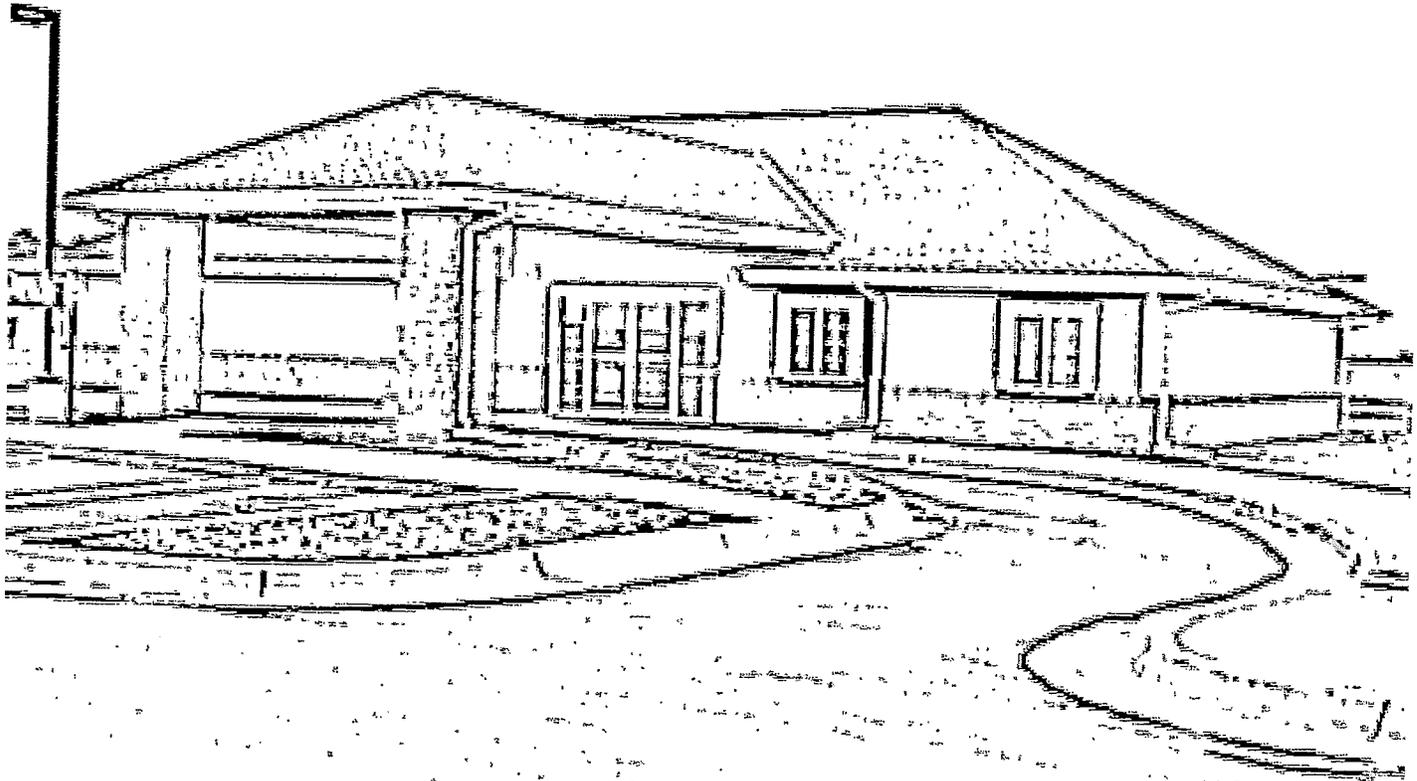




THE SCOOP

April 2008



Clearwater Senior and Community Center

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

CENTER UPDATES

In February, some of the women traveled by bus to the Kansas Learning Center for Health. The center features a plastic woman named Valeda. She is one of two still working in the United States. Valeda was made in Germany and has been in Halstead since 1963. She has been viewed by thousands of people a year. Many school children have viewed her with mixed emotions and gained a lot of knowledge on how the body works. As Valeda is describing a certain body part and how it works, the part lights up and she turns so the best possible view of that organ can be seen. They have several other displays showing the body and describing how it functions. The ladies all said it was very interesting and that they learned a lot about the body and its functions.

