

The Scoop

APRIL 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net



April B.D.'s

- 02 Mary Conley
 - 07 Cleo Vandruff
 - 08 Lois Croft
 - 08 Jim Frischenmeyer
 - 08 Mary Maitbie
 - 09 Sonja Booth
 - 09 Frank Heath
 - 11 Marvin Schauf
 - 18 Art Bodin
 - 18 Sharon Bonner
 - 18 Vonda Simpson
 - 19 Dorothy Sanders
 - 19 Clarene Weaver
 - 20 Jack Bonner
 - 20 Garland Fleming
 - 22 Charles Hotvedt
 - 23 Gayla Rinehart
 - 24 James Benson
 - 24 Jeff Laha
 - 25 Farrell Callaway
 - 27 Michelle York
 - 28 Denny Stauth
 - 29 Charlotte Dawson
 - 29 Jan Hopson
- *****

**Other Special Days
In April**

- *The first home phone was installed April 4, 1877.
- *The North Pole was discovered April 6, 1898.
- *The first public library opened in Petersborough, NH on April 9, 1833.
- *The first MacDonald's was opened by Ray Kroc in Des Plaines, IL, April 15, 1955.
- *William Shakespeare was born April 23, 1564.

MARCH FRIENDSHIP LUNCHEON

Hostesses for the March 9th Luncheon were Barbara Hufford, Farol McMillan, and Jean Watts. Their entrée was a delicious meat loaf. They had the tables decorated with a St. Patrick's Day theme. Very Pretty!

Elsie Bell was the only birthday honoree for March.

Guests for the day were the two speakers: Rita Linnens of Kansas Truck Mobility, 1521 So. Tyler Road; Kathy Hannemann, Senior Companion Program Director, 555 No. Woodlawn, Ste. 3105. Senior Companion is an affiliate of Mental Health Assoc. of So. Central Kansas.

Rita had a 2008 Dodge Caravan that she parked at the front door so interested parties could get in it, check out the van, and ask questions following her talk. She explained about portable ramps, hand controls, steering controls, pedal extensions, lifts for wheelchairs, front kneeling for easier entrance and exit. They also rent wheelchair vans. During her talk she gave prizes to folks for correct answers to her questions. Val Lange named the Dukes of Hazard's car. Jerry Stitt named Burt Reynolds car. Mary Jo McMahan identified 'BlueBird' as pertaining to school buses.

If you are interested in more information check out www.kansatruck.net or call 316-722-4291.



Left: Rita Linnens. Right: Kathy Hannemann.

Kathy's talk impressed a number of listeners as they learned of an established program that is available to us.

Senior Companions provide companionship to homebound seniors, help clients with household chores, alert caregivers of potential health problems, provide medication reminders, provide the transportation to doctors' appointments, and encourage them to do what it takes to remain healthy. Companions can become advocates for clients in need of proper care, but more than anything, Senior Companions are friends to their clients.

Kathy also had some word games with prizes going to Angie Shaver, Irline Kellogg, and Val Lange.

If you would like to know more about the program either as a Companion or a client, check out www.mhasck.org or call Kathy at 316-685-1821, ext. 521.

Following the inspiring talks, a short business meeting was held. The Flag Salute and National Anthem were led by Marlene Parret, minutes of the February meeting were read (and approved) by Barbara Hufford. Hostesses for the April meeting will be Mary Jo McMahan, Mary Mitchell, and Marlene Parret. Everyone is urged to make and wear a hat to the luncheon. A prize will be given for the best hat. April devotions will be given by Farol McMillan. The guest speak for April will be Dr. May. After his talk he will field questions from the group. Marlene led the group in singing 'Happy Birthday' to Elsie. Carl told of the trip to see "Thoroughly Modern Millie". We were reminded that Biscuits and Gravy will be served on the 20th. The meeting closed with devotions given by Mary Jo McMahan.

**February Educational Talks
(Received Too Late For March 'Scoop')**

Wendy Irwin of Angels Care Home Health of Winfield was here on Feb. 5th to talk with the exercise class and others about dehydration and the necessary amount of water intake. There were several discussions on the topic. They talked of the importance of water during exercise and when working outside in the hot sun. We've all heard about the eight glasses of water which most doctors recommend. Wendy said that when working outside and sweating a lot we probably need one ounce for 1/2 of body weight. One example is if you weigh 150 pounds you should have 75 ounces of water.

