



THE SCOOP



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

MONEY-SAVING TIPS: FOOD, MEDICINE

With the rising cost of groceries, gas, medical care and other necessities, making ends meet can be difficult. There are savings out there, but sometimes it's a challenge to find them.

According to the USDA Center for Nutrition Policy and Promotion the average cost of a moderate food plan in 2013 for a two person senior household was \$575.60 per month. A single person over 71 years would average \$245.10 per month.

Whether you're single, married or live with children or grandchildren, the cost of food is substantial. The following tips offer big bang for a buck on grocery and other necessities

- From April through October fruit and vegetables are plentiful at farmers markets and often cheaper directly from the growers. Be sure to compare prices; booths have different prices. Tip: bring your own bag and \$1 bills.
- Ask about a senior discount policy. For example, Dillon's has Senior Day every Wednesday. Those 55 plus can save 5%. Enroll in the senior discount program at the customer service desk. If they don't know about the savings program ask them to call Kroger customer service. Once enrolled, the discount will come off instantly when the savings card is scanned on Wednesday. Online coupons are also available on the Dillon's website; load them to your card for quick savings.
- Buy the store brand or the generic version instead of the name brand.
- Compare grocery store prices with other stores. It may be worth an extra trip or time searching for savings.
- Coupons are updated regularly on www.coupons.com and www.redplum.com. Retailers such as Target have coupons on their website for additional savings. Walgreens savings are at www.iheartwags.com

Continued on page 3

INSIDE THIS ISSUE:

Upcoming Events	Pg 2 & 4
Recipe	Pg 3
Brain Teasers	Pg 5
Lunch Report	Pg 6
Calendars	Pg 7 & 8
Local Happenings	Pg 9



APRIL BIRTHDAYS

"How old would you be if you didn't know how old you are?" Satchel Paige

Sonja Booth 4/07	Shannon Avery 4/19	Ruby Richardson 4/25
Kathleen Shaffer 4/08	Garland Fleming 4/20	David Klausmeyer 4/25
Mary Maltbie 4/08	Richard Dutcher 4/22	George Ward 4/29
Lois Croft 4/08	Gayla Rinehart 4/23	Linda McCune 4/29
Marvin Schauf 4/11	Nancy Girard 4/24	Charlotte Dawson 4/29
Lola Jean Lamb 4/19	Jeff Laha 4/24	

UPCOMING EVENTS

Schedule of Events

- 4-1 Planning meeting
- 4-5 Music at the Center
- 4-8 Carry In Lunch
- 4-11 BINGO
- 4-17 Cooking Class
- 4-19 Biscuits & Gravy

"Music at the Center"

Come enjoy some great entertainment. We will have music by "The Drifters." There will also be an open mic at intermission if you would like to play a song or two. Bring a snack to share. If you have questions you can contact John Chitwood at 620-456-2373

Date: Saturday April 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. 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 April 8th
Time: 12:00 noon
Location: Main room at Center
Cost: Free but donations for meat 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 April 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: Every Monday
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. All ages welcome!

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

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. This is open to everyone. 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



BIBLE STUDY

Pastor Whitlow will be leading a Bible Study on Mondays here at the Center. He will be starting with the book of Luke

Date: Every Monday
Location: Craft Room
Time 9:30 am



CONTINUED ON PAGE 4



Easter

SOAPAPILLA CHEESECAKE DESSERT

Ingredients

- Two Cans Pillsbury Crescent Rolls
- 16 oz Cream Cheese
- 1 Cup Butter
- Cinnamon and Sugar
- ¼ cup Melted Butter

Directions

Press first can of rolls in 8x8 greased pan
 Mix cream cheese and butter well, spread over first layer, top with second can of rolls
 Drizzle extra butter on top and sprinkle cinnamon and sugar
 Bake 30 min 350.

* This was the dessert that was served by Kyle at our January cooking class. Everyone requested the simple recipe and here it is. :)



BITS & PIECES

COMPUTER AREA

The center offers computers for members to use. You can come in and 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. 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. If this is something you may be interested in you can contact the Center at 584-2332.

BREADS

The Center will have left over bakery items thanks to Mize's. If you are in need or you know someone who is in need, give

us a call and see if we have any available.

