

# The Scoop

**Mother's Day**

May, 2012



## **CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS**

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## **FROM CARL..... (a piece from Helen Fesnock)**

I sat inside my wall, safe and secure from the entire world. My wall kept me secure. My wall allowed no one to come near me, no one to touch me, no one to see the real me. My WALL was beautiful. I loved my wall; I had spent a lifetime constructing my wall. I had used only the choicest materials for building my wall. A large stone which was the centerpiece of my wall was RESENTMENT. This was a rock that I cherished deeply. Next to this rock was another which I truly loved and this rock was SELF=PITY. Next to this roc was one called HATRED. Next to it was one called RATIONALIZATION. Next to it was one called FEAR. This was a large and heavy stone, one that I had placed very carefully into my wall. One was ANGER. This was a large and brightly colored stone that the entire world could see. This was a very important stone in my wall because it warded off many people who tried to approach me as I sat behind my wall. JEALOUSY was another prominent stone in my wall and it was a stone that I nurtured and kept for years. It was my constant companion. FRUSTRATION was also a part of my wall. In fact, my entire wall was fraught with frustration. It was mortar that held all the stones in place that protected me. As I said, I had taken years to build this wall and it protected me from the world and cushioned me from all reality. I loved my wall. NO ONE could approach me. NO ONE could get too close.

Then one day as I was sitting secure behind my wall, something very strange happened. I heard someone pass outside my wall. I could not see who it was but I heard their footsteps beside my wall. A flower was thrown over the top of my wall and it fell at my feet, a delicate fragile single blossom. I picked it up and looked at it in wonderment. It was beautiful. It was perfect. And I wondered who had thrown the flower over my wall and I was curious. So I called out and asked who had thrown the flower over my wall and a voice replied, "A FRIEND." I replied that I had no friends and I was happy again for my wall. There was a stone of DOUBT in my wall that allowed me not to be deceived by this person. Then I heard a strange noise. It was weeping. The stranger outside my wall, who had thrown the flower, was crying beside my wall. So I called out and asked them why they cried and they answered that it was because they CARED. They said they would like to breach my wall and come close to me, but I could not allow this, so the weeping persisted. I thought perhaps this person would not hurt me. Perhaps I could allow them to come a little closer and not hurt me. Perhaps I could allow them to come a little closer and not suffer any ill effects. So I pushed aside one small part of my wall, one small stone that left an opening, and to my amazement, the stranger outside my wall put his hand through the hold in my wall and stood there asking nothing, expecting nothing, just an outstretched hand. Haltingly, hesitantly, I reached out and took hold of the stranger's hand.

A very wondrous thing happened...I FELT WARMTH!! I felt vitality in a stranger's hand that I had never known before. I thought perhaps, just perhaps, this is one person I can be close to. So I told the stranger, "If you can help me, we can remove a few stones from my wall so that you might pass through." The stranger said he would be more than willing to help, so begrudgingly, fearfully, I allowed the stranger to remove a few of the small insignificant stones from my wall until we had made a hole large enough for him to step through. As he stepped inside, he said, "I am here to help you. I am here to be your friend." He was inside my wall and I had NO defense. So I placed my arms around this stranger's shoulder and wept. At last I had found that I could allow another human being to be close to me and I would not be injured or hurt. My new friend said, "This wall is not necessary and if you will help me, we can push this wall down and you will be free to see the beautiful world outside.

I was very hesitant to allow the friend to remove the stones from my wall, but one by one, together, we dragged down the stones. Frustration left and we tore down resentment which was heavy and defied movement for a long time. We labored together, sometimes quickly and sometimes at a very slow pace because I was still very hesitant about removing my wall. Finally the hole was large enough so I was able to look out into the world. I could see the beauty of the world for the first time and for the first

time I was NOT afraid. I realized that this wall that I had built to protect myself, had not only protected me from the world, but had shut me off from the beauty of life in the world around me. Everywhere outside of my wall there were strangers and friends who are willing to help and will to SHARE WITH ME their love and their caring.

