



THE SCOOP



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

FINANCIAL EXPLOITATION OF OLDER ADULTS A PROBLEM

Margaret, who was getting frail, allowed a woman to move into a room in her home in exchange for helping her with light errands. Several months later, Margaret's daughter discovered that the woman had stolen thousands of dollars from Margaret's account by using her ATM card. The woman had also taken Margaret to a lawyer and obtained "power of attorney" for herself.

Financial exploitation of older adults is an all too frequent problem. The TRIAD Council, a community partnership with seniors, social services and law enforcement, works to promote seniors wellness, safety and independence.

They recently released tips on ways to protect against financial fraud:

1. Be sure you understand the authority you are giving someone before you assign a power of attorney. Write in the agreement whether the agent will be paid, and if so, how much.
2. Put all financial instructions in writing. This protects you. Keep records of all transactions.
3. If you put children or family members on your deeds or bank accounts, they and their creditors have access to those assets. It is safer to make them only co-signers on the accounts, complete transfer-on-death deeds on real estate and payable-on-death designations on accounts and other investments, which also avoids probate.
4. If you have an in-home paid caregiver, maintain a locked mailbox or have your mail delivered to a PO box. Keep checks in a safe, out of sight location and never sign a blank check.
5. Send a certified letter to the three credit reporting agencies (Equifax, Experian, and TransUnion), requiring they freeze your accounts so abusers can't open new accounts, like credit cards, loans and apartment leases, under your identity.
6. Stay connected to your community. Social isolation increases your risk of becoming a victim.

Find out about your community programs or social activities in your neighborhood. For more information about the TRIAD Council and how to join, call 316-685-1821 ext. 297.

INSIDE THIS ISSUE:

Upcoming Events Pg 2

Recipe Pg 3

Bits & Pieces Pg 3

Lunch Report Pg 6

Calendars Pg 7-8

Membership form Pg 9



JANUARY BIRTHDAYS

"Let them eat cake." Marie Antoinette

Ima Kinkaid 1/01	Jan Vogel 1/09	Reid Williams 1/16
Gerald Angstadt 1/02	Gary Rupe 1/09	Ron Leabo 1/16
Natalie Machart 1/02	James Richardson 1/12	Paul Clark 1/16
Louise Riggs 1/04	Mary Miller 1/13	Bob Fleming 1/23
Floyd Smith 1/05	Maynard Lemon 1/14	Norma Leabo 1/24
Pamela Riggs 1/05	Steve McMillan 1/14	Vada Tjaden 1/25
Jo Ann Matthews 1/06	Marcille Mitchell 1/15	Bob Parmele 1/26

UPCOMING EVENTS

Schedule of Events

- 1-4 Jam Session
- 1-10 Planning meeting
- 1-14 Carry In Lunch
- 1-18 Biscuits & Gravy
- 1-23 Trip to Glass Museum
- 1-30 BINGO

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. We could also use players!

Date: Saturday January 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. 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 January 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 January 18th
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.

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 and a snack. 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



Knitting group

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

TURKEY CASSAROLE

WONDERING WHAT TO DO WITH ALL THOSE HOLIDAY LEFTOVERS.....

INGREDIENTS:

- 4 cups leftover prepared stuffing, divided
 - 4 cups coarsely chopped leftover cooked turkey (about 1 pound)
 - 3/4 cup Hellmann's® or Best Foods® Real Mayonnaise, divided
 - 1/4 cup whole berry cranberry sauce
 - 2 cups leftover mashed potatoes
- 1-1/2 CUPS SHREDDED MOZZARELLA CHEESE (ABOUT 6 OUNCES.)



DIRECTIONS:

1. Preheat oven to 375 degrees F. Spray 8-inch baking dish with non-stick cooking spray. Spoon in 2 cups stuffing, then top with turkey.
2. Combine 1/4 cup Hellmann's® or Best Foods® Real Mayonnaise with cranberry sauce; evenly spread over turkey.
3. Combine remaining 1/2 cup mayonnaise, with potatoes and cheese in large bowl. Evenly spread on turkey, then top with remaining 2 cups stuffing.

Bake 40 minutes or until heated through. Let stand 10 minutes before serving. If desired, garnish with dried cranberries.

BITS & PIECES

CALLING COMMITTEE

Would you like a call to remind you of different activities going on at the Center? We have decided instead of having a calling committee that will call everyone, we will have a committee to call people who request it. If you or someone you know may be interested in getting reminder calls, please call the Center at 584-2332.

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. 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 Miz-es. If you are in need or you know someone who is in need, give us a call and see if we have any available.

“I feel the greatest reward for doing is the opportunity to do more!”
Jonas Salk

AARP DRIVER SAFETY COURSE

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage

and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on

driving

- The importance of eliminating distractions, such as eating, smoking and using a cell phone

On February 18th and 19th we will be offering the AARP Drivers Safety Course here at the Senior Community Center. If you are interested please call to sign up. There is even a change to safe money on your insurance!