HOSPICE VOLUNTEER

Harden Hospice is still looking for volunteers in the Clearwater area who may be interested in helping with some Hospice patients. This is a great way to give back to your community. They are currently needing 2 people in the Clearwater area. For more information contact Randall Turner at 316-559-2049.

“Volunteers don't just do the work, they make it work!”

-Carol Pettit

MONEY-SAVING TIPS: CONTINUED

- Pair manufacturer's coupons with store coupons. Check to see if a store offers double coupons. For senior there are ways to decrease the cost and help relieve the financial burden of prescription drugs or other over the counter medications.
- Many pharmacies have special 30 or 90-day pricing (\$4/\$10) on certain generic prescriptions. Ask your doctor if a generic version of your medication is available.
- Ask your doctor for free samples if available.
- Check the manufacturer's website or other online coupon sites. Many over the counter medication coupons are available and drug stores often have store coupons.
- Ask if your pharmacy offers a senior discount from

- organizations you belong to.
- A free Sedgwick County Prescription Discount card is available to Sedgwick County residents. If you're uninsured or your insurance doesn't cover prescriptions, you can save an average of 13 percent on brand name and 35 percent on generic medications. Call the Central Plains Aging and Disability Center, 855-200-2372, for details. Central Plains Area Agency on Aging/ Aging and Disability Resource Center provides services and options to seniors, caregivers, and persons with disabilities. Call between 8am-5pm. Monday through Friday, 855-200-2372, or visit www.cpaaa.org for assistance.





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

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

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UPCOMING EVENTS

BINGO

We will be attempting to do our BINGO again this month. We have changed the day and time to see if it better fits schedules. Stop by and play for a chance to win some fun prizes!



Date: Friday April 11th

Time: 1pm

Cost: .25 cents per card

Square Dancing Clinic

John Chitwood will be leading a class that will teach the basics of square dancing. The class will also be closed to any new students after November 15th in order to be fair to the rest of the dancers. You can still stop by and watch. If you are interested please call the Center at 620-584-2332 or just come by on a Friday night.

Date: Fridays at 7:00 pm

Location: Centers Main Room

Cost: donations for coffee.

Cooking Class

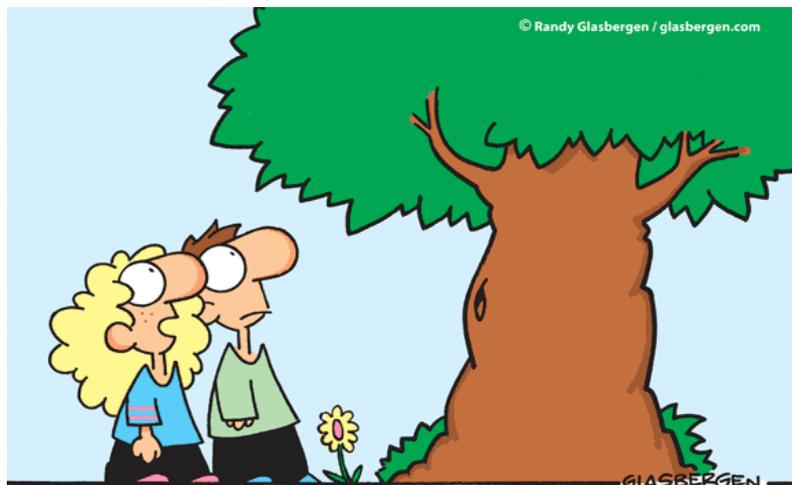
Kyle Huxford with the Clearwater Nursing Home will be here again to lead a cooking class. Bring your appetite!

Date: April 17th

Time: noon

Location: Centers Main Room

Cost: Free



"If leaves can turn orange for Halloween, why can't they turn pink and purple for Easter?"

BRAIN TEASERS

- How many times does the letter “F” appear in the following sentence?
FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS
- How many states in the United States begin with the letter “M”?
- Look at the pictures below and decide what words or phrases they represent.

