

The Scoop

March 2011



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net



MARCH BIRTHDAYS

- 04 Amydell Burns
- 04 Chuck Coe
- 04 Darrel Mourning
- 05 Gloria Berntsen
- 08 Joanne Flippin
- 15 Keith Light
- 15 Pat Stewart
- 15 Tom Whitaker
- 16 Larry Bradt
- 16 Bruce Hopson
- 17 Dale Morris
- 18 Marsha Emberson
- 19 Jane Roberts
- 21 Mary Schauf
- 23 Debbie Charles
- 24 Nedra Seal
- 24 Melvin Wohlford
- 25 Roy Riggs
- 27 Lila Mourning
- 28 Marilyn Buck
- 28 John Wells
- 31 Arnold Gregg
- 31 Jean Murphy

St. Patrick's Q & A

Q. How did the Irish Jig get started?

A. Too much to drink and not enough restrooms!

Q. How can you tell is an Irishman is having a good time?

A. He's Dublin over with laughter!

Q. What's Irish and stays out all night?

A. Patty O'Furniture

Q. Why can't you borrow money from a leprechaun?

A. Because they're always a little short!

Q. Why do people wear shamrocks on St. Patrick's Day?

A. Real rocks are too heavy.



FEBRUARY'S LUNCHEON



The regular monthly luncheon was cancelled due to the snow storm on the 8th. The calling committee was notified and the email notices went out to announce that the luncheon would be the following Tuesday. A total of 32 folks enjoyed the lunch.

Following the Flag Salute and National Anthem led by Marlene Parret, the guests were introduced. Guests were Linda Watts, Bertha Barnett, and Bert Morrison. The birthday people were also recognized. They were Janetta Burris, Marlene Parret, Teresa Smith and Linda Watts.

The speaker for the day, Teresa Smith, a representative of Angel Care Home Health, Winfield, KS, was introduced by Carl. She gave a ten-minute talk about their Alzheimer's Disease Management program. There's more about her talk on another page in this issue.

Carl spoke to the group about a number of activities coming in the near future: a trip to Century Two to see the musical *All Shook Up*; the health Fair that is scheduled here for the 23rd and AARP tax help on the 28th of Feb. He also mentioned that election of officers for the following year will be held at the March luncheon. He already has names of several who have volunteered for some of the positions. Another item he mentioned was the annual help with the River Fest buttons. The River Fest committee will have 150,000 packets this year. They have asked The Clearwater Seniors to complete 12,000 packets. The packaging is not difficult so he's hoping to get a number of folks who haven't volunteered before to help this year.

Carl also had a game for everyone to play. He placed slips of paper at each place setting, then asked everyone to list 10 parts of the body that have only three letters during a timed period. The winner of a red teddy bear was Jean Watts who had nine body parts listed.

The last item on the program was a guessing game. Ruby had asked last month for people to write about a memorable Valentine's Day event in their lives without using people's names. Two people, Marlene Parret and Janetta Burris, submitted stories. Marlene was identified by Mary Schauf and Janetta was identified by Joan Fleming. Each was presented a long stemmed red rose for participating. Also receiving the roses were the birthday people and the guests.

The hostesses were given a round of applause for their outstanding meatballs and service. Next month's hostesses will be Cleta Cornett, Angie Shaver and Helen Fesnok.



Janetta



Linda



Bertha



Marlene



Bert



Teresa Smith

Teresa spoke to the luncheon group Feb. 15, about Alzheimer's Disease Management Program that Angels Care Home Health has for Alzheimer's victims and their families.

She stressed that a patient, or their representative, may request home health services through the M4dicare program from their physician. The patient, or their representative, has the right to choose which agency will provide services in their home.

She stressed that Angels:

- * is a company that understands the needs of the caregiver as well as the patient.
- * has a program designed to teach the caregiver coping mechanisms and skills needed to be a true caregiver!
- * has a combination of services that improve the quality of life for both the patient and the caregiver!