I have wept many times at the passing of most of the wall. There is some of it still standing and in moments of weakness, I retreat behind what is left of my wall. I stand there shielded from the world, but each time I shield myself from the world, I realize that I am cutting myself off from what the world has to offer, the friendship, the love, and the caring. Upon rethinking of my situation each time, I am able to tear a little more of my wall down. Every day I become more visible to the world and am able to view more of the world. To enjoy beauties of this world with a friend is the greatest treasure that anyone can ask to be given. Not every treasure is a friend but a friend is ALWAYS A TREASURE! This can be a very beautiful place when you share it with a friend.

THE SENIOR CENTER HAS A LOT TO OFFER, SO TEAR YOUR WALL DOWN AND COME IN AND ENJOY ALL THE ACTIVITIES WITH THE WARM FRIENDLY PEOPLE HERE. ☺

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*We are in the process of going through the historical albums in order to have them ready for the 5<sup>th</sup> anniversary of the opening of the Center, June 3<sup>rd</sup>. We have made several improvements to the building that were made possible by many people in the Clearwater community. There have been many changes over the last 40+ years since the Golden Chain started in 1970. Some changes are good and others not as good. Looking back, the one thing most notable is the lack of men at the Center. It was not always this way. It is sad that the people who started the club are not around to see the new building and what it has to offer. A lot of change is due to the fact that society has really changed.*

*More seniors are taking care grandchildren while both parents are working, then comes the weekend with all of the different activities that the grandparents go to see their grandchildren participate. This is not only felt at Senior Centers, but also at churches. We need more participation in some of the senior activities or they may be dropped.*

*One of those is the Good Neighbor Food Program for people over 60 and at a cost of only \$2.00. Where can you get a meal for \$2.00 or can you even prepare a meal for that cost?? Another need at our Center is volunteer drivers to deliver meals to the shut-ins. This is a very good service which takes about 45 minutes and we really need this service to help our neighbors.*

*Television tells us that 1 in 3 people over the age of 60 will fall this year. We have two different exercise programs that work on balance and they are both geared to a slower pace but still exercise all body parts. Then we have painting, quilting, cards, and other activities such as trips. If you have an idea, come in and voice your thoughts. The door is always open.*

## **April turnout for Biscuits & Gravy was BIG!**

This past month saw the year's highest attendance at the Saturday Biscuits & Gravy event. Fifty-three were reported to have enjoyed the good eating. Among those who attended was a group from Wichita who had come from Wichita to fly model airplanes.

*Thanks to everyone for coming!*

## *Getting to know..... Doris Matthews*

*by Anne Tjaden*

Doris Matthews says that she's just a common, ordinary person but her life story is anything but that. She was born in Deer Creek, Oklahoma, where her father was a train depot agent. When her grandfather in Kansas, R. J. Hukle, couldn't farm any longer, the family moved to his farm on the Sedgwick County line. Little Doris was just nine months old and this move would shape her life in important ways.

She attended Pleasant Valley K-8 school and finished at the newly built school with the same name in Sumner County. One of her neighbors, Carl Matthews, was a student there, two grades ahead of her. His family moved to Wellington so he could attend high school there, and Doris went to Clearwater High School.



Despite going to different high schools, they carried on a courtship and married on October 20, 1935 in a simple ceremony at the home of the Church of Christ pastor in Wichita, witnessed by her sister and her husband.

Doris reports that their first home was “really rough.” It was a three-room ‘tenant house’ west of the Matthews’ house that had no running water, electricity or bathroom and they lived there a year before moving to the big house. When REA came to put in the electric lines, she said there was one bare bulb hanging from a wire in the house. The REA told her to have the bulb turned on so she would know when the electricity had been hooked up. One day she was ironing using a 5+ lb. Coleman iron that had an oil reservoir that would get hot when lit by a match. The day the light bulb lit up she immediately started using an electric iron she'd purchased and never used that old heavy iron again.

