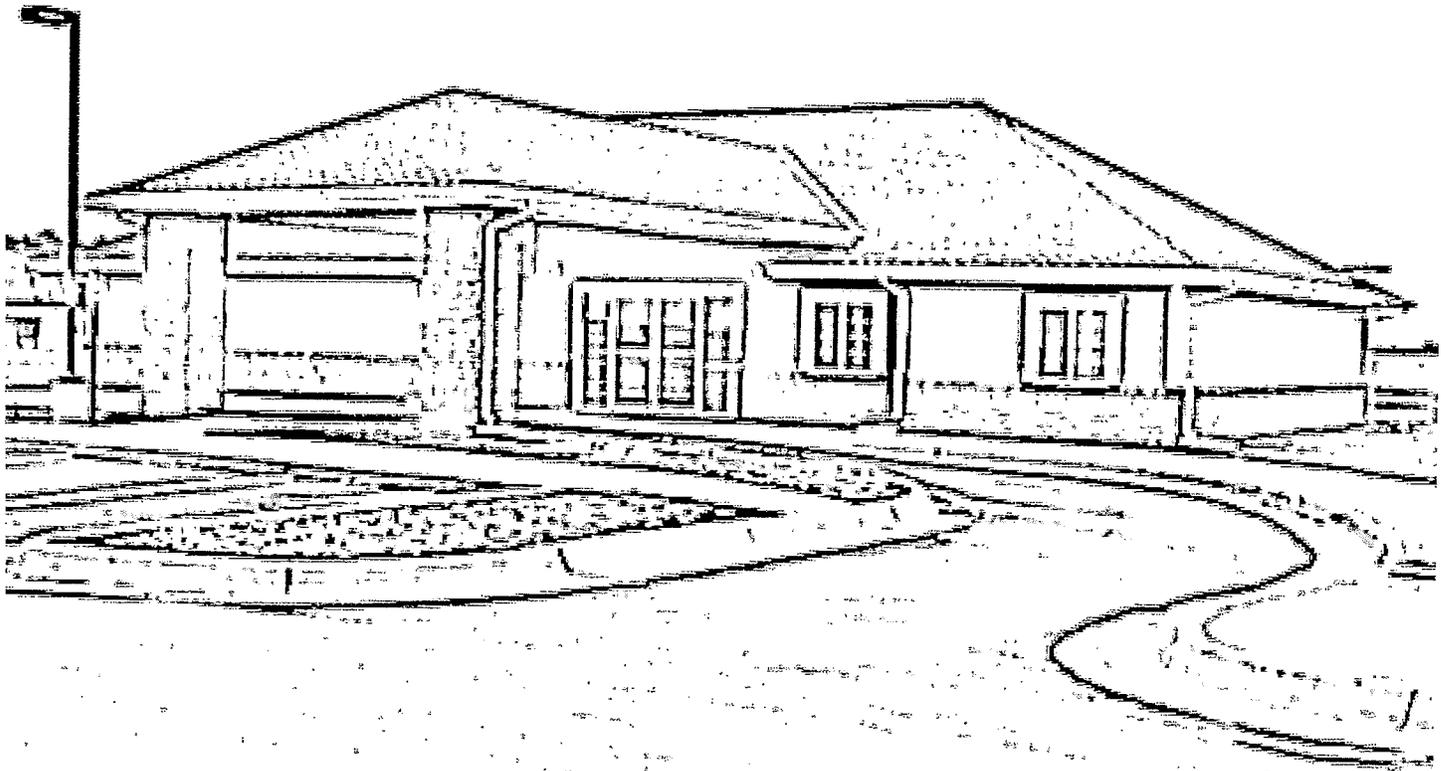




THE SCOOP

February 2008



Clearwater Senior and Community Center

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

CENTER UPDATES

ADVISORY BOARD: Election was held with the following results: Chairperson Judy Armstrong, Co-chair–Terry Sullivan, Secretary–Carla Butterfield, Supervisor for Education and special events–Joan Fleming, Member at Large–James Charles. Items that were discussed were; mail the “Scoop” to all households of people 55 and over for 3 months, have a garage sale for people who live outside the city limits in conjunction with the city wide garage sale, holding a business trade fair, fall festival, calling committee and the transportation committee.