Lew Kellogg, exercise instructor, said, "Water keeps the body oiled and working smoothly."

Wendy complimented Lew and his assistant, Robert Pugh, on giving water breaks during the exercise class.

The subject of deep breathing and getting fresh air deep into the lungs was also brought up.

We are thankful for all of our participants. To modify an old World War II saying - "We want YOU to join us"- on each Tuesday and Friday morning from 10 to 11. This applies to men as well as women and you can work out as fast or as slow as you wish.

Bill Wagenbaur of Bright Star Home Health Care gave u a talk on keeping active with the mind on Feb. 26th. He spoke of how important it is to our health during simple tasks like learning new game, doing crossword puzzles, Sudoku puzzles, jumbles, cryptokuips, etc.

Coming together with the social activities also keeps the mind working and promotes a healthier life. As a bonus, he distributed large tote bags for carrying different objects and useful items.

**NEW HIGH SCHOOL EXIT EXAM
PASSING REQUIRES 4 CORRECT ANSWERS**

(I received this in an email from my cousin in Idaho.

I'm not sure this is really a requirement for graduation.)

1. How long did the Hundred Years War last?
2. Which country makes Panama Hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI's first name?
8. What color is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the color of the black box in a commercial airplane?

Senior Thoughts: 1) I'm a walking storeroom of facts....I've just lost the key to the storeroom door. 2) I'm sure everything I can't find is in a safe secure place, somewhere. 3) How can my kids be older than I feel sometimes? 4) I'm the life of the party....even if it lasts until 8 pm. 5) I'm good at opening childproof caps....with a hammer.

WHO TO CALL

THE SCOOP is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

Publisher: Carl Shaffer, 620-584-2332

commcenter@sktc.net

Editor: Ruby Fisher, 620-584-2866

ruby67026@sktc.net

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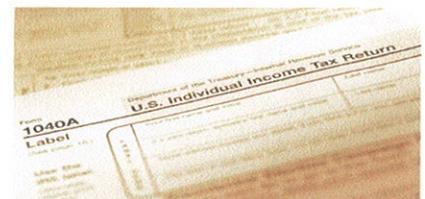
<http://www.clearwaterks.org>

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Co-Chair - Joan Fleming
Secretary - Carla Butterfield
Member at Large - James Charles
Member at Large - Marlene Hand

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Chair Pro Tem - Ruby Fisher
Co-Chair - Angie Shaver
Secretary - Barbara Hufford
Historian - Helen Fesnok
Education - June Finney
RSVP Program - Farol McMillan



A number of individuals were at the Center Saturday the 20th and Monday the 22nd to get assistance in filling out their IRS forms.

A qualified representative from AARP was on hand to make the task easier.

EVER WONDER?

- 1) Why don't you ever see the headline "Psychic Wins Lottery?"
- 2) Why is the man who invests all your money called a broker?
- 3) Why is the time of day with the slowest traffic called rush hour?
- 4) Why isn't there mouse-flavored cat food?
- 5) Why didn't Noah swat those two mosquitoes?
- 6) Why do they sterilize the needle for lethal injections?



Seventeen of us boarded the van donated by The River Church, driven by Carl Shaffer, and Carl's van driven by Val Lange, March 5th to see 'Thoroughly Modern Millie' at the Mary Jane Teall Theater at Century II. It was presented by Music Theatre for Young People which included students from 30 high schools in the surrounding area. The production started at 10 am and with one short intermission, was ended at near noon.

Following the musical we had lunch at Town & Country on W. Kellogg and returned to the Center by 2:30 pm.

This was a special performance for Seniors and students for only \$5.00 per person. Heck of a deal!



Hungry folks waiting patiently at Town & Country



If you are interested in attending 'Li'l Abner' with us call Carl at 584-2332 and let him get your name on the list. There are already over 10 signed up. Again the tickets are only \$5.00 and transportation will be provided. Carl needs to have you signed up and the money to him on or before Tuesday the 20th of April.

Short synopsis: Trouble begins in the corn-seed town of Dogpatch, USA when the government decided to wipe it off the map. Hilarious protests and a riotous Sadie Hawkins Day chase ensue. Based on the classic comic strip, Li'l Abner is packed with one show-stopping dance after another - pure entertainment for the whole family!