Carl and Doris had three children, Vicki, now deceased, Jacki, and C.W., and all of them were active in the hard work on the farm. She recalled that at harvest time, when there were hired hands to feed, the day would start early. After having his breakfast, Carl would bring two freshly butchered chickens to the kitchen. Doris and her daughters would put them in a boiling bath, pluck all the feathers, fry the chickens, make mashed potatoes, vegetables and TWO PIES for the noon meal. Her daughter Jacki said her mother was a workaholic, and Doris admitted that she did everything around the farm except drive the tractors.

In 1958, Carl and Doris built a new house on the Ninnescah. They lived there until they decided to move into town in the '70s and their son C.W. and his wife Mary moved to the house on the farm. Doris said the house was just what she wanted with a full basement she could go to in case of storms. They liked living at that home on 3<sup>rd</sup> Street since they knew everyone in town.

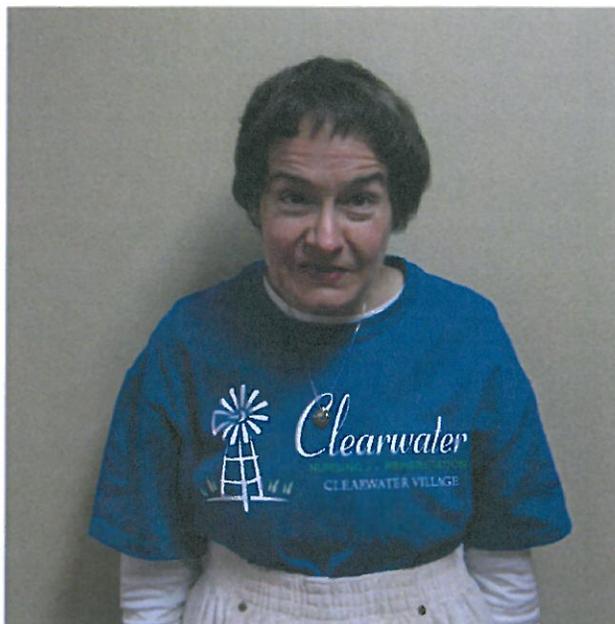
Doris has been involved with church her whole life, and now attends the Church of Christ. She's a 60-year Eastern Star member, was involved with EHU, and the bridge club called Semper Fidelis. She and her daughter Jacki get out often – they attend church three times a week, have weekly hair appointments, eat out in town or at the Senior Center, and more. If you didn't know her age, you'd never suspect Doris will be 98 on June 14, Flag Day. Anyone who knows Doris will attest it is a blessing to know her and that her life has been full and anything but ordinary.

## Volunteer Profile: Candy Burns

Candy Burns has been volunteering at Clearwater Nursing & Rehabilitation for over four years. Candy is well-known at Clearwater Nursing & Rehabilitation and visits three or four times a day to lend a helping hand.

She frequently assists in handing out clothing protectors for meal times, leads the prayer and worship center for Alzheimer's residents, and hosts "Crafts with Candy." "Crafts with Candy" is a monthly activity in which Candy leads the group to create fun crafts together. Their most recent project was a Valentine's Day heart pillow.

Candy lives in Clearwater, Kansas, and is very involved with her church. Right now her main focus is on her mother, a resident at Clearwater Nursing & Rehabilitation, but someday she may continue her studies in ministry. The residents enjoy Candy's company and she goes out of her way to welcome new residents and make them feel at home. The residents' families also view her as a useful resource for answering their questions and find comfort in knowing she is available for their family members. Candy's passion is helping others and she is a wonderful asset to Clearwater Nursing & Rehabilitation, its staff, and residents.



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Happy Birthday to our  
friends who were born in  
MAY!

