May 2013

THE SCOOP

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

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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.

Before I was a Mom

Before I was a Mom -
I slept as late as I wanted and never worried about how late I got into bed. I brushed my hair and my teeth everyday.
Before I was a Mom -
I cleaned my house each day. I never tripped over toys or forgot words to a lullaby. I didn't worry whether or not my plants were poisonous. I never thought about immunizations.
Before I was a Mom -
I had never been puked on - Pooped on - Spit on - Chewed on, or Peed on. I had complete control of my mind and My thoughts. I slept all night.

Before I was a Mom -
I never held down a screaming child so that doctors could do tests...or give shots. I never looked into teary eyes and cried. I never got gloriously happy over a simple grin. I never sat up late hours at night watching a baby sleep.
Before I was a Mom -
I never held a sleeping baby just because I didn't want to put it down. I never felt my heart break into a million pieces when I couldn't stop the hurt. I never knew that something so small could affect my life
so much. I never knew that I could love someone so much. I never knew I would love being a Mom.

Before I was a Mom -
I didn't know the feeling of having my heart outside my body. I didn't know how special it could feel to feed a hungry baby. I didn't know that bond between a mother and her child. I didn't know that something so small could make me feel so important.
Before I was a Mom -
I had never gotten up in the middle of the night every 10 minutes to make sure all was okay. I had never known The warmth, The joy, The love, The heartache, The wonderment or the satisfaction of being a Mom. I didn't know I was capable of feeling so much before I was a Mom.

May birthdays

Age doesn't matter unless you're cheese -Billie Burke

Judy Freed 5/01
Charles Steen 5/02
Jim McMinn 5/03
Miriam Shaffer 5/08
Waymie Pearson 5/09
Mary Stafford 5/11
Virginia Burt 5/13
Lee Steen 5/15
Mel Veach 5/16
Wayne Dunn 5/18
Betty Schmidt 5/22
Millie Whitlow 5/22
Laura Papish 5/22
Max Tjaden 5/24
John Davis 5/25
Lois Slabach 5/26
Joyce Haivala 5/27
Jean Watts 5/28

UPCOMING EVENTS

Schedule of Events

- 5-7 Planning meeting
- 5-4 Jam Session
- 5-8 Raw for 31 days class
- 5-9 Gmail Class
- 5-14 Carry-In Lunch
- 5-18 Biscuits & Gravy
- 5-23 Lifeline Screening

NOTE: The results of the Survey from April will be available in June's Scoop. Thank you to all who filled out the survey.

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 May 4th
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 May 14th
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 May 18th
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: May 6th, 13th, 20th, 27th
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

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

Gmail Class

Has your company recently switched to Gmail for their email accounts? If you would like to learn more about Gmail and all of its features come out to our free class to learn more. This is brought to you by SKT.

Date: Thursday May 9th
Time: 9am– approx. 11am
Location: Centers Main Room
Cost: Free

Raw for 31 days "Reversing Diabetes" Class

This event will be similar to the Glycobiology class. It is a film that will be shown by Kay Farmer who is a local health and diet coach. She will show the film and answer questions.

Date: Wednesday May 8th
Time: 12:30 pm—1:30 pm
Location: Centers Main Room
Cost: Free

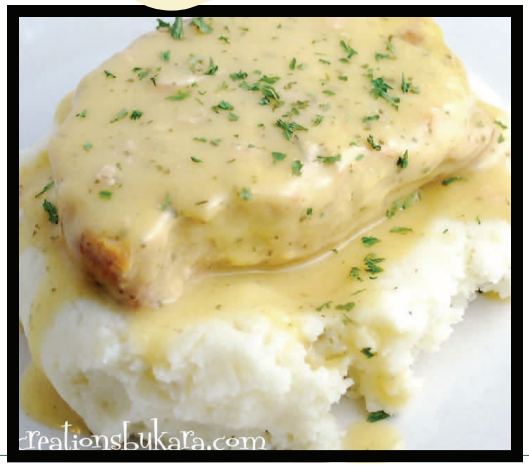
Recipe of the Month

Ranch Crock Pot Pork Chops

4 pork chops, about 1/2" thick
a little oil for browning
1 Tbsp ranch dressing mix
1 10-oz can cream of chicken soup, undiluted
Mashed Potatoes– I used Garlic Mashed Potatoes

Quickly brown the pork chops on both sides over medium high heat in a little bit of oil. Don't completely cook them, just give them a quick sear. Place them in your crock pot and sprinkle with the ranch dressing mix. Pour the soup over the top. Cook on LOW heat for 5-6 hours, or on HIGH heat for 3-4 hours. Serve with hot mashed potatoes.