The musical is Friday, April 23rd at 10am.

Body Venture

Elementary West School had Body Venture set up at their school on March 3rd. This is a program sponsored by Child Nutrition and Wellness and by Kansas State Dept. of Education for students K through grade 5. Body Venture is about how to 'Eat Smart and Play Hard.'

Originally the exhibit was developed because children are flunking eating.

The children went through the ten parts of the body, each part lasting not more than 5 minutes. Each small group was accompanied by a supervisor as they learned about the body parts.

Corrie Garlow, Director of Food for USD 264 and a member of Clearwater Schools Health Council, was in charge of the program this year. The Health Council applied for a grant to bring the Body Venture to the Clearwater Schools. Body Venture is presented every other year. This was the second presentation to the schools here. Many folks were involved, setting up the exhibit, tearing it down, and presenting the materials. Eleven senior citizens volunteered for the sessions. It was fun to participate with the young people at this educational program.

Computer Trouble

The lady was having trouble with her computer. So she called Richard the 11 year old next door whose bedroom looks like Mission Control, and asked him to come over. He clicked a couple of buttons and solved the problem.

As he was walking away, she called after him, "So what was wrong?"

He replied, "It was an ID ten T error."

"What's that?" she asked, "in case I need to fix it again."

"Write it down," he said, "and I think you'll figure it out."

So she wrote down: I D 10 T.

She used to like her neighbor's son!

ANSWERS TO QUIZ ON PREVIOUS PAGE

- 1) 116 years. 2) Ecuador. 3) Sheep & Horses. 4) November.
- 5) Squirrel fur. 6) Dogs. 7) Albert. 8) Crimson. 9) New Zealand. 10) Orange.

WHAT DO YOU MEAN, YOU FAILED? ME, TOO!



***** It's Movie Time*****

Do you enjoy a good movie? Would you like to join folks at 'The Center' to watch a movie once a month? We'll have some new movies as well as some older ones that have good drawing power. Barbara Hufford was instrumental in getting this organized.

The first movie will be "The Blind Side" with Sandra Bullock to be shown Wednesday afternoon, April 21st. This is about a homeless boy who was picked up off the street and helped to make something of himself, a major league football player.

Popcorn is free but pop and candy bars are \$1.00 each.

Each movie begins at 1 pm the 3rd Wednesday of each month. See You There!!!!

RiverFest Buttons – RSVP Project

Again this year the Seniors are helping to package the RiverFest buttons w/information. The Clearwater group plans to assemble around 7,000 packets. They had a kick-off work day on Tuesday, March 26th, and were able to get their assembly line in gear to complete over 1700 packets. Those participating were Angie Shaver, Carl Shaffer, Clea Cornett, Farol McMillan, Ima Kinkaid, Pat Stewart and Ruby Morehead. As of this printing over 5,500 have been completed.

Later this year the Sedgwick County RSVP group will host a diner for all the workers.

March Jam Session

Entertainers at the March Jam Session were Arnold Gregg, Haysville, Thom Wilkins, Conway Springs; Max Tjaden and Charlotte & Roger Dawson, Clearwater.

Since this was the first Session of the year, we had no idea who might show up with an instrument. We were pleased to have Thom as a first timer. He sang some songs while accompanying himself on the guitar and others with canned background music. We were sorry to hear that Arnold's wife, who had been ill for some time, passed away just before Christmas. It's always a pleasure to have Max, Charlotte and Roger and their music.

The audience numbered around 25, but hope that it will increase as we get more musicians on a regular basis. It's always a fun evening.

The April 3rd Jam Session will be a surprise for all of us. Come Join Us For The Fun!!!!

Need Checked For Diabetes?

Wendy Irwin, Angels Health Care of Winfield, will be here at 11 am, May 11, to talk about diabetes. She will have a nurse with her who can check your feet to see if you might be borderline diabetic. Give them a listen!

March Biscuits & Gravy

We welcomed in the first day of Spring with our Biscuits and Gravy. The outside temperature was below 30 and we4 fought snow and ice to the door.

After getting inside where it was warm the hardy souls enjoyed their breakfasts. We were amazed to see Gladys Tridle join us around 9:15. She said it was probably her last trip outside for the day.

We were pleased and grateful to have Terry Sullivan and Jerry Stitt help all of the workers safely to their cars at the end of their shift.

We're looking forward to warm weather and flowers as we make our way to the Center for our April Biscuits and Gravy.

Senior Fun Day at KS Masonic Home

An area-wide Fun Day will be held at the Masonic Home, Seneca & Maple, Wichita, on Wednesday, April 28th, from 1 to 4 pm.

A group of the Clearwater Seniors will attend with the quilt they created in the Arts & Crafts classes and the Quilting classes. They will be selling chances on the quilt: \$1.00 each or 6 for \$5.00.

The drawing for the quilt will be held the last Saturday in August at our 3rd Annual Catfish Fry.

Geri Deninger has moved from Clearwater to Fountain, CO, to live with her daughter. She wanted to be with her children who are all in Colorado.

She came to live with me in 2000, but later, because I was working, she wanted her own place. I encouraged her to go to the luncheons and get involved with the Senior Center. She finally went and found that they needed a teacher for arts and crafts and also a painting teacher. She is very talented and loves to teach. She and Rose Meredith, who also loves arts and crafts, got together and helped a lot of people improve their talents.

She bought most of the materials for the arts and crafts and painting supplies with her own money. She was instrumental in helping start with a new building for the seniors. She was excited about the building and all the room to teach her classes. After a few years her health started failing and she had to quit her teaching. I was very interested in trying to find someone to keep the classes going.

She is my only sister from a family of 5 kids. I will miss her, as she is also my best friend.

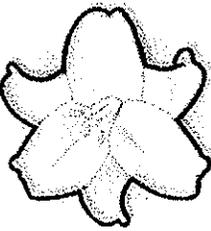
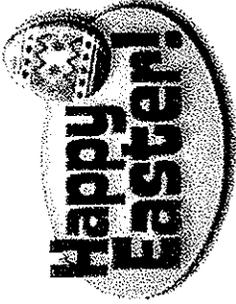
I love you, Geri.....Your sister, Maggie Liebold

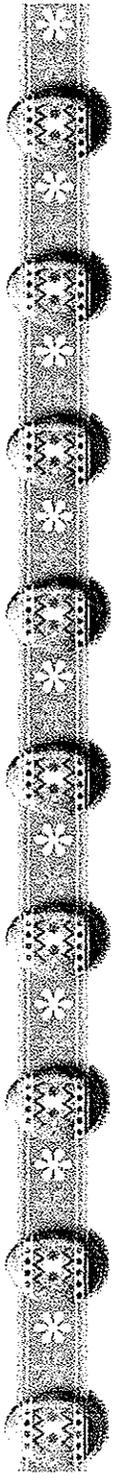
(If any of Geri's friends would like her address, phone number or email, please contact Maggie or 'The Center'.)

