00 am	<b>2</b>
<b>3</b>	<b>4</b> CENTER CLOSED 	<b>5</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>6</b> Morning Coffee 9am Zumba 6pm	<b>7</b> Bible Study (E-free) 10am AA 7pm-9pm	<b>8</b> Tai Chi 8:45 am Exercise 10:00 am	<b>9</b>
<b>10</b>	<b>11</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm Crochet/Quilting group 7pm	<b>12</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/Al Anon 7-9 pm	<b>13</b> Morning Coffee 9am Zumba 6pm	<b>14</b> Bible Study (E-Free) 10 am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	<b>15</b> Tai Chi 8:45 am Exercise 10:00 am	<b>16</b> Biscuits & Gravy 8am – 11 am
<b>17</b>	<b>18</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm	<b>19</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>20</b> Morning Coffee 9am Zumba 6pm	<b>21</b> BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	<b>22</b> Tai Chi 8:45 am Exercise 10:00 am Hunters Safety Class	<b>23</b> Hunters Safety Class
<b>24</b>	<b>25</b> Blood pressure √ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm Crochet/Quilting group 7pm	<b>26</b> Tai Chi 8:45 am Exercise 10 am AA/Al Anon 7pm-9pm	<b>27</b> Morning Coffee 9am Zumba 6pm	<b>28</b> BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	<b>29</b> Tai Chi 8:45 am Exercise 10:00 am	<b>30</b>
<b>31</b>						

July 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 20 - SERVING DAYS - 1 HOLIDAY

Mon	Tue	Wed	Thu	Fri
Birthday Day - July 14 Choice Days - July 18 & 21 Circled Days - meals that freeze well Independence Day Holiday - July 4				
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				
4 HOLIDAY	5 Easy chicken & broccoli pie Pickled beets Mandarin oranges Oatmeal cookie Milk	6 Potato stroganoff casserole Green beans Cantaloupe Wheat roll Chocolate pudding Milk	7 Ham & beans Parslied carrots Potatoes & onions Plums Cornbread Milk	8 Beef cutlet with Spanish sauce over rice Mixed greens salad/dressing Mixed fruit Wheat bread Milk
11 Hot turkey sandwich (mashed pot/gravy) (bread) Mixed vegetables Cranberry sauce Peach crisp Milk	12 Tuna salad on a Bun Cucumber & onion salad Strawberries Sugar cookie Milk	13 Ham & egg casserole Broccoli/carrot salad Orange juice Biscuit Milk	14 Meatloaf Au gratin potatoes Cauliflower bean salad Mixed fruit Peanut butter cake Roll Milk	15 Chicken fajita salad with Salsa (lettuce & tomato) Banana Gelatin Cinnamon roll (chips) Milk
18 Beef cutlet or Liver & onions Mashed potatoes/gravy Mixed vegetables Honey dew melon Roll Milk	19 BBQ pork on a Bun Baked potato Broccoli raisin salad Watermelon Milk	20 Turkey with Gravy Green beans Combination salad/Dressing Strawberries Roll Milk	21 Crunchy fish with tartar sauce OR Baked chix breast Macaroni & cheese Cole slaw Peaches No-bake cookie Milk	22 Tahitian chicken & rice Roasted zucchini Sliced tomato Gelatin with fruit Plums Bran muffin Milk
25 Chicken salad on a bun Tomato salad Banana 2 Tbsp Peanut butter Apple crisp Milk	26 Ham & Swiss broccoli pasta Cooked carrots Honey dew melon Cheddar dill bread Milk	27 Swedish steak Roasted garlic mashed pot. Black eye pea salad Apricots Bread Milk	28 Creamy chicken & veggie casserole Mixed green salad/dressing Strawberries & bananas Wheat roll Milk	29 Tuna or salmon patty Creamed peas Cucumber & onion salad Mixed fruit Bread Milk



### Senior Lunch Report 6/14/2016

The lunch was called to order by Pam. Lee Wallis was the only June birthday person present. Pam introduced Mrs. Eason, mother of the Christian Church pastor. She is new to Clearwater and will be living with her son for awhile. Also visiting was Ruby Fisher who was vacationing from Florida. Also visiting us was Tricia Rotman who is also new to the area. Welcome to all our new people.

Our 1st speaker was Brian Whitacre, who with Jacob Manlove and Alexis Struble are working with a company that is visiting small communities and doing a study on the MiFi program that is offered at the library. They are seeing how internet works in rural communities.

Our 2nd speaker was Tabitha Lehman from the Sedgwick County Election office. She reminded us of the primary election August 2nd and the National Election in November. She reminded us to make sure we are registered to vote. If you would like to vote by mail, you can contact the election office for a form to be mailed to you during election time.

Marlene's trivia was based on Summer activities. The "two-word" people who were described this month were Maynard Lemon and Yvonne Coon. Carl Shaffer won by describing Maynard as a cautious driver. Mrs. Eason won by describing Yvonne Coon as a neat animal. (This answer was because she did not know who Yvonne was.)

Announcements: Pam stated she will be working on budget for 2017 as well as Mill Levy reports for the Department on Aging.

Biscuits & Gravy Saturday June 18th.

Smartphone Assistance Friday June 24th.

Marlene Parret,  
Secretary

Clearwater Community  
Center  
921 E Janet Ave  
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620-584-2332



July 



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