Planning Committee: Election results are as follows; Chairperson–Maggie Leibold, Co-chair–Lois Winters, Secretary–Barbara Hufford, Education and Special Events Jo Clutts and June Finney. Jo and June already have planned trips to Halstead and Wichita State to see the Lewis and Clark exhibit. We are going to have more activities than last year, so we need to be reading the “Scoop” and we will be calling you when a Special Event is going to take place.

Our first Friday night talk was a real success with about 36 people in attendance. Police Chief Kim Demars, Officer Gene Garcia, Sherilyn Ward, and Rae Gibbs gave us a lot of tips involving identity theft. It is amazing to me as to what crooks can think of and at what lengths they will go to get your information. We had a lot of questions and those that missed the presentation lost out on many helpful ideas. Just as a warning, do not give out any information about money or your living conditions.

Starting with the first Wednesday in February, the 6th, and then each on the 13th, 20th, and 27th we will have taxes figured by Neal Hollar from AARP. There is no charge to have your taxes figured. He will start at 8:30 A.M. and go to about 3:30 P.M. You must call in for a time slot. There have been some changes this year. We have a copy of what needs to be brought in with you when you come to have your taxes figured. Call 584-2332 for an appointment time.

Lewis Kellogg from the Wellness Center talked on the importance of exercise. He had us up and doing some easy exercises that are good for the body, some you can do sitting or holding on to a chair. We need people to start an exercise program here at the Center. This class will be less strenuous, but still help tone the body and keep the mind active.

GUIDELINES FOR 2007 SENIOR STANDARDS

ACTIVITY	SENIOR CLUB	SENIOR CENTER 1	SENOIR CENTER 2
BASELINE	3	7	10
SPECIAL EVENT	4	10	15
EDUCATION	8	35	40
CONTRACT DOLLARS	\$5,000	\$18,000	\$35,000
ATTENDANCE LEVEL	1-100	101-150	151-200
HOURS OPEN		4 TO 6	6 TO 8
DIRECTOR		PART TIME	PART TIME
SUMMIT MEETING	4 QUARTERLY	4 QUARTERLY	4 QUARTERLY
REPORTS	BI-ANNUAL	BI-ANNUAL	BI-ANNUAL
SIGN IN SHEETS	MAINTAIN DAILY	MAINTAIN DAILY	MAINTAIN DAILY
DIRECTOR EDUCATION			6 HOURS
CLEARWATER MET OR SURPASSED ALL THE STANDARDS FOR SENIOR LEVEL			
2 FOR THE YEAR OF 2007		THANKS TO EVERYONE INVOLVED	

NOW THAT WE HAVE MADE OUR 2007 GOALS, IT IS ESSENTIAL THAT WE MAINTAIN OR EXCEED THAT HIGH STANDARD FOR THE YEAR OF 2008. WE MAY HAVE TO INCREASE SOME OF THE ACTIVITIES, AS WE HAVE NOT RECEIVED OUR GUIDELINES FOR THE YEAR OF 2008.

OUR TOTALS FOR 2007 ARE AS FOLLOWS: BASELINE REQUIREMENT WAS 10, WE DID 11; SPECIAL EVENTS WAS 15, WE DID 21; EDUCATION WAS 40, WE DID 44; THE ATTENDANCE WAS 151 MINIMUM, WE REACH 172.

AS I SAID BEFORE, THIS WAS ACCOMPLISHED BY THE WORK OF A LOT OF PEOPLE, INCLUDING THE VOLUNTEERS, TEACHERS, THOSE THAT SPOKE ON THE VARIOUS SUBJECTS, THOSE DONATING THEIR TIME AND EQUIPMENT FOR OUR ACTIVITIES AND THE SUPPORT OF THE COMMUNITY.

FEBRUARY BIRTHDAYS

1 Gary Nickelson	2 Trudy Doll
3 Jackie Frischenmeyer	5 Sue Noland
6 Don Wolf	6 Yvonne Coon
9 Vivian Maehtlen	13 Diane Truax
14 Herman Tjaden	14 Ron Higgens
15 Joyce Pulliam	18 Conway Stevens
22 Betty Joe House	22 Jack Bates
24 Ida Lou Combs	27 David I. Papish
28 Betty Gannaway	28 Fred Speer

FEBRUARY ANNIVERSARIES

2 Mr. and Mrs. Ken Chambers	9 Mr. and Mrs. Gary Wise
10 Mr. and Mrs. Van Tjaden	17 Mr. and Mrs. Gary Morehead
25 Mr. and Mrs. Dale Johnson	

EXERCISE–BETTER HEALTH–MORE ENERGY–BETTER CIRCULATION

DO YOU NEED ANY OF THESE? If the answer is YES, then you need to come to the new SENIOR EXERCISE CLASS at the Community Center. The class will be led by Lewis Kellogg and Robert Pugh. Call the center to sign up for this valuable program, 584-2332.