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

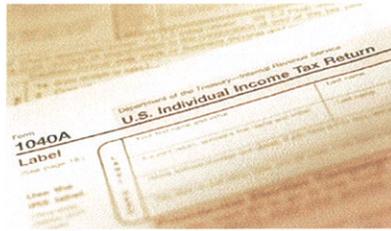
APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ◎ CONTAINS PORK 			LIVER & ONIONS MASHED POTATOES ROMAINE SALAD w/DRSG FRUIT COCKTAIL SUGAR COOKIES WHOLE WHEAT BREAD 19 Gm Fat 735 Calories 741 mg Sodium	TUNA SALAD on WHEAT GREEN PEAS MACARONI SALAD BERRY FRUIT MIX 14 Gm Fat 641 Calories 861 mg Sodium
CHICKEN GUMBO SOUP WHOLE KERNEL CORN MANDARIN ORANGES OATMEAL COOKIES SALTINE CRACKERS 19 Gm Fat 654 Calories 657 mg Sodium	<ul style="list-style-type: none"> ● TURKEY POT PIE BROCCOLI PINEAPPLE CHUNKS BISCUIT 25 Gm Fat 633 Calories 734 mg Sodium	CRANBERRY MEATBALL MASHED POTATOES SPINACH SALAD w/DRSG DICED PEACHES WHOLE WHEAT BREAD 25 Gm Fat 780 Calories 1,164 mg Sodium	◎ HAM & BEANS w/ONIONS DICED CARROTS FRUIT MIX w/STRAWBERRIES VANILLA PUDDING CORNBREAD 15 Gm Fat 714 Calories 1,176 mg Sodium	LEMON CHICKEN w/MUSHROOM SAUCE GARDEN RICE PILAF MIXED GREEN SALAD w/DRSG CINNAMON APPLESAUCE WHOLE WHEAT BREAD 19 Gm Fat 650 Calories 884 mg Sodium
SLOPPY JOE on BUN GREEN BEANS POTATO SALAD TROPICAL FRUIT 26 Gm Fat 690 Calories 835 mg Sodium	CHICKEN FAJITAS RED BEANS & ONIONS FRESH ORANGE 22 Gm Fat 693 Calories 786 mg Sodium	<ul style="list-style-type: none"> ● TURKEY & CAVATAPPI CALIFORNIA VEGETABLES FRUIT COCKTAIL CHOCOLATE PUDDING WHOLE WHEAT BREAD 19 Gm Fat 730 Calories 764 mg Sodium	SALISBURY STEAK MASHED POTATOES CUCUMBER TOMATO SALAD APRICOTS WHOLE WHEAT BREAD 29 Gm Fat 746 Calories 610 mg Sodium	◎ PORK STEW TOSSED SALAD w/DRSG JELLIED STRAWBERRY PEAR SALAD BISCUIT 20 Gm Fat 641 Calories 877 mg Sodium
ITALIAN CHICKEN CASSEROLE SPINACH ROSY APPLESAUCE OATMEAL COOKIES WHOLE WHEAT BREAD 23 Gm Fat 729 Calories 954 mg Sodium	<ul style="list-style-type: none"> ◎ HAM/LOAF w/CREAM GRAVY CREAMY SCALLOPED POTATOES COMBINATION SALAD w/DRSG SPRING FRUIT MIX POTATO ROLL 25 Gm Fat 837 Calories 1,063 mg Sodium	HAMBURGER on BUN CAPRI VEGETABLES PASTA SALAD FRESH BANANA 21 Gm Fat 672 Calories 570 mg Sodium	TACO SALAD GREEN PEAS CITRUS FRUIT MIX 27 Gm Fat 661 Calories 804 mg Sodium	<ul style="list-style-type: none"> ● ROAST TURKEY w/GRAVY MASHED POTATOES PICKLED BEETS FRUITY AMBROSIA WHOLE WHEAT BREAD 17 Gm Fat 670 Calories 1,155 mg Sodium
GROUND BEEF STROGANOFF GREEN BEANS FRESH ORANGE TAPIOCA PUDDING WHOLE WHEAT BREAD 31 Gm Fat 765 Calories 1,026 mg Sodium	APPLE CHICKEN WALNUT SALAD On WHOLE WHEAT BREAD LOOSE LEAF SALAD w/DRSG STRAWBERRIES & APRICOTS CHOCOLATE CHIP COOKIES 25 Gm Fat 710 Calories 690 mg Sodium	◎ BBQ PORK on BUN BROCCOLI MACARONI SALAD DICED PEACHES 21 Gm Fat 672 Calories 570 mg Sodium	SMOTHERED CHICKEN MASHED POTATOES GARDEN VEG. SALAD w/DRSG SUMMER LIME GELATIN POTATO ROLL 27 Gm Fat 661 Calories 804 mg Sodium	CHILI CHEESE POTATO WHOLE KERNEL CORN CAKE w/BLUEBERRY TOPPING WHOLE WHEAT BREAD 23 Gm Fat 670 Calories 1,155 mg Sodium
31 Gm Fat 765 Calories 1,026 mg Sodium	16 Gm Fat 709 Calories 745 mg Sodium	16 Gm Fat 659 Calories 583 mg Sodium	16 Gm Fat 709 Calories 745 mg Sodium	23 Gm Fat 892 Calories 900 mg Sodium

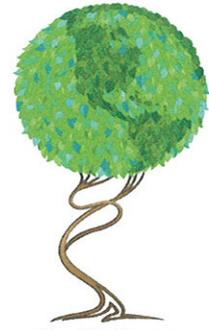




**Easter Sunday
April 4th**



**Income Taxes Due
April 15th**



**Earth Day
April 22nd**

Things to Think About

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

Opportunity may knock once, but temptation bangs on the front door forever.

The task ahead of us is never as great as the Power behind us.

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.

There is no greater treasure than a good friend!

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