

# THE SCOOP



**Clearwater Senior Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**commcenter@sktc.net**

## WORLD TAI CHI & QIGONG DAY 2013

SATURDAY APRIL 27TH AT 10:00 AM AT THE SENIOR CENTER

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Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures that create a kind of synchronized dance. Tai Chi is offered at the Center on Tuesdays & Fridays at 8:45am and is lead by instructor Lew Kellogg and Robert Pugh. On the last Saturday of April at 10 am local time worldwide, the world is invited to join in on mass Tai Chi and Qigong teach-ins and exhibitions held in over 70 nations. This educational event brings people together across eth-

nic, racial, and religious and geopolitical borders in a celebration of personal and global health and healing. Its motto is "One World... One Breath."

Harvard Health Publication has called Tai Chi "moving medication" for all the myriad health issues it has been proven to help with. Tai Chi and Oigong can boost immune functions by 50%; increase brain size; reduce depression and anxiety; reduce or eliminate chronic pain issues; dramatically improve balance, dexterity,

and sports performance, prevent colds and flu; lower high blood pressure; reduce ADHD symptoms; improve sleep; and much more.

So come join us for a global morning of learning and see if Tai Chi may be right for you. It will be on Saturday April 27th at 10am at the Clearwater Senior and Community Center.

Contact: Lew Kellogg  
Inklog@sktc.net

Clearwater Wellness Center  
620-584-9355  
Clearwater Senior Center

**SPECIAL POINTS OF INTEREST:**

- For those who receive the Scoop in the mail we are changing things up a bit. Currently the Scoop is delivered to businesses in the area and is available online at the City's website. I also send them in an email to those I have email addresses for. There are a handful of those who wish to have it mailed. For those people we are asking \$5 a year in dues to cover the postage. Please call the Center if you have questions.

### APRIL BIRTHDAYS

Mary Conley 4/02  
Marilyn Klausmeyer 4/04  
Sonja Booth 4/07  
Lois Croft 4/08  
Mary Maltbie 4/08  
Marvin Schauf 4/11

Lola Jean Lamb 4/19  
Shannon Avery 4/19  
Rick Schultz 4/20  
Gayla Rinehart 4/23  
Clarice Sparr 4/23  
Jeff Laha 4/24

  
Farrell Callaway 4/25  
David Klausmeyer 4/25  
Charlotte Dawson 4/29  
Jan Hopson 4/29  
George Ward 4/29



## UPCOMING EVENTS

### Schedule of Events

- 4-2 Planning meeting
- 4-3 2013 Health Fair
- 4-6 Jam Session
- 4-9 Carry-In Lunch
- 4-20 Biscuits & Gravy
- 4-27 World Tai-Chi Day

#### Jam Session

Come enjoy some great entertainment. Enjoy music from local artists. The cost is free but donations are accepted. Also please bring a snack to share.

Date: April 6th  
Day: Saturday  
Time: 7pm-9pm  
Location: Main room at Center  
Cost: Free

#### Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. These topics are usually things that you can relate to. We ask that everyone brings in a dish to share and a plate and utensils. The event is free but donations are accepted.

Date: April 9th  
Day: Tuesday  
Time: 12:00 noon  
Location: Main room at Center  
Cost: Free but donations are appreciated.

#### Biscuits & Gravy breakfast

All you can eat Biscuits & gravy made by Center volunteers. This is open to ALL age groups. It is a nice place to come feed the family when you don't feel like cooking.

Date: April 20th  
Day: Saturday  
Time: 7am-10am  
Location: Main Room at Center  
Cost: \$4 for adults & \$2 for kids

#### Painting Class

Come down and paint with friends. Learn to paint. Beginners and advanced. Please call the Center first to register.

Date: April 1st, 8th, 15th, 22nd, & 29th  
Day: Monday  
Time: 1pm-3pm  
Location: Art & Crafts room  
Cost: Free

**NOTE: Attached to this Scoop is a Satisfaction Survey. Please fill this out and return it to the Center at your earliest convenience. This will allow us to serve our community better.**

#### Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg. Please call the center to register.

Date: Every Tuesday & Friday  
Time: 8:45 am  
Location: Centers Main Room  
Cost: \$8 per month

#### Games \*We have changed days\*

Do you like to play bridge or pitch, do puzzles or play the Wii? Maybe you have an idea for a new game. Come down on Wednesdays and play some games.

Date: Every Wednesday **except 4-3-13**  
Time: 8:00 am—12:00 pm  
Location: Centers Main Room  
Cost: Free

#### Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? No you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free. Our director is from the medical field and can do this at the Center.

Date: 1<sup>st</sup> and 3<sup>rd</sup> Mondays  
Time: 10 am – 12 noon  
Location: Center Main Room  
Cost: Free

#### 2013 Health Fair

Its that time of year again. Its time for the 2013 Health Fair. This is brought to you by the Clearwater Village. There will be several vendors including local Drs and other healthcare related people. Come down and talk with them and enjoy a FREE lunch!

Date: April 3rd  
Day: Wednesday  
Time: 12pm-4pm  
Location: Main Room at Center  
Cost: Free

## RECIPE OF THE MONTH

### Ingredients:

1 (32 oz.) bag frozen tater tots  
 1 (3 oz.) bag bacon pieces  
 1 pound boneless, skinless chicken breasts, diced  
 2 cups shredded cheddar cheese  
 3/4 cup milk  
 salt & pepper, to taste

### Directions:

Spray slow cooker with non-stick cooking spray.  
 Layer half of the frozen tater tots on the bottom of the slow cooker.

Sprinkle with 1/3 of the bacon pieces.

Now top with 1/3 of the shredded cheese.

Add diced chicken on top. Season with salt & pepper.

Now add 1/3 of the bacon pieces and another 1/3 of shredded cheese.

Put the rest of the frozen tater tots on top.

Finish with the remaining 1/3 cheddar cheese and remaining 1/3 of bacon pieces.

Pour 3/4 cup milk all over

the top. Cover and cook on low about 4-6 hours



*Cheesy Chicken Tater Tot Casserole*

## BITS & PIECES

### VOLUNTEERS

Do you have a talent you can teach? Are you good with cooking, or filing, cleaning, or just being friendly? We need you! Our Center is striving to start new things and keep this place interesting. We need more people to volunteer their time to help us grow. Please contact the Clearwa-

ter Community Center for more information. 620-584-2332

### SQUARE DANCING

I have heard from some seniors that they would like to see Square Dancing brought back. I spoke with a caller who would be willing to do this. We have to have at least 8 people. 4 men and 4 women. We can have more

than that but that is the minimum. The cost would be \$25 for 20 sessions. If you would be interested please call the Center and let me know.

### INCLEMENT WEATHER

Just a reminder. When USD 264 calls off school due to weather the Senior Center will be closed. Hopefully we will not have any more

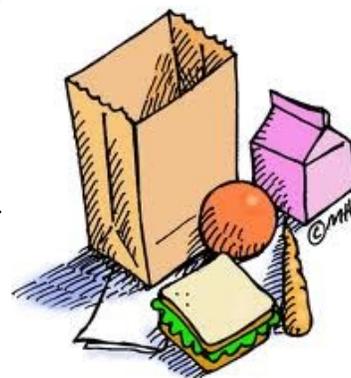
**“Service to others is the payment you make for your space here on earth”  
 Mohammed Ali**

## GOOD NEIGHBOR NUTRITION PROGRAM

This program provides social activities and serves approximately 850 hot, nutritionally-balanced meals each weekday at noon to residents age 60 or older in Butler, Harvey and Sedgwick counties. There are 12 senior dining centers in Wichita. Ten others operate in Augusta, Cheney, Clearwater, Derby, El Dorado,

Halstead, Haysville, Mulvane, Newton and Park City. It is funded under the Older Americans Act through the Central Plains Area Agency on Aging and the Kansas Department for Aging and Disability Services. To make a meal reservation, call (620) 584-2332. To inquire about home delivered meals, call (316) 219-

4026. Meals are provided by reservation only and cost \$2.00 per meal. We need 2 days notice to make sure we have your meal that day. This is a program that is under utilized at this Center. Lets get these numbers back up and enjoy lunch at the same time. This program is offered daily at the Center and a menu is attached in





### Notes from Senior Lunch 3-12-13

After Cheryl greeted everyone, Marlene led the group in the flag salute and National Anthem.

Cheryl recognized Mary Schauf as the only March birthday in attendance. She introduced the candidates for City Council and then led the blessing for the meal. Chris Griffin, the pastor at the Nazarene Church was the first candidate to speak. Then Bob Jacobs, Burt Ussery, and Paul Clark. Since there are 3 open positions on City Council and only 2 people on the ballot there will be a need for a write in. City Administrator Kent Brown explained the process with the electronic voting machines. Sample ballots were given to everyone in attendance. Sue Koenig, from the library, spoke of a couple activities at the library. March 22<sup>nd</sup> a Master Gardener will be giving a talk about "Gardening in dry times." April 2<sup>nd</sup> the library will have a Backgammon Social. There will be some instruction for first time players.

#### **Announcements:**

3-14 There was a cooking class given by Kyle Huxford. Kyle is the registered dietician at the Clearwater Village. It turned out well and we will be having more of these events. If you are interested please call the center.

3-16 Biscuits & Gravy. Helpers always needed as numbers continue to go up.

3-18 AARP tax preparers were at the Center to do taxes for all people that were cancelled the first go around due to snow.

3-28 Glycobiology class at the Center. This is free event which explains sugars and how they affect our body systems.

Every Monday the Center offers free blood pressure checks.

Pam will also be offering small computer classes on Thursdays. Please call the Center for more details.

Friday afternoon games will be moved to Wednesday mornings. We are trying a different day and time to see if there is a better turn out.

Marlene Parret  
Secretary





## Clearwater Senior Services Survey 2013

Thank you for taking about 10-15 minutes of your time to complete this survey. We appreciate your effort to help us measure how well we are meeting our mission of involving, enriching, and empowering seniors in our community, and you insights into how you think we could improve. We will share the results of this survey in a future newsletter. Questions: Please call Senior Director at 620-584-2332

### 1. How often do you participate in Center activities? Check one.

- |   |  |
|---|--|
| <input type="radio"/> Almost every day    | <input type="radio"/> 1 time per week        |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 2 or more times per wk |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> Rarely or Never        |

If you answered “Rarely or Never,” why do you not participate more often? Check all that apply.

- |   |  |
|---|--|
| <input type="radio"/> Working full or part time | <input type="radio"/> No transportation        |
| <input type="radio"/> Cost of activity          | <input type="radio"/> Health problems          |
| <input type="radio"/> I am a caregiver          | <input type="radio"/> Live too far away        |
| <input type="radio"/> Nothing of interest       | <input type="radio"/> Hours are not convenient |
| <input type="radio"/> Other _____               |  |

### 2. Which programs do you participate in at the Center? Check all that apply.

- Performing Arts (Jam Session)
- The Arts (Painting class)
- Health & Fitness (Tai Chi, exercise)
- Nutrition (Red Cross Meals, Biscuits & Gravy, Carry In Lunch)
- Recreation (Pitch, Bridge, Wii, games)
- Lifelong learning (Classes, educational presentations)
- Travel (day trips, mystery trips)

- Volunteering
- Services (computer tutoring, assistance applications)
- Special Events (dances, concerts, dinners)

**3. What suggestions would you have to improve programs and attendance at the Senior Center?**

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4. Please rate the following in terms of **customer service** at the Clearwater Senior Center on a scale from 1 to 4, where **1 means excellent service** and **4 means poor service**. You are rating front desk volunteers, meal volunteers, and Director. Your specific suggestions will help us improve our service.

|  |   |   |   |   |
|--|---|---|---|---|
| <b>Professionalism:</b>                        | 1 | 2 | 3 | 4 |
| <b>Friendly &amp; Welcoming:</b>               | 1 | 2 | 3 | 4 |
| <b>Willing &amp; Able to Help:</b>             | 1 | 2 | 3 | 4 |
| <b>Efficient &amp; Knowledgeable:</b>          | 1 | 2 | 3 | 4 |
| <b>Timely follow-up on emails &amp; calls:</b> | 1 | 2 | 3 | 4 |

**Suggestions for improvement:** \_\_\_\_\_

5. We would appreciate your feedback. If we could provide a better Senior Center, what elements or activities would you want us to include?

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Please describe yourself. Are you?

Gender

- Male  Female

Age

- 50-59  60-69  70-79  
 80-89  90 +

**Please return this to the Clearwater Senior Center at your earliest convenience.**



~ April 2013 ~

| Sun   | Mon   | Tue   | Wed  | Thu                       | Fri   | Sat   |
|---|---|---|--|---------------------------|---|---|
|  | <b>1</b><br>Blood pressure ck<br>10am-noon<br>Painting class 1pm-3pm  | <b>2</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>Planning mtg 9 am<br>AA/Al Anon 7-9 pm            | <b>3</b><br><b>2013 Health Fair</b><br>12 pm – 4 pm  | <b>4</b><br>AA 7pm – 9pm  | <b>5</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am  | <b>6</b><br>Jam Session<br>7pm – 9pm *open to all ages        |
|   | <b>8</b><br>Painting class 1pm-3pm                                    | <b>9</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am<br><i><b>Carry-In-Lunch</b></i><br>AA/Al Anon 7-9 pm | <b>10</b><br>Games 8am-12pm  | <b>11</b><br>AA 7pm – 9pm | <b>12</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am | <b>13</b>   |
| <b>14</b>   | <b>15</b><br>Blood pressure ck<br>10am-noon<br>Painting class 1pm-3pm | <b>16</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/Al Anon 7-9 pm                                | <b>17</b><br>Games 8am-12pm  | <b>18</b><br>AA 7pm – 9pm | <b>19</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am | <b>20</b><br>Biscuits & Gravy<br>7am – 10am *open to all ages |
|   | <b>22</b><br>Painting class 1pm-3pm                                   | <b>23</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/Al Anon 7-9 pm                                | <b>24</b><br>Games 8am-12pm  | <b>25</b><br>AA 7pm – 9pm | <b>26</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am | <b>27</b><br>World Tai Chi Day<br>10 am @ Center              |
| <b>28</b>   | <b>29</b><br>Painting class 1pm-3pm                                   | <b>30</b><br>Tai Chi 8:45 am<br>Exercise 10:00 am<br>AA/Al Anon 7-9 pm                                | <b>Notes:</b><br> |                           |   |   |

## **City of Clearwater Senior Community Center**

### **Mission Statement:**

The Clearwater Senior/Community Center is here to provide, maintain, and expand to the Community the social, educational, physical, nutritional, health, recreational, spiritual, and intellectual well being of each senior in our community.

### **Goals:**

1. Keep and Maintain a warm and friendly center.
2. To increase the activities and growth at the Center.
3. To maintain the newsletter promoting all activities at the Center.

### **Objectives:**

1. Improve community involvement by newsletter, telephone, email, TV access channel with information on all Senior Activities.
2. Implement new ideas, programs, and activities as they develop.
3. Maintain and keep accurate records of attendance.
4. Maintain current facility and plan for growth.

### **Staff**

#### ***Clearwater Senior Community Center***

Pamela Riggs,  
Director  
Farol McMillan  
Administrative Assistant

### **Advisory Committee Members**

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

### **Planning Committee Members**

Cheryl Wright - Chairperson  
Vacant - Co-Chair  
Marlene Parret - Secretary  
Vacant - Historian  
Vacant - Education  
Farol McMillan - RSVP Program

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find us on  
**Facebook**

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### Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.



Do you have some gently used shoes lying around? We are partnering with Sedgwick Senior Center to gather used shoes to donate to the VA. They take new and like new shoes and donate them to Veterans. Please drop off shoes at the Clearwater Senior Community Center.

## YOU CAN AVOID A STROKE



Most people can't identify a single risk factor or a warning sign of stroke, yet over 750,000 Americans will be affected by a stroke this year alone!

Life Line Screening will be at the Clearwater Senior Community Center performing a day of preventative health screenings on Thursday May 23rd, 2013.

Screenings are fast, painless and offered at low cost. They involve the use of ultrasound technology and scan for potential health problems related to: blocked arteries which can lead to a stroke, aortic aneurysms which can lead to a rupture, and plaque build-up in the arteries in the legs which is a strong predictor of heart disease.

Also offered for men and women is a bone density screening to assess their risk for osteoporosis.

These non-invasive, inexpensive and painless ultrasound tests help people identify their risk for stroke, vascular diseases or osteoporosis early enough for their physician to begin preventative procedures.

Appointment spaces are limited and pre-registration is required. Sign up now by call-