The two Senior instructors will cater the class to the average ability and the group needs. These will include the following: (A) Warm-up march or walking in place, (B) Stretching limbs, (C) Flexing joints, (D) Strength building muscles, (E) Balance for stability, (F) Sharpening memory, (G) Group interaction, and (H) Informative health tips. All of the above will help you be more independent of others.

WE NEED YOUR PARTICIPATION TO MAKE THIS HAPPEN!! PLEASE HELP.

LAUGHTER OR POINTS TO PONDER

One Sunday, a minister played hooky from church so he could shoot a round of golf. St Peter, looking down from Heaven, seethed. "You're going to let him get away with this, God?"

The Lord shook his head.

The minister took his first shot. The ball soared through the air 420 yards and dropped into the cup for a hole in one. St Peter was outraged. "Thought you were going to punish him!"

The Lord shrugged. "Who's he going to tell?"

One day at a local café, a woman suddenly called out, "My daughter's choking! She swallowed a nickel! Please, anyone, help!"

Immediately a man at a nearby table rushed up to her and said he was experienced in these situations. He calmly stepped over to the girl, then with no look of concern, wrapped his arms around her and squeezed. Out popped the nickel.

The man returned to his table as if nothing had happened.

"Thank you!" the mother cried. "Tell me, are you a doctor?"

"No," the man replied. "I work for the IRS."

A teenager was in my boutique for at least an hour choosing the perfect dress for a party. But the next day, she was back with the outfit.

"Can I exchange this for something else?" she asked.

I was surprised, but couldn't argue with her explanation: "My parents like it."

My father used to say, "Don't raise your voice. Improve your argument."

A clear conscience is usually a sign of a bad memory.

I live by the truth that "No" is a complete sentence.

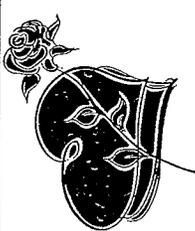
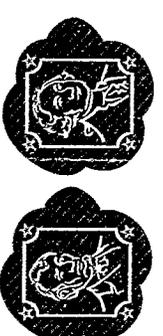
Nothing bad can happen if you haven't hit the Send key.

I'd offered to drive my moth-in-law to the doctor's. But when I arrived at her house, I found her gossiping away with a neighbor.

"Mom, we've got to go," I interjected, but she couldn't hear me over the chatter.

"Mom!" I repeated as I pulled her away.

