

# The Scoop

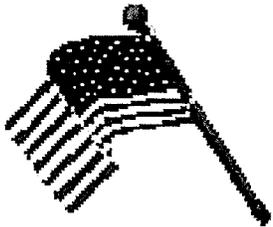


MAY 2010



## CLEARWATER

Armed Forces Day



620-584-2332

## COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue  
Clearwater, Kansas 67026



[commcenter@sktc.net](mailto:commcenter@sktc.net)



### May Birthdays

- 01 Judy Freed
- 01 Peggy Gregory
- 03 Jim McMinn
- 04 Anita McMillan
- 04 Que Smith
- 05 Merry Castor
- 05 Cheryl Kunkel
- 06 La Vina McEntire
- 06 Sallie West
- 06 William McMullin
- 08 Frances Robben
- 09 Weymouth Pearson
- 11 Mary Stafford
- 14 Bob Purvine
- 15 Lee Steen
- 16 Lola Mae True
- 16 Walt Porter
- 16 Joe Weaver
- 18 Al Coleman
- 18 Wayne Dunn
- 18 Donna Wise
- 22 Millie Whitlow
- 25 John Davis
- 26 Lois Slabach
- 27 Joyce Haivala
- 28 Gerry Benson
- 28 Norma Jean Watts
- 30 Greg Purdom
- 31 Katlyn Brant
- 31 Virginia Burt

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### Birthday Open House

Sallie West will be observing her 80<sup>th</sup> birthday at the Center from 11 am to 3 pm, Saturday, May 8.

Sallie's family is hosting the event. They have asked that it be only a card shower. No gifts please.

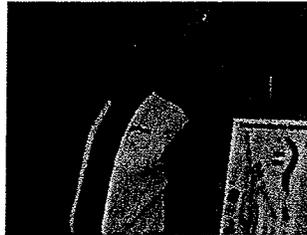
## April's Friendship Luncheon

Hostesses for this month were Mary Jo McMahan, Mary Mitchell and Marlene Parret. There were over thirty in attendance.

April birthday folks, Jan Hopson and Ed Yost, were serenaded by the group with the "Happy Birthday" song.

All the folks wearing hats lined up so that all hats could be seen. After careful consideration, Lindy May and Brenda Barrett, judges, declared Farol McMillan the winner of the \$10.00 prize certificate from Big John's.

After everyone filled their plates and were seated Carl introduced Dr. Karl L. May, D.C. who spoke on preventative measures to take for better health. He had several informative handouts for all present and fielded numerous questions from his audience. He also introduced Brenda Barrett who is certified in Therapeutic Massage. She spoke briefly on Geriatric Massage.



Dr. Karl May



Brenda & Lindy



Brad Bryant, WPD

The second speaker was Brad 'Bubs' Bryant of the Wichita Police Department who works with several county and state groups dealing with fraud. He impressed upon us that senior citizens are ripe for the picking according to many individuals and groups working outside the law. He gave numerous illustrations of how these swindlers bilk the public.

Both speakers had a great deal of important information that they shared with us.

The business meeting was called to order by Ruby Fisher. The first item of business was the election of officers of the Planning Committee for the following year. Officers will begin their duties at the May meeting.

The motion was made by Carl Shaffer that we re-elect those who now hold the offices of Education, June Finney; Secretary, Barbara Hufford; Co-chair, Angie Shaver; and Chairperson, Ruby Fisher. A second was given by Marlene Parret. The vote for the motion was unanimous.

The past president will also be an active member of the Planning Committee. This year it is Farol McMillan.

Announcements were made by several people. Peggy Brockman spoke on the quilting group. Barbara Hufford reminded us of the Wednesday Matinee Movie. Carl Shaffer asked us to get signed up and pay for the tickets to "Li'l Abner." Hostesses for the May meeting will be Angie Shaver, Ruby Morehead, and Twyla Wiggins. Farol McMillan will have the devotions.

The meeting adjourned at 2 o'clock.

