



# THE SCOOP

**C l e a r w a t e r S e n i o r C o m m u n i t y C e n t e r**  
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## NEW HIGH DOSE FLU SHOT FOR SENIORS

This year, for the first time, a new, high-dose flu vaccine is available for people over age 65. The high-dose flu shot contains four times the amount of antigens to induce a higher immune response in seniors.

According to the Center for Disease Control and Prevention, the vaccine was created because the human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Also, aging decreases the body's ability to have a good immune response after getting flu vaccine. A higher dose of antigen in the vaccine is supposed to give older people a better immune response and therefore better protection against flu.



Seniors can choose from the [regular dose flu vaccine](#), or Fluzone High-Dose, which is the name of the new vaccine designed specifically for people age 65 and over. Both vaccines will protect against the same three flu viruses.

The CDC recommends that people talk their doctor to determine which vaccine is best for them.

Does the new vaccine work better in the elderly? According to clinical trials that compared the standard flu vaccine (Fluzone) to Fluzone High-Dose among persons aged 65 years or older indicate that a stronger immune response (i.e. higher antibody levels) occurs after vaccination with Fluzone High-Dose. Whether or not the improved immune response leads to greater protection against influenza disease after vaccination is not yet known.

Medicare will pay for the flu shot once every flu season. The high-dose shot has been shipped to doctors' offices, pharmacies and long-term care facilities around the country, but because it's a new product, it's not as widely available as the standard flu shot.

For more information, visit the [the flu.gov website](http://the.flu.gov/website).



## OCTOBER BIRTHDAYS

“I’m not young enough to know everything.” Oscar Wilde

Elna Fitch 10/11	Betty Jo Embry 10/21	LaVona Greenlee 10/26
Don Fitch 10/13	Donna Watson 10/21	Jacki Matthews 10/27
Cheryl Wright 10/13	Larry McAdow 10/25	June Sparr 10/28
Richard Trissell 10/15	Donna Yost 10/26	Adrian Desaire 10/30

## UPCOMING EVENTS

### Schedule of Events

- 10-1 Planning Meeting
- 10-2 Square Dancing begins
- 10-5 Jam Session
- 10-7 Sewing Class mtg
- 10-8 Carry in Lunch
- 10-10 Facebook Workshop
- 10-15 Trip to Klausmeyer Farms
- 10-19 Biscuits & Gravy

#### 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 October 5th  
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 October 8th  
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 October 19th  
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: October 7th, 14th, 21st, & 28th  
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



#### 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**

# CHICKEN ALFREDO CASSAROLE

**Ingredients:**

- 2 dry cups pasta (shells or elbow macaroni are really good for this recipe)
- 1 15-16 oz jar of a GOOD Alfredo sauce
- 1-2 cups cooked chicken, shredded or chunked
- 1/2 cup chicken broth
- 5 oz shredded Parmesan cheese
- 2 cups shredded mozzarella cheese (one 8 oz bag)
- 1 1/2 tsp minced garlic
- Salt & pepper to taste

**Directions:**

Preheat oven to 350\*. Prepare pasta according to package directions. In medium bowl, combine pasta, Alfredo sauce, cooked chicken, chicken broth, garlic, salt and pepper, shredded Parmesan cheese and mix well. Grease 9x13 baking dish. Pour chicken mixture into baking dish. Sprinkle mozzarella cheese on top. Bake uncovered for 30-35 minutes.



## BITS & PIECES

Games

I have had a handful of people ask if we can start games back up. I know we had tried this before and we could not find a time that would work for everyone. We will be adding games back into Wednesdays after morning coffee. Come down and play the Wii which is a favorite. If we can get enough people we can have bowling tournaments against other Senior Centers. We are also looking into BINGO and karaoke night.

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.

COMMODITIES

This is a great opportunity to help in the community. Once a month (as long as food is available) the Senior Center offers

Commodities for families in need of food. This is one day a month, usually the last Tuesday of the month. We need volunteers to come help organize, sack, and hand out food. Volunteers to help with the paperwork or just be there to help where needed. If this is something you may be interested in you can contact the Center at 584-2332. This volunteer opportunity is open to all ages. Lets all work together to make our community great!

**“Don’t ever question the value of volunteers. Noah’s Ark was built by volunteers and the Titanic was built by professionals”**  
**Dave Glenn**

## MEMORY SCREENINGS

**WHO SHOULD BE SCREENED?**

Memory screenings make sense for anyone concerned about memory loss or experiencing [warning signs](#) of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons. These questions might help you decide if you should be

screened. If you answer "yes" to any of them, you might benefit from a memory screening.

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am or where I am going?
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?

