

The Scoop



CLEARWATER COMMUNITY CENTER
& SENIOR HAPPENINGS

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*Merry
Christmas
To All!*

Sunday, December 7th, 1941—Admiral Chester Nimitz was attending a concert in Washington D. C. He was paged and told there was a phone call for him. When he answered the phone, it was President Franklin Delano Roosevelt on the phone. He told Admiral Nimitz that he would now be the Commander of the Pacific Fleet.

Admiral Nimitz flew to Hawaii to assume command of the Pacific Fleet. He landed at Pearl Harbor on Christmas Eve 1941. There was such a spirit of despair, dejection, and defeat—you would have thought the Japanese had already won the war. On Christmas Day, 1941, Admiral Nimitz was given a tour of the destruction wrought on Pearl Harbor by the Japanese. Big sunken battleships and navy vessel cluttered the waters every where you looked. As the tour returned to dock, the young helmsman asked, “Well what do you think after seeing all this destruction?” Admiral Nimitz’s reply shocked everyone within sound of his voice. He said, “The Japanese made three of the biggest mistakes an attack force could ever make or GOD wasn’t taking care of America. Which do you think it was?” Shocked and surprised, the young helmsman asked, “What do you mean by saying the Japanese made the three biggest mistakes an attacked force ever made?” Nimitz explained. Mistake number one: the Japanese attacked on Sunday morning. Nine out of every ten crewmen of those ships were ashore on leave. If those same ships had been lured to sea and sunk—we would have lose 38,000 men instead of 3,800. Mistake number two: when the Japanese saw all those battleships in a row, they got so carried away sinking those battleships, they never once bombed our dry docks opposite those ships. If they would have destroyed our dry docks, we would had to tow everyone of those ships to America to be repaired. One tug can pull them over to the dry docks, and we can repair them and have them out to sea before we could have them towed to America. And I already have crews ashore anxious to man those ships. Mistake number three; every drop of fuel in the Pacific theater of war is in top of the ground storage tanks five miles over that hill. One attack plane could have strafed those tanks and destroyed our fuel supply. That’s why I say they made three of the biggest mistakes an attack force could have made of GOD wasn’t taking care of America.

Last month we observed Veterans Day with many of our brothers, cousins, uncles, and fathers who fought for this country. Let us always remain a strong military nation with good leaders that see silver linings in the midst of dejection, despair, and gloom. We desperately need that kind of leadership in our government. We representatives that truly care about our veterans, older adults, and get creativity back into our production of national goods. One’s that do not give lip service to our people. Our motto is, “IN GOD WE TRUST.”

Just up the road from my house is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse’s halter is a small bell. It lets the blind horse know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray. When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and look back, making sure that the blind horse isn't too far behind to hear the bell. Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. Good friends are like that---you may not always see them, but you know they are always there. Be kinder than necessary for everyone you meet is fighting some kind of battle, Remember to live simply, love generously, care deeply, speak kindly for we walk by faith and by sight.

We are in a very hot spell and it looks like it will last for a while longer with August and September yet to go for the summer. Dehydration is a major concern for all people, but the elderly is not immune to it. Doctors say to drink 8 glasses of water a day, but with this hotter weather more is better. Sweating and urination decrease the body's fluids. Also, included in this list vomiting, diarrhea, and blood loss. Less body liquids could lead to a heart stroke as well as rising body temperature, leading to diseases or sickness can trigger an acute of dehydration. Your body uses liquids to expel toxins as well as keeping your body flexible, lubricated, and running smoothly. Pop and energy drink usually contain a high content of sugar which is not good for the body. Doctors say dehydration starts when you lose 2% of the body liquids. Should the body lose 10% of its fluids EMERGENCY help is needed IMMEDIATELY. Staying inside under air conditioning does not replace your body fluids. Here are some of the symptoms for severe dehydration: muscle spasms, vomiting, dim vision, painful urination, confusion, difficulty breathing, and seizures.

We are making a plea to the community for people over 30 to eat at the "Center." We have 8 shut-ins that also need our help. The Red Cross meals cost only \$2.00 per meal. Just think of helping others when you eat here. We may have our meals cancelled if we do not get more people involved in the meals. Just think for \$2.00 you do not have to cook and heat up your house, do dishes, and you can be waited on at the table. What a great deal for your money. We have a menu on channel 2 to watch and order the meals you want without leaving your home. We can not increase our shut-in amount unless we have more people to eat at the "Center." Cindy is also in need of drivers and she can be reached at 584-2332 and she can explain what days she needs drivers and she can also relate to you the days you order meals. We eat about 11:30 AM and the meals are provided on all week days except holiday and the 2nd Tuesday of the month. There is also a list of meals in the "Scoop" that you can look at and decide which meals you may want to eat. Let's try to help others in our community.