Doesn't this look yummy?



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 Center for more information. We are currently needing help with our picture book, the SCOOP, new arts or crafts classes, musicians, and help with events and dinners.

MAY LUNCH

This months lunch will be falling a few days after Mothers Day. Please come out and celebrate that special mother in your life. Mothers will also be receiving a gift when you attend. This will be on Tuesday May 14th at noon.

SQUARE DANCING

We are still looking for some Couples who may be interested in doing Square Dancing here at the Center. We would really like to see this started again.

JAM SESSION CHANGE

For the summer months of June, July, and August we will be partnering with the Clearwater Pool to do our Jam Sessions. They will be on the 2nd Friday of the month instead of the 1st Saturday. This will only be for 3 months and we hope you will come enjoy the pool party!

"Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment then being of service to someone in need"
-Gillian Anderson

Lifeline Screening Event

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? If you answer "yes" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are pleased to host this Life Line Screening event on 5/23/2013 at Clearwater Senior Community Center. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from $159 ($149 with our member discount). Speak with the LLSA representative for more package options. All five screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441 for more information or to pre-register.

LIFE LINE SCREENING®
The Power of Prevention

General Information for Senior University at Newman

- ✓ Register by May 15th and get $5.00 off.
- ✓ Registration fee for all three days is $65.00
- ✓ Register a group of 5 and the 6th one is free.
- ✓ Registration with payment is due by June 3rd. Register early as space is limited.
- ✓ Registration fees include lunch each day in Newman's Mabee Dining Center.

Location – Newman University is convieniently located in Wichita, KS off of the Edwards/Meridian exit on Kellogg Hwy 54.

Check-in and welcome is June 11, 9:00 am at the Dugan Conference Center, East side of campus.

Registration due by June 3rd, 2013

Contact Debbie at 316-264-4066 x5591 or email Debbie.williams@ymcawichita.org for more information

Senior University at Newman

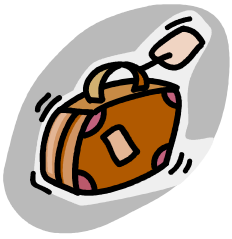
This is continuing education for seniors ages 55 and older. It will be on June 11th, 12th, & 13th from 9:00 am to 3:00 pm at Newman University in Wichita, KS. Senior University offers a wide array of educational, cultural, social, and wellness programming with a focus on lifelong learning. Classes are offered in partnership with Newman University, local experts, museums and cultural organizations, and local businesses. The programs involve neither examinations nor academic credit but are designed for enjoyment, intellectual stimulation, and active discussion of important issues of the day. Registration is limited so do not delay in signing up.
If you would like more information on what classes are covered we have that here at the Center.

Senior Trips:

Here at the Center we would love to take some trips. It is a great chance to get together with others and have a fun day away from home. Some ideas are…..

- Wyldewood Cellars in Mulvane, KS
- Kansas Star Casino in Mulvane, KS
- Positive Aging Day in Wichita, KS
- Or just eating out anywhere. ☺

If this is something you may be interested in please call the Center and give your ideas. We would love to hear them.



~ May 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Games 8am-12pm	**2** Computer Tutoring 9am – 10am AA 7pm – 9pm	**3** Tai Chi 8:45 am Exercise 10:00 am	**4** *Jam Session 7pm – 9pm *open to all ages*
5	**6** Blood pressure ck 10am-noon Painting class 1pm-3pm	**7** Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9 am AA/Al Anon 7-9 pm	**8** Games 8am-12pm **Reversing Diabetes Class 1pm-2pm**	**9** **Gmail Class 9am** AA 7pm – 9pm	**10** Tai Chi 8:45 am Exercise 10:00 am	**11**
12 	**13** Painting class 1pm-3pm	**14** Tai Chi 8:45 am Exercise 10:00 am ***Carry-In-Lunch 12pm*** AA/Al Anon 7-9 pm	**15** Games 8am-12pm	**16** Computer Tutoring 9am – 10am AA 7pm – 9pm	**17** Tai Chi 8:45 am Exercise 10:00 am	**18** *Biscuits & Gravy 7am – 10am *open to all ages*
19	**20** Blood pressure ck 10am-noon Painting class 1pm-3pm	**21** Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	**22** Games 8am-12pm	**23** **Lifeline Screening ALL DAY (by appt only)** AA 7pm – 9pm	**24** Tai Chi 8:45 am Exercise 10:00 am	**25**
26	**27** Memorial Day CLOSED 	**28** Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	**29** Games 8am-12pm	**30** Computer Tutoring 9am – 10am AA 7pm – 9pm	**31** Tai Chi 8:45 am Exercise 10:00 am	**Notes:**