- Am I misplacing things more often?
- Have I become lost when walking or driving?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

**Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.**

If you are interested in having a memory screening we will have them at the Center in November. Watch the November Scoop for more information.



### 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

#### Clearwater Senior Community Center

921 Janet Ave  
Clearwater, KS 67026  
620-584-2332  
[commcenter@sktc.net](mailto:commcenter@sktc.net)

## UPCOMING EVENTS

### Trip to Klausmeyer Farms

We will be taking a trip to the Klausmeyer Farms Pumpkin Patch just outside of town. We will be eating lunch at the Tee Time Café before departing. This is a combined trip with Sedgwick and Hallstead's Senior Center. Lets show them how many people we can bring! If interested please call the Center to reserve your spot today. 584-2332

**Date: Tuesday October 15th**

**Time:**

**Location: Outside Clearwater**

**Cost: Donations on gas**

### 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 October 10th**

**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 October 16th 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 Wednesday night.

**Date: Tuesday October 2nd, 9th, 16th, 23rd, 30th**

**Time: 6:00 pm**

**Location: Centers Main Room**

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

### Beginning Sewing Class meeting

Do you want to learn to sew a straight line, or patch clothes, or just sew on a button? We will be having a meeting to go over possibly starting a class here to teach people how to sew. Come join in on this meeting to see if this is something you may be interested in.

**Date: Monday October 7th**

**Time: 9:00 am**

**Cost: To be determined at meeting.**

## WINNER OF THE QUILT RAFFLE



Over the last few months we have been selling raffle tickets to people in the community for a chance to win this hand made quilt. The quilt was made by the Old Sew & Sews in town. The money raised went to support activities that we have going on at the Center. The total raised was \$765.43. The winning ticket was drawn at our Annual Catfish Fry on August 31st. The winner was Laura Papish of Clearwater. Congratulations Laura and we hope you enjoy it.

## BIG MUD PUDDLES & SUNNY YELLOW DANDELIONS

When I look at a patch of dandelions, I see a bunch of weeds that are taking over my yard.

*My kids see flowers for Mom and blowing white fluff you can wish on.*

When I look at an old drunk and he smiles at me, I see a smelly, dirty person who probably wants money and I look away.

*My kids see someone smiling at them and they smile back.*

When I hear music I love, I know I cant carry a tune and don't have much rhythm so I sit self-consciously and listen.

*My kids feel the neat and move to it. They sing out the words. If they don't know them, they make up their own.*

When I feel wind on my face, I brace myself against it. I feel it messing up my hair and pulling me back when I walk.

*My kids close their eye, spread their arms and fly with it, until they fall to the ground laughing.* When I pray, I say thee and thou and grant me this, give me that.

*My kids say, "Hi God! Thanks for my toys and my friends. Please keep the bad dreams away tonight. Sorry I don't want to go to heaven yet. I would miss my Mommy & Daddy."*

When I see a mud puddle, I

step around it. I see muddy shoes and dirty carpets.

*My kids sit in it. They see dams to build, rivers to cross and worms to play with.*

I wonder if we are given kids to teach, or to learn from? No wonder God love the little children. Enjoy the little things in life, for one day you may look back and realize they were the BIG things. (Author Unknown)

Courtesy of Marlene Parret



## ANNUAL CATFISH FRY 8-31-2013

The Senior Centers Annual Catfish Fry was held a few weeks ago. This is usually one of the biggest fundraisers for the Center. We mistakenly planned it on a holiday weekend and were skeptical on attendance. We were shocked to have a packed house. All together we served 67 adults and 14 kids. We raised a total of \$509.00. After all the food and supplies that left us with a \$164.13 profit from the event. We were very pleased with the turn out and it was a great event. We were entertained that night by a great gospel quartet called "Four The Cross." All in all it was a great night and fellowship with friends. We hope to see you all next year!





## September 10th Senior Luncheon

22 present and 3 speakers

Representing the City were Kent Brown, Barbara Salinas and Sue Koenig.

After the meal our first speaker was Dana from the KS state library. She explained the “talking books” program and how it works, and that it will be available through our local library. If anyone needs information they can contact our local library for assistance. The recipient using them will be issued a small player that is re-chargeable. The books are sent through the mail and there are currently over 15,000 titles available.

The next speaker was Amy Porter with SHRECK Financial group in Wichita. She was reporting some Medicare changes to be aware of for both health and prescriptions services. She states that all supplemental plans are now standardized by law. Their group will once again be offering advice for annual review. People who are caught in the “donut hole” in their current program may be eligible for discounts on medications.

