



THE SCOOP

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

BENEFITS OF VOLUNTEERING

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Volunteering helps you make new friends and contacts: One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. Volunteering increases your social and relationship skills. While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts. Volunteering provides many benefits to both mental and physical health. **Volunteering increases self-confidence.** Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. **Volunteering combats depression.** Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times. **Volunteering helps you stay physically healthy.** Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease. So why not volunteer your time and talents to you local Senior Community Center?



INSIDE THIS ISSUE:

Upcoming Events	Pg 2
Bits & Pieces	Pg 3
Square Dancing	Pg 3
Volunteer opportunities	Pg 3, 4, 7
Lunch Menu	Pg 5
Activity Calendar	Pg 6
Lunch Report	Pg 7



SEPTEMBER BIRTHDAYS

"The secret of life is enjoying the passage of time." James Taylor

Van Tjaden 9/01	John Chitwood 9/13	Louise Stockhaus 9/23
Renee Tjaden 9/01	Mary Hoelscher 9/17	Oran Sullivan 9/23
Barbara Byrd 9/02	Jeanne McCoy 9/20	Ed Williams 9/24
Sonnie Chambers 9/02	Julia Harris 9/21	Irline Kellogg 9/26
Cecil Jeffries 9/03	Lew Kellogg 9/22	Wayne McEntire 9/26
Ava McGeary 9/06	John Kurimsky 9/22	Frank Gerlach 9/27
Lee Harp 9/06	Helen Fesnock 9/22	Joni Mills 9/28

UPCOMING EVENTS

Schedule of Events

- 9-7 Jam Session
- 9-3 Planning Meeting
- 9-10 Carry-in Lunch
- 9-12 Facebook/Windows 8 class
- 9-19 Cooking class
- 9-21 Biscuits & Gravy
- 9-26 Senior Expo Trip

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 September 7th
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 September 10th
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 September 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: Sept. 2nd, 9th, 16th, 23rd, & 30th
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: 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 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!**



CONTINUED ON PAGE 4

APPLE CIDER PANCAKES

These Apple Cider Pancakes will be the best fall recipe to wake up to in the mornings. The fall flavors of these pancakes will be loved by the whole family.

Serving size—6

Ingredients

- 1 C. dry pancake mix
- 1 egg
- 2 Tbs. olive oil
- 1/4 C. buttermilk
- 1/4 C. plain yogurt
- 1 tsp. honey
- 1/2 C. apple cider
- unsalted Butter
- 3 Tbs. sugar
- 1 1/2 Tbs. ground cinnamon



Directions

1. Place the dry mix in a large bowl.
2. In a small bowl, whisk the egg white, buttermilk, yogurt, honey and cider.
3. In another small bowl, whisk together the egg yolks and olive oil.
4. Combine both bowls of wet [ingredients](#) and whisk.
5. Pour the wet ingredients into the dry mix and stir until combined.
6. Heat 1 tablespoon of butter or vegetable oil in a pan. Measure 1/3 cup of the batter and pour into the pan.

Serve pancakes with butter and the cinnamon and sugar on top.

BITS & PIECES

VOLUNTEERS

We are trying to get another "Calling Committee" together. In the past this has been made up of volunteers who make monthly calls to members to make sure they are aware of upcoming events. This is something that would not take too much time and you can do it from home. If you are interested please call the office at 584-2332 and we will get you a list. We have such a potential to grown at the Center and we can no do it without you.

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!

"Volunteers don't just do the work. They make it work!"
Carol Pettitt



SQUARE DANCING!

Square dance is a fast-paced, lively type of [folk dance](#). Square dance is a fun form of dance involving social interaction between several dancers. Square dance is characterized by four couples, or eight dancers. The four couples are arranged in the shape of a square, with each couple forming one of the sides of the square. Two of the couples are referred to as the "head couples," with the other two the

"side couples." Each dance is started and finished in the original square formation. During a square



dance, a "square dance caller" uses a microphone to guide the dancers through a sequence of steps in time to the music. The caller calls out

various moves, steps, spins, turns, and partner changes.