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Friday afternoon, April 16, a group from the Center visited with and played cards at the home of Helen Fesnock. Helen had surgery and is unable to drive yet. Seven folks made the trip then returned to the Center for a light evening meal of beans & cornbread furnished by Barbara Hufford.

## ***Thank You, Thank You, Thank You***

My Dear Friends at the Clearwater Senior Center,  
Thank you so much for the calls, cards and visits from you all while I was in the hospital. Your friendship has meant the world to me. It will be a while before I'm able to be at the Center. Hopefully by the end of April I will be back to bug all of you.

Love you all, **Helen Fesnock**

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Lewis Kellogg and Bob Pugh wish to thank **Maggie Liebold** for the selection of Therma Bands she donated to the Tuesday/Friday exercise classes for Seniors at The Center.

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Carl Shaffer, director of the Community/Senior Center wishes to thank **Barbara Hufford** for donating 20 pounds of sausage to be used at the monthly Biscuits & Gravy meals.

Carl also wants to thank **Audrey & Bill Kenney**, Big John's Pizza & Sandwich, for donating the \$10.00 Gift Certificate that was given as the prize for the best hat at the April lunch.

Folks who attended Li'l Abner wish to thank The River Church for the loan of the van. They also thank Bruce & Jan Hopson for sharing their van.

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## ***April's Jam Session***

The April Jam Session was billed as a 'surprise' session because we had no idea if there would be any musicians there to entertain. As it turned out we had some fine entertainment!!!!

Charlotte and Roger Dawson arrived with a bass guitar, a rhythm guitar, a flute and Roger's deep baritone voice. Roger sang two songs that had musical interludes featuring Charlotte on the flute.

A really pleasant surprise was Wilda Coleman and her violin. Wilda played mostly old-time favorite waltzes that we all enjoyed. She played one that had the audience singing along with her.

Another surprise was Merry Castor. She came to sit back and enjoy listening to the music. It didn't take long for us to have the piano opened so she, too, could entertain the rest of us.

There were close to 25 music lovers who came to enjoy.

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**A group of seven folks from The Center** visited the Air Museum in Wichita on April 8 to view several of the older planes including the Swallow airplane.

When The Center sponsors a trip such as this or other activity that can be classified as an 'educational' outing, there must be at least four (4) people in attendance for it to be counted as an activity approved by the Active Aging group that keeps track of all Senior groups for the purpose of moving from one monetary level to the next.

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**Thought for the Month:** Women are angels. And when someone breaks our wings..... we simply continue to fly..... on a broom stick. **We are flexible.**

## **WHO TO CALL**

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

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275 copies are printed monthly for free distribution.

**THE SCOOP** can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

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## **ADVISORY COMMITTEE MEMBERS**

Chair - Terry Sullivan

Co-Chair - Joan Fleming

Secretary - Carla Butterfield

Member at Large - James Charles

Member at Large - Marlene Hand

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## **PLANNING COMMITTEE MEMBERS**

Chair - Ruby Fisher

Co-Chair - Angie Shaver

Secretary - Barbara Hufford

Historian - Helen Fesnock

Education - June Finney

RSVP Program - Farol McMillan

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## ***Movie Matinee***

The first movie matinee was a huge success. Seventeen folks were on hand to watch "The Blind Side" with Sandra Bullock.

It's not known at this time what the May movie will be, but there have been several really great movies ready to show.

See you May 19, 1:30 pm for SHOWTIME !

\*\*\*\*\*

**Tim Clark, Lyncore Med. Group, Inc., Kansas Area Patient Care Coordinator,** will be at the Center at 1 pm, Friday, May 7, to visit with anyone interested in learning more about diabetics' clothing needs.

If you have questions about diabetics' concerns, Clark will help you with the answers.

\*\*\*\*\*

**Johnny Western** retired from KFDI radio April 10<sup>th</sup> and has moved to Arizona. He will be missed by many listeners in the south-central part of Kansas. His stories of all the country-western stars, movies, road trips, and his musical talent will be missed.