The 3rd speaker was Celia Easley with SHICK group who also explained about Medicare plans. She stated that all Senior Centers are becoming SHICK trained and that Pam is almost done with all her training and can soon start making appointments for Medicare plan reviews. When seniors visit their facility or the Senior Center in Clearwater they only need to bring their Medicare card and a complete list of prescription drugs. Medicare’s open enrollment is October 15th through December 7th. She also spoke about the Senior Expo that is coming up in Wichita. She invited all out to experience a great day at Cowtown, Botanica, the Wichita Art Museum, and Exploration Place.

Sue Koenig, local librarian, advised the group of upcoming events at the library.

Lew & Irlene Kellogg were the September birthday honorees.

Announcements:

Every Wed morning is Coffee Time at 9am. Everyone is welcome.

9/12 There will be a Windows 8 workshop brought to us by Austin Wood with SKT.

9/19 12:00 noon cooking class at the Center offered by the cook at the Village. Need to sign up for this free class.

9/21 Biscuits & Gravy. We start serving at 7am. Everyone is welcome and we can always use volunteers.

9/26 Senior Expo trip. We will be visiting the 4 locations in Wichita: Botanica, Exploration Place, Cowtown, and Wichita Art Museum. Shuttle buses will transport to the various locations. Sign up for this free event.

9/27 to 9/29 Clearwater's Fall Festival. The Senior Center has no planned events.

Every Monday Pam will be doing free blood pressure checks. Every Friday afternoon a knitting class is offered.

John Chitwood will be starting a Square Dancing clinic beginning in October. Call the Center for more details.

Marlene Parret,  
Secretary

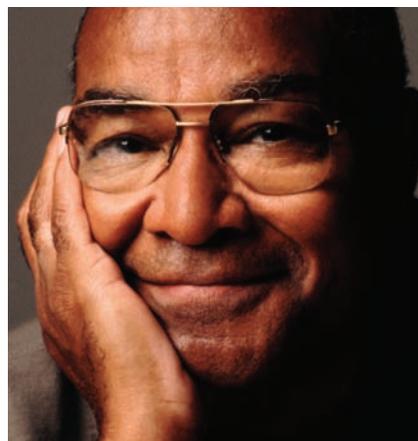
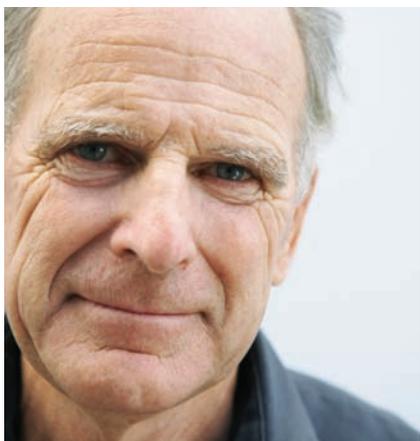


~ October 2013 ~

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



# Talk to Your Health Care Provider About Influenza and the Vaccine Option Just for You



**Vaccination Is the Best Defense Against the Flu;  
Recommended for Everyone 6 Months and Older**

***Adults 65 and Older Are at Greatest  
Risk for Serious Flu-Related Illness***

**Flu + You**

**Protect. Learn. Understand. Safeguard.**

Educating older adults about influenza and prevention  
From the National Council on Aging and Sanofi Pasteur

To learn more about the flu, vaccine recommendations  
and your flu vaccine options, please visit [www.ncoa.org/Flu](http://www.ncoa.org/Flu)

Clearwater Senior  
Community Center  
921 Janet Ave  
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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.

## FACTS ABOUT DEMENTIA



Dementia is a general term that describes a group of symptoms related to the loss of multiple intellectual functions— such as loss of memory, judgment, language and complex motor skills- that interfere with daily living.

Dozens of diseases or conditions cause dementia. Alzheimer's disease is the most common form of dementia in persons aged 65 and older. Other common types include vascular dementia. Lewy body dementia and alcohol related dementia.

Alzheimer's disease is a progressive, degenerative disorder of the brain caused by the death or permanent dysfunction of brain cells. The disease robs individuals of memory and, eventually, overall mental and physical function. The cause of Alzheimer's disease are unknown, and there are no specific treatments that prevent the death of brain cells or cure the disease. But several medications are available that may help slow the progression of symptoms.

- It is estimated that as many as 5.1 million Americans may have Alzheimer's disease.
- Alzheimer's disease is not a normal part of aging, but age is the greatest risk factor. The number of people with the disease doubles for every 5 year age interval beyond 65.
- In a small percentage of cases, Alzheimer's disease affects people at a much younger age—30's, 40's, and 50's.
- Alzheimer's disease is among the top 10 leading causes of death in the United States.

**“At this time, there are types of memory problems that can be cured and other types that can be treated. The key is to recognize the problem, get screened and act on the results.”**

**J. Wesson Ashford, MD, PhD  
Chair, AFA Memory Screening  
Advisory Board.**