



THE SCOOP

Clearwater **S**enior **C**ommunity
Center
9 2 1 Janet Ave Clearwater, KS **6 7 0 2 6**
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c o m m c e n t e r @ s k t c . n e t



BEAT THE HEAT WITH HYDRATION

Hot, humid summertime weather can be uncomfortable for people of all ages, but for seniors it can be dangerous. Older adults are often more susceptible to heat-related maladies, and certain medications can make it difficult for them to regulate their body temperatures. There are many commonsense steps that can help seniors stay safe during extreme weather, and staying hydrated is among the most important. But when it comes to hydration, how do you know how much is enough?

Water is undoubtedly the drink of choice when it comes to staying hydrated. Sports drinks, fruit juices and other similar beverages will help seniors achieve their hydration goals, but those drinks also come with extra calories that water doesn't offer. Experts from the American Academy of Family Physicians recommends that most people drink between six and eight 8-ounce glasses of water each day. Depending how much time seniors spend outdoors in the heat, the number could rise.

Although it may seem simple, drinking enough water can be somewhat of a challenge. For instance, seniors should still drink those six to eight glasses even if they don't feel thirsty. In fact, it's important for seniors to drink water before they feel thirsty, since thirst doesn't always occur with dehydration. Experts recommend caregivers continually remind their elderly loved ones to drink water during the hottest days of the year.

Perhaps most importantly, seniors and their caregivers need to be on the lookout for signs of dehydration. In addition to common symptoms such as a dry, sticky mouth, dry skin and headache, there are more serious indicators including lack of sweating, rapid heartbeat and fast breathing, notes the Mayo Clinic.

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AUGUST BIRTHDAYS

"We are always the same age inside!" Gertrude Stein

Thelma Wohlford 8/01

Roy Honn 8/01

Joan Hillman 8/02

Bonnie Guiltner 8/06

Maxine Mikesell 8/06

Carl Conley 8/07

Gordon Mikesell 8/08

James Flippin 8/09

Don Higgins 8/14

Rick Hester 8/15

Hazel Dalbom 8/16

Carl Shaffer 8/17

Mary Hess 8/17

Pat Parmele 8/18

Maggie Leibold 8/18

Laura Walker 8/19

Ruby Fisher 8/20

Mary Jo McMahan 8/20

Joan Fleming 8/20

Janet Johnson 8/20

Sandra Mertens 8/21

Shirley Pelz 8/21

Terry Sullivan 8/23

Dorothy Gay 8/26

Kay Sands 8/28

Marvaline Ray 8/30

Bobby Robbins 8/31

UPCOMING EVENTS

Schedule of Events

- 8-3 Jam Session
- 8-2 Knitting Class begins
- 8-6 Planning Meeting
- 8-13 Carry-in Lunch
- 8-17 Biscuits & Gravy
- 8-31 Catfish Fry & Quilt Raffle

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: Saturday August 3rd
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: Tuesday August 13th
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: Saturday August 21st
Time: 7am-10am
Location: Main Room at Center
Cost: \$4 for adults & \$2 for kids

Painting Group

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

Date: August 5th, 12th, 19th, & 26th
Day: Monday
Time: 1pm-3pm
Location: Art & Crafts room
Cost: Free



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



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: 1st and 3rd Mondays
Time: 10 am – 12 noon
Location: Center Main Room
Cost: Free



Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee and we would eventually like to start having cookies or donuts. We will have a donation jar out for coffee.

Date: Every Wednesday morning
Time: 8:30 am—until you are done
Location: Centers Main Room
Cost: donations for coffee



Knitting class

Have you always wanted to learn to knit? Come join us as we all learn different techniques and make beautiful things.

**Date: Every Friday
Time: 2:00 pm– 3:00pm
Location: Craft Room
Cost: Free and open to ALL AGES!**



RECIPE OF THE MONTH/MOMMA'S FAIR FUNNEL CAKE

- 3 eggs
- 1/4 cup sugar
- 2 cups milk
- 3 2/3 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- vegetable oil, for frying

Directions:

Beat eggs and sugar together and then add the milk slowly--beat. Add the dry ingredients and beat until smooth and creamy.

Pour batter into a funnel and at the same time, use your finger to plug the hole. In a large cast iron pot, add 2 inches of oil to the bottom.