"Sorry, but I didn't know what to do," she said, getting into the car. "That woman wouldn't stop listening to me."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊙ CONTAINS PORK 	 <p>GROUND HOG DAY</p>	 <p>VALENTINE'S DAY</p>	 <p>PRESIDENT'S DAY</p>	<p>HONEY MUSTARD CHICKEN CREAMY SCALLOPED POTATOES MARINATED GREEN BEANS PINEAPPLE CHUNKS WHOLE WHEAT BREAD</p> <p>19 Gm Fat 726 Calories 916 mg Sodium 1</p>
<p>BEEF & MACARONI CARROTS APPLESAUCE VANILLA WAFERS WHOLE WHEAT BREAD</p> <p>23 Gm Fat 687 Calories 723 mg Sodium 4</p>	<p>SLOPPY JOE ON BUN CALIFORNIA VEGETABLES ROTINI PASTA SALAD STRAWBERRY PEAR GELATIN</p> <p>22 Gm Fat 693 Calories 958 mg Sodium 5</p>	<p>TUNA SALAD ON WHEAT BUN PEAS & ONIONS PINEAPPLE AMBROSIA</p> <p>19 Gm Fat 669 Calories 808 mg Sodium 6</p>	<p>CHICKEN TORTILLA SOUP CAULIFLOWER MANDARIN ORANGES SODIUM FREE CRACKERS</p> <p>26 Gm Fat 726 Calories 944 mg Sodium 7</p>	<p>BROCCOLI HAM CASSEROLE CORN FRESH BANANA TAPIOCA PUDDING WHOLE WHEAT BREAD</p> <p>17 Gm Fat 694 Calories 1271 mg Sodium 8</p>
<p>CHEESE BURGER ON BUN CALICO BAKED BEANS COLESLAW APRICOTS</p> <p>25 Gm Fat 784 Calories 924 mg Sodium 11</p>	<p>SWISS STEAK CREAMY SCALLOPED POTATOES LOOSE LEAF SALAD W/DRSG TROPICAL FRUIT MIX WHOLE WHEAT BREAD</p> <p>25 Gm Fat 761 Calories 626 mg Sodium 12</p>	<p>MEAT LOAF MASHED POTATOES PICKLED BEETS PEACHES WHOLE WHEAT BREAD</p> <p>25 Gm Fat 763 Calories 1003 mg Sodium 13</p>	<p>TURKEY POT PIE W/BISCUIT BRUSSELS SPROUTS FRESH APPLE</p> <p>27 Gm Fat 756 Calories 1212 mg Sodium 14</p>	<p>CHILI CHEESE POTATO ROMAINE SALAD W/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>18 Gm Fat 658 Calories 665 mg Sodium 15</p>
<p>CLOSED FOR PRESIDENT'S DAY</p>	<p>BEEF STEW BROCCOLI SALAD DOUBLE CHERRY GELATIN CRACKERS</p> <p>19 Gm Fat 668 Calories 916 mg Sodium 19</p>	<p>TACO SALAD CALICO CORN FRESH ORANGE</p> <p>28 Gm Fat 657 Calories 777 mg Sodium 20</p>	<p>ITALIAN NOODLE CASSEROLE CAPRI VEGETABLES PINEAPPLE CHUNKS APPLE PIE DINNER ROLL</p> <p>34 Gm Fat 933 Calories 1133 mg Sodium 21</p>	<p>HAM & BEANS WITH ONION COMBINATION SALAD W/DRSG PEACHES PEANUT BUTTER COOKIES CORN BREAD</p> <p>17 Gm Fat 631 Calories 1076 mg Sodium 22</p>
<p>BEEF HASH CALIFORNIA VEGETABLES SUMMER LIME GELATIN WHOLE WHEAT BREAD</p> <p>21 Gm Fat 696 Calories 795 mg Sodium 25</p>	<p>MEXICAN BEEF PATTY SPANISH RICE PEA LETTUCE SALAD FRUIT MEDLEY DINNER ROLL</p> <p>23 Gm Fat 695 Calories 610 mg Sodium 26</p>	<p>TURKEY TETRAZININI BROCCOLI SUNSHINE APPLE JELLO POTATO ROLL</p> <p>20 Gm Fat 650 Calories 1112 mg Sodium 27</p>	<p>EGG SCRAMBLE W/BACON BITS TRI-TATOR STRAWBERRIES & APRICOTS HONEY WHEAT ENGLISH MUFFIN</p> <p>24 Gm Fat 659 Calories 919 mg Sodium 28</p>	<p>PEPPER STRIP STEAK MASHED POTATOES GARDEN VEG. SALAD W/DRSG FRESH ORANGE SPICE CAKE WITH RAISINS WHOLE WHEAT BREAD</p> <p>35 Gm Fat 936 Calories 1210 mg Sodium 29</p>

February 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 GAMES 1-4	2 JAM SESSION 7-10P.M. 8 A.M. BREAKFAST
3	4 ADVANCED PAINTING 1-3	5 ARTS AND CRAFTS 10 11:30 PITCH CLUB 1-4 7 P.M. AA	6 BINGO 1-3	7 7 P.M. AA	8 GAMES 1-4 P.M.	9 8 A.M. BREAKFAST	
10	11 ADVANCED PAINTING 1-3	12 COVERED DISH LUNCH 11:30-1:30 7 P.M. AA	13 BINGO 1-3	14 7 P.M. AA	15 GAMES 1-4 P.M.	16 BISCUITS & GRAVY BREAKFAST 7-10 A.M.	
17	18 ADVANCED PAINTING 1-3	19 BRIDGE CLUB 1-4 7 P.M. AA	20 BINGO 1-3	21 7 P.M. AA	22 GAMES 1-4 P.M.	23 BINGO 7-10 P.M. 8 A.M. BREAKFAST	
24	25 ADVANCED PAINTING 1-3	26 2P.M. BLOOD PRESSURE AND PULSE 7 P.M. AA	27 BINGO 1-3	28 7 P.M. AA	29 GAMES 1-4 P.M.		

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