Thanks to John Chitwood the Clearwater Senior Center will be offering Square Dancing classes starting in October. This will be on a week night and will be a very fun way to meet people and learn how to square dance. If this is something you would be interested in please call the Center for more details.



**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

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UPCOMING EVENTS

Cooking Class

Once again we will have Kyle Huxford with the Clearwater Nursing home here to cook a meal and give us tips and pointers with cooking for one, cooking with diabetes, and so much more.

Date: Thursday September 19th

Time: 12 pm noon

Location: Centers Main Room

Cost: Free. Bring your appetite!

Trip to Senior Expo

We will be taking a trip to the Senior Expo in Wichita. We will get a chance to go to Exploration Place, Cow Town, Botanica, and the Art Museum for free and have lunch. If interested please call the Center to reserve your spot today. 584-2332

Date: September 26th

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

Location: Wichita

Cost: Donations on gas

Windows 8/Facebook class

Austin Wood with SKT will be here again to teach the basics of Windows 8 and Facebook. Bring your laptop or use our computers.

Date: Thursday September 12th

Time: 9am

Location: Centers Main Room

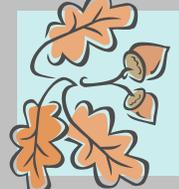


Have you ever thought about being on the Planning Committee? The Planning Committee is a group of active seniors who meet once a month and talk about new possible activities and ways to make existing activities work. We are looking for at least 2 more people who may be interested. The Senior Center is for the Seniors so why not make your voice heard and help out the Center at the same time. For more information contact Pamela at 620-584-2332.

