



THE SCOOP

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

SENIOR HEALTH INSURANCE COUNSELING FOR KANSAS (SHICK)

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.

Our volunteers at SHICK know their stuff! The role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion.

Our volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

There are several things that our Volunteer Counselors and Partners are NOT and it is important that beneficiaries understand this.

- They are NOT offering advice, or any information that could be construed as legal advice.
- They are NOT affiliated with the insurance industry.
- They are NOT a financial planner.
- They are NOT going to sell, recommend or endorse any specific insurance product, agent, insurance company or health maintenance organization.

They are NOT going to make any decisions for the beneficiary. They will show the beneficiaries their options, so the beneficiary may make a more informed decision.

The Director here at the Senior Community Center is now a SHICK volunteer counselor. If you are interested in making an appointment please call 584-2332.

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NOVEMBER BIRTHDAYS

“After 30, a body has a mind of its own.” Bette Midler

Mattie Hardesty 11/04	Rita Gorges 11/15	Marlene Jacobs 11/25
Grace Webb 11/05	Lola Honn 11/18	Grace Godwin 11/27
Sharyn Morris 11/05	Frances Johnson 11/24	Martena Gerlach 11/27
Angie Shaver 11/08	Jim Leibold 11/24	Kenneth Coy 11/29
Cynthia Peitz 11/10	Cleta Cornett 11/25	James Seal 11/30
Twila Desaire 11/12	JoAnn Coy 11/25	Roger Dawson 11/30

UPCOMING EVENTS

Schedule of Events

- 11-01 Square Dancing begins
- 11-02 Jam Session
- 11-05 Planning Meeting
- 11-12 Carry in Lunch
- 11-14 Facebook Workshop
- 11-16 Biscuits & Gravy
- 11-19 National Memory Screening Day
- 11-21 Cooking Class

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 November 2nd
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 November 12th
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 November 16th
Time: 7am-10am
Location: Main Room at Center
Cost: \$4 for adults & \$2 for kids

Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.

Date: November 4th, 11th, 18th, & 25th
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.

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



Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do 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: Every Monday
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 a snack. This is open to everyone in town. We will have a donation jar out for coffee.

Date: Every Wednesday morning
Time: 9:00 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!



CONTINUED ON PAGE 4

SWEET POTATO CASSAROLE

Ingredients:

3 cups mashed sweet potatoes
 1 cup brown sugar
 2 eggs, lightly beaten
 1 teaspoon vanilla
 1/2 cup milk
 1/2 cup melted butter
 Topping:
 1/2 cup brown sugar
 1/3 cup flour
 1/3 cup melted butter
 1 cup chopped pecans



Preparation:

Combine first 6 ingredients. Pour into a buttered 1 1/2 to 2-quart casserole dish. Mix remaining ingredients together and sprinkle over top. Bake at 350° for 30 to 40 minutes, until hot and browned.

Serves 6 to 8.

BITS & PIECES

SQUARE DANCING

We have made some changes to the Square Dancing class. Wednesday night did not work for people. We are waiting until November and starting it back up on Friday nights at 7pm. We still need dancers. Please contact the Center if you are interested.

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 except for when Tai Chi is going. We also offer computer tutoring on Thursdays at 9am. The center also offers free wifi.

DONATIONS

We have a local Senior who volunteers her time at Christian Street Ministry Safe House. A ministry for homeless teens in Downtown

Wichita. We are currently accepting donations for toiletries such as small bottles of shampoo, soaps, toothpaste, tooth brushes, razors, mouth wash, deodorants, and sanitary items. Also we will accept food items that can fit into a child's back pack. Snacks, crackers, health bars, etc. If you have any questions please contact the Center and we will get you in touch with the person who is doing the collecting.

