

February, 2012

The Scoop



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

commcenter@sktc.net

Phone: 620-584-2332

January has started out with a lot of busy activities at the Center. Monday, New Year's Day, we held had our first **square dance** of the year. We really need more people or we may have to shut down the dance. Our caller drives over from Andover and as of now we only have one square and we need 2 squares or 8 couples minimum. This is an excellent way to exercise and have fun at the same time.

Tuesday was our first **planning meeting** with only 6 people present. This is a good place to share ideas and discuss different topics that may benefit the Center. For example Marlene suggested having more handicap parking and re-doing the striping of the parking lot. I talked to Kent Brown and by the time you read this edition, the work will probably be done if the weather permits! Other than me, we have not had a man at any of our planning committee meetings, and we've had 55 since the building opened in June of 2007!

Also on Tuesday, the first **Tai-chi** and **exercise classes** were held. Both of these classes, held on Tuesday and Friday mornings at 8:45 a.m., are designed for older people to help with balance, breathing, and keeping fit both mentally and physically. We have room for more people and we encourage you to come and work out with us. On the 4th and 5th Don Anderson from AARP gave us their driving course. People who take this class can have cost of your auto insurance reduced ~ the amount varies with the different companies. Five of our people qualified for this! Everyone learned something both from Don and the video.

Friday afternoon found folks busy **quilting, sewing, ironing, and playing cards**. The quilters are working on another *Quilt of Honor*.

Saturday was very busy day with our **Chili and Potato Soup Dinner** ~ 80 people came through the line. We filled 8 tables and used our little wooden table for the first time. We thank everyone that came and supported us. A big thank you goes to those who made sheet cakes: Cheryl Wright, Angie Shaver, Valerie Blackburn, Mary Mitchell, Sonja Booth, and Sonnie Chambers, as well as to our kitchen workers: Barbara Hufford, Patricia Stewart, Marlene Parret, Farol Mc Millan, Angie Shaver, Valerie Blackburn, Helen Fesnock, and Jean Watts. Our drawing for the quilt our quilters made was won by Gayla Rinehart. The ticket was drawn by beautiful 6-year-old Corrigan Bielefeld.

January 9th, city clerk, Liza Donabauer, and Carl sent the year-end report on the Center's activities to the Department on Aging. This report is for 2012 mill levy program of Sedgwick County, where all centers get their funding.

Tuesday was our **Carry-In-Luncheon** with 35 people attending. We had 7 speakers, which was a lot, but everyone stayed. I know I appreciated that as well as all the speakers who took time out of their busy schedules to come speak to us. We are fortunate to have these people come and talk about their companies and their services that we may be able to use at different times in our lives. The \$25 gift certificate from Mize's was won by Cleta Cornett.

Special Events: We need to have a minimum of 15 of these events each year. They can be (1) entertainment, such as the Southwind Ramblers, a Bluegrass Band from Clearwater headed up by Bill and Beverly Hammers; (2) trips to Wichita or programs like the Music Theatre with Young People. Future trips include: a trip to Abilene to the museum and candy factory, to the old mill in Oxford, and to the Cherokee Strip Run museum. (3) different types of suppers that we host, such as our Catfish Fry or Chili and Potato Supper. There are many events we can do for you and if you have an idea, pass it on to me. I tried to provide a means for people to give me feedback but I was disappointed that of the 275 questionnaires that were printed, only 7 were returned.

Educational Classes: Again they can be a wide variety of subjects. A past one that was very informative was on Identity Theft, a growing crime today. Our health fair is popular as we have doctors, pharmacists, and health care booths that provide information on rehabilitation sites or in-home rehab, health insurance, medical supplies for equipment, etc. We need to host a minimum of 40 of these kinds of classes.

Commitment is a word that is being used a lot at this time, a word that should not be taken lightly. Webster says it means: A pledge to do something given in trust. It is the act of being faithful to an oath or promise to help other people. An example is the commitment the City of Clearwater made to build a COMMUNITY BUILDING.