~ September 2013 ~

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

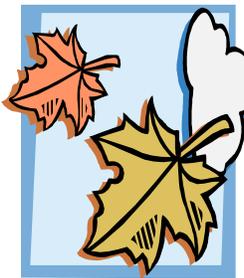



GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>ITALIAN CHICKEN CASSEROLE CALIFORNIA VEGETABLES PINEAPPLE CHUNKS VANILLA PUDDING WHOLE WHEAT BREAD</p>	<p>© PORK PATTIES w/CREAM GRAVY MASHED POTATOES LOOSE LEAF SALAD w/DRSG HARVEST FRUIT MIX DINNER ROLL</p>	<p>LIVER & ONIONS CREAMY SCALLOPED POTATOES RANCH BROCCOLI SALAD TROPICAL FRUIT MIX WHOLE WHEAT BREAD</p>	<p>CHICKEN SALAD on WHEAT MACARONI SALAD w/CARROTS FRESH ORANGE CHOCOLATE PUDDING</p>
<p>2</p>	<p>21 Gm Fat 715 Calories 940 mg Sodium</p>	<p>31 Gm Fat 775 Calories 1232 mg Sodium</p>	<p>21 Gm Fat 755 Calories 752 mg Sodium</p>	<p>19 Gm Fat 730 Calories 876 mg Sodium</p>
<p>MEATLOAF w/TOMATO SAUCE HERBED POTATOES PICKLED BEETS ROSY APPLESAUCE WHOLE WHEAT BREAD</p>	<p>BEEF GUMBO SOUP MACARONI SALAD w/CARROTS STRAWBERRY PEARS SUGAR COOKIES CRACKERS</p>	<p>CHICKEN CACCIATORE GARDEN RICE PILAF SPINACH SALAD w/DRSG QUICK FRUIT CUP WHOLE WHEAT ROLL</p>	<p>© HAM & BEANS w/ONIONS CARROT COINS FRUITED GELATIN CORNBREAD</p>	<p>TACO SALAD YELLOW SWEET CORN PINEAPPLE AMBROSIA</p>
<p>18 Gm Fat 634 Calories 986 mg Sodium</p>	<p>24 Gm Fat 666 Calories 778 mg Sodium</p>	<p>15 Gm Fat 696 Calories 1053 mg Sodium</p>	<p>12 Gm Fat 675 Calories 1062 mg Sodium</p>	<p>37 Gm Fat 827 Calories 790 mg Sodium</p>
<p>CHICKEN & NOODLES CAPRI VEGETABLES CITRUS FRUIT MIX SUGAR COOKIES WHOLE WHEAT BREAD</p>	<p>SALISBURY STEAK MASHED POTATOES GARDEN VEG. SALAD w/DRSG FRUIT MIX w/BLUEBERRIES POTATO ROLL</p>	<p>HAMBURGER on BUN TATOR TOT ROMANOFF CORONADO SALAD TROPICAL FRUIT MIX</p>	<p>BEEF STEW BRUSSELS SPROUTS FRESH APPLE BISCUIT</p>	<p>TUNA SALAD on WHEAT ITALIAN PASTA SALAD FRUIT SLAW CHOCOLATE PUDDING</p>
<p>22 Gm Fat 723 Calories 901 mg Sodium</p>	<p>23 Gm Fat 697 Calories 667 mg Sodium</p>	<p>31 Gm Fat 816 Calories 907 mg Sodium</p>	<p>22 Gm Fat 731 Calories 923 mg Sodium</p>	<p>23 Gm Fat 791 Calories 1082 mg Sodium</p>
<p>BEEF & CABBAGE JOES on BUN BAKED SWEET POTATO PICKLED BEETS HIGH FIBER FRUIT MIX</p>	<p>© CREAMY HAM & POTATO SOUP CALIFORNIA VEGETABLES SPICED PEACHES OATMEAL COOKIES CRACKERS</p>	<p>OVEN ROASTED CHICKEN PARSLIED POTATOES MIXED GREEN SALAD w/ DRSG FRUITY AMBROSIA WHOLE WHEAT BREAD</p>	<p>WHEAT SPAGHETTI w/MEATSAUCE GREEN BEANS STRAWBERRY PEACHES BREADSTICKS</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES CORONADO SALAD APPLESAUCE CAKE POTATO ROLL</p>
<p>23 Gm Fat 811 Calories 670 mg Sodium</p>	<p>16 Gm Fat 648 Calories 1051 mg Sodium</p>	<p>25 Gm Fat 637 Calories 454 mg Sodium</p>	<p>20 Gm Fat 731 Calories 877 mg Sodium</p>	<p>35 Gm Fat 947 Calories 806 mg Sodium</p>
<p>CHILI w/BEANS BROCCOLI w/CHEESESAUCE PEACHES, PEARS & GRAPES CHOCOLATE CHIP COOKIES CRACKERS</p>	<p>SENIOR EXPO SEPTEMBER 26TH SEE YOU THERE!</p>		<p>● CONTAINS TURKEY ⊙ CONTAINS PORK</p>	
<p>32 Gm Fat 775 Calories 914 mg Sodium</p>	<p>30</p>	<p>25</p>	<p>26</p>	<p>27</p>



August 18th, 2013 Senior Luncheon

Cheryl Wright called the group to order. Marlene led reciting the Flag Salute and the National Anthem.

Mary Jo McMahan was the only August birthday in attendance.

Our first speaker was Rita Lennon from KS Truck & Mobility. She told of new things to aid the handicapped who are still able to drive. Her company will be offering a Mobility Rodeo at their location on S. Tyler Rd in Wichita on October 4th 2013. Also featured will be someone demonstrating "Bionic Legs."

Our next speaker was Brad Egley from Via Christi HOPE, which stands for Healthcare Outreach Program for Elders. This program is geared for Home Health care, accepting mostly Medicaid eligible seniors. If interested call 316-858-1111.

First time attendees were the new City Clerk, Barbara Salinas, and the new pastor at the UMC Kendall Utt.