When the oil becomes hot, move your hand over the pot and slowly release your finger so the batter can start cooking.

Move the funnel around to make designs.

Brown on both sides--then immediately remove and drain extremely well.

Top with brown sugar, or honey, or cinnamon sugar, or powdered sugar as a topping.



BITS & PIECES

VOLUNTEERS

We are still looking for volunteers to help teach various classes. If you have a talent and would like to share please let us know. Also we can always use help with events, newsletters, or just general things around the building. If you may be interested please call the Center. 620-584-2332

COMPUTER AREA

The center offers computers for members to use. You can come in to type up a document, send an email, or just surf the web.

You can come into the Center anytime Monday through Friday from 8:00 am to 2:00 pm. We also offer computer tutoring on Thursdays at 9am. The center also offers free wifi.

RAFFLE QUILT

We have a quilt that was made for us by the Sew & Sews of Clearwater. We will be selling tickets for a chance to win the quilt at our annual Catfish Fry on Saturday August 31st. Tickets are 1 for \$1 or 6 for \$5.

We also need people who would be willing to set up and help sell tickets at Mize's and Casey's. We will be there every Friday from 4pm-7pm and every Saturday from 8am-10am in the month of August. If you could help with any of these days please let us know.

CALLING COMMITTEE

We are needing to set up a group of people who call others to remind them of events. Please call the Center if you may be interested.

**"No one is useless in this world who lightens the burden of it for someone else."
Benjamin Franklin**

BENEFITS OF MASSAGE THERAPY

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use their hands and fingers for massage, but may also use their forearms, elbows and even feet. Massage may range from light stroking to deep pressure. Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress,

pain and muscle tension. While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- Sports injuries

- Temporomandibular joint pain
- Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often involves caring, comfort, a sense of empowerment and creating deep connections with their massage therapist. Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.



**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
Vacant - Secretary
James Charles - Member at Large
Marlene Hand - Member at Large

Planning Committee Members

Cheryl Wright - Chairperson
Vacant - Co-Chair
Marlene Parret - Secretary
Vacant – Member at Large
Vacant – Member at Large
Farol McMillan - RSVP Program

**Clearwater Senior Community
Center**

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



find us on

Facebook

UPCOMING EVENTS

Massage

Peter Rosamilia is a local resident who is licensed to practice massage.

He is going to be at the Center on Fridays. He is offering chair massage for \$10. If this is something you would be interested in just stop by or call to schedule. 620-584-2332.

Date: Every Friday morning

Time: 8am-8:45am & 11am-12pm

Location: Centers Main Room

Cost: \$10 chair massage

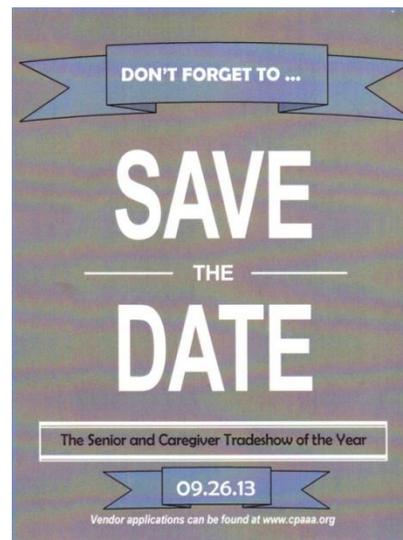
Annual Catfish Fry

It is that time of year again. The Centers annual Catfish Fry. Come enjoy some catfish and other fixings. We will have some live entertainment included in the dinner. Also we will be drawing the name for the quilt winner.

Date: Saturday August 31st

Time: 5pm-7pm

Location: Centers Main Room



The Center will be taking a group of people to this event. If you are interested please let the Center know by calling 620-584-2332 or stop by and sign up. We will take as many people as we can. This is a fun event with free admission to Old CowTown, Botanica Gardens, Exploration Place, & Wichita Art Museum for anyone 55 and older.

~ August 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Computer Tutoring 9am – 10am AA 7pm – 9pm	2 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	3 Jam Session 7pm-9pm open to all ages
4	5 Blood pressure ck 10am-noon Painting group 1pm- 3pm	6 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9 am AA/Al Anon 7-9 pm	7 Morning Coffee 8am	8 AA 7pm – 9pm	9 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	10
11	12 Blood pressure ck 10am-noon Painting group 1pm- 3pm	13 Tai Chi 8:45 am Exercise 10:00 am Carry-In-Lunch 12pm AA/Al Anon 7-9 pm	14 Morning Coffee 8am	15 Computer Tutoring 9am – 10am AA 7pm – 9pm	16 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	17 Biscuits & Gravy 7am – 10am *open to all ages
18	19 Blood pressure ck 10am-noon Painting group 1pm- 3pm	20 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	21 Morning Coffee 8am	22 Computer Tutoring 9am – 10am AA 7pm – 9pm	23 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	24
25	26 Blood pressure ck 10am-noon Painting group 1pm- 3pm	27 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	28 Morning Coffee 8am	29 Computer Tutoring 9am – 10am AA 7pm – 9pm	30 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	31 Catfish Fry & Quilt Raffle 5pm-7pm

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊕ CONTAINS PORK 		 <p>KIDS ARE GOING BACK TO SCHOOL</p>	SWISS STEAK MASHED POTATOES GARDEN VEG. SALAD w/DRG FRUITED GELATIN WHOLE WHEAT BREAD	⊕ HAMI CHEF SALAD POTATO SALAD APRICOT HALVES TAPIOCA PUDDING CRACKERS
BEEFY MAC & CHEESE CALIFORNIA VEGETABLES FRUIT MIX w/BLUEBERRIES OATMEAL COOKIES WHOLE WHEAT BREAD 30 Gm Fat 747 Calories 884 mg Sodium	⊕ HAMI & BEANS w/ONION SPINACH PEARS w/WATERMELON CORNBREAD 12 Gm Fat 639 Calories 1004 mg Sodium	CRANBERRY MEATBALLS SWEET POTATO & APPLE CASSEROLE CORONADO SALAD MANDARIN ORANGE GELATIN POTATO ROLL 26 Gm Fat 889 Calories 1263 mg Sodium	TACO BUGER on BUN CALICO CORN PINEAPPLE AMBROSIA 32 Gm Fat 828 Calories 984 mg Sodium	CHICKEN SALAD on WHEAT ITALIAN PASTA SALAD FRESH BANANA CHOCOLATE PUDDING 23 Gm Fat 815 Calories 874 mg Sodium
CHILI CHEESE POTATO RANCH BROCCOLI SALAD ROSY APPLESAUCE WHOLE WHEAT BREAD 23 Gm Fat 754 Calories 742 mg Sodium	⊕ BRATWURST on BUN CABBAGE & KRAUT POTATO SALAD FRESH DICED WATERMELON 32 Gm Fat 638 Calories 1164 mg Sodium	⊕ SCALLOPED POTATOES w/HAM BRUSSELS SPROUTS CITRUS FRUIT MIX STRAWBERRY APPLE GELATIN DINNER ROLL 17 Gm Fat 723 Calories 999 mg Sodium	● TURKEY TORILLA SOUP ROMAIN SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CRACKERS 21 Gm Fat 702 Calories 1072 mg Sodium	⊕ HAMI LOAF w/CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG PINEAPPLE & STRAWBERRIES WHOLE WHEAT BREAD 21 Gm Fat 698 Calories 971 mg Sodium
BEEF GUMBO SOUP MACARONI SALAD w/CARROTS STRAWBERRY PEARS OATMEAL COOKIES CRACKERS 26 Gm Fat 706 Calories 808 mg Sodium	⊕ WESTERN SCRAMBLE w/HAM & CHEESE OVEN FRIED POTATOES FRESH ORANGE BLUEBERRY MUFFIN SQUARE 32 Gm Fat 706 Calories 932 mg Sodium	CHICKEN DUON OVEN ROASTED POTATOES SPINACH SALAD w/DRSG PEACHES, PEARS & GRAPES CHOCOLATE CHIP COOKIES POTATO ROLL 16 Gm Fat 708 Calories 1045 mg Sodium	BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS CINNAMON APPLESAUCE WHOLE WHEAT BREAD 25 Gm Fat 774 Calories 769 mg Sodium	TUNA SALAD on WHEAT ROTINI PASTA SALAD FRESH APPLE FRUITED GELATIN 17 Gm Fat 770 Calories 834 mg Sodium
WHEAT SPAGHETTI w/MEATSAUCE GREEN BEANS PINEAPPLE & STRAWBERRIES BREADSTICKS 20 Gm Fat 765 Calories 873 mg Sodium	CHICKEN PRIMAVERA GARDEN VEG. SALAD w/DRSG QUICK FRUIT CUP FRENCH BREAD 24 Gm Fat 863 Calories 978 mg Sodium	SLOPPY JOE on BUN CAPRI VEGETABLES MACARONI SALAD APRICOT MIX 24 Gm Fat 736 Calories 689 mg Sodium	PEPPER STRIP STEAK MASHED POTATOES MARINATED CUCUMBERS FRUIT COCKTAIL WHOLE WHEAT BREAD 30 Gm Fat 744 Calories 818 mg Sodium	BREADED CHICKEN PATTY on BUN HERB POTATOES SWEET & SOUR SLAW MIXED FRUIT CUP ANGEL FOOD CAKE w/STRAWBERRIES 28 Gm Fat 754 Calories 895 mg Sodium





July 9th, 2013 Senior Luncheon

In the absence of President Cheryl Wright, Pamela called the group to order. Marlene led the group in the Flag Salute & National Anthem. We sang Happy Birthday to Betty Peitz, Barbara Hufford, and Mildred Chitwood.

26 in attendance including 4 visitors enjoyed a near meatless delicious meal.

Our first speaker was Clearwater police officer Clint Luckner, who reminded us of the multiple scams that are making the rounds in town. If you are called or approached by ANYONE you have not solicited, it is better to decline and let the Clearwater Police Department know. The local number for the Clearwater PD is 620-584-2349. If it is not during regular business hours the call will be forwarded to 911 and they will contact local officers.

Our next speaker was Sheriff Deputy Joe Page who is working with the Mid-Kansas Senior Outreach Gatekeeper Program. He explained how we should be alert for possible changes as we grow older that can trigger further problems.

Then he introduced Deputy Jaime Converse, who explained further how we can and should ALL enroll in the S.E.N.I.O.R.S program. This is a general health and safety program that can help the emergency personnel to assist us. Fire Chief Marvin Schauf spoke regarding the local tornado shelter. It is located besides the fire emergency building and can hold 100 people. There are no animals allowed at the shelter due to possible allergic reactions of other attending. He explained the area that they monitor as the Ninnescah Township. They are frequently asked to assist both Sedgwick and Sumner County as well.

Announcements:

7-15 Flag Etiquette program at the Center.

7-18 Living with Alzheimer's workshop at the Center

7-20 Biscuits & Gravy. We still need volunteers.

8-31 Annual Fish Fry & Quilt Raffle.

We will need people to volunteer to sell tickets at Mize's and Casey on Friday and Saturday all through August.

Pam also announced there will be a massage therapist offering \$10 chair massages at the Center on Fridays from 8am-11am.

We will be offering a class on knitting to begin soon. Call the Center for times.

Librarian Sue Koenig told of some of the current programs offered. Talking books has been requested and may soon be available.

Represented by the City were Kent Brown, Marvin & Mary Schauf, and Sue Koenig.

Marlene Parret, Secretary



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



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.

HOW TO AVOID A HOME REPAIR SCAM

Year after year, organized groups of criminals traverse the country in search of neighborhoods with predominantly elderly populations. These criminals target elderly homeowners with various scams related to home improvements. The following information is provided as a guide to avoid falling victim to any of these scams.

- A legitimate contractor does not need to approach prospective customers through door to door contacts. If you need work done, seek out contractors through the yellow pages.
- Speak with family & friends about reputable contractors they may have used in the past.
- Check with the Better Business Bureau for any complaints that might be on file for the company in question.
- Contact the Attorney Generals Office for any prior complaints on the company.
- NEVER pay any money up front. A common ploy got yhr fly-by-night contractor is to collect half or all of the money up front and vanish without doing any work.
- Always get a written contract and make sure that every detail of the job, including the cost, is written out in the contract.
- No legitimate contractor ever has left over material from a previous job.
- Shy away from contractors in unmarked vehicles with out of state plates.

For a complete list of tips stop by the Senior Community Center for the list provided by Clearwater Police Department.