“Research has shown that people who volunteer live longer!”
Allen Klein

MEDICARE SHICK COUNSELING NOW OFFERED AT CENTER

All Senior Centers now have a volunteer SHICK counselor at every Center. We will input your drugs into www.medicare.gov and find the companies that offers you the best price for your current prescriptions. We as volunteers will not advise you on a company, but will help get you the information so you can make an informed decision. You must

bring your Medicare card, a list of your prescriptions, dosage, quantity and the cost you are currently paying. Appointments are required and limited. Please call the Center at 620-584-2332 and ask for a Medicare counseling appointment. We will be taking appointments Monday – Friday except for Wednesdays.





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
Barbara Hufford – Member at Large
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

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UPCOMING EVENTS

Facebook workshop

Austin Wood with SKT will be here again to teach the basics of Facebook. Bring your laptop or use our computers.

Date: Thursday November 14th

Time: 9am

Cost: Free

Square Dancing Clinic

John Chitwood will be leading a class that will teach the basics of square dancing. The first 3 classes will be free and after that there will be a small fee per class. The class will also be closed to any new students after November 15th in order to be fair to the rest of the dancers. If you are interested please call the Center at 620-584-2332 or just come by on a Friday night.

Date: Friday November 1st, 8th, 15th, 22nd, 29th

Time: 7:00 pm

Location: Centers Main Room

Cost: after first 3 classes it will be \$4 per person per class

National Memory Screening Day

The Center will be offering free memory screening tests. This test is not diagnostic. You may take the completed test to your Doctor for further evaluation. Please call the Center to schedule.

Date: Tuesday November 19th

Time: all day by appointment

Location: Centers Main Room

Cost: Free

Cooking Class

Kyle Huxford with the Clearwater Nursing Home will be here again to lead a cooking class. Bring your appetite!

Date: Thursday November 21st

Time: noon

Location: Centers Main Room

Cost: Free

Medicare One on One

Schedule an appointment with our SHICK counselor to review your prescription drug coverage.

Date: Mondays, Tuesdays, Thursdays, & Fridays

Time: by appointment only

Location: Centers Main Room

Cost: Free

Night before Thanksgiving

T'was the night of Thanksgiving,
 But I just couldn't sleep.
 I tried counting backwards,
 I tried counting sheep.
 The leftovers beckoned,
 The dark meat and white.
 But I fought the temptation,
 With all of my might.
 Tossing and turning,
 with anticipation.
 The thought of a snack
 became infatuation.
 So I raced to the kitchen,
 Flung open the door,
 And gazed at the fridge,
 Full of goodies galore.
 I gobbled up turkey,
 And buttered potatoes,
 Pickles and carrots,
 Beans and tomatoes.
 I felt myself swelling,
 So plump and so round.
 'til all of a sudden,
 I rose off the ground.
 I crashed through the ceiling,
 Floating into the sky,
 With a mouthful of pudding,
 And a handful of pie.
 But I managed to yell
 As I soared past the trees
 Happy eating to all,
 Pass the cranberries, please!!
 May your stuffing be tasty
 May your turkey be plump.
 May your potatoes and gravy
 Have nary a lump.
 May your yams be delicious,
 May your pies take the prize
 And May your Thanksgiving
 dinner

Stay off of your
 thighs!

by Lauren

LETS PLAY BINGO!

We are proud to announce that we have had a lot of people requesting BINGO! We will be offering BINGO on Thursday November 7th at 12:00 pm in the main room. We will try this out and see what kind of turn out we get. We will have an array of different prizes, cards will be .25 cents per card with a limit of 2 cards. Come out and enjoy some BINGO and win some prizes! If this is a hit we will continue it weekly.

VOLUNTEER OPPORTUNITIESChanging signs

We are looking for someone who might be interested in keeping our sandwich board signs updated and current for the upcoming events. This would be about a 20 minute per week job.

SCOOP Delivery

Do you like to walk around and get to know people? Once a month we are needing a person to go to local businesses and hand out stacks of our

newsletter. This would be approximately a 2 hour a month job.