Announcements: Sure Koenig, city librarian told of a drive in Sept to get more people signed up for library cards. Also the first Tues on Oct will be another Backgammon social. She also announced that someone from the State library board is scheduled to speak at our Sept. lunch, and will be available at the library later to answer questions about "talking books."

A reminder of Wed. morning coffee time at the Center.

Sat. 8-17 is the monthly Biscuits & Gravy at the Center. We have enough volunteers for this one but the next few months we will need volunteers.

Sat. 8-31 is our annual fish Fry supper and Quilt Raffle. Special music for the evening is going to be Four the Cross gospel quartet. We needed one more person to volunteer to make a cake and Mary Mitchell volunteered at the lunch.

Every Thurs. morning Pam is available to assist anyone with computer questions.

A reminder that Bales Pharmacy will be closed the week of Labor Day.

Thurs. 9-26 is the Senior Expo in Wichita. Anyone interested in going needs to contact Pam to sign up.

Marlene Parret, Secretary



Knitting Project

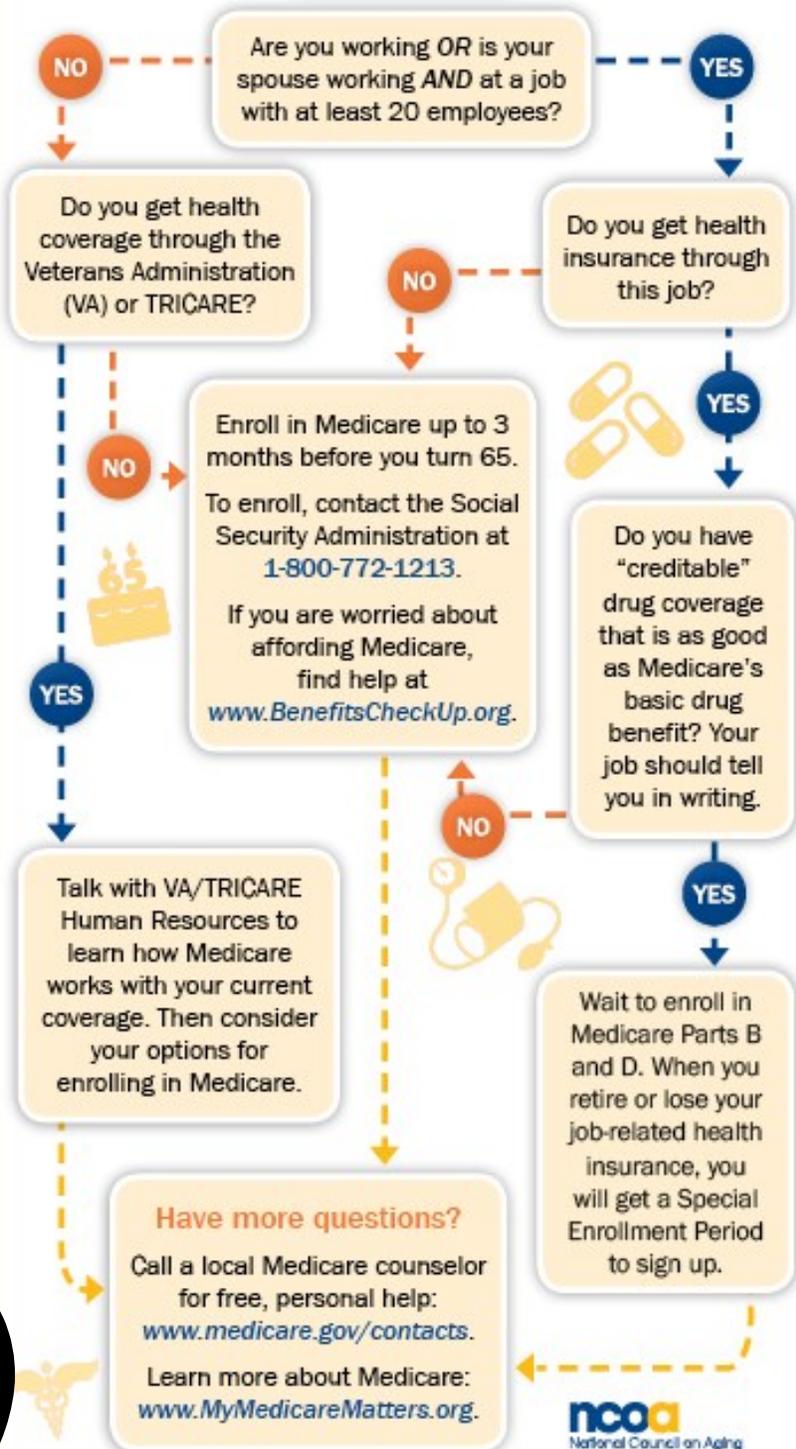
Our knitting group is taking off and we have decided to do a Community Project! The group will be making lap blankets for the patients in the Nursing home. This is a great way to give back. If you would like to learn how to knit or crochet you can come to our class on Fridays at 2:00 pm and join in. We need all the help we can get to give back to our community. If you are interested in helping with this project stop in to class or call the Center at 584-2332