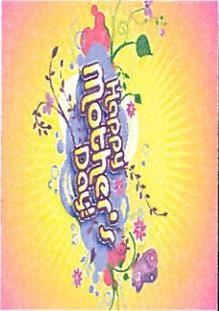
Charles Steen	May 2
Anita McMillan	May 4
La Vina McEntire	May 6
Weymouth Pearson	May 9
Mary Stafford	May 11
Sandy Wise	May 15
Lee Steen	May 15
Walt Porter	May 16
Mel Veach	May 16

Al Coleman	May 18
Wayne Dunn	May 18
Laura Papish	May 22
Babette Schmidt	May 22
Max Tjaden	May 24
John Davis	May 25
Lois Slabach	May 26
Joyce Haivala	May 27
Norma Jean Watts	May 28
Phyllis Valens	May 30
Virginia Burt	May 31

**GOOD NEIGHBOR NUTRITION PROGRAM**

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

**MAY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MAY 13th</p>	<p>CHICKEN PRIMAVERA LOOSE LEAF SALAD w/DRSG QUICK FRUIT CUP FRENCH BREAD</p>	<p>● DELI TURKEY &amp; SWISS on WHEAT COLESLAW w/CARROTS FRESH BANANA CHOCOLATE CHIP COOKIES</p>	<p>GROUND BEEF STROGANOFF BUTTERED CABBAGE JELLED STRAWB/ PEAR SALAD WHOLE WHEAT BREAD</p>	<p>● CREAMY HAM &amp; POTATO SOUP COMBINATION SALAD w/DRSG HOT SPICED APPLES VANILLA PUDDING CRACKERS</p>
<p>SLOPPY JOE on BUN CABBAGE &amp; KRAUT POTATO SALAD STRAWBERRY PEARS</p> <p>26 Gm Fat 712 Calories 868 mg Sodium</p>	<p>SOFT TACO CALICO CORN FRESH ORANGE OATMEAL COOKIES</p> <p>24 Gm Fat 863 Calories 972 mg Sodium</p>	<p>● TURKEY &amp; CAVATAPPI BRUSSELS SPROUTS CINNAMON APPLESAUCE STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD</p> <p>24 Gm Fat 695 Calories 710 mg Sodium</p>	<p>CHICKEN NOODLE SOUP BAKED POTATO SPINACH SALAD w/DRSG FRESH BANANA TAPIOCA PUDDING CRACKERS</p> <p>30 Gm Fat 701 Calories 774 mg Sodium</p>	<p>SALSBURY STEAK MASHED POTATOES PICKLED BEETS PINEAPPLE CHUNKS POTATO ROLL</p> <p>14 Gm Fat 642 Calories 1087 mg Sodium</p>
<p>SPAGHETTI w/MEATSAUCE CALIFORNIA VEGETABLES FRUITY AMBROSIA BREADSTICKS</p> <p>21 Gm Fat 732 Calories 828 mg Sodium</p>	<p>CHICKEN DIJON GARDEN RICE PILAF CORONADO SALAD PEACHES , PEARLS &amp; GRAPES CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD</p> <p>27 Gm Fat 737 Calories 970 mg Sodium</p>	<p>ITALIAN CHICKEN CASSEROLE CAPRI VEGETABLES FRESH BANANA ORANGE GELATIN WHOLE WHEAT BREAD</p> <p>15 Gm Fat 656 Calories 990 mg Sodium</p>	<p>MEATLOAF w/TOMATO SAUCE CHEESY POTATOES GARDEN VEG SALAD w/DRSG CITRUS FRUIT MIX WHOLE WHEAT BREAD</p> <p>23 Gm Fat 686 Calories 1112 mg Sodium</p>	<p>● HAM &amp; BEANS w/ONIONS SPINACH ROSY APPLESAUCE CORNBREAD</p> <p>23 Gm Fat 753 Calories 785 mg Sodium</p>
<p>CHILI CHEESE POTATO PICKLED BEETS MIXED FRUIT CUP WHOLE WHEAT BREAD</p> <p>18 Gm Fat 724 Calories 796 mg Sodium</p>	<p>LIVER &amp; ONIONS MASHED POTATOES RANCH BROCCOLI SALAD SUNSHINE APPLE GELATIN WHOLE WHEAT BREAD</p> <p>23 Gm Fat 839 Calories 990 mg Sodium</p>	<p>● TURKEY ROAST CHEF SALAD w/CHEESE CREAMY POTATO SOUP FRESH BANANA OATMEAL COOKIES CRACKERS</p> <p>17 Gm Fat 684 Calories 816 mg Sodium</p>	<p>TACO SALAD PEAS CINNAMON APPLESAUCE</p> <p>23 Gm Fat 686 Calories 889 mg Sodium</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS FRUIT SLAW GELATIN CAKE w/WHIPPED TOPPING</p> <p>12 Gm Fat 677 Calories 1070 mg Sodium</p>
<p>CLOSED FOR MEMORIAL DAY</p> 	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES MARINATED GREEN BEANS SUGAR &amp; SPICE APPLE SLICES POTATO ROLL</p> <p>18 Gm Fat 684 Calories 710 mg Sodium</p>	<p>TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES HARVEST FRUIT MIX TAPIOCA PUDDING WHOLE WHEAT BREAD</p> <p>28Gm Fat 744 Calories 1225 mg Sodium</p>	<p>BBQ BAKED CHICKEN HERB POTATOES MIXED GREEN SALAD w/DRSG MANDARIN ORANGE GELATIN WHOLE WHEAT BREAD</p> <p>28 Gm Fat 668 Calories 889 mg Sodium</p>	<p>● CONTAINS TURKEY ● CONTAINS PORK</p>
<p>28</p>	<p>21</p>	<p>23</p>	<p>24</p>	<p>25</p>