#### **SENIOR GALA at RIVERFEST**

Riverfest is being celebrated May 7 - 15. On Wednesday, May 12, 6:30 to 9:30 pm, you can dance to the live music of Cool Blue sponsored by Via Christi Villages. Admission is free with a Riverfest button. (Buttons available at the door.)

In order for this to be considered one of the activities The Center participates in, there must be at least 4 people over the age of 55 attending. Surely there are two couples in this area who would enjoy dancing to some excellent Big Band music.

#### **ARMED FORCES DAY**

The Center will be observing Armed Forces Day on **Saturday, May 15** by extending an invitation to all service personnel and veterans in the area to be guests at our monthly Biscuits and Gravy breakfast from 7 to 10 am. . The American Legion members will be attending in uniform. We're hoping that other service personnel will also wear their uniforms.

**Robert Pugh**, American Legion Post #93 Commander, will be in attendance to welcome the service people. Also greeting and visiting with the Military personnel will be **State Representative Pete Degraaf**.

**Less than 50 folks showed for the April Biscuits & Gravy.** So sorry others missed our breakfast! This is a great meal for only \$4.00 (all you can eat). You can bring the whole family and sit around a table that seats six. We'll look forward to seeing you this month! Come pay respects to our local veterans and service personnel.

#### **Senior Summit Meeting**

Carl Shaffer, Director of the Community/Senior Center, attended the quarterly Summit Meeting in Wichita April 19. This is an area meeting that helps Centers to maintain their present status or help to qualify for additional monies.

The meeting focused on three main areas: the Riverfest, Silver Haired Legislature, and Elder Abuse. After listening to the speakers, Carl determined to have speakers come here to the Center to keep us informed on what is happening through the Silver-Haired Legislature, and help up be more aware of those who practice Elder Abuse.

#### **Senior Awareness Day**

This year's Awareness Day will be held at Botanical Gardens on June 6 from 11 am to 1:30 pm. The guest speaker will be Larry Hatteberg of KAKE-TV.

There is no charge to attend the meeting sponsored by Mental Health Association of South-Central Kansas.

#### **Friendship Luncheon - May 11**

The **May luncheon will begin at 11 am** when **Wendy Irwin**, Angels Health Care of Winfield, will be here to discuss problems with diabetes. She will have a nurse with her to check your feet if you wish to participate. She can tell you if you are borderline diabetic or need to contact your primary care physician for further testing.

We will be observing Mothers' Day by recognizing the oldest mother in attendance, the youngest mother present, and the mother with the most children.

Following the luncheon at 1 pm the **Blue Notes** of CHS, under the direction of Mrs. Charles, will perform for us.

Think about bringing a guest with you. There are many, many folks over 55 in Clearwater who have never seen the inside of the Center. Help them get acquainted with us and all our activities.

## Hat Day at April Luncheon



Barbara Hufford



Clela Cornett



Peggy Brockman



Doris Matthews



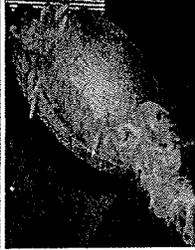
Farol McMillan



Grace Webb



Tell Me Who!



Jackie Matthews



Janetta Burriss



Jean Watts



Maggie Liebold



Marlene Parret



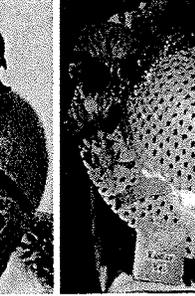
Twila Wiggins



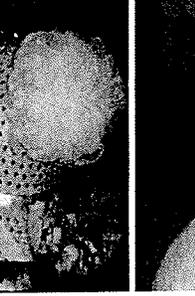
Phyllis Yost



Ed Yost



Mary Jo McMahan



Mildred Chitwood

### Tornado Season, Watches, and Warnings

In the U.S., 'tornado season' generally is in the spring when tornadoes are more prevalent from April through July, with May and June being the peak months. But like thunderstorms, tornadoes can form any time of the year.