SAND

MAN
BOARD

LE
VEL

CYLE
CYLE
CYLE

0
B. S.
M. D.
PH. D.

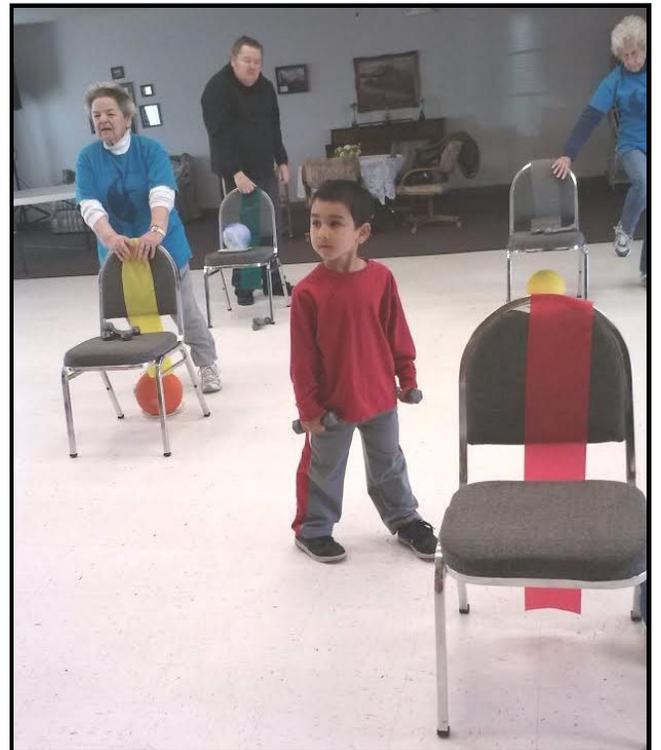
B
L
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S
E

TOUCH↓

In August the Clearwater Senior Center will be teaming up with the K-State Research and Extension Office for the “Masters of Memory” program. This is a 6 week course that will help you to strengthen parts of you brain that you may have not used in awhile. Please keep an eye out. This will be a great program!



Answers: 1) Six 2) Eight 3) Sandbox, man over board, bi-level, tricycle, three degrees below zero, see through blouse, touchdown



Here is proof that any age is welcome at our Exercise and Tai Chi Classes! This is Farol McMillan’s great grandson Angel, who was keeping up with everyone! Come join us on Tuesdays or Friday mornings.



Senior Luncheon Tuesday March 11th, 2014

21 members, 2 guests, for a total of 23 people in attendance.

Pamela Riggs called the group to order. Marlene led the group in the Flag Salute and the National Anthem. Wayland Whitlow lead the blessing. Nedra Seal was the only March birthday person present. The Center furnished the meatloaf for the dinner and everyone brought a delicious side.

Frances Waldren, a gambling addiction specialist, was our first speaker. She told of a survey of 1,600 people that 96% admitted to being at least an occasional gambler. Gambling is \$43.6 billion dollar industry! History shows that when there is a down turn in the economy there is an up-turn in the gambling business. You very seldom get back what you put into the machines. Statistics have also shown that many have embezzled money that they plan to “repay” with their winnings. Sadly, too often, the majority of gambling addictions are highly educated people. She also warns us that when visiting the casinos beware of “freebies” that they use to try and get you to return.

Our next speaker was Pat O’Conner with the Wichita Irish Club. He gave information about a book he published titled “Kansas Irish”. He gave a brief summary of a story in the book regarding the editor of the Wichita Eagle in 1929. He spoke of how he was run out of town due to his Irish heritage and he later went back east and served as a respected reporter.

Marlene then gave some trivia on St. Patrick's Day history and how it is celebrated in America.

Reminders

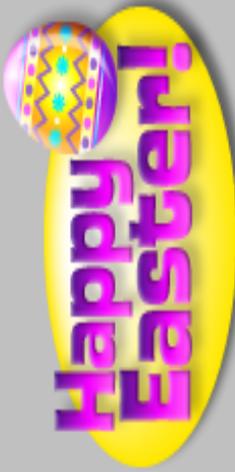
- March 27th is the day trip to the Wichita Art Museum.
- AARP Tax Representatives are to be in the Center to prepare taxes on March 31st
- Beginning April 5th will be the first “Music at the Center” starting at 7pm. John Chitwood and the Barn players will be entertaining. Everyone is encouraged to bring snack food to be shared during the break.
- March 27th is out trip to the Wichita Art Museum.