Created with WinCalendar Calendar Maker

More Calendars: 2013 Calendar, 2014 Calendar, Holiday Calendar

GOOD NEIGHBOR NUTRITION PROGRAM MENU FOR MAY 2013

LEGEND: ☻ MAY CONTAIN TURKEY ☺ MAY CONTAIN PORK **Menu subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MAY 12th	 ARMED FORCES DAY MAY 18th	CHICKEN PRIMAVERA GARDEN VEG. SALAD w/DRSG QUICK FRUIT CUP FRENCH BREAD 24 Gm Fat 862 Calories 972 mg Sodium 1	BBQ BEEF on BUN CAPRI VEGETABLES POTATO SALAD STRAWBERRY PEARS 22 Gm Fat 689 Calories 1077 mg Sodium 2	CHICKEN & NOODLES CALIFORNIA VEGETABLES FRUIT MEDLEY OATMEAL COOKIES WHOLE WHEAT BREAD 22 Gm Fat 676 Calories 696 mg Sodium 3
OVEN ROASTED CHICKEN PARSLIED POTATOES CARROT RAISIN SALAD MANDARIN ORANGES POTATO ROLL 25 Gm Fat 727 Calories 640 mg Sodium 6	☺SCALLOPED POTATOES w/HAM SMOKEY GREEN BEANS CITRUS FRUIT MIX TAPIOCA PUDDING DINNER ROLL 22 Gm Fat 755 Calories 1154 mg Sodium 7	TACO SALAD GREEN PEAS QUICK FRUIT CUP 28 Gm Fat 867 Calories 1075 mg Sodium 8	☺HAM LOAF w/CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG STRAWBERRY PEACHES WHOLE WHEAT BREAD 21 Gm Fat 664 Calories 975 mg Sodium 9	☻TURKEY & CHEDDAR on BUN POTATO SALAD FRUIT SLAW CHOCOLATE CHIP COOKIES 31 Gm Fat 784 Calories 965 mg Sodium 10
BEEF & MACARONI CALIFORNIA VEGETABLES ROSY APPLESAUCE OATMEAL COOKIES WHOLE WHEAT BREAD 25 Gm Fat 759 Calories 746 mg Sodium 13	CHICKEN CACCIATORE GARDEN RICE PILAF LOOSE LEAF SALAD w/DRSG FRUITY AMBROSIA WHOLE WHEAT BREAD 17 Gm Fat 674 Calories 967 mg Sodium 14	CHICKEN TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CORN CHIPS 34 Gm Fat 834 Calories 664 mg Sodium 15	PEPPER STEAK MASHED POTATOES PEA LETTUCE SALAD w/DRSG FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD 26 Gm Fat 691 Calories 848 mg Sodium 16	☺HAM & BEANS w/ONIONS SPINACH BERRY & PEAR FRUIT MIX CORNBREAD 12 Gm Fat 659 Calories 1054 mg Sodium 17
GROUND BEEF STROGANOFF CAPRI VEGETABLES JELLIED STRAWB/ PEAR SALAD DINNER ROLL 27 Gm Fat 677 Calories 744 mg Sodium 20	CHICKEN FAJITA GREEN PEAS CITRUS SECTIONS CHOCOLATE PUDDING 26 Gm Fat 800 Calories 903 mg Sodium 21	SPAGHETTI w/MEATSAUCE GARDEN VEG. SALAD w/DRSG PEACHES, PEARS & GRAPES BREADSTICKS 20 Gm Fat 743 Calories 883 mg Sodium 22	CHEESEBURGER on BUN CALICO BAKED BEANS BROCCOLI PASTA SALAD CINNAMON APPLESAUCE 24 Gm Fat 804 Calories 982 mg Sodium 23	APPLE WALNUT CHICKEN SALAD on WHEAT BREAD MACARONI SALAD w/CARROT FRESH ORANGE SUGAR COOKIES 28 Gm Fat 784 Calories 754 mg Sodium 24
 MEMORIAL DAY – CLOSED 27	BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS FRUITED GELATIN WHOLE WHEAT BREAD 25 Gm Fat 782 Calories 811 mg Sodium 28	TUNA SALAD on WHEAT BREAD TARRAGON GREEN BEANS MACARONI & TOMATOES PINEAPPLE & STRAWBERRIES CHOCOLATE CHIP COOKIES 20 Gm Fat 764 Calories 990 mg Sodium 29	SLOPPY JOE on BUN YELLOW SWEET CORN SWEET & SOUR SLAW MIXED FRUIT CUP 26 Gm Fat 713 Calories 528 mg Sodium 30	ITALIAN CHICKEN CASSEROLE CAULIFLOWER ITALIANO FRESH APPLE LEMON CAKE WHOLE WHEAT BREAD 19 Gm Fat 741 Calories 989 mg Sodium 31

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 - Historian
Vacant - Education
Farol McMillan - RSVP Program

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Senior Luncheon Tuesday 4-9-13

Cheryl Wright was absent today. Therefore Pam opened the meeting. Marlene led the group in the Flag Salute and National Anthem.

Marvin Schauf was the only April birthday who was in attendance. Our first speaker was *Jean Hogan* from the Medical Service Bureau. This organization is under the United Way of the Plains.

This program began in 1937 & offers services to all ages. *Sue Koenig* from the library gave an update of some things happening. There will be another Backgammon lesson in May. Officer *Lee Harp* who is also the local police DARE leader spoke. He brought the DARE Hummer. This Hummer has been funded completely by donations. *Kent Brown* announced the City Council winners. Chris Griffin, Paul Clark, and Burt Ussery will replace the outgoing members – Sandy Keeler, David Fitzgerald, and Lyle Berntsen. Kent also told everyone of the City wide clean up days. April 19th & 20th at the City works building. Also free brush dump on April 20th. Kay Farmer announced that she will be giving another class in May.

Announcements:

Sat 4-20 Biscuits & Gravy. Pam is working with the ladies at Rockin'Ruckus Outdoor Marketplace to encourage patrons to attend each others events.

Sat 4-13 City wide ladies brunch at the Baptist Church. A master gardener will be the featured speaker.

Sat 4-27 World Tai Chi Day at the Center. Lew Kellogg will be leading this event.

Thu 5-9 A rep from SKT will be giving an in depth computer class regarding Gmail.

Pam is also available most days to do blood pressure checks.

Marlene Parret, Secretary

S.E.N.I.O.R.S.

Sheriff's Elderly/Disabled Notification Intensive Outreach Response System

SENIORS is a FREE cooperative program between lay enforcement, TRIAD, and the Senior citizens of Sedgwick County.

Through the use of a secure database the SENIORS program allows law enforcement and other emergency services the ability to –Make contact with relatives, caregivers, or friends. – Locate key or key holder. – Be aware of possible medical conditions. – Inform other emergency responders of prescribed medications. – Make contact with a physician. – allow forced entry, if necessary. How it works….. – A decal for your door will be provided to indicate membership. – Members will also be provided a card to carry. – Database will be kept up to date with your information. – Participation is voluntary and can be terminated at any time by the member. If you may be interested in signing up please contact the Center at 620-584-2332 or you may contact the Sedgwick County Sheriffs Office Community Liaison Unit at 316-660-3920

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find us on Facebook

Save your soda tabs

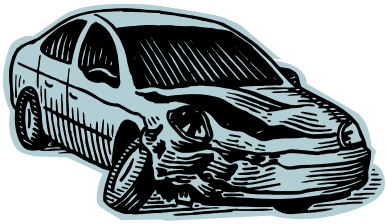
Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.

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.

Know the signs of storm damaged vehicles

With a quarter-million vehicles involved in the East Coast devastation, consumers should be aware about how the damaged-vehicle market works. And with vehicles bought and sold nationally at the click of a dealers or buyers computer mouse, smart consumer shipping is absolutely necessary. Check out the Kansas Insurance Departments 2013 edition of the "Kansas Auto Insurance and Shoppers Guide" available this month at www.ksinsurance.org, on Faecebook at www.facebook.com/kansasinsurancedepartment or in hard copy by calling 1-800-432-2484. Here are some tips when you are shopping for vehicles:

- Check the vehicles title history. Beware if it has been titled several times over a short period.
- Get a vehicle history report from the dealer.
- Check for a musty or moldy smell, or a strong scent of deodorizer.
- Check under floor mats for rust or water, as well as the spare tire well.
- See if electrical wires in the engine are stiff. They should be pliable if not exposed to water.
- Look for rust on metal where you would not normally find it.
- Check the air filter for an indication of water.
- Check oil & transmission dipstick. Lighter, discolored fluid in each could indicate water seepage into the engine.
- Check the National Insurance Crime Bureau (www.nicb.org) VIN Check a database to determine, through the VIN number, if a vehicle has been declared as salvage or is stolen.



Brought to you by Kay Sands with Farm Bureau Insurance in Clearwater, KS