At our covered dish luncheon on March 11, we had more than 40 people in attendance. The guest speaker was Brad Kemp from the Kansas Coalition for Stem Cell Research. One of the main research backers for this type of cure is the American Diabetes Association. There are over 21 million Americans who suffer from diabetes. Most people in the research field believe that stem cell treatment may be able to cure the disease. We learned about the difference in the embryonic and the adult stem cells. The embryonic stem cell can reproduce almost any of the adult stem cells. This could cure many diseases which can not be cured using adult stem cells. Other stem cell research is being done in the fields of cancer, heart disease, Parkinson's, sickle cell, and spinal cord injuries. I believe that if this research can lead to a cure for one or more of these diseases, it would be a valuable research. However, I do not think that it is of any use if used for cloning. We should all be aware and keep abreast as best we can on the different researches that are taking place, not only here, but around the world.

The women are making Easter bags to be given out to residents in The Manor and The Village. It is good to help other people and see them enjoy simple little things.

The quilting class has finished for the spring and will start up again in the fall.

The painters had a very nice display of their art work. We have some very good artists, but will always welcome more people in the class.

The transportation activity is improving and we have received our first check. If you need a ride, call at least two days before--584-2332. The more people we take to different places, the more money we can make. The money goes to the Center as a fund-raiser.

Denny Stauth has about 4,000 old radio show recordings and is starting an Old Yesterday Program at the Center. Our first one will be Tuesday, April 22, at 12:30 p.m. We would like to make this a monthly event.

We are going to start a donation box at the Center for our service men and women. They need toothpaste, tooth brushes, deodorant, etc. We can send it overseas at no cost. Please help.

We would like your suggestions and input for projects we can do, such as ceramics, dances, etc.

As I am finishing my first year as the Director of the Clearwater Community and Senior Center, we have seen many changes.

Maggie Leibold and I attended the Department on Aging Conference in Wichita on March 13. It was a very interesting and informative meeting. One topic each speaker spoke on was change. As we all know, there are three forevers: taxes, change, and death. Another thing they talked about was getting out of our comfort zone. We must be flexible and accept change.

The speakers also talked about the Educational Programs and how important they are to every Center. There is an old saying, **IF YOU DON'T USE IT, YOU LOSE IT!** That is as important today as when it was first said. There are a couple of Centers which are at risk of losing their funding because of their lack of growth and activities. We **CAN NOT** allow this to happen in Clearwater.

In June of 2007 we opened a new facility which enables us to have more activities and provides room to grow. I would like to see us need to build on to our present facility and also put in a basement for storm shelter, not only for those in the Center and the Senior Complexes, but for anyone who wants to come.

Our goal is to be a Senior Level II facility by the year 2013 and receive the funding that comes with that designation. If you have forgotten, Senior Club qualifies a center to get \$5,000 from the Department on Aging. Senior Level I qualifies for \$18,000 per year. However, at Senior Level II that increases to \$35,000 per year. I assure you we can do more with that amount than at the Club level. We finished last year at the Senior Level II in all the required functions. Our goal this year is to do the same or more functions as last year. Those include: Base Line Activities of 10; Special Events of 15; and Educational Programs of 40. (That is if they do not increase the requirements for those levels.)

This is where you come in to help. We need 151 or more people 55 and over to come into the Center and sign in and fill out a participation card, then join in an activity and become a part of the Center. The most common excuse I have heard is "**I am not going down there as they are old people!**" Let me assure you, if you are 75 or older, most of the people are younger than you. Another saying we hear is " The mind is a terrible thing to waste". Older people have knowledge on many things--don't let it go to waste.

Another benefit the Center has to offer is social activity. People who socialize live longer and more enjoyable lives. Going on trips, eating together, playing games, singing, sewing, learning a new art or craft, meeting new people, or getting reacquainted with old friends are activities which can enrich our lives. You are a part of a community which advertises as "**CLEARWATER, A COMMUNITY WITH PRIDE!**" **WE DO NEED YOU!!**

Donations have been a great help to us at the Center. We thank each and every one of you who committed time, money, use of vehicles, work effort, appliances, furniture, etc. Your support of the various activities we have and are planning to bring to the Center is greatly appreciated.

LAUGHTER OR POINTS TO PONDER

During his spare time my brother, who is an attorney, volunteers on his town's fire and rescue squad. When I mentioned this to a friend, he smiled and said, "Let me get this straight. Your brother is a lawyer and an EMT? He doesn't have to chase the ambulance—because he is already in it?"

My mother has a "lead foot," so I was not surprised when a state trooper pulled us over as we speeding thru Georgia. Hoping to get by with a warning -, mom tried to appear shocked when the trooper walked up to the car. "I have never been stopped like this before," she said to the officer. "What do they usually do, ma'am," he asked, "shoot out the tires?"

One Saturday morning as mom was finishing the dinner dishes, my father stepped up behind her and asked, "Would you like to go out, girl?" Not even turning around, my mother quickly replied, "Oh, yes, I'd love to!" They had a wonderful evening and it wasn't until the end of the evening that my dad confessed that his question had actually been directed to the family dog laying at mom's feet.

An old, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he must have a home. He follow me into the house, down the hall, and fell asleep in a corner. A couple of hours later, he went to the door and I let him out. The next day he was back, resumed his position in the hall, and napped for a couple of hours. This continued for several weeks. Curious, I pinned a note to his collar: "Every afternoon your dog comes to my house for a nap." The next day he arrived with a different note: "He lives in a home with ten children—apparently he needs some quit time. Can I come with him tomorrow?"

Tongue twister

A flea and a fly where trapped in a flue
Imprisoned, so what could they do
Said the fly: "let us flee"
Said the flea: "lets us fly"
So they flew through a flaw in the flue

A young chap named Bill Beebee
Was in love with a lady called Phoebe
"But," he said, "I must see"
"What the clerical fee will be
Before Phoebe be Phoebe Beebee"

Christian one liners

Don't let your worries get the best of you, remember, Moses start out as a basket case.

Some people are kind, polite, and sweet-spirited until you try to sit in their pews.

APRIL BIRTHDAYS

9 Frank Heath	17 Roger Emberson
19 Clarene Weaver	20 Garland Fleming
22 Charles Hotvedt	24 James Benson
25 Farrell Callaway	28 Thomas Stauth
29 Jan Hopso	

APRIL ANNIVERSARIES

6 Mr. and Mrs. Don Fitch	24 Mr. and Mrs. Philip Wise
16 Mr. and Mrs. Bill Vandruff	

“MY COMFORT ZONE”

I used to have a “comfort zone” when I knew I couldn’t fail
The same four walls and busy work were more like a jail
I longed, so much, to do the things I’d never done before
I stayed within my “comfort zone” and paced the same old floor

I said it didn’t matter that I wasn’t doing much
I said I didn’t care for things like diamonds and such
I claimed to be so busy with things inside the zone
Deep inside I longed for something special of my own

I couldn’t let my life go, just watching others win
I held my breath, stepped outside and let the change begin
I took a step, with new found strength I’d never felt before
I kissed my “comfort zone” good-bye, I closed and locked the door

If you are in a “comfort zone” and afraid to venture out
Remember all winners were at one time filled with doubt
A step or two of praise can make your dreams come true
Greet your future with a smile, there are very special favors for you

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

APRIL 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SWISS STEAK BAKED POTATO GARDEN VEG. SALAD W/DRSG PEARS WHOLE WHEAT BREAD</p> <p>26 Gm Fat 740 Calories 591 mg Sodium</p> <p>1</p>	<p>SOFT TACO RED BEANS & ONIONS MANDARIN ORANGES OATMEAL COOKIES</p> <p>27 Gm Fat 802 Calories 1048mg Sodium</p> <p>2</p>	<p>ROAST PORK MASHED POTATOES PEA LETTUCE SALAD APPLE CRISP POTATO ROLL</p> <p>23 Gm Fat 841 Calories 625 mg Sodium</p> <p>3</p>	<p>TURKEY RICE CASSEROLE BROCCOLI STRAWBERRIES & BANANAS DINNER ROLL</p> <p>19 Gm Fat 675 Calories 925 mg Sodium</p> <p>4</p>	
<p>COUNTRY BEEF CASSEROLE CAULIFLOWER APRICOTS SUGAR COOKIES WHOLE WHEAT BREAD</p> <p>26 Gm Fat 711 Calories 705 mg Sodium</p> <p>7</p>	<p>CHEESEBURGER ON BUN CALICO BAKED BEANS COLESLAW PINEAPPLE SAUCE</p> <p>25 Gm Fat 801 Calories 935 mg Sodium</p> <p>9</p>	<p>PEPPER STRIP STEAK BAKED POTATO MIXED GREEN SALAD W/DRSG SUGAR & SPICE APPLES DINNER ROLL</p> <p>30 Gm Fat 802 Calories 858 mg Sodium</p> <p>10</p>	<p>BROCCOLI HAM CASSEROLE CORN FRESH BANANA TAPIOCA PUDDING DINNER ROLL</p> <p>17 Gm Fat 694 Calories 1261 mg Sodium</p> <p>11</p>	
<p>ITALIAN NOODLE CASSEROLE CALIFORNIA VEGETABLES PINEAPPLE CHUNKS FRENCH BREAD</p> <p>20 Gm Fat 741 Calories 1095 mg Sodium</p> <p>14</p>	<p>BEEF PATTY WITH MUSHROOM GRAVY MASHED POTATOES MARINATED GREEN BEANS APRICOTS WHOLE WHEAT BREAD</p> <p>28 Gm Fat 722 Calories 796 mg Sodium</p> <p>16</p>	<p>TURKEY PRIMAVERA BUTTERED CABBAGE APPLESAUCE DINNER ROLL</p> <p>22 Gm Fat 684 Calories 986 mg Sodium</p> <p>17</p>	<p>SLOPPY JOE ON BUN MEDITERRANEAN VEGETABLES ROTINI PASTA SALAD STRAWBERRY PEAR GELATIN</p> <p>23 Gm Fat 700 Calories 962 mg Sodium</p> <p>18</p>	
<p>CHILI CHEESE POTATO CAPRI VEGETABLES PEARS WHOLE WHEAT BREAD</p> <p>18 Gm Fat 671 Calories 689 mg Sodium</p> <p>21</p>	<p>CHICKEN CACCIATORE RICE SPINACH SALAD W/DRSG CRANBERRY ORANGE GELATIN POTATO ROLL</p> <p>9 Gm Fat 652 Calories 882 mg Sodium</p> <p>23</p>	<p>MEXICAN STYLE GROUND BEEF COMBINATION SALAD W/DRSG FRUIT MEDLEY DINNER ROLL</p> <p>40 Gm Fat 785 Calories 1158 mg Sodium</p> <p>24</p>	<p>BBQ BEEF BRISKET ON BUN COLESLAW WITH CARROTS FRESH APPLE GELATIN CAKE</p> <p>33 Gm Fat 913 Calories 848 mg Sodium</p> <p>25</p>	
<p>LIVER & ONIONS BAKED POTATO PICKLED BEETS PINEAPPLE CHUNKS WHOLE WHEAT BREAD</p> <p>17 Gm Fat 775 Calories 795 mg Sodium</p> <p>28</p>	<p>MEAT LOAF MASHED POTATOES ROMAINE SALAD W/DRSG PEACHES WHOLE WHEAT BREAD</p> <p>25 Gm Fat 707 Calories 872 mg Sodium</p> <p>30</p>	<p>CONTAINS TURKEY CONTAINS PORK</p>	 <p>APRIL SHOWERS BRING MAY FLOWERS</p>	

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:30 Pitch Club 9:30 Quilting 10AM Exercise 7PM AA	2	3 9:30 Arts & Crafts 7PM AA	4 4-8 Card Games 10AM Exercise	5 7PM Jam Session
6	7 9:30 Beg Paint 1PM Ad Painting	8 Carry in Lunch 7PM AA	9	10 9:30 Arts & Crafts 7PM AA	11 4-8 Card Games 10AM Exercise 5:30 Fall Prevention	12
13	14 9:30 Beg Paint 1PM Ad Painting 6:30PM Fall Festival Meeting	15 1 Bridge Club 10AM Exercise 7PM AA	16	17 9:30 Arts & Crafts 7PM AA	18 4-8 Card Games 10AM Exercise	19 7AM Biscuits & Sausage Breakfast
20	21 9:30 Beg Paint 1PM Ad Painting	22 10AM Exercise 12:30PM Remember When 7PM AA	23	24 9:30 Arts & Crafts 7PM AA	25 10AM Exercise 4-8 Card Games	26 7PM Family Bingo
27	28 9:30 Beg Paint 1PM Ad Painting	29 10AM Exercise	30***NOTE TIME CHANGE FOR CARDS ON FRIDAYS	REMEMBER WHEN --IS OLD TIME SHOW COME & REMISE WITH US	###WE NEED MORE PEOPLE AT OUR CLASSES ANS EVENTS	

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