Who I am makes a difference.....

A teacher in New York decided to honor each of her seniors in High School by telling them the difference each of them made. She called each one to the front of the class, one at a time. Then she gave each one a blue ribbon, imprinted with gold letters, which read, "Who I Am Makes a Difference." Each of the students was given 3 more blue ribbons

and instructed them to go out and spread this acknowledgement. Then see what the results would be in one week.

One of the boys in the class went to a junior executive in a nearby company, and honored him for helping him in planning his career. He gave put a blue ribbon on his shirt. Then he gave him the other 2 ribbons and said, "We are doing a class project on recognition, and we'd like you to go out, find somebody to honor, give them a blue ribbon, then give them a blue ribbon so they can acknowledge a third person to keep this going. Then report back to me and tell me what happen."

Later that day, the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down, and told him that he deeply admired him for being a creative genius. The boss seemed very surprised! The junior executive asked him if he would accept the gift of the blue ribbon, and would he give him permission to put it on him. His surprised boss said, "Well, sure." The junior executive took the blue ribbon and placed it right on the boss's jacket, above his heart. As he gave him the last blue ribbon, he said, "would you take this ribbon, and pass it on by honoring somebody else." The young boy who first gave me the ribbons is doing a project in school. And we want to keep this recognition going and find out how it affects people."

That night the boss came home to his 14-year old son, and sat him down. He said, "the most incredible thing happened to me today. I was in my office, and one of my junior executives came in and told me that he admired me, and gave me a blue ribbon for being a creative genius. Imagine!! He thinks I'm a creative genius! Then he put this blue ribbon that says, "Who I am makes a difference," on my jacket above my heart. He gave me an extra ribbon and asked me to find someone else to honor. As I was driving home tonight I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home, I don't pay a lot of attention to you. Some times I scream at you for not getting good enough grades in school and for leaving you room a mess. But somehow tonight, I just wanted to sit here and, well, just let you know that you make a difference to me. Besides you mother, you are the most important person in my life. You're a great kid, and I love you!" Do you make a difference in some ones life?

Here are some tips from a police officer for helping you stay safe. Your elbow is the strongest point in your body---if close enough, use it. If some one is trying to rob you, take your purse or wallet throw it away from you and run on the opposite direction. He will probably want the money. If put it the trunk of a car kick out the back tail light and wave like crazy. Drivers behind call see you wave, but the driver. Do not sit in a parking lot eating, checking a list, etc without locking your doors. Be sure to check the area around your car for anyone who might be watching you, the back seat, and be alert. In a parking garage after looking around and there is a van sitting next to you get into your vehicle from the passengers side. A person can grab you and drag you into the door of the van when your back is turned. Use the elevator and NOT the stairs as it is a horrible place and easy for a crime to be committed. If some has a gun and you can run, do it in a zig-zag pattern. Do not sympathetic to some one you do not know with a cane or walker.

It can be a ruse to get you near their car. Ted Bundy used this way to get some of his victims. There is also the crying scheme of a baby on the porch. These are just a few hints to use as a safety reminder.

The painting class, the Tai-Chi, and the exercise classes are all getting bigger. We would like to have 20 people in both of these classes by the middle part of 2013 and this can be obtained by asking people to come to these very beneficial activities.

Why should I limit Sodium?

Salt is sodium chloride. Sodium is an element that is needed for good health. You must have a certain balance of sodium and water in your body at all times. When you have a good balance and are healthy your kidneys get rid of the extra sodium to keep the correct balance of both sodium and water.

Too much sodium leads to high blood pressure which in turn can help lead to heart disease and stroke. Your body needs only about ½ gram of salt a day, which is about 500 mgs. That is why a doctor may tell you to throw your salt shaker away. Some people may be able to have up to 2300 mgs per day, but that depends on your doctor. Most of the salt in our diets comes from us adding salt to our food. Read your labels on food for how much sodium is in the package. The closer it is to the front of contents the high amount of sodium is in the package. Here's a list of sodium compounds: salt, monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, and any compound that has "sodium" in its name.