# MAY 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 PAINTING 1 PM TO 3 PM BOTH BEGINNING AND ADVANCED	8 TAI-CHI 8:30 AM EXERCISE 9:30 AM TO 10:30 AM CARRY-IN-LUNCH 12 PM AA & AL-ANON 7 TO 9 PM	9	10 AA & AL-ANON 7 TO 9 PM	11 QUILTING 9:00 AM TO ?? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS AND GAMES 1 PM	12	13 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED
13	14 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	15 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	16 <b>FREE</b> <b>MOVIE</b> 1:30 PM	17 AA & AL-ANON 7 TO 9 PM	18 QUILTING 9:00 AM TO ?? TAI-CHI 8:45 EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	19 BISCUITS & GRAVY 7 TO 10 AM	
20	21 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	22 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	23	24 AA & AL-ANON 7 TO 9 PM	25 QUILTING 9:00 TO ?? TAI-CHI 8:45 EXERCISE 10-11AM CARDS & GAMES 1 TO 4 PM	26	
27	28 PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	29 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	30	31 AA & AL-ANON 7 TO 9 PM			



***Bob Hope (May 29, 1903 - July 27, 2003) HE MADE A DIFFERENCE***

**ON TURNING 70:** "You still chase women, but only downhill"

**ON TURNING 80:** "That's the time of your life when even your birthday suit needs pressing."

**ON TURNING 90:** "You know you're getting old when the candles cost more than the cake."

**ON TURNING 100:** "I don't feel old. In fact I don't feel anything until noon. Then it's time for my nap."

**ON GIVING UP HIS EARLY CAREER, BOXING:** "I ruined my hands in the ring..the referee kept stepping on them."

**ON NEVER WINNING AN OSCAR:** "Welcome to the Academy Awards or, as it's called at my home, 'Passover'."

**ON GOLF:** "Golf is my profession. Show business is just to pay the green fees."

**ON PRESIDENTS:** I have performed for 12 presidents and entertained only six."

**ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER:** "When I was born, the doctor said to my mother, 'Congratulations. You have an eight-pound ham'."

**ON HIS SIX BROTHERS:** "That's how I learned to dance. Waiting for the bathroom."

Clearwater Community/Senior Center

921 East Janet

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