Biscuits & Gravy Servers

The 3rd Saturday of every month we have our Biscuits & Gravy. The same volunteers are always here and we would like to give them a chance to enjoy a month off. If you would be interested in serving or any other listings please call the Center at 620-584-2332.

GOOD NEIGHBOR NUTRITION PROGRAM

This program provides a social activity and serves hot, nutritionally-balanced meals each weekday at noon to residents age 60 or older here at the Senior Center. Meals are provided by reservation only and on a donation basis. Suggested donation is \$2.00 per meal. This is a great way to get a nice home cooked meal and spend time with others. Please call the Center at 620-584-2332 to reserve your spot today.



October 8th Senior Luncheon

22 present and 4 speakers

Cheryl Wright called us to order. Marlene then led the group in reciting the Flag Salute and the National Anthem. We sang "Happy Birthday" to Cheryl Wright, Betty Jo Embry, Eugene Dunbar, & John Vanwinkle.

Randall Turner and Cathy Jones, representing Harden Hospice, explained how we are eligible for Hospice Care since it is paid for through Medicare. They are seeking volunteers that would like to help others through the most difficult times of their lives. If you cannot work directly with the people, there are other ways to volunteer with office work. Statistics show that only 40% of us ever use the Hospice service. Clients utilizing hospice are regularly checked by nursing staff.

Clearwater Police officer Clint Luckner spoke to us about some scams that are making the rounds in town. He gave us each a hand-out of things to be aware of. Especially now that it is time to look at our health insurance for the new year. We have to be careful who we work with. If you would like a copy of these precautions you may stop by the local police department. Also if you feel uneasy when "sales people" come to your door, call the police department and they will send someone to visit with you.

Dean Denton, Pharmacy Coordinator at Dillon's Pharmacy, spoke about the current flu shots available as well as many other immunizations they offer. After the program he gave several seasonal flu shots to people who requested.

Sure Koenig, from the library, updated us with several things they will be offering the rest of this month. She also encouraged all to attend the November 5th Backgammon Social.

Announcements:

10-12 Food Handlers Class at the Center. Cost is by donation.

10-15 Trip to Tee Time Café & Klausmeyer Dairy Farm

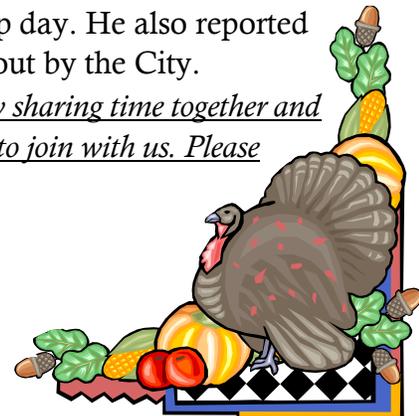
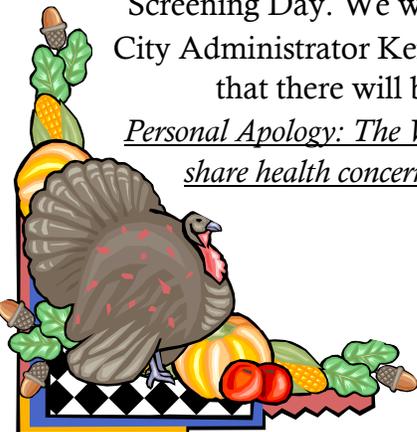
10-19 Biscuits & Gravy, everyone welcome and encouraged to attend.

Weekly activities are; Blood Pressure checks each Monday. Painting group each Monday afternoon. Wednesday morning coffee time at 9am. All seniors are welcome. Contrary to my miss-statement, we ARE NOT just a gossip group. Thursday is computer training and Friday afternoon is knitting class. November 1st is the new date for Square Dance class with John Chitwood. 11-19 is National Memory Screening Day. We will be having medical professionals here conducting memory screening tests.

City Administrator Kent Brown reported that on 10-19 it will be city clean up day. He also reported that there will be a change in the recycle weeks. Notices will be sent out by the City.

