



THE SCOOP

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



FIGHT THE BITE!

Mosquitoes are annoying! They can also cause serious health problems. These tiny insects spread diseases like West Nile Virus to humans and heartworms to our pets. The best way to avoid bites from these little suckers is to follow the 3 D's: Drain: Eliminate standing water; mosquitoes need water to breed. Check pots, gutters, tires, tarps, wagons,, wheelbarrows—anything that holds water. Change any standing water in wading pools, pet dishes and bird baths several times a week. And, use mosquito dunks or mosquito-eating fish in ponds and stagnant water. DEET: Use insect repellents that contain DEET. DEET offers the best protection against mosquito bites. Follow product label directions. Avoid over-application. DRESS: Wear long, loose-fitting clothing when outdoors, especially at dawn and dusk hours, which is when mosquitoes are most active.

West Nile Virus facts:

How its spread.

- West Nile virus infection is spread to humans and mammals such as horses by the bite of an infected mosquito.
- Mosquitoes are infected when they feed on the blood of infected birds.
- WNV cannot be spread person-to-person or mammal-to-person.

Symptoms:

- About 1 in 150 people infected with WNV develop severe illness that may require hospitalization, and about 30 will have a more mild illness.
- Mild symptoms can include fever, headache, body aches, nausea, vomiting, swollen lymph glands and skin rash.
- More severe symptoms include neck stiffness, disorientation, tremors, convulsions, muscle weakness, vision loss, numbness, paralysis and even coma or death.
- If you develop severe symptoms, seek medical attention immediately.
- Pregnant women and nursing mothers are encouraged to talk to their doctors if they develop symptoms

For more information about West Nile and mosquito bite prevention contact the Sedgwick County Health Department at 316-660-7300 or visit www.sedgwickcounty.org



*Sedgwick County...
working for you*

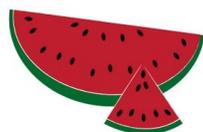
INSIDE THIS ISSUE:

Upcoming Events Pg 2, 4

Bits & Pieces Pg 3

Senior Lunch report Pg 9

Calendar/Lunch Menu Pg 7 & 8



JUNE BIRTHDAYS

“MAY YOU LIVE ALL THE DAYS OF YOUR LIFE” JONATHEN SWIFT

- | | | |
|-------------------------|---------------------|---------------------|
| Lee Wallis 6/01 | Bob Pugh 6/11 | Farol McMillan 6/18 |
| Maria Crowe 6/01 | Gary Freed 6/11 | Tom Hess 6/18 |
| Christene Robinson 6/02 | June Finney 6/12 | Jim Kendrick 6/18 |
| Betty Batten 6/04 | CP Comegys 6/14 | Joe Eash 6/23 |
| Valorie Glaser 6/07 | Sandra Cummins 6/15 | Leora Jeffries 6/24 |
| Larry Nickels 6/10 | Mary Mitchell 6/16 | Algie Strait 6/25 |
| Kenny Hughes 6/11 | Richard Vogel 6/17 | Lonnie Stieben 6/28 |



UPCOMING EVENTS

Schedule of Events

- 6/2 Matter of Balance class
- 6/3 Planning meeting
- 6/9 Matter of Balance class
- 6/14 Carry In Lunch
- 6/16 Matter of Balance class
- 6/18 Biscuits & Gravy
- 6/23 Matter of Balance class
- 6/24 Smartphone assistance

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, June 14th

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



CHEESECAKE STUFFED STRAWBERRIES

Ingredients:

- 24+ large, fresh strawberries (1½ to 2 lbs, depends on how much you fill them)
- 1 (8oz) package cream cheese, room temperature or softened slightly
- ½ cup powdered sugar
- 1 tsp vanilla extract
- ½ cup fresh blueberries

Directions:

1. Cut the stems from the strawberries, so the strawberries can sit cut-side down.
2. Cut a deep "X" from the tip down, being careful not to cut all the way through.
3. Beat the cream cheese, powdered sugar, and vanilla in a bowl with a hand mixer until nice and fluffy.
4. Gently open up each strawberry and pipe the filling inside using a pastry bag or zip-top bag with a star piping tip. Don't have a pastry bag or piping tip? Just cut off the corner of a zip-top bag and squeeze the cheesecake filling inside the strawberries that way.
5. Top each filled strawberry with

a blueberry. These are best served after the strawberries have been chilled for at least an hour. Store in an airtight container in the refrigerator up to 3 days depending on how firm/soft the strawberries are. (Thank you to City Clerk Courtney Meyer for sharing this recipe!)



BITS & PIECES (FROM PAM'S DESK)

BOOKS AT THE CENTER

Did you know you could check out books from the Community Center? We have recently gone through them all and arranged them nicely. Thank you to Marlene for taking the time to do this. We have everything from Romance to Westerns that anyone can check out. Stop by and take a look.

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!

**"Volunteers do not necessarily have the time; they just have the heart."
~ Elizabeth Andrew**

Planning Committee members

The planning committee is made up of 4-5 participants who meet once a month to help plan activities that people would like to see. We also cover issues, and needs within the Center. We currently have 2 openings and would like to add some new people to our group. We meet on the first Fridays of the month at 10 am. If you are a person who would like to help or if you would like to see some changes, give us a call and let us know. It is very rewarding to have a part and be the voice for others in the community. Please call 620-584-2332 or email communitycenter@clearwaterks.org



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 June 13th & 27th

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

Identity Theft Prevention Tips

We recently had 2 "Identity Theft workshops" here at the Center and they provided great information. We thought it would be nice to share with everyone.

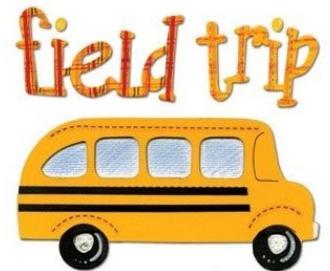
1. Shred financial documents and paperwork
2. Protect your social security number.
3. Don't give your personal information out over the phone, unless you initiated the call.
4. Never click on links from unsolicited emails and texts. (if you don't know who it is, don't open it)
5. Do not carry extra credit cards in your wallet or purse.
6. Don't use obvious passwords for online accounts.
7. Keep your personal information in a secure place at home.
8. Review a copy of your credit report on a regular basis.
9. Copy the contents of your wallet.
10. Order and review a copy of your Social Security earnings & benefits statement.
11. Do not mail bill payments and checks from your home.
12. Invest in an identity theft protection plan that provides restoration services.
13. Avoid paying with credit or debit card at the pump when you purchase gas.
14. Use gift cards when eating out to avoid giving strangers your credit or debit card.





Garden Tour 2016 Sponsored by Sedgwick County Extension Master Gardener Volunteer Program

Tour eight home gardens throughout the Wichita area, each with its own theme and plant selection.



Tour date and time:
 Friday, June 3, 2106 9:00 a.m. - 5:00 p.m.

Tickets are \$10.00 per person and give you entrance to all eight gardens.

We will be going as a group to this. If you are interested please call 620-584-2332 or email communitycenter@clearwaterks.org to sign up.

A MESSAGE FROM BETTY JO EMBRY

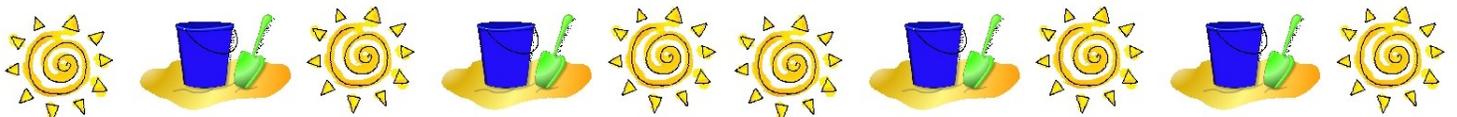
Betty Jo Embry is stepping down from her ministry with the "Safe Place." This is due to unforeseen circumstances. She states that with much prayer this work will continue with Mrs. Darlene Bailey, youth director of Mending Place Church. The young people have volunteered to carry on the works. Mrs. Bailey has helped these past 3 years therefore she is knowledgeable. Let us not waiver in our giving to help her in the ministry. There are still 1,000 young vulnerable lost teens that are in need.

All donations can be dropped off at:

Mending Place Church South
 1513 S Galena
 Wichita, KS 67216
 Pastor Deonne Gates

Darlene and her husband are residents of Clearwater. Kelly is an employee of Charles Engineering. They have 4 children. This couples loves the Lord and serve him. Kelly is involved in a jail house ministry and Darlene is a youth director. I have seen, listened, wept over so many lost, in despair young people. Lets not give up on them.

All the Lords Glory and Praise,
 Betty Jo Embry





SMARTPHONE ASSISTANCE

Friday, June 24, 2016

By appointment, from 12:00 to 3:00 p.m.

**Clearwater Community Center
921 Janet Avenue
Clearwater, Kansas**

- **Need help setting up email?**
- **Downloading apps?**
- **Texting pictures?**

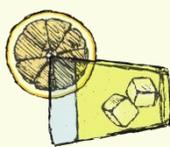
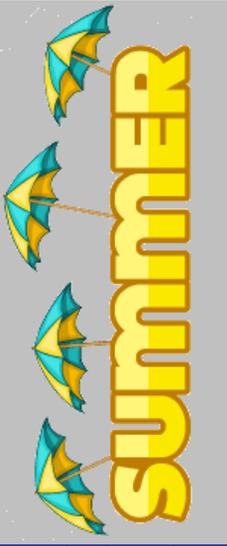
SKT employees will be available by appointment to help answer questions you may have about your smartphone.

***Please call Pam at the Community Center
to sign up for a time:***

620.584.2332



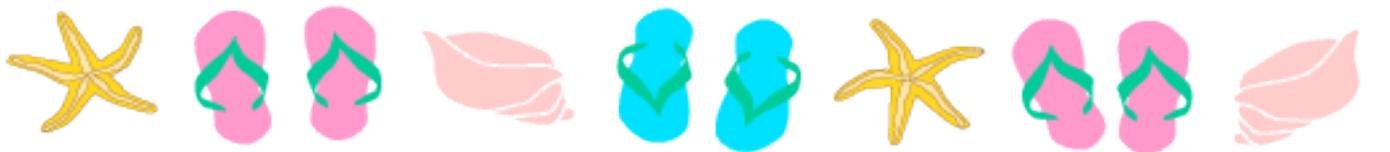
June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Morning Coffee 9am Zumba 6pm	2 BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	3 Tai Chi 8:45 am Exercise 10:00 am Planning meeting 10 am Garden Tour 9am-3pm	4
5 	6 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm	7 Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	8 Morning Coffee 9am Zumba 6pm	9 Bible Study (E-Free) 10 am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	10 Tai Chi 8:45 am Exercise 10:00 am	11
12 	13 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm Crochet/Quilting group 7pm	14 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	15 Morning Coffee 9am Zumba 6pm	16 BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	17 Tai Chi 8:45 am Exercise 10:00 am	18 Biscuits & Gravy 8am – 11 am
19 	20 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm	21 Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	22 Morning Coffee 9am Zumba 6pm	23 BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm	24 Tai Chi 8:45 am Exercise 10:00 am Smartphone Assistance by appointment 12p-3p	25
26 	27 Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm Zumba 6pm Crochet/Quilting group 7pm	28 Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	29 Morning Coffee 9am Zumba 6pm	30 BYOD 9am Bible Study (E-free) 10am Matter of Balance Class at 1pm (reg. closed) AA 7pm-9pm		

June 2016

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 22 - SERVING DAYS

Mon	Tue	Wed	Thu	Fri
Birthday Day - June 9 Choice Days - June 2 & 23 Circled Days - meals that freeze well				
6 Ham & beans Potatoes w/ onions Tomato slices Plums Combread Milk	7 Chicken chef salad (lettuce & tomato) Salad dressing Glazed blueberries Bread pudding Bread stick Milk	8 Beef cutlet with Spanish sauce over Rice Cooked cabbage Stewed apples Bread Milk	9 Oven fried chicken Potato salad Green beans Mixed fruit Chocolate cake Wheat roll Milk	10 Egg salad sandwich Bun Crackers-2 Broccoli cheese soup Mixed greens salad with Salad dressing Spiced peaches Milk
13 Salmon patty Creamed peas Sliced tomatoes Glazed blueberries Bread Milk	14 BBQ pork on a Bun Oven brown potatoes Cole slaw Mixed fruit Lemon bar Milk	15 Baked chicken Cauliflower Green lentil salad Apricots Wheat roll Milk	16 Mexican lasagna Combination salad with Salad dressing Carrots Applesauce Milk	17 Easy chicken & broccoli pie Harvard beets Mandarin oranges Oatmeal cookie Milk
20 Swedish ham balls Sweet potatoes Calico salad Pineapple Blueberry muffin Milk	21 Tuna pasta salad Three bean salad Strawberries Bread stick Cookie Milk	22 Chicken fajita salad (lettuce & tomato) Salsa Pickled beets Banana Cinnamon roll Milk	23 Beef cutlet OR Liver & onions Mashed potatoes/Gravy Mixed vegetables Apricots Wheat roll Milk	24 Chicken salad on a Bun Green pepper slaw Macaroni salad Blushing pears Milk
27 Creamed chicken over Biscuit Broccoli Beets Apricots Milk	28 Pork tips over Rice Cooked red & green cab- bage Applesauce Peanut butter cookie Roll Milk	29 Chicken fried steak Mashed potatoes/Cream gravy Sunshine salad Glazed blueberries Wheat bread Milk	30 BBQ turkey on a Bun Combination salad Salad dressing Pineapple Carrot cake 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



Senior Lunch report 5/10/2016

Pam called the group to order and introduced the speakers for the day. Nancy Milledge, the new pharmacist from the Clearwater Pharmacy and Justin Givens, the City Administrator.

Millie Whitlow was the only birthday person present.

Nancy was our first speaker. She explained the opening of our new pharmacy. It is owned by the Freeman family, that owns the pharmacy in Conway Springs. The open hours are Monday-Friday 9am-6pm. They also carry some over the counter items. They can transfer prescriptions from other pharmacies and offer free delivery.

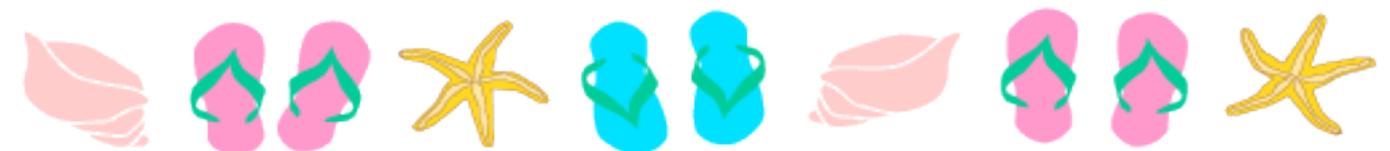
Justin explained the status of work still to be done on 4th street as well as some of the downtown intersections. Work is nearly complete on updating the local park play equipment, lighting and mulch. The swimming pool is getting prepared to open. July 4th plans are still in the works. He explained that the monthly water billing now includes a newsletter that comes out quarterly.

Announcements: 5-14 ID Theft Workshop, 5-19 BINGO, 5-25 Paint The Towne event, 6-3 Garden Tour in Wichita, KS.

Marlene's Trivia was based on Memorial Day traditions.

The 2-word description game on some of our group this month were on Mary Bacon and people said the following. She is faithful, kind, true lady, smiling, friendly, sweet, energetic, and a remarkable senior! The other person was Betty Jo Embry and people said the following about her. She is Gods servants, good works, always on the go, warm hearted, thoughtful, friendly, good friend, and a busy lady. Lee Wallis and Millie Whitlow were the winners.

Marlene Parret,
Secretary



Clearwater Community
Center
921 E Janet Ave
Clearwater, KS 67026
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