Sue Koenig, from the City Library, told of a new program that recently began. It is a loom style stocking cap project. Also games of Scrabble and Backgammon are offered. Contact the Library for more details.

Marlene Parret,
Secretary



~ April 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9am AA/AI Anon 7-9 pm	2 Morning Coffee 9am Games 10 am	3 Computer Tutoring 9am AA 7pm-9pm	4 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7 pm	5 Music at the Center 7pm-9pm	
6 	7 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	8 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	9 Morning Coffee 9am Games 10 am	10 AA 7pm-9pm	11 Tai Chi 8:45 am Exercise 10:00 am BINGO at 1:00 pm Square Dancing 7 pm	12
13 	14 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	15 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	16 Morning Coffee 9am Games 10 am	17 Cooking Class 12pm AA 7pm-9pm	18 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7 pm	19 Biscuits & Gravy 7am-10am
20 	21 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	22 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	23 Morning Coffee 9am Games 10 am	24 Computer Tutoring 9am AA 7pm-9pm	25 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7 pm	26
27 	28 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	29 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	30 Morning Coffee 9am Games 10 am			

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY EASTER APRIL 20th</p> <p>SALISBURY STEAK w/GRAVY MASHED POTATOES PICKLED BEETS SUMMER LIME GELATIN WHEAT BREAD</p> <p>23 Gm Fat 832 Calories 874 mg Sodium</p>	<p>CHICKEN PRIMAVERA MEDITERRANEAN VEGETABLES STRAWBERRY CUP FRENCH BREAD</p> <p>24 Gm Fat 860 Calories 824 mg Sodium</p>	<p>TACO SALAD GREEN PEAS CRANBERRY JUICE COCKTAIL SUGAR COOKIES</p> <p>34 Gm Fat 840 Calories 892 mg Sodium</p>	<p>☺HAM LOAF w/CREAM GRAVY MASHED POTATOES PEA LETTUCE SALAD w/DRSG PEACH SLICES WHEAT BREAD</p> <p>21 Gm Fat 685 Calories 991 mg Sodium</p>	<p>BEEF GUMBO SOUP ITALIAN PASTA SALAD QUICK FRUIT CUP CRACKERS</p> <p>19 Gm Fat 647 Calories 927 mg Sodium</p>
<p>●APPLE WALNUT TURKEY SALAD on WHEAT BREAD BAKED SWEET POTATO With CINNAMON BUTTER CORONADO SALAD SPRING FRUIT MIX</p> <p>17 Gm Fat 710 Calories 1008 mg Sodium</p>	<p>☺SCALLOPED POTATOES With HAM GREEN BEANS FRESH APPLE POTATO ROLL</p> <p>17 Gm Fat 689 Calories 952 mg Sodium</p>	<p>BEEFY MAC & CHEESE STEAMED BROCCOLI & CARROTS ROSY APPLESAUCE WHEAT BREAD</p> <p>24 Gm Fat 654 Calories 819 mg Sodium</p>	<p>☺EGG SCRAMBLE with BACON BITS OVEN FRIED POTATOES FRESH BANANA BLUEBERRY MUFFIN</p> <p>33 Gm Fat 745 Calories 898 mg Sodium</p>	<p>LIVER & ONIONS w/GRAVY MASHED POTATOES ROMANE SALAD w/DRSG APRICOT MIX CHOCOLATE CHIP COOKIES WHEAT BREAD</p> <p>20 Gm Fat 759 Calories 782 mg Sodium</p>
<p>CHILI with BEANS COOKED CARROT COINS FRESH ORANGE TAPIOCA PUDDING CRACKERS</p> <p>23 Gm Fat 693 Calories 982 mg Sodium</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF LOOSE LEAF SALAD w/DRSG CITRUS SECTIONS WHEAT BREAD</p> <p>23 Gm Fat 641 Calories 606 mg Sodium</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES CORONADO SALAD CRANBERRY JUICE COCKTAIL WHEAT BREAD</p> <p>28 Gm Fat 812 Calories 644 mg Sodium</p>	<p>☺HAM & BEANS w/ONIONS TURNIP GREENS FRUITED GELATIN CORNREAD</p> <p>13 Gm Fat 698 Calories 1103 mg Sodium</p>	<p>●DELI TURKEY & CHEDDAR on BUN POTATO SALAD FRUIT SLAW CHOCOLATE CAKE w/TOPPING</p> <p>29 Gm Fat 782 Calories 1088 mg Sodium</p>
<p>BREADED CHICKEN SANDWICH on BUN GREEN PEAS MACARONI SALAD w/CARROTS MANDARIN ORANGES</p> <p>25 Gm Fat 654 Calories 971 mg Sodium</p>	<p>●TURKEY & CAVIATAPPI MIXED GREEN SALAD w/DRSG CINNAMON APPLESAUCE OATMEAL COOKIES WHEAT ROLL</p> <p>23 Gm Fat 683 Calories 955 mg Sodium</p>	<p>SPAGHETTI with MEATS SAUCE CARROTS & ZUCCHINI STRAWBERRY CUP BREADSTICKS</p> <p>21 Gm Fat 753 Calories 803 mg Sodium</p>	<p>EARTH DAY APRIL 22nd</p> 	<p>● CONTAINS TURKEY ☺ CONTAINS PORK</p>