Turning 65?

Follow Your Path to Medicare!



Start Here



It Only Takes A Moment

It only takes a moment
to reach out to be a friend,
but to the one who needs you
the memory never ends.

A simple act of kindness
to a person you don't know
may plant a seed of friendship
that for them will always grow.
We sometimes lose perspective
of the difference we can make,
when we care more of our giving
and care less of what we take.

So remember that your actions
may help change a life someday.
Always think about the person
that you meet along the way.

For it only takes a moment
to reach out to be a friend,
but to the one who needs you
the memory never ends.

A special Thank You to all
the people who helped us sell
tickets for our Quilt Raffle.
The following people gave
up a few hours a week to set
up at Mizes and Casey and
sell raffle tickets and for this
we are grateful!



Farol McMillan
MaryJo McMahan
Lewis Kellogg
Mary Stafford
Cheryl Wright
Rickey Vreeland
June Finney
Jacki Matthews
Lois Croft
Peggy Brockman
Earl Brockman
Cleta Cornett
Betty Peitz
Nancy Girard



Street Outreach

The Street Outreach Program, funded by United Way of the Plains and the QuikTrip Corporation, is an exciting community service designed to take resources directly to at-risk youths on the street, in community locations such as recreation centers, as well as shopping malls and schools. The Street Outreach program provides youth access to a comprehensive array of services such as crisis intervention counseling, shelter and runaway program.

We have a local resident here in town who does volunteer work for this organization. Betty Jo Embry states that they are in need of a few things very badly.

If you have any toiletries or clothes for children ages 7-18 please drop them off here at the Center so we can get them to these homeless children in the area.

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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.

TODAY

- Wake Up!!

Decide to have a good day.

“This is the day the Lord hath made; let us rejoice and be glad in it” Psalms 118:24

- Dress Up!!

The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks.

“The Lord does not look at the things man looks at. Man looks at outward appearance, but the Lord looks at the heart” 1 Samuel 16:7

- Hush Up!!

Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.

“He who guards his lips guards his soul”
Proverbs 13:3

- Stand Up!!

...For what you believe in. Stand for something or you will fall for anything.

“Let us not be weary in doing good; for at the proper

time, we will reap a harvest if we do not give up.

Therefore as we have opportunity let us do good....”

Galatians 6:9-10

- Look Up!!

.... To the Lord.

“I can do everything through Christ who strengthens me” Philippians 4:13

- Reach Up!!

...for something higher.

“Trust in the Lord with all your heart and lean not unto your own understanding. In all your ways acknowledge Him and He will direct your path”

Proverbs 3:5-6

- Lift Up!!

...your prayers.

“Don’t worry about anything instead pray about everything” Philippians 4:6

Thank you to Cleta Cornett for sharing this with all of us.