They built it on the faith that people in the community would use it. The Center is open 5 days a week from 8 a.m. to 2 p.m. or later, every day. On most of the afternoons the Center sits with no activities except on Fridays when cards or games are played. The City had the foresight to let the Seniors use the building for their own activities, and most of their activities are open to everyone in the community. Red Cross meals are provided for \$2 at 11:30 a.m. on all days except holidays and weekends. There are not many places you can eat for \$2 and not go out of town. With the cutbacks in the budgets everywhere, we are not sure how much longer we will be able to serve meals here at the Center. The people who will suffer the most will be the shut-ins who cannot get out and drive. Call Cindy at 584-2332 to talk with her about the meals which are listed in the "Scoop" on a page you can tear out and keep.

When I talk to the men, sometimes they say, "There is nothing for me to do down there;" "I have aches and pains," "My plate is really full and I don't have time," "My recliner needs to be looked after and once I am in it to make sure it is working ok I can't get out of it," and the list goes on and on. We all need exercise ~ I'm talking to myself too!

Men could start a walking class; there is plenty of room to walk here without having to cross a street and the surface is pretty flat. We have a **pool table** that cost about \$2,000 including new felt, set-up, leveling, etc. We have a **big-screen TV** where **WII games** can be played along with **checkers, dominoes, and cards**. Men can also **paint** (some of the great masters were men), **sew** (a lot of men are tailors), **play horseshoes, square dance**, and more. There are several things men can do, but it is up to you whether you want to take advantage of what the Center has to offer.

We have **movies** on the 3rd Wednesday of the month with free popcorn. We also have a **carry-in-lunch** on the 2nd Tuesday of each month. We have some great cooks and we also have some **speakers** that bring valuable information to us on a variety subjects that could be very important to you or a family member.

In the past, we had one on identity theft, which is the fastest growing crime in America. In February, we will explore COPD, and in March we will have a talk on Hospital Discharge Planning.

I just returned from our first Senior Summit Meeting on the 16th of January in Wichita. I learned that we have to make some changes in what we're required to provide to the Department on Aging, which will fall to me to monitor. As before, to retain our funding, each of the different categories must be met and some must be increased. There are some new criteria for next year and that is the reason we have to be very careful to meet or beat all of our program quotas. That is why we need your help now more than ever in supporting the Center with the many activities we offer. We cannot afford to lose or have our funding cut back.

On February 20th, at 9 a.m., AARP tax people will be here to do taxes. They will be able to take 3 or 4 people per hour depending on the number of people interested. One of the tax preparers will be here on February 14th to give a short talk and have paperwork for you to fill out ahead of time, along with a list of items you will need to bring to your appointment. After that, you will get a call telling you the time of your appointment. So, call me at 584-2332 if you want your taxes figured. I know that is Presidents Day, but we will be open to do your taxes.

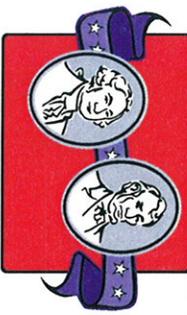
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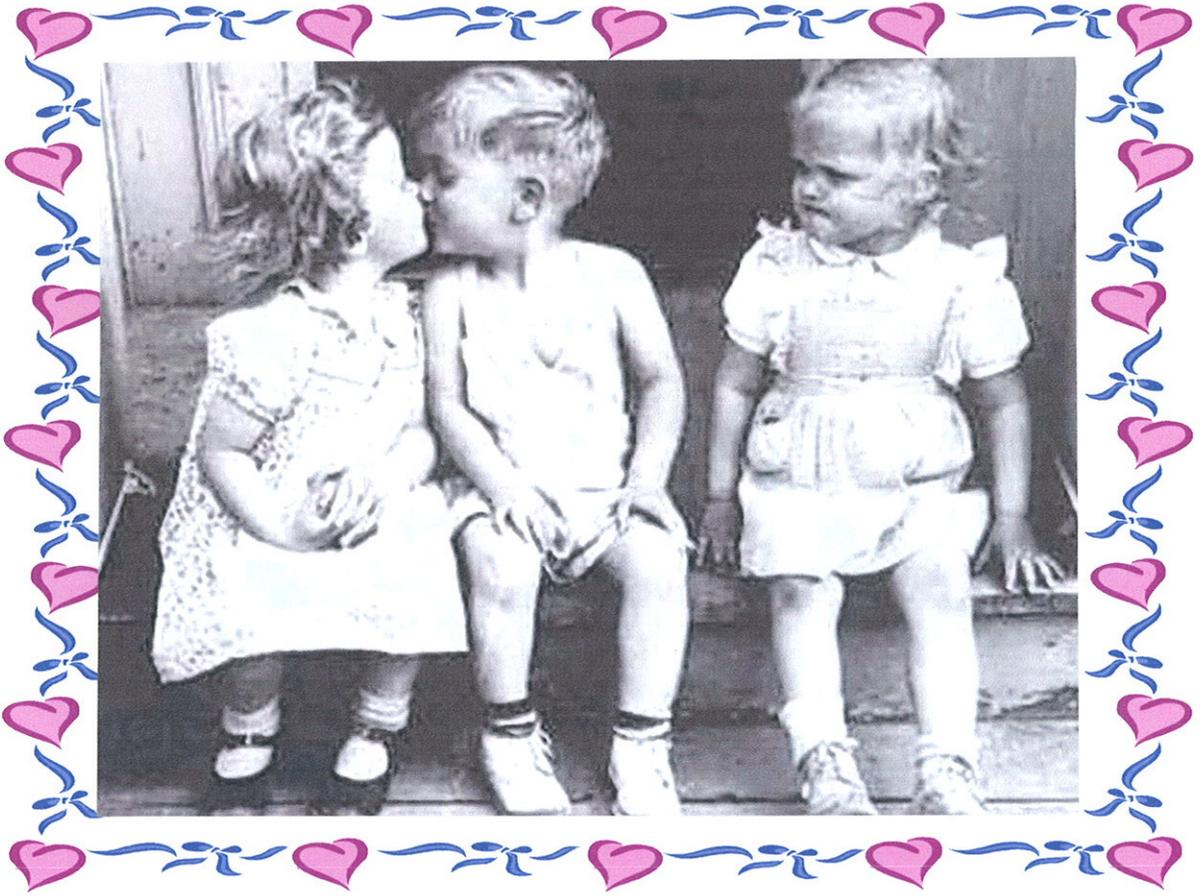
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 AA & AL-ANON 7 TO 9 PM	3 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS 1 PM CARDS & GAMES 1 PM	4 RENTED 2 TO 4 PM 7 TO 10 PM JAM SESSION
5 RENTED 2 TO 4 PM	6 PAINTING 1 PM TO 3 PM BOTH BEGINNING AND ADVANCED SQUARE DANCING 7 TO 0 PM	7 EXERCISE 9 TO 10 AM PLANNING COMMITTEE 9 AM AA & AL-ANON 7 TO 9 PM	8	9 KNITTING 9 TO 11 AM AA & AL-ANON 7 TO 9 PM	10 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS AND GAMES 1 PM	11
12 RENTED 2 TO 4 PM	13 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED SQUARE DANCING 7 TO 9 PM	14 TAI-CHI 8:30 AM EXERCISE 10:30 AM CARRY-IN-LUNCH 12 PM AA & AL-ANON 7 TO 9 PM	15	16 KNITTING 9:30 TO 11:30 AM AA & AL-ANON 7 TO 9 PM	17 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	18 BISCUITS & GRAVY 7 TO 10 AM
19	20 PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED SQUARE DANCING 7 TO 9 PM	21 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	23	23 KNITTING 9:30 TO 11:30 AM AA & AL-ANON 7 TO 9 PM	24 QUILTING 9:30 TO 11:30 AM TAI-CHI 8:45 EXERCISE 10-11 AM CARDS & GAMES 4 TO 8 PM	25
26	27 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED SQUARE DANCING 7 TO 9 PM	28 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	29 HEALTH FAIR NOON TO 4 PM.			