LOCAL HAPPENINGS



MASONIC LODGE #273 ANNUAL PANCAKE & SAUSAGE FEED

This event is open to the public. It will be Saturday April 5th, 2014 from 7:00 am to 1:00 pm and located at 112 W Ross St in Clearwater. The meal is all you can eat: \$6.00 for adults and \$3.00 for children.

There will be raffle prizes and the tickets for those are \$1.00 each or 6 for \$5.00. There will be Whole Hog sausage for sale at \$2.50 lb. (bulk 11lb tubes) or patties \$25.00 (10 lb box).

Tickets and sausage for sale at the door or call Dale at 316-788-4196 for more information.

(Winner of the firearm raffle will need to pass a background check to receive the firearm.)



EASTER BUNNY CANDY SCRAMBLE

Mark your calendars for the Easter Bunny's Candy Scramble!

April 19th at the Clearwater City Park

9:30 am - Meet & greet with the Easter Bunny
10:00 am sharp - Candy scramble

Free activity for kids up to 10 years old.

Parents, don't forget to bring your cameras!

For more information contact the Clearwater Recreation Department at 620-584-2323.

COMMODITIES

Commodities will be available at the Center on Tuesday, April 29th from 8am-3pm. Please contact Center for income guidelines.



HOUSE CLEANING

Could you use some help with cleaning around the house? There is a girl who lives here in Clearwater who is accepting new houses to clean. She comes with referrals and letters of recommendations. If you are interested please contact Jennifer at 620-584-2814



CLEARWATER LIBRARY PROGRAMS

April is Food For Fines Month

Fines on overdue library items may be paid with a non-perishable or unexpired food item. A one dollar credit will be applied to your overdue fines for each item donated. The food will be donated to the local food pantry.

Backgammon Social Tuesday, April 1 @ 1:00 pm
Join us for some Backgammon fun. Beginners are always welcome!

Master Gardener Dalene Stevens-Growing Plants with Seeds Wednesday, April 2 @ 10:15 pm

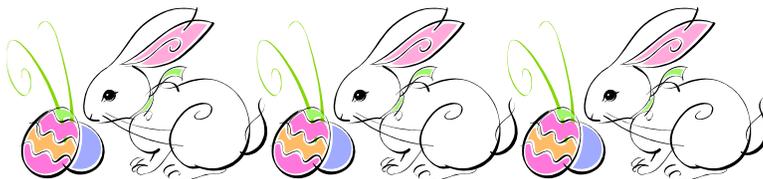
Preschool Storytime Tuesday, April 8 @ 10:30 am
Join us for songs, rhymes, finger plays, and crafts. Designed for ages 2-5; however, all ages are welcome.

Scrabble Fun Tuesday, April 15 @ 10:30 am
Bring a friend and a Scrabble game if you have one and enjoy the laughter and fun with friends.

Preschool Storytime Tuesday, April 22 @ 10:30 am

Questions: Call 620-584-6474, <http://clearwaterkslibrary.org/>, Like us on [Facebook](#)

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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.