According to Angie Shaver who is in charge of the calling committee, one more caller has been added to the group, Grace Webb. Some of you will soon be hearing from Grace. Thanks for volunteering, Grace!

Actor Sylvester Stalone reflects on marriage: "I was married by a judge. I should have asked for a Jury."

LIBRARY NEWS

Submitted by Vicki Wise, director

The Clearwater Public Library is actively seeking responsible individuals to fill three Library Board Position vacancies. This is your chance to actively serve and support the Clearwater community. Interested parties should contact Board Members, Juliann Jacobs, 584-2600 or Scott Lucas, 584-4291 if interested.

If serving on the Board is not for you, then please, come visit us anyway. We have a large selection of Large Print fiction and DVD movies. We also carry audio book titles on CDs. Some of the newer titles in Large Print are: *Wrecked* by Carol Higgins Clark, *The Woman I Was Born To Be* by Susan Boyle, and *The Widower's Tale* by Julia Glass. *Safe Haven* and *Violin of Auschwitz* are two of the new audio book titles. Two of the newer DVD titles are *Eat, Pray, Love* starring Julia Roberts and *Toy Story 3*. We hope you'll come down and find something to inform or entertain you!



LUNCHEON PROGRAMS

The March luncheon will feature both a speaker and an entertainer. **J.D. Thompson** will speak on insurance. **His wife, Sonya**, a piano teacher in Wichita, will entertain for the group. J.D. and Sonya are the music director and pianist at the Clearwater Christian Church.

Valerie Fairchild, Program Director for the Heartland Region of the Arthritis Foundation, will speak to the luncheon group in April about using exercise to help relieve the pain of osteoarthritis. According to her information sent to Lew Kellogg, Arthritis is the most common cause of disability in the United States.

MUSIC THEATER FOR YOUNG PEOPLE

Two field trips arranged by June Finney are to attend the Music Theater for Young People in March and April.

"No Small Feat" will be performed on March 6th in the Mary Jane Teall Theater at Century II. This is a joint effort with USD 259 (Wichita) Special Education programs. This is a special performance to utilize and feature young people with cognitive and physical disabilities to show that art theater can be enjoyed and done by all.

"Annie" will be performed April 16th, also at Century II. This classic show set in the depression era follows a spunky young orphan girl whose optimism is infectious and inspires all those around her to look forward to the day ahead.

Both performances will be at 1:30 Sunday afternoons. If you wish to be a part of the group, please contact Carl (584-2332, 8 am to 2 pm) at least 4 days prior to the trip so he can have enough cars.

If there are 8 or more attending, the cost is \$10.00 per ticket. If the number is less, the price is \$12.00.

IRISH WISHES

*Here's wishing you the top o' life
Without a single tumble;
Here's wishing you the smiles o'life
And not a single grumble.*



*Here's wishing you the best o' life
And not a claw about it;
Here's wishing you the joy in life
And not a day without it.*



*May the luck and laughter of the
Irish always be yours ~~~*



WHO TO CALL

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

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<http://www.clearwaterks.org>

ADVISORY COMMITTEE MEMBERS

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

PLANNING COMMITTEE MEMBERS

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

YARD & GARDEN SAFETY

By Kay Sands - Farm Bureau Agent

Working outdoors in the garden can be very relaxing and is a great way to get some good exercise. Care must be taken not to overdo things, thought, and some basic rules should be observed. It is a good idea to take a few minutes to do some simple stretching exercises. It is also a good idea to bend properly to avoid stress to the back and knees. Using a kneeling pad or a gardening bench is often a good choice. Care should be taken when lifting so as not to cause unnecessary strain. Frequent breaks should be taken in order to avoid becoming fatigued. Clothing should be appropriate for the weather, and sunscreen always should be used. Make sure instructions are followed on all equipment, fertilizers and lawn chemicals, and always take care to put supplies away safely after the job is done.

COUNTRY MUSIC JAMBOREE

We were pleased to have another musician show for a first appearance at the February Jamboree. Ricky Vreeland, who lives just north of Clearwater set up his drum machine, his guitar that has the capability of many different sounds, and some good rock and country music and a terrific voice. It was a pleasure to listen to his music.

In addition to Ricky, other musicians included Jerry Andstadt of Haysville with his steel guitar, Charlotte Dawson with her electric bass and her flute, Roger Dawson with his rhythm guitar and his deep bass voice, and Max Tjaden with his rhythm guitar and his baritone vocals.

Usually when it's their time to play, most just give the title of the song and the key it's played in. But it's interesting to listen to Roger as he explains who recorded or wrote the song and tells a little bit about it. Also interesting is Max's explanation of where his selection came from, and sometimes tells the circumstances that caused the song to be composed. Many of his songs are folk tunes from the 1800's or early 1900's.

The next Country Music Jamboree will be March 5, from 7 to 10 pm.



Ricky Vreeland & Jerry Andstadt



Roger Dawson & Max Tjaden

Volunteers Needed

The Sedgwick County Health Department is in need of volunteers for an upcoming event. They need volunteers to help with the 2011 Fight for Air Climb benefiting the American Lung Association. This is a one time volunteer opportunity.

*Volunteer will help make a difference in the lives of the thousands of adults and children fighting lung disease and be a part of history by volunteering at the **2011 Fight for Air Climb** at the INTRUST Bank Arena on Saturday April 9, 2011. The **2011 Fight for Air Climb** is brought to you by The Coleman Company, Inc.*

Volunteers to be a part of this annual event at the INTRUST Bank arena: everything from manning rest stops, to help keep an eye on the Climb route, to working registration...and more!

T-shirts will be provided for all volunteers. There will be a mandatory volunteer orientation on Monday April 4 at 5:30pm at the INTRUST Bank Arena. Information about the volunteer orientation will be provided to all registered volunteers.

If you are interested in participating in this event and would like more information please contact the RSVP office.

Teresa Hatfield, RSVP Program Manager, 316-660-5134, thatfiel@sedgwick.gov

ALL SHOOK UP

Sunday afternoon, Feb. 20, eleven folks loaded into June Finney's and Carl Shaffer's vans to attend the Music Theater for Young People's musical at the Mary Jane Theater at Century II in Wichita.

The musical was performed by students from 23 schools in the area. Twenty students from the Wichita schools were involved: USD 259, Catholic schools, Christian schools, Independent school, from 1st graders to H.S. seniors. Four Maize schools were involved with 13 students from 1st grade to H.S. seniors, Two Goddard schools, and one school each from Augusta, Halstead and Santa Fe Middle School. A total of over 60 were in the cast.

Everyone enjoyed the Elvis music, both performers and audience. The musical and acting talent performed by the students was superb.

Those attending were Angie Shaver, Carl Shaffer, Chanteal Smith, Grace Webb, Ima Kinkaid, June Finney, Lou Ann Jarboe, Mary Stafford, Melvin & Thelma Wohlford and Ruby Fisher.

LET'S TRY A BRAIN TEASER

See if you can figure out what these seven words all have in common. And it's SO obvious !!!

1. Banana, 2. Dresser, 3. Grammar,
4. Potato, 5. Revive, 6. Uneven,
7. Assess

Look at each word carefully. You'll kick yourself when you discover the answer....No, it is NOT that they all have at least 2 double letters.

Answer in another column somewhere in this month's Scoop.

**For each petal on the shamrock
This brings a wish your way -
Good health, good luck and happi-
ness for each and every day.**

BISCUITS & GRAVY

A small group came to breakfast Saturday, Feb. 19, but those who came had good appetites and enjoyed their breakfasts and visiting with their neighbors.

The two new ovens are now installed and were used to bake the biscuits. With Barbara Hufford's watchful eye, the biscuits turned out just great.

The March biscuits and gravy will be served on Sat., Mar. 19.

FOR MEN ONLY CANCELLED FOR MARCH

After offering the building for men only on Wednesdays for the past two months it is being cancelled due to lack of interest of the local men. The first Wednesday it was offered, 3 men showed. After that, Wednesday afternoons had no activity.

If, in the future, the men feel that they would like to organize some entertainment, it will certainly be discussed.

DAYLIGHT SAVINGS TIME

Remember to set your clock ahead an hour Saturday night, Mar. 12, before you go to bed. We for sure don't want to frustrate the minister Sunday morning by not making it to church.

From Terry & Mary's email

- Q. When is a retiree's bedtime?
A. Three hours after he falls asleep on the couch!
Q. Why don't retirees mind being called Seniors?
A. The term comes with a 10% discount.
Q. What do retirees call a long lunch?
A. Normal

PATIENT SAFETY WEEK RECOGNIZED IN MARCH

March 6 to 12, 2011 will be recognized as Patient Safety Week, an annual education and awareness campaign led by the National Patient Safety Foundation to encourage and strengthen collaboration between patients, families and healthcare providers.

Holly Bellora, representative of **RIGHT AT HOME** in Home Care and Assistance of Wichita sent a news release that stated "when patients are discharged from the hospital, the effects of their condition are not necessarily gone when they return home. This often makes it difficult for a patient to safely adjust back to daily life. If your aging loved one has recently been hospitalized, the following tips can help him remain safe during and after the discharge process:

- * **Be involved in decision making.**
 - * **Discuss medications.**
 - * **Schedule follow-up appointments**
- *****

Teaser Answer

In all the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.Did you figure it out?

From Margaret B's email

I hope many of you will make the effort to attend the monthly lunch the next few months. In April we'll have Valerie Fairchild, program director for local Arthritis group.

May lunch speaker will be Kent Foley, informing us on the growing concern of bedbugs.

Dr. Karl May will speak at the June luncheon.

More about each one as the time gets nearer.

*May you always have love to share,
health to spare & friends that care.*

**THE FIRST ANNUAL
CLEARWATER
SENIOR HEALTH FAIR**

The Center was filled with people browsing from one table to the next as the Community Center hosted the first annual Health Fair Wednesday, Feb. 23.

Vendors from the area were seated at tables with their products and/or service information laid out for all to take, read, or ask questions about. Local vendors included Roger and Margaret Bales of Bales Pharmacy, Clearwater; Dr. David and Laura Papish of Clearwater Family Practice, PA; Dr. Karl and Lindy May & Brenda Barnett of May Chiropractic and Rehabilitation Services, Cheryl Pearson of the Toothaker Group Ins. of both Clearwater & Wichita; Erin Light, RN, of CRC doing BP checks for folks.

Out of town vendors included Elijah Banks with Rivercross Hospice, Wichita, who was instrumental in helping setting up this Health Fair; Ashok Aurora with RSvp program through the Sedg. Co. Dept. on Aging; Celia Easley also with the Dept. on Aging; Mike Casey, Orthotist with Medical Dynamics, Wichita; Holly Bellora with Right at Home care and assistance, Wichita; Garland Shuff with Home Health and Hospice, Wichita; and Kent Foley with Arrest a Pest, Wichita.

Personnel from CRC who worked diligently in preparing for the Health Fair included: Tiffany Engels, Soc. Services, who was in charge of setting everything up;; Danielle Reicks, Adm. For both the Manor & The village; Tim Evans; Ron Fleming; Darrel Morris, Dir. Of Nursing at the Manor; GaleStone, Human Resources; and last but certainly not least, Lou Leatherman of the Village who was responsible for preparing each of the tables for the vendors.

Door prizes were awarded off and on during the afternoon. Big John's prize was won by Joan Fleming; a box of food products by Nedia Seal; Mize's Thriftway prize by Marlene Parret; Casey's prize by Don Fitch; a Garden Show by Farol McMillan; RSVP prize by Ima Kinkaid; Candles for Angie Shaver; and a garden and food basket went to Carol Loker.

Those attending and visiting the booths were: Kate Brinkeroff, Barbara Byrd, Ruby Fisher, Don & Elna Fitch, Joan Fleming, Susan Foley, Barbara Hufford who helped with the set-up for the Fair; BJ & Ima Kinkaid, Carol Loker, Farol McMillan, Maxine Mikesell, Stacy Nilles, marlene Parret, Cynthia Peitz, Nedia Seal, Carl Shaffer, Angie Shaver, Jerry Stitt, Wanda Stitt, Jean Watts who also helped set up for the Fair, and Lois Winters.



Holly Bellora with Right At Home, Wichita was one of the vendors at the Health Fair. She has an article of interest elsewhere in this month's Scoop.

Kent Foley, Arrest-a-Pest of Wichita was a vendor at the Fair. He will speak at the May Luncheon at the Center on May the 10th. His topic will be bedbugs and brown recluse spiders.



CLEANING FOR A REASON

If you know any woman currently undergoing Chemo, please pass the word to oher that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment.

All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

<http://www.cleaningforareason.org/>

(I received this email from my cousin who is the nurse for a junior college in a Dallas suburb. - Ruby)

**May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and al your heart might desire.*

**May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go.*

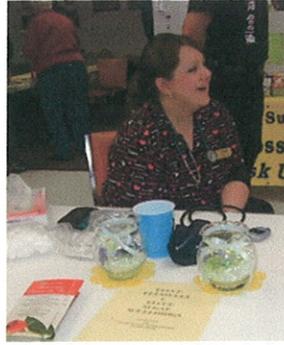
**May the best day of your past be the worst day of your future.*

**Go mbeannai Dia duit (May God Bless You)*

Here's to St. Patrick's Day !



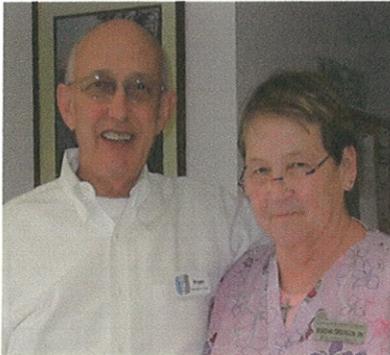
Lori Clark, CRC Business Office & Tiffany Engels, CRC Soc. Serv.



Erin Light, RN, CRC, doing Heart rate & BP Check



Cecilia Reid, CRC, serving Health Fair Lunch



Roger Bales, Bales Pharmacy & Marsha Emberson, RN, CRC



Margaret Bales, Bales Pharmacy



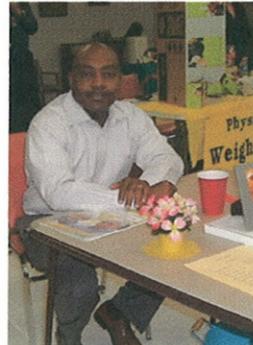
Dr. David Papish, DO, Clearwater Family Practice, PA



Brenda Bennett, Dr. Karl May, Lindy May, May Chiropractic &



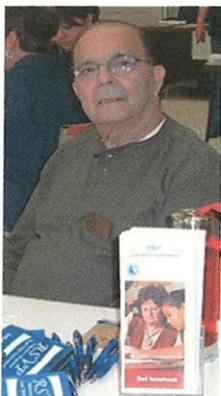
Cheryl Pearson, Toothaker Group Ins.



Elihah Banks Rivercross Hospice



Celia Easley, Sedg. Co. Department on Aging



Ashok Aurora The RSVP program



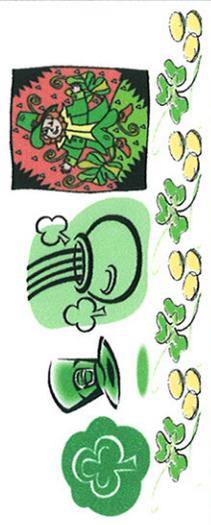
Michael Casey, Medical Dynamics



Garland Shuff, Progressive Home Health & Hospice

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6</p> <p>MTYP presents "NO SMALL FEAT" Sign up by 3/3/11 Call 584-2332 8 am to 2 pm</p>	<p>7</p> <p>Painting - both Beginners & Advanced 1 to 3 PM</p>	<p>8</p> <p>Exercise: 9:30 to 10:30 am LUNCHEON Starts at 12 noon AA & AI Anon: 7 pm</p>	<p>9</p> <p>ASH WEDNESDAY </p>	<p>10</p> <p>Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm</p>	<p>11</p> <p>Knitting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>12</p>
<p>13</p> <p> DAYLIGHT SAVINGS TIME BEGINS</p>	<p>14</p> <p>Painting - both Beginners & Advanced 1 to 3 PM</p>	<p>15</p> <p>Exercise: 10 to 11am AA & AI Anon: 7 pm</p>	<p>16</p> <p>MOVIE 1:30 PM</p>	<p>17</p> <p>Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm ST. PAT'S DAY</p>	<p>18</p> <p>Knitting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>19</p> <p>BISCUITS AND GRAVY 7 to 10 am</p>
<p>20</p> <p>FIRST DAY OF SPRING </p>	<p>21</p> <p>Painting - both Beginners & Advanced 1 to 3 PM</p>	<p>22</p> <p>Exercise: 10 to 11am AA & AI Anon: 7 pm</p>	<p>23</p>	<p>24</p> <p>Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm</p>	<p>25</p> <p>Knitting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>Painting - both Beginners & Advanced 1 to 3 PM</p>	<p>29</p> <p>Exercise: 10 to 11am AA & AI Anon: 7 pm</p>	<p>30</p>	<p>31</p> <p>Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm</p>	<p>4</p> <p>Knitting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????</p>	<p>5</p> <p>COUNTRY MUSIC JAMBOREE 7 to 10 pm</p>

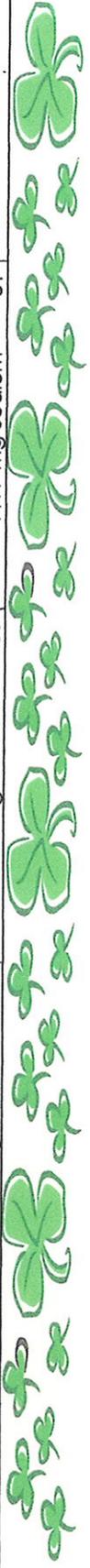


GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ST. PATRICK'S DAY MARCH 17TH</p> 	<p>© HAM & BEANS w/ ONION SPINACH MANDARIN ORANGES CORNBREAD 12 Gm Fat 669 Calories 1059 mg Sodium 1</p>	<p>CABBAGE ROLL CASSEROLE GREEN PEAS DICED PEACHES TAPIOCA PUDDING WHOLE WHEAT BREAD 22 Gm Fat 727 Calories 1081 mg Sodium 2</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF COMBINATION SALAD w/DRSG FRUITED GELATIN WHOLE WHEAT BREAD 23 Gm Fat 660 Calories 656 mg Sodium 3</p>	<p>SPAGHETTI w/ MEATSAUCE CAPRI VEGETABLES FRESH BANANA BREADSTICKS 18 Gm Fat 703 Calories 781 mg Sodium 4</p>
<p>BQ RIBBETTE on BUN LICO BAKED BEANS TATO SALAD EAPPLE & STRAWBERRIES 20 Gm Fat 766 Calories 1262 mg Sodium 7</p>	<p>SALISBURY STEAK MASHED POTATOES TOSSED SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 23 Gm Fat 662 Calories 613 mg Sodium 8</p>	<p>BEEF STEW GREEN BEANS FRESH ORANGE BISCUIT 22 Gm Fat 644 Calories 1088 mg Sodium 9</p>	<p>● TURKEY TETRAZINI CALIFORNIA VEGETABLES APRICOTS WHOLE WHEAT BREAD 20 Gm Fat 637 Calories 1088 mg Sodium 10</p>	<p>SOFT TACO CALICO CORN JELLIED STRAWBERRY PEAR SALAD 21 Gm Fat 636 Calories 941 mg Sodium 11</p>
<p>MBURGER on BUN TATO ROUNDS CKEYED PEA SALAD NDARIN ORANGES 26 Gm Fat 841 Calories 685 mg Sodium 14</p>	<p>CHILI CHEESE POTATO MIXED GREEN SALAD w/DRSG ROSY APPLESAUCE WHOLE WHEAT BREAD 18 Gm Fat 698 Calories 692 mg Sodium 15</p>	<p>© HAM LOAF w/CREAM GRAVY MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD 21 Gm Fat 714 Calories 1093 mg Sodium 16</p>	<p>BEEF & MACARONI BRUSSELS SPROUTS PINEAPPLE CHUNKS CHOCOLATE PUDDING WHOLE WHEAT BREAD 23 Gm Fat 705 Calories 714 mg Sodium 17</p>	<p>● APPLE WALNUT TURKEY SALAD on WHEAT BREAD LOOSE LEAF SALAD w/DRSG PEACH CUP OATMEAL COOKIES 20 Gm Fat 685 Calories 1072 mg Sodium 18</p>
<p>EF GUMBO SOUP IOLE KERNEL CORN NAMON APPLESAUCE SAR COOKIES TINE CRACKERS 21 Gm Fat 632 Calories 678 mg Sodium 21</p>	<p>CHICKEN CACCIATORE CHEESY POTATOES TOSSED SALAD with DRSG APRICOT MIX WHOLE WHEAT BREAD 23 Gm Fat 662 Calories 1124 mg Sodium 22</p>	<p>GROUND BEEF STROGANOFF BROCCOLI QUICK FRUIT CUP POTATO ROLL 27 Gm Fat 757 Calories 887 mg Sodium 23</p>	<p>TACO SALAD GREEN PEAS FRESH ORANGE 28 Gm Fat 652 Calories 787 mg Sodium 24</p>	<p>© PORK ROAST w/GRAVY MASHED POTATOES THREE BEAN SALAD STRAWBERRY CUP WHITE CAKE WHOLE WHEAT BREAD 21 Gm Fat 846 Calories 829 mg Sodium 25</p>
<p>CALLOPED POTATOES w/HAM DITERRANEAN VEGETABLES LED FRUIT CUP OCOLATE CHIP COOKIES IOLE WHEAT BREAD 24 Gm Fat 745 Calories 1062 mg Sodium 28</p>	<p>SLOPPY JOE on BUN GREEN BEANS MACARONI SALAD MANDARIN ORANGES 24 Gm Fat 724 Calories 847 mg Sodium 29</p>	<p>BEEF PATTIE w/ ONION GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG DICED PEACHES WHOLE WHEAT BREAD 25 Gm Fat 701 Calories 626 mg Sodium 30</p>	<p>● SOUTHWEST TURKEY PASTA CAPRI VEGETABLES FRESH APPLE ORANGE GELATIN WHOLE WHEAT BREAD 14 Gm Fat 663 Calories 1197 mg Sodium 31</p>	



HAPPY ST. PATRICK'S DAY



*For each petal on
the shamrock
This brings a wish
your way-
Good health, good
luck, and
happiness
For today and every
day.*

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