The area in which tornadoes are most prevalent is known as 'tornado alley,' typically defined as the region from Texas north to Nebraska. But, tornadoes can and do occur in every state in the country.

\*Tornado Watch - Conditions are conducive to the development of tornadoes in and close to the watch area.

\* Tornado Warning - A tornado has actually been sighted by spotters or indicated on radar and is occurring or imminent in the warning area.

#### Tornado Facts:

- \* A tornado may be in close proximity to sunshine, or it may be totally enshrouded in heavy rain.
- \* Sometimes the air before a twister hits is eerily calm; in other cases strong, gusty winds are followed by a tornado.
- \* Large hail and tornadoes can be produced by the same thunderstorm. However, many hailstorms are not accompanied by tornadoes.
- \* While many tornadoes move from a southwest direction they can also travel from other directions such as west or northwest.
- \* The sound of a tornado has been likened to that of a freight train or a jet engine, but there is no guarantee that you will hear such a noise before it's too late.

Submitted by Kay Sands, Clearwater's Farm Bureau Insurance Agent

# May 2010

SUNDAY

MONDAY

TUESDAY

WED.

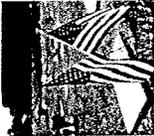
THURSDAY

FRIDAY

SATURDAY

Dennis Miller, a survivor of the Greensburg tornado, is an associate of the American Red Cross. He will be here Friday, May 14, at 1:00 to show pictures and talk about the Greensburg Tornado and the rebuilding of the city.

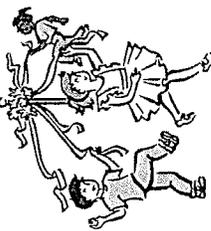
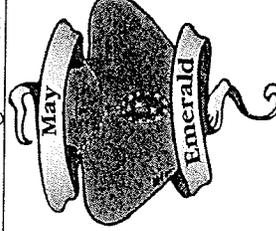


2		3 Painting - both Beginners & Advanced 1 to 3 pm	4 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & AIAnon : 7 pm	5	6 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	7 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	8	1 Country Music Jamboree 7 to 10 pm  May Day
9 Mother's Day 	10 Painting - both Beginners & Advanced 1 to 3 pm	11 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am LUNCHEON: 11 am AA & AIAnon : 7 pm	12	13 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	14 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	15 Biscuits & Gravy 7 to 10 am <b>Armed Forces Day</b>	22	
16	17 Painting - both Beginners & Advanced 1 to 3 pm	18 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	19 MOVIE TIME 1:30 pm	20 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	21 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???	29		
23	24 Painting - both Beginners & Advanced 1 to 3 pm	25 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm	26	27 Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm	28 Quilting 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???			
30 	31 <b>MEMORIAL DAY</b> 							