Personal Apology: The Wednesday Coffee Time is not a Gossip Session. We do enjoy sharing time together and share health concerns of our fellow seniors who for whatever reason are not able to join with us. Please feel free to join us.

Marlene Parret,
Secretary



~ November 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	2 Jam Session 7pm-9pm open to all ages
3 	4 Blood pressure ck 10am-noon Exercise 10:00 am	5 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9 am AA/AI Anon 7-9 pm	6 Morning Coffee 9am Games 10 am	7 Computer Tutoring 9am BINGO at noon AA 7pm-9pm	8 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	9
10 	11 Blood pressure ck 10am-noon Painting group 1pm-3pm	12 Tai Chi 8:45 am Exercise 10:00 am Sewing Class 9am Carry-In-Lunch 12pm AA/AI Anon 7-9 pm	13 Morning Coffee 9am Games 10 am	14 Facebook Workshop 9am AA 7pm-9pm	15 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	16 Biscuits & Gravy 7am – 10am *open to all ages
17 	18 Blood pressure ck 10am-noon Painting group 1pm-3pm	19 National Memory Screening Day 9am-2pm Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	20 Morning Coffee 9am Games 10 am	21 Cooking Class @ noon AA 7pm-9pm	22 Massage 8-8:45am & 11-12pm Tai Chi 8:45 am Exercise 10:00 am Knitting Class 2-3pm	23
24 	25 Blood pressure ck 10am-noon Painting group 1pm-3pm	26 Tai Chi 8:45 am Exercise 10:00 am Sewing Class 9am AA/AI Anon 7-9 pm	27 Morning Coffee 9am Games 10 am	28 CENTER CLOSED 	29 CENTER CLOSED 	30