List of foods with high sodium content: salted snacks, ham bacon, corned beef, luncheon meats, sausages, hot dogs, fish that is frozen, pre-breaded, pre-fried or smoked, fish in oil or brine like tuna, sardines, and shellfish, seasoned salts, meat tenderizers, MSG, ketchup, mayonnaise, sauces, salad dressing, chesnes, and buttermilk. Let's start eating healthier and living longer with strong bodies and an improved mind.

We received a very special note from Rita Gorges. I just finished reading the September "Scoop." A real piece of journalism, chuckles, and information. In truth it made me a little home sick for all of you. To see and read all the names and activities is great. It seems I should get the Senior Center into my day. The "future" is getting shorter every day!!! Right. Keep up your good work for yourselves and the Clearwater Community. What a nice thing to say about all of you who have and will do work for the "Center."

The Clearwater Historical Museum will have their "Open House/Christmas Caroling Party" on Sunday December 9th from 1-4 P.M. with music starting at 2:00 P.M. Featuring John Chitwood & Friends, come and enjoy all the fun and entertainment.

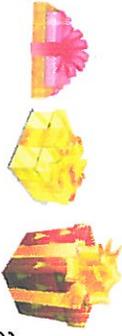
The December 11th carry-in-lunch will feature ham supplied by the Center. Bring different yams dishes and other sides dishes that fit into the Christmas motif. Speaking of Christmas here are a couple of answers from students about the Old and New Testaments that were not retouched or corrected. Moses died before he ever reached Canada then Joshua led the Hebrews in the battle of Geritol. The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him. Jesus was born because Mary had an immaculate contraption.

December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 JAM SESSION FROM 7 TO 9 PM
2 BUILDING RENTED 2 TO 5 PM	3 PAINTING CLASS FROM 1 TO 3 PM OPEN TO ANY ONE INTERESTED	4 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM PLANNING COMMITTEE 9AM AA & AL- ANON 7-9 PM	5	6 AA & AL-ANON 7 TO 9 PM	7 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM GAMES AT 1 PM	8
9	10 PAINTING CLASS 1 TO 3 PM OPEN TO ANY ONE INTERESTED	11 TAI-CHI 8:30 AM EXERCISE 9:30 TO 10:30 CARRY-IN- LUNCH NOON AA & AL-ANON 7 TO 9 PM	12	13 AA & AL- ANON 7 TO 9 PM	14 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM GAMES AT 1 PM	15 BISCUITS & GRAVY 7 TO 10 AM
16	17 PAINTING CLASS 1 TO 3 PM OPEN TO ANY ONE INTERESTED	18 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM AA & AL-ANON 7 TO 9 PM	19	20 AA & AL- ANON 7 TO 9 PM	21 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM GAMES AT 1 PM	22 BUILDING RENTED ALL DAY
23	24 PAINTING CLASS CANCELLED	25 CLOSED RINATE FALL 11/17	26	27 AA & AL- ANON 7 TO 9 PM	28 TAI-CHI 8:45 AM EXERCISE 10 TO 11 AM GAMES AT 1 PM	29
30	31 PAINTING CLASS CANCELLED					

GOOD NEIGHBOR NUTRITION PROGRAM MENU (219-4020)
(menu is subject to change)

DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
③ SCALLOPED POTATOES with HAM BUTTERED CABBAGE RANCH BROCCOLI SALAD AUTUMN GELATIN SALAD WHOLE WHEAT BREAD 24 Gm Fat 772 Calories 1115 mg Sodium	BEEF PATTY w/ONION GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG SUGAR & SPICE APPLE SLICES POTATO ROLL 25 Gm Fat 740 Calories 697 mg Sodium	● TURKEY TETRAZINI MEDITERRANEAN VEGETABLES FRUIT SLAW CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD 29 Gm Fat 785 Calories 1285 mg Sodium	BEEF & MACARONI SMOKY GREEN BEANS BLACK-EYED PEA SALAD TROPICAL FRUIT WHOLE WHEAT BREAD 23 Gm Fat 808 Calories 763 mg Sodium	OVEN BAKED CHICKEN SWEET POTATO & APPLE CASS. PEA LETTUCE SALAD w/DRSG STRAWBERRY APPLE GELATIN OATMEAL COOKIES WHOLE WHEAT BREAD 26 Gm Fat 752 Calories 607 mg Sodium
SOUTHWESTERN CHICKEN with PASTA CALIFORNIA VEGETABLES APRICOT MIX TAPIOCA PUDDING WHOLE WHEAT BREAD 19 Gm Fat 693 Calories 990 mg Sodium	③ PORK PATTIES in CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD 31 Gm Fat 738 Calories 1251 mg Sodium	SLOPPY JOE on BUN YELLOW SWEET CORN MACARONI SALAD FRUITED GELATIN 25 Gm Fat 786 Calories 723 mg Sodium	CHILI CHEESE POTATO GARDEN VEG. SALAD w/DRSG SPICED PEARS CORNBREAD 21 Gm Fat 778 Calories 880 mg Sodium	CHICKEN FAJITA GREEN PEAS FRESH ORANGE CHOCOLATE PUDDING 26 Gm Fat 793 Calories 894 mg Sodium
SALISBURY STEAK MASHED POTATOES DICED BEETS FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD 23 Gm Fat 695 Calories 857 mg Sodium	● TURKEY SANDWICH on BUN CREAMY POTATO SOUP CAPRI VEGETABLES PEACH SLICES CHOCOLATE CHIP COOKIES 22 Gm Fat 738 Calories 1105 mg Sodium	CHICKEN & NOODLES BROCCOLI w/CHEESE SAUCE FRUIT MEDLEY APRICOT JELLO SALAD DINNER ROLL 19 Gm Fat 729 Calories 802 mg Sodium	LIVER & ONIONS CREAMY SCALLOPED POTATOES THREE BEAN SALAD MIXED FRUIT CUP WHOLE WHEAT BREAD 19 Gm Fat 758 Calories 848 mg Sodium	CRANBERRY MEATBALLS SWEET POTATO & APPLE CASSEROLE PEA LETTUCE SALAD w/DRSG MANDARIN ORANGES POTATO ROLL 23 Gm Fat 784 Calories 1171 mg Sodium
ROAST BEEF w/GRAVY MASHED POTATOES CARROT RAISIN SALAD CHERRY PIE POTATO ROLL 34 Gm Fat 990 Calories 1106 mg Sodium	 GLOSED FOR CHRISTMAS	③ HAM & BEANS w/ONIONS COOKED CARROT COINS BERRY FRUIT MIX VANILLA PUDDING CORNBREAD 16 Gm Fat 802 Calories 1157 mg Sodium	HAMBURGER on BUN CORN COBETT CORONADO SALAD FRESH APPLE 24 Gm Fat 721 Calories 453 mg Sodium	APPLE WALNUT CHICKEN SALAD on WHEAT BREAD CAPRI VEGETABLES FRESH ORANGE BANANA CAKE 29 Gm Fat 825 Calories 800 mg Sodium
BEEF STROGANOFF MEDITERRANEAN VEGETABLES PINEAPPLE SAUCE DINNER ROLL 27 Gm Fat 664 Calories 695 mg Sodium				● CONTAINS TURKEY ③ CONTAINS PORK

HAVE A HOLLY JOLLY CHRISTMAS THIS YEAR!

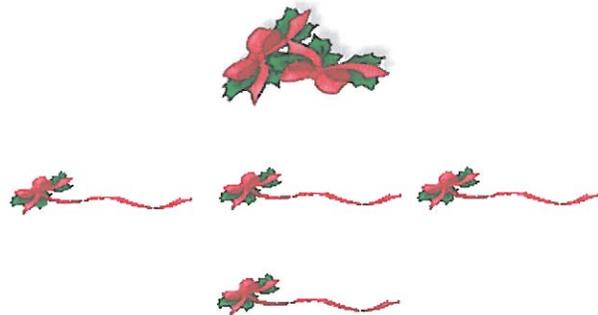
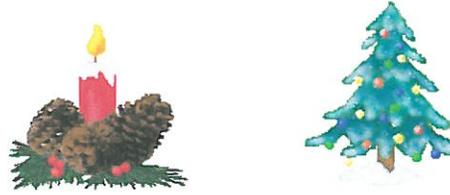
**Here Are Happy New Year
Wishes For You**

Hours Of Happy Times With Friends And Family
A bundant Time For Relaxation
Prosperity
Plenty Of Love When You Need It The Most
Youthful Excitement At Lifes Simple Pleasures

Nights Of Restful Slumber
Everything You Need
Wishing You Love And Light

Years And Years Of Good Health
Enjoyment And Mirth
Angels To Watch Over You
Remembrances Of A Happy Years!

Merry Christmas



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