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**MAY 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>● TURKEY &amp; SWISS CHEESE on a HOAGIE BUN TOMATO SOUP BERRY FRUIT MIX OATMEAL COOKIES</p> <p>22 Gm Fat 688 Calories 965 mg Sodium</p> <p>3</p>	<p>SPAGHETTI with MEATSAUCE MEDITERRANEAN VEGETABLES TROPICAL FRUIT BREADSTICKS</p> <p>17 Gm Fat 667 Calories 779 mg Sodium</p> <p>4</p>	<p>OVEN ROASTED CHICKEN CREAMY SCALLOPED POTATOES ROMAINE SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>22 Gm Fat 700 Calories 482 mg Sodium</p> <p>5</p>	<p>MEATLOAF w/TOMATO SAUCE MASHED POTATOES CARROT RAISIN SALAD APRICOT MIX WHOLE WHEAT BREAD</p> <p>23 Gm Fat 739 Calories 1080 mg Sodium</p> <p>6</p>	<p>● HAM &amp; BEANS w/ONIONS SPINACH CINNAMON APPLESAUCE CORNBREAD</p> <p>12 Gm Fat 670 Calories 1069 mg Sodium</p> <p>7</p>
<p>BEEF MINESTRONE SOUP BAKED POTATO PINEAPPLE CHUNKS SALTINE CRACKERS</p> <p>21 Gm Fat 723 Calories 573 mg Sodium</p> <p>10</p>	<p>BBQ CHICKEN on BUN CAPRI VEGETABLES FRESH BANANA VANILLA PUDDING</p> <p>17 Gm Fat 698 Calories 611 mg Sodium</p> <p>11</p>	<p>PEPPER STRIP STEAK MASHED POTATOES MIXED GREEN SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>26 Gm Fat 682 Calories 832 mg Sodium</p> <p>12</p>	<p>● TURKEY TETRAZINI CALIFORNIA VEGETABLES DICED PEACHES SUGAR COOKIES WHOLE WHEAT BREAD</p> <p>26 Gm Fat 755 Calories 1185 mg Sodium</p> <p>13</p>	<p>SOFT TACO CALICO CORN JELLIED STRAWBERRY PEAR SALAD</p> <p>21 Gm Fat 636 Calories 941 mg Sodium</p> <p>14</p>
<p>SOUTHWEST CHICKEN w/PASTA DICED CARROTS ROSY APPLESAUCE CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 707 Calories 972 mg Sodium</p> <p>17</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD FRESH ORANGE</p> <p>25 Gm Fat 789 Calories 791 mg Sodium</p> <p>18</p>	<p>● ROAST TURKEY w/GRAVY MASHED POTATOES THREE BEAN SALAD STRAWBERRIES &amp; APRICOTS WHOLE WHEAT BREAD</p> <p>16 Gm Fat 633 Calories 1147 mg Sodium</p> <p>19</p>	<p>BEEF &amp; MACARONI CAULIFLOWER BLUEBERRY CRISP WHOLE WHEAT BREAD</p> <p>26 Gm Fat 811 Calories 673 mg Sodium</p> <p>20</p>	<p>● PORK STROGANOFF BUTTERED CABBAGE QUICK FRUIT CUP WHOLE WHEAT BREAD</p> <p>22 Gm Fat 704 Calories 782 mg Sodium</p> <p>21</p>
<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS SPRING FRUIT MIX WHOLE WHEAT BREAD</p> <p>25 Gm Fat 805 Calories 756 mg Sodium</p> <p>24</p>	<p>● SCALLOPED POTATOES &amp; HAM BRUSSELS SPROUTS MANDARIN ORANGE GELATIN POTATO ROLL</p> <p>18 Gm Fat 717 Calories 1063 mg Sodium</p> <p>25</p>	<p>TACO SALAD GREEN PEAS PINEAPPLE &amp; STRAWBERRIES</p> <p>28 Gm Fat 677 Calories 797 mg Sodium</p> <p>26</p>	<p>SLOPPY JOE on BUN WHOLE KERNEL CORN ITALIAN PASTA SALAD FRUITY AMBROSIA</p> <p>32 Gm Fat 843 Calories 655 mg Sodium</p> <p>27</p>	<p>● TURKEY &amp; NOODLES BROCCOLI FRESH APPLE CHOCOLATE CAKE WHOLE WHEAT BREAD</p> <p>17 Gm Fat 669 Calories 796 mg Sodium</p> <p>28</p>
<p>CLOSED FOR MEMORIAL DAY</p>	 <p>MAY DAY</p>	 <p>MAY OF THE VALLEY</p>	 <p>MAY EMERALD</p>	<p>● CONTAINS TURKEY ● CONTAINS PORK</p>



**May 1 - May Day**



**May 6 - National Day of Prayer**



**May 9 - Mothers' Day**



**May 15 - Armed Forces Day**



**May 31 - Memorial Day Observed**

**Clearwater Community/Senior Center  
921 Janet  
Clearwater, KS 67026**