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> ● CONTAINS TURKEY ☺ CONTAINS PORK 			<ul style="list-style-type: none"> ● SOUTHWEST TURKEY PASTA COOKED CARROTS FRESH BANANA STRAWBERRY APPLE GELATIN WHEAT BREAD <p>15 Gm Fat 670 Calories 1141 mg Sodium 1</p>
<p>CHEESEBURGER on BUN TATOR TOT ROMANOFF THREE BEAN SALAD MANDARIN ORANGES</p> <p>30 Gm Fat 832 Calories 1049 mg Sodium</p>	<p>SOFT TACO GREEN PEAS FRUITED GELATIN</p> <p>21 Gm Fat 628 Calories 960 mg Sodium</p>	<p>OVEN ROASTED CHICKEN MASHED POTATOES COMBINATION SALAD w/DRSSG STRAWBERRY CUP POTATO ROLL</p> <p>20 Gm Fat 685 Calories 470 mg Sodium</p>	<ul style="list-style-type: none"> ● TURKEY & CAVATAPPI BRUSSELS SPROUTS FRESH BANANA CHOCOLATE PUDDING DINNER ROLL <p>20 Gm Fat 730 Calories 1018 mg Sodium</p>	<p>MEATLOAF w/TOMATO SAUCE BAKED POTATO CORONADO SALAD ROSY APPLESAUCE WHEAT BREAD</p> <p>24 Gm Fat 780 Calories 909 mg Sodium</p>
<p>CLOSED FOR VETERAN'S DAY</p> 	<p>BEEF & CABBAGE JOES on BUN CHEESY POTATOES HI FIBER FRUIT MIX</p> <p>26 Gm Fat 832 Calories 744 mg Sodium</p>	<p>CHICKEN BREAST CACCIAIORE GARDEN RICE PILAF SPINACH SALAD w/DRSSG QUICK FRUIT CUP WHOLE WHEAT ROLL</p> <p>15 Gm Fat 696 Calories 1053 mg Sodium</p>	<ul style="list-style-type: none"> ☺ HAM & BEANS w/ONION TURNIP GREENS SPRING FRUIT MIX CORNBREAD <p>13 Gm Fat 721 Calories 1048 mg Sodium</p>	<ul style="list-style-type: none"> ☺ PORK PATTY w/CREAM GRAVY MASHED POTATOES LOOSE LEAF SALAD w/DRSSG HARVEST FRUIT MIX DINNER ROLL <p>31 Gm Fat 775 Calories 1232 mg Sodium</p>
<p>CHICKEN & NOODLE S CAPRI VEGETABLES FRUIT MEDLEY CHOCOLATE CHIP COOKIES WHEAT BREAD</p> <p>22 Gm Fat 681 Calories 735 mg Sodium</p>	<p>☺ BAKED HAM SLICE BAKED SWEET POTATO MIXED GREEN SALAD w/DRSSG STRAWBERRY CUP POTATO ROLL</p> <p>14 Gm Fat 630 Calories 1192 mg Sodium</p>	<p>BEEF STROGANOFF CALIFORNIA VEGETABLES ROSY APPLESAUCE POTATO ROLL</p> <p>27 Gm Fat 709 Calories 768 mg Sodium</p>	<ul style="list-style-type: none"> ● APPLE WALNUT TURKEY SALAD on WHEAT BREAD ITALIAN PASTA SALAD HOT FRUIT COMPOTE <p>21 Gm Fat 645 Calories 1086 mg Sodium</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES DICED BEETS WHEAT BREAD DUMP CAKE</p> <p>32 Gm Fat 878 Calories 1039 mg Sodium</p>
<p>WHOLE GRAIN SPAGHETTI With MEATSAUCE GREEN BEANS CITRUS FRUIT MIX BREADSTICKS</p> <p>20 Gm Fat 749 Calories 880 mg Sodium</p>	<p>SLOPPY JOE on BUN BUTTERED CABBAGE HARVEST FRUIT MIX SUGAR COOKIES</p> <p>30 Gm Fat 817 Calories 656 mg Sodium</p>	<ul style="list-style-type: none"> ● ROAST TURKEY IN GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSSG CRANBERRY SAUCE PUMPKIN PIE POTATO ROLL <p>24 Gm Fat 879 Calories 1392 mg Sodium</p>	<p>CLOSED FOR THANKSGIVING</p>  <p>28</p>	<p>CLOSED FOR DAY AFTER THANKSGIVING</p> <p>29</p>

Local Happenings



An Auction and Chicken Noodle Dinner to support missions will be held on Saturday, November 2nd, at the Clearwater United Methodist Church.

4pm-6pm Country Store & Basket Silent Auction

4:30-6pm Chicken Noodle Dinner

Music provided by "Noteworthy", John Chitwood, Charlotte & Roger Dawson.

Menu will include: Chicken & Noodles, Mashed potatoes, Glazed carrots, garden salad, french bread, & assorted desserts.

Cost is \$8 in advance, \$9 at the door for adults, kids 4-10 \$4 in advance, \$5 at the door. 3yrs and younger are free.

Auction will begin at 6:30 pm by auctioneer Don Burford.

Other events: 5 pm Treasure Trove Shop preschool-middle school youth games and treasure. 6 pm Pie eating contest (spectator event).

For more information contact
Clearwater United Methodist Church
Family Life Center
130 N First
Clearwater, KS
620-584-2456



A local Senior is looking for some live in help. Someone to cook and clean for him. If this is something you may be interested in please call the Center and we can get you his information.



2014 CHAMBER BOARD NOMINATIONS

It is that time of year again! Time to open up nominations for 2014 Chamber of Commerce Board. If you are interested or know someone who may be interested in being on the board, you can nominate them by visiting the website at

www.clearwaterkschamber.com. You may also email the Chamber email at chamber@sktc.net. In order to be on the board you must be a Chamber member in good standing. The current Chamber board will vote on the nominations in December.

If you have something you would like to sell or share on this page please contact the Center at 584-2332



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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.