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 GROUND HOG DAY FEBRUARY 2nd	 FEBRUARY 14th			
BEEF STROGANOFF CAPRI VEGETABLES MANDARIN ORANGE GELATIN DINNER ROLL 27 Gm Fat 720 Calories 791 mg Sodium	SOFT TACO YELLOW SWEET CORN CINNAMON APPLESAUCE 21 Gm Fat 625 Calories 860 mg Sodium	CHICKEN CACCIATORE BREAST GARDEN RICE PILAF SPINACH SALAD w/DRSSG FRUITY AMBROSIA WHOLE WHEAT BREAD 23 Gm Fat 662 Calories 613 mg Sodium	● APPLE WALNUT TURKEY SALAD on WHEAT BREAD VEGETABLE SOUP FRESH ORANGE CHOCOLATE PUDDING 19 Gm Fat 702 Calories 1441 mg Sodium	BEEFY MAC & CHEESE CALIFORNIA VEGETABLES PEACH SLICES WHOLE WHEAT BREAD 26 Gm Fat 652 Calories 812 mg Sodium
CHILI CHEESE POTATO CALIFORNIA VEGETABLES FRESH APPLE WHOLE WHEAT BREAD 19 Gm Fat 753 Calories 690 mg Sodium	BAKED BBQ CHICKEN HERB POTATOES MIXED GREEN SALAD w/DRSSG STRAWBERRY PEAR SALAD POTATO ROLL 22 Gm Fat 699 Calories 582 mg Sodium	HAMBURGER on BUN POTATOES ROMANOFF COLESLAW CRANBERRY ORANGE GELATIN 29 Gm Fat 890 Calories 1059 mg Sodium	SPAGHETTI w/MEATSAUCE ITALIAN STYLE ZUCCHINI BANANAS & STRAWBERRIES BREADSTICKS 21 Gm Fat 772 Calories 874 mg Sodium	CRANBERRY MEATBALLS ROASTED POTATOES LOOSE LEAF SALAD w/DRSSG FRUIT COCKTAIL DINNER ROLL 26 Gm Fat 722 Calories 1310 mg Sodium
 CLOSED FOR PRESIDENT'S DAY	BISCUIT & BEEF GRAVY PARSLIED POTATOES PICKLED BEETS FRESH ORANGE 30 Gm Fat 783 Calories 786 mg Sodium	© HAM & BEANS w/ONIONS CARROT SLICES TROPICAL FRUIT MIX CHOCOLATE PUDDING CORNBREAD 17 Gm Fat 809 Calories 1149 mg Sodium	BEEF PATTY w/ONION GRAVY MASHED POTATOES TOSSED SALAD w/DRSSG ROSY APPLESAUCE WHOLE WHEAT BREAD 25 Gm Fat 719 Calories 638 mg Sodium	TACO SALAD GREEN PEAS MANDARIN ORANGES CHOCOLATE CAKE 30 Gm Fat 702 Calories 1019 mg Sodium
© SCALLOPED POTATOES w/HAM BRUSSELS SPROUTS PEACH SLICES STRAWBERRY GELATIN WHOLE WHEAT BREAD 17 Gm Fat 681 Calories 956 mg Sodium	CHICKEN TORTILLA SOUP ROMANINE SALAD w/DRSSG FRESH ORANGE TAPIOCA PUDDING CORN CHIPS 34 Gm Fat 834 Calories 664 mg Sodium	HOT ROAST BEEF SANDWICH w/GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSSG FRUITED GELATIN OATMEAL COOKIES 17 Gm Fat 710 Calories 1249 mg Sodium		● CONTAINS TURKEY © CONTAINS PORK



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