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

Clearwater Senior Community Center

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

UPCOMING EVENTS

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



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: Thursday January 30th

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: Thursday January 16th

Time: noon

Location: Centers Main Room

Cost: Free



Trip to the Glass Museum

We will be taking a day trip to the National Glass Museum in Wellington, KS. This museum showcases different glass work from over the years. With an emphasis on American-made glassware from the years of the "Great Depression.

Date: Thursday January 23rd

Time: 11 am

Location: Meet at the Center and drive to Wellington.

Cost: The museum accepts donations.

*We will also be stopping at the local café in Wellington to have lunch before we tour the museum.

SQUARE DANCING GROUP!!!!



Over the last few months the new Square Dancing group has come a long way! The class is instructed by John Chitwood and it is a great time! I had the pleasure of coming by and watching them and they were so much better than I could ever do! It is great exercise and laughs are contagious! If you ever feel like stopping by to watch they meet on Friday nights at 7:00 pm here at the Center.

THE OLDEN DAYS!

A young person asked the other day, 'What was your favorite fast food when you were growing up?' 'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.' 'C'mon, seriously. Where did you eat?' 'It was a place called 'at home,' I explained. 'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.' By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table. But here are some other things I would have told him about my childhood if I figured his system could have handled it :

- Some parents NEVER owned their own house, never wore Levis, never set foot on a golf course, never traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears Roebuck. Or maybe it was Sears & Roebuck. Either way, there is no Roebuck anymore. Maybe he died.
- My parents never drove me to soccer practice. This was mostly because we never had heard of soccer.
- I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow)
- We didn't have a television in our house until I was 19.
- The television was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God; it came back on the air at about 6 a.m. and there was usually a locally produced news and farm show on, featuring local people.
- I was 21 before I tasted my first pizza, it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that, too. It's still the best pizza I ever had.
- I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.
- Pizzas were not delivered to our home. But milk was.
- All newspapers were delivered by boys and all boys delivered newspapers --my brother delivered a newspaper, six days a week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6AM every morning.
- On Saturday, he had to collect the 42 cents from his customers. His favorite customers were the ones who gave him 50 cents and told him to keep the change. His least favorite customers were the ones who seemed to never be home on collection day.
- Movie stars kissed with their mouths shut. At least, they did in the movies. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren Just don't blame me if they bust a gut laughing.



Senior Luncheon Tuesday December 10th, 2013

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

Ardena Matlack and Ester Murphy were the December birthdays present.

Announcements:

12-19 Cooking class, need to sign up by Tuesday December 17th.

12-21 Biscuits & Gravy, we always need more helpers.

Each Monday Pam is available to do blood pressure checks.

Wednesday is Morning Coffee at 9 am and everyone is welcome.

Thursdays Pam will help with computer questions.

Cheryl stated that in 2014 we will be focusing each month on certain themes. For example January is Kansas Day and February will be Valentines and so forth.

We all enjoyed a wonderful meal of ham and all the trimmings.

Our first speaker was Lindy May with May Chiropractic. She shared some of the newer services they are offering. This includes spinal decompression and massage. They also have a Physical Therapist from Reliance Rehab. The office offers free consultations. Not all services may be covered by Medicare. Each person would need to check with their own insurance company.

Next speaker was Derrick Judkins from the Clearwater Nursing facility. He spoke about cold weather tips for seniors. For example, how to prevent falls by wearing proper footwear. He cautioned all about burn potential, and all the many ways to protect our skin in winter. Weather is drier and colder. Wear hats and gloves, layering clothes, keep hydrated, and use lotions. He also advised us to be prepared for emergencies such as heating or electrical outages, ice storms, and other storms. He suggests keeping extra supplies of food and such on hand.

Our next speaker was Millie Whitlow, who spoke on Grief Support Group. She spoke on how we can each support others after a death of a loved one. She stated that the first year after a loved ones death can be the hardest. She reminded us that everyone grieves at different levels and that we never lose that closeness in our hearts. Millie leads a Grief Support group each month on the first Monday evening. All are welcome to attend.

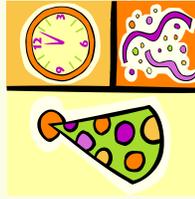
After speaker, a modified version of musical chairs was played with the winner at each table receiving a lovely poinsettia plant that had been the table centerpieces.

Representing the City was City Clerk, Barbara Salinas and Librarian Sue Koenig.

Marlene Parret,



~ January 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CENTER CLOSED 	2 Computer Tutoring 9am AA 7pm-9pm	3 Tai Chi 8:45 am Exercise 10:00 am Knitting group 2-3 pm Square Dancing 6 pm	4 Jam Session 7pm-9pm open to all ages
5	6 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm- 3pm	7 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	8 Morning Coffee 9am Games 10 am	9 Computer Tutoring 9am AA 7pm-9pm	10 Tai Chi 8:45 am Exercise 10:00 am Knitting group 2-3 pm Planning mtg 9 am Square Dancing 6 pm	11 Volunteer Appreciation Dinner 5pm
12 	13 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm- 3pm	14 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/AI Anon 7-9 pm	15 Morning Coffee 9am Games 10 am	16 Cooking Class 12pm AA 7pm-9pm	17 Tai Chi 8:45 am Exercise 10:00 am Knitting group 2-3 pm Square Dancing 6 pm	18 Biscuits & Gravy 7am – 10am *open to all ages
19	20 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm- 3pm	21 Tai Chi 8:45 am Exercise 10:00 am Sewing Class 9 am AA/AI Anon 7-9 pm	22 Morning Coffee 9am Games 10 am	23 Trip to Glass Museum at 11am AA 7pm-9pm	24 Tai Chi 8:45 am Exercise 10:00 am Knitting group 2-3 pm Square Dancing 6 pm	25
26 	27 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm- 3pm	28 Tai Chi 8:45 am Exercise 10:00 am Sewing Class 9 am AA/AI Anon 7-9 pm	29 Morning Coffee 9am Games 10 am	30 Computer Tutoring 9am AA 7pm-9pm BINGO @ 1:00 pm	31 Tai Chi 8:45 am Exercise 10:00 am Knitting group 2-3 pm Square Dancing 6 pm	Notes:

GOOD NEIGHBOR NUTRITION PROGRAM

(menu is subject to change)

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● MAY CONTAIN TURKEY ⊙ MAY CONTAIN PORK 				
CHICKEN PRIMAVERA MEDITERRANEAN VEGETABLES QUICK FRUIT CUP FRENCH BREAD	SOFT TACO CALICO CORN FRUITED GELATIN	CLOSED FOR NEW YEARS DAY!	HOPPIN' JOHN over STEAMED RICE TURNIP GREENS STRAWBERRY CUP CORNBREAD CHOCOLATE CHIP COOKIES	LIVER & ONIONS w/GRAVY MASHED POTATOES ROMANE SALAD w/DRSG PINEAPPLE & STRAWBERRIES DINNER ROLL
24 Gm Fat 880 Calories 983 mg Sodium	21 Gm Fat 635 Calories 942 mg Sodium	19 Gm Fat 734 Calories 1042 mg Sodium	18 Gm Fat 676 Calories 1160 mg Sodium	25 Gm Fat 798 Calories 708 mg Sodium
6	7	8	9	10
GROUND BEEF STROGANOFF CAPRI VEGETABLES BERRY & PEAR FRUIT MIX DINNER ROLL	SMOTHERED CHICKEN with GRAVY GARLIC MASHED POTATOES COLESLAW w/CARROTS MANDARIN ORANGES DINNER ROLL	TACO SALAD GREEN PEAS CITRUS FRUIT MIX OATMEAL COOKIES	⊙ BAKED HAM SLICE BAKED SWEET POTATO MIXED GREEN SALAD w/DRSG STRAWBERRY CUP POTATO ROLL	CORN CHOWDER PEA & MACARONI SALAD FRESH ORANGE CHOCOLATE PUDDING CRACKERS
27 Gm Fat 657 Calories 686 mg Sodium	19 Gm Fat 657 Calories 904 mg Sodium	33 Gm Fat 792 Calories 887 mg Sodium	14 Gm Fat 630 Calories 1192 mg Sodium	19 Gm Fat 693 Calories 872 mg Sodium
13	14	15	16	17
CLOSED FOR MARTIN LUTHER KING, JR. BIRTHDAY	⊙ SCALLOPED POTATOES w/HAM GREEN BEANS FRESH APPLE TAPIOCA PUDDING POTATO ROLL	CHICKEN BREAST CACCIATORE GARDEN RICE PILAF THREE BEAN SALAD PEACH SLICES WHEAT BREAD	OVEN ROASTED CHICKEN BUTTERNUT SQUASH PEA LETTUCE SALAD w/DRSG FRUIT MIX w/BLUEBERRIES POTATO ROLL	HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD FRESH ORANGE
20	21	22	23	24
BEEFY MAC & CHEESE CAPRI VEGETABLES CINNAMON APPLESAUCE DINNER ROLL	● TURKEY w/GRAVY MASHED POTATOES BROCCOLI SALAD HARVEST FRUIT MIX DINNER ROLL	⊙ HAM & BEANS w/ONIONS COOKED SPINACH FRUITED GELATIN CORNBREAD	WHOLE GRAIN SPAGHETTI w/MEATSAUCE GREEN BEANS CITRUS SECTION BREADSTICKS	BEEF GUMBO SOUP BAKED POTATO SPICED PEACHES CHOCOLATE CHIP COOKIES CRACKERS
24 Gm Fat 638 Calories 789 mg Sodium	18 Gm Fat 763 Calories 1155 mg Sodium	12 Gm Fat 678 Calories 1112 mg Sodium	20 Gm Fat 744 Calories 880 mg Sodium	27 Gm Fat 832 Calories 803 mg Sodium
27	28	29	30	31

HAVE A HAPPY NEW YEAR! WELCOME 2014!



CLEARWATER SENIOR COMMUNITY CENTER
PARTICIPANT INