

The Scoop

May 2011



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

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APRIL FRIENDSHIP LUNCHEON

President Barbara Hufford called the meeting to order and asked the 30 members present to observe a moment of silence in memory of Carl Shaffer's wife, Kay, who died Monday, April 11, 2011. Marlene Parret led the group in reciting the Flag Salute and singing the National Anthem. There were no April birthday celebrants present.

Carl welcomed a guest from Haysville who is now working at the care home and has shown interest in joining our group.

Our hostesses for the day were Joan Fleming, Mary Jo McMahan, and Mary Mitchell.

After lunch our first speaker was Ms. Valerie Fairchild, program director for the Heartland Arthritis Region. She told of several types of arthritis including Juvenile arthritis that a girl in our school system had and will be afflicted by it the rest of her life. There is no cure and the best management care is to keep moving. She mentioned Tai Chi as an exercise program that many have benefitted from, with falls having declined 70% for people on this program.

Our second speaker was Police Chief Gene Garcia, warning all to be aware of scams currently working in our area. These have included tree trimmers and roofers. If one comes to you, ask to see the PERMIT they are required to obtain through the city office. If you have any questions or doubts, contact our local police to report them

A surprise gift, a rain gauge, was given to one person at each table. These were donated from the bank where Barbara Hufford's daughter works.

ANNOUNCEMENTS:

The speaker for the May luncheon is to be a man speaking on Bed Bugs.

The play ANNIE is to be 4/17 in Wichita at Century II. Reservations through Carl.

The monthly movie at The Center is to be "TRIBUTE."

The Sew & Sew quilt group has the quilt nearly finished. It will be raffled at the Fish Fry in August. The tickets will be \$1.00 each or 6 for \$5.00. Several from this group will be going to a big quilt show in Kentucky.

The Center will participate in the city-wide Garage Sale Day in June, including a bake sale.

The July Jam Session will have a Burger & Dog supper prior. There will be a \$6.50 donation asked.

Several from The Center have been preparing packets for the Wichita River Festival and will prepare more when supplies arrive. Volunteers are needed on this project.

Hosts for May are to be Carl and Maggie Liebold.

Submitted by Marlene Parret, secretary

Signs Most Women Love



THANK YOU

On behalf of myself and my family, I would like to thank each and everyone for your support in both the sickness and death of Kay. A very special thanks goes to the Blind Foundaton for all the cassette books, cassette players, the Braille and the canes that help the blind to enjoy life a little more than normal. She spent many hours listening to some of the many thousand types of novels and magazines. We all should be so thankful for our eyesight. We give a big thank you for those donations that help other people enjoy life a little more.

To those of you who gave donations to the Diabetic Association -- Part of Kay's daily routine was to ride her stationary bike for 30 minutes a day and use her stretch bands. She knew how important exercise is to diabetics. As long as she was capable, she was faithful to exercise.

For those who donated to Hospice we appreciate your concern. Hospice is another good service for those in their last days. Their people were there assisting, praying and comforting the family members. We are blessed to have all those doing this work for the families.

For those who donated money to The Center I pray for wisdom to spend it wisely and that it will benefit the community. That also applies to all donation that are given to The Center at every function.

CARL SHAFFER

CENTER HAPPENINGS - by Carl Shaffer

Wayne McEntire and I put together an A-Frame stand to hold some of the paintings made by our people in the Art Class. The second stand is finished on one side. Wayne has done much good work at The Center. While he is involved in woodworking, his wife, LaVina, has been busy knitting. She knitted many helmet liners and caps for cancer patients. We are truly blessed to ave such fine people helping to serve our community and The Center.

We received many items from Rose Meredith. She was involved in Arts & Crafts for many years. We need to have a work party to help sort and separate all the items and get them organized so we can get different projects done for our Garage Sale in June.

Our exercise class at The Center is fortunate to have a good leader and faithful participants. However, we have room for more people in the class. If you can't attend the class, start taking early morning walks. It takes 21 days to form a good habit and only 3 days to quit one.

MORE CENTER HAPPENINGS

This year the River Fest committee asked the R.S.V.P. (Retired Senior Volunteer Program) to put together 150,000 button packages. Thanks to all volunteers at Clearwater, we put together over 11,800 packages. The community should be very proud of each of these volunteers who worked on this project and finished it in 2 weeks.

Volunteers were Angie Shaver, Barbara Hufford, Betty Schmidt, Cleta Cornett, Grace Webb, Helen Fesnock, Ima Kinkaid, Jean Watts, Mary Barner, Lorena Hinkley, Mary Holly, Mary Schauf and Peggy Brockman. Plus we had some good surprise help, Doug Shaffer (Carl's son), and his family Alexis, Andrew and Terri helped finish the last o the packing. Doug and Carl also helped load the boxes and materials to go back to Wichita. A VERY BIG THANK YOU to each one involved in this project.

Our calling committee does a great job in calling the people in our community. However, I hear complaints about the calls. The object of the calls is to keep you informed as to what is coming up shortly at The Center. The next complaint is "I didn't know this was happening." We try to put all items in the "Scoop" but you don't keep the "Scoop" or write it down. The phone is just a reminder. Sometimes items come in after the "Scoop" is printed and is before the next one comes out. The ladies are giving up their time to do this service and it is the attitude of those involved to receive the information or reject it. All phone calls will not be at a convenient time for everyone, but, please be polite and support the project if you are able.

Walter Breuning: 9/21/1896 - 4/14/2011

Walter Breuning, 114 years old, was the oldest man in the world. These secrets to a long life were given to a reporter at his 113th birthday party:

- Embrace change, even when the change slaps you in the face. ("Every change is good!")

-Eat two meals a day ("That's all you need.")

-Work as long as you can (That money's going to come in handy.)

-Help others ("The more you do for others, the better shape you're in.")

Then there's the hardest part. It's a lesson Breuning said he learned from his grandfather: Accept death.

"We're going to die. Some people are scared of dying. Never be afraid to die. Because you're born to die," he said.

--taken from Associated Press story in the Great Falls, Montana newspaper.

WHO TO CALL

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

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

<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 - Barbara Hufford

Co-Chair - Angie Shaver

Secretary - Marlene Parret

Historian - Helen Fesnock

Activity Leader - June Finney

RSVP Program - Farol McMillan

IMPORTANCE OF WALKING

WALKING can add minutes to your life. This enables you at 85 to spend an additional 5 months in a nursing home at \$2,000 per. **MY** friend started walking five miles a day when he was 60. Now he's 97 and we have no idea where he is.

THE only reason I would take up walking is so that I could hear heavy breathing again.

I HAVE to walk early in the morning before my brain figures out what I'm doing...

I JOINED a health club last year, spent abot 250 bucks. Haven't lost a pound. Apparently you have to go there!

EVERY time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

IF you are going to try cross country skiing, start with a small country.

I KNOW I got a lot of exercise the last few years,.... Just getting over the hill.

April's Jam Session

Over thirty folks stayed after the spaghetti supper to enjoy the music at the Jam Session. We were pleased to have Bruce Hopson back home from California to join us again. Since John Chitwood closed The Barn for the summer he was at loose ends on this Saturday night so he joined us. It was a pleasure to have him sitting in with the group. Ricky Vreeland has made it to several sessions and added his unique style to the programs. If you've missed listening to him at the jam session, you might want to attend the May lunch where he will be entertaining. According to the last word I heard, he will be bringing his dog, Miracle, to perform for the lunch group. Not often I get a good picture of Charlotte Dawson, but I was pleased with the picture below. Roger and Charlotte don't really add to the music. They set a base for all the other musicians to build on. It's a real treat to have them both at the sessions!!!!

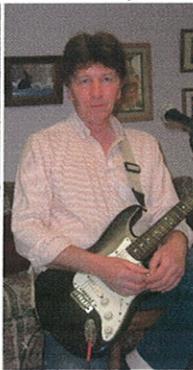
There seems to always be other community activities on Saturday but we like folks to have a choice. The May Jam Session will be Saturday, May 7 from 7 to 10 pm. Hope to see you there! - Ruby



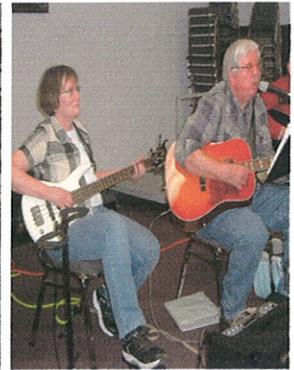
Bruce



John



Ricky



Charlotte & Roger

SENIORS VS CONVICTS / JAILS & NURSING HOMES

Let's put the seniors in jail and the criminals in nursing homes. This would correct two things in one motion:

Seniors would have access to showers, hobbies and walks. They would receive unlimited free prescriptions, dental and medical treatment, wheel chairs, etc. They would receive money instead of having to pay it out. They would have constant video monitoring, so they would be helped instantly...if they fell or needed assistance. Bedding would be washed twice a week and all clothing would be ironed and returned to them. A guard would check on them every 20 minutes. All meals and snacks would be brought to them. They would have family visits in a suite built for that purpose. They would have access to a library, weight/fitness room, spiritual counseling, a pool and education...and free admission to in-house concerts by nationally recognized entertainment artists. Simple clothing - ie. shoes, slippers, pj's- and legal aid would be free upon request. There would be private, secure rooms provided for all with an outdoor exercise yard complete with gardens. Each senior would have a P.C., T.V., phone and radio in their room at no cost. They would receive daily phone calls. There would be a board of directors to hear any complaints and the ACLU would fight for their rights and protection. The guards would have a code of conduct to be strictly adhered to, with attorneys available, at no charge, to protect the seniors and their families from abuse or neglect..

As for the criminals: They would receive cold food. They would be left alone and unsupervised. They would receive showers once a week. They would live in tiny rooms, for which they would have to pay up to \$5,000 per month. They would have no hope of ever getting out. --- JUSTICE? From one of my emails - Ruby

GOSPEL CONCERT IN PARK

By Nancy Wilkens

The First Christian Church will be hosting a hotdog supper and a concert at the City Park Saturday, May 7, 2011.

The performer will be recording artist Melanie Ryan. Ms. Ryan's singing ministry has spanned multiple venues such as festivals, churches, fairs and revivals. She has been a returning performing artist at the Kansas State Fair for several years and has opened concerts, by singing the National Anthem, for *Sugarland, Chicago, Gretchen Wilson, Styx* and *Heart*.

Melanie Ryan grew up in Larned, Kansas, and attended Christ for the Nations Institute in Dallas, Texas. She graduated with a degree in Music and Theology. With this degree, she brings a unique "Musicianary" style to her performances.

The First Christian Church is inviting the community to come to the park for a hotdog supper which they will begin serving at 5:30 pm. The concert will begin at 6:30 pm. The supper and concert are free but there will be a freewill offering taken to support a week's mission trip by Church members to Hiram Farm Living and Learning Community in June of 2011 in Hiram, Ohio.

Hiram Farms is a nonprofit organization that provides opportunities for people with Autism Spectrum Disorder (ASD) to grow, learn, work, and live in a setting focused on respect and support for individuals and the environment.

MOTHER'S DAY IS May 8

The origins of Mother's Day are attributed to different people. Many believe that two women, Julia Ward Howe and Anna Jarvis were important in establishing the tradition of Mother's Day in the United States. Other sources say that Juliet Calhoun Blakely initiated Mother's Day in Albion, Michigan, in the late 1800s. Her sons paid tribute to her each year and urged others to honor their mothers.

Around 1870, Julia Ward Howe called for Mother's Day to be celebrated each year to encourage pacifism and disarmament amongst women. It continued to be held in Boston for about ten years under her sponsorship, but died out after that.

In 1907, Anna Jarvis held a private Mother's Day celebration in memory of her mother, Ann Jarvis, in Grafton, West Virginia. Ann Jarvis had organized "Mother's Day Work Clubs" to improve health and cleanliness in the area where she lived. Anna Jarvis launched a quest for Mother's Day to be more widely recognized. Her campaign was later financially supported by John Wanamaker, a clothing merchant from Philadelphia.

In 1908, she was instrumental in arranging a service in the Andrew's Methodist Episcopal Church in Grafton, West Virginia, which was attended by 407 children and their mothers. The church has now become the International Mother's Day Shrine. It is a tribute to all mothers and has been designated as a National Historic Landmark.

Copied from Google.com



- 01 Judy Freed
- 02 Charles Steen
- 02 Sandy Wise
- 03 Richard Sperry
- 04 Anita McMillan
- 05 Merry Castor
- 06 LaVina McEntire
- 06 William McMullin
- 06 Sally West
- 08 Frances Robben
- 09 Weymouth Pearson
- 11 Mary Stafford
- 14 Bob Purvine
- 15 Lee Steen
- 16 Ricky Baker
- 18 Al Coleman
- 19 Wayne Dunn
- 20 Jean Watts - 28
- 22 Babette Schmidt
- 22 Millie Whitlow
- 23 Mary Ann Hawley
- 24 Max Tjaden
- 25 John Davis
- 25 John Swinehart
- 27 Gene Eason
- 27 Joyce Haivala
- 31 Virginia Burt



*Thank you God, for little things
That often come our way.
The things we take for granted
But don't mention when we pray.
The unexpected courtesy,
The thoughtful, kindly deed -
A hand reached out to help us
In the time of sudden need.
Oh, make us more aware, dear God,
Of little daily graces
That come to us with "sweet surprise"
From never dreamed of places.*

Contributed by Marlene Parret

SENIOR SUMMIT MEETING

By Carl Shaffer

The Senior Summit for the Department on Aging was held April 18 at the West Central location in Wichita. Carl Shaffer, along with other directors of Senior Centers in the area, attended this meeting.

The first speaker was Annette Graham, whose topic was 'Partnerships with Senior Centers', had just returned from a budget committee meeting. Her message was not a very positive outlook for Senior Citizens programs.

(In my opinion our generation of senators and representatives do not know or care about the older generation as a group. They have the best health policy and medical plan. Most of them come from upper echelon when it comes to money and education. They have over-active egos. AND they are stewards of our money. Taking money from social security and cutting benefits and medical for the elderly is going to hurt the country in the long run.)

Back to Annette's talk - Cutting back on Meals on Wheels is a very possible item on the agenda. They raised retirement to 67 and are talking about raising it to 70 years old. (If they keep raising the age, they won't have to pay back what they're taking.)

Marsha Hill's topic was 'Alzheimer's Association'. She talked about the Alzheimer research that is ongoing. She said one person is diagnosed with the disease every 69 seconds in the United States. Some other diseases are included under the Alzheimer umbrella. There are many types of diseases including dementia. There are 10 warning signs:

1. Misplacing things,
2. Changes in behavior,
3. Memory loss,
4. Changes in personality,
5. Loss of initiative,
6. Problems with language,
7. Poor or decreased judgment,
8. Difficulty in performing familiar tasks,
9. Disorientation,
10. Problems with abstract thinking.

Don Strong's topic was Elder Abuse Awareness. Most of the abuse comes from a family member. Why? The abuser thinks that Grandma or Grandpa 'won't tell'. In one instance, the person had his mother sign over her monthly retirement check and her social security to him. Also, her checking and savings book were cleaned out. In order to support his drug habit when money was low, he would sell a piece of furniture until she had only one rocking chair left. Another instance told by Strong was a 15 year old who raped his grandmother. When we see something suspicious going on we should report it. We don't because we don't want to interfere.

Concluding each meeting, updates and successes are given from Senior Centers and agencies.

The next meeting of the Senior Summit will be July 18, 2011.

ARMED FORCES DAY IS May 21

On August 31, 1949, Louis Johnson, who was the United States' Secretary of Defense, announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The event stemmed from the armed forces' unification under one department – the Department of Defense. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day, too.

The first Armed Forces Day was celebrated on Saturday, May 20, 1950. The theme for that day was "Teamed for Defense", which expressed the unification of all military forces under one government department. According to the U.S. Department of Defense, the day was designed to expand public understanding of what type of job was performed and the role of the military in civilian life.

Armed Forces Day was a day for the military to show "state-of-the-art" equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces. Parades, open houses, receptions and air shows were held at the inaugural Armed Forces Day. Armed Forces Day is still celebrated nationwide today and is part of Armed Forces Week - Google.com

US Military leader Omar Bradley defines bravery: "Bravery is the capacity to perform properly even when scared half to death."



Elder Abuse Awareness Day

Hosted by Larry Hatteberg
of KAKE TV

11:00 a.m. - 1:30 p.m.

Botanica,
The Wichita Gardens
701 N. Amidon Wichita, KS

Public Call-To-Action

Celebrate the 6th Annual *Elder Abuse Awareness Day*.
Show the world you care about ending elder abuse and neglect by wearing something purple and joining us for a free Senior Fair and balloon launch.

Elders Matter... Take a Stand Against Abuse...

For more information please contact the Mental Health Association of South Central Kansas
316.685.1821 ext. 297



Sponsored By:

Mid-Kansas Senior Outreach
A GATEKEEPER PROGRAM
Reaching Out to Meet Senior Needs
Wellness—Safety—Independence



May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy May Day 	2 Painting - both Beginners & Advanced 1 to 3 PM	3 Exercise: 10 to 11am Plan Meeting: 10am AA & AI Anon: 7 pm	4	5 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	6 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	7 COUNTRY MUSIC JAMBOREE 7 TO 10 PM
8 	9 Painting - both Beginners & Advanced 1 to 3 PM	10 Exercise: 9:30 to 10:30 am LUNCHEON Starts at 12 noon AA & AI Anon: 7PM	11	12 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	13 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	14
15	16 Painting - both Beginners & Advanced 1 to 3 PM	17 Exercise: 10 to 11am AA & AI Anon: 7 pm	18 MONTHLY MOVIE MATINEE 1:30 PM	19 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	20 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	21 BISCUITS & GRAVY 7 TO 10 AM ARMED FORCES DAY
22	23 Painting - both Beginners & Advanced 1 to 3 PM	24 Exercise: 10 to 11am AA & AI Anon: 7 pm	25	26 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	27 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	28
29	31 Painting - both Beginners & Advanced 1 to 3 PM MEMORIAL DAY	31 Exercise: 10 to 11am AA & AI Anon: 7 pm	      			

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

MAY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE ROLL CASSEROLE WHOLE KERNEL CORN FRESH APPLE WHOLE WHEAT BREAD	OVEN ROASTED CHICKEN GARDEN RICE PILAF COMBINATION SALAD w/DRSG FRUITED GELATIN WHOLE WHEAT BREAD	● HAM & BEANS w/ONIONS SPINACH CITRUS FRUIT MIX CORNBREAD	BBQ BEEF BRISKET on BUN CALIFORNIA VEGETABLES POTATO SALAD DICED PEACHES	CHILI CHEESE POTATO MIXED GREEN SALAD w/DRSG CHERRY PIE WHOLE WHEAT BREAD
19 Gm Fat 665 Calories 756 mg Sodium	23 Gm Fat 660 Calories 656 mg Sodium	12 Gm Fat 662 Calories 1059 mg Sodium	21 Gm Fat 648 Calories 620 mg Sodium	29 Gm Fat 854 Calories 903 mg Sodium
CHEESEBURGER on BUN GREEN BEANS ITALIAN PASTA SALAD MIXED FRUIT CUP	● SCALLOPED POTATOES w/HAM GREEN PEAS APPLE JUICE CHOCOLATE CHIP COOKIES POTATO ROLL	PEPPER STEAK MASHED POTATOES TOSSED SALAD w/DRSG APRICOT MIX WHOLE WHEAT BREAD	SPAGHETTI w/MEATSAUCE CAPRI VEGETABLES PINEAPPLE CHUNKS BREADSTICKS	● TURKEY TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING SALTINE CRACKERS
28 Gm Fat 706 Calories 729 mg Sodium	24 Gm Fat 801 Calories 1144 mg Sodium	26 Gm Fat 694 Calories 822 mg Sodium	18 Gm Fat 653 Calories 781 mg Sodium	21 Gm Fat 702 Calories 1072 mg Sodium
SLOPPY JOE on BUN THREE BEAN SALAD STRAWBERRY CUP OATMEAL COOKIES	GROUND BEEF STROGANOFF BROCCOLI FRUIT COCKTAIL WHOLE WHEAT BREAD	CHICKEN GAGGIATORE CHEESE POTATOES SPINACH SALAD w/DRSG ROSY APPLESAUCE WHOLE WHEAT BREAD	● SOUTHWEST TURKEY PASTA DICED CARROTS FRESH BANANA STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD	● HAM LOAF w/CREAM GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG DICED PEACHES WHOLE WHEAT BREAD
30 Gm Fat 833 Calories 759 mg Sodium	27 Gm Fat 639 Calories 684 mg Sodium	23 Gm Fat 670 Calories 1141 mg Sodium	15 Gm Fat 674 Calories 1269 mg Sodium	21 Gm Fat 668 Calories 965 mg Sodium
BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS QUICK FRUIT CUP POTATO ROLL	TUNA SALAD on WHEAT BREAD TOMATO SOUP MANDARIN ORANGES SUGAR COOKIES	● TURKEY TETRAZINI BROCCOLI PEACHES & PEARS CHOCOLATE PUDDING WHOLE WHEAT BREAD	TACO SALAD GREEN PEAS CINNAMON APPLESAUCE	BEEF & MACARONI MEDITERRANEAN VEGETABLES APRICOTS BANANA CAKE WHOLE WHEAT BREAD
25 Gm Fat 865 Calories 957 mg Sodium	17 Gm Fat 665 Calories 1109 mg Sodium	24Gm Fat 766 Calories 1206 mg Sodium	28 Gm Fat 671 Calories 806 mg Sodium	30 Gm Fat 887 Calories 871 mg Sodium
CLOSED FOR MEMORIAL DAY 	● BRATWURST on BUN WHOLE KERNEL CORN MACARONI SALAD FRESH ORANGE	 MOTHER'S DAY MAY 8th	 ARMED FORCES DAY MAY 21st	● CONTAINS TURKEY ● CONTAINS PORK
30	31	25	26	27



Copied from Jigzone.com

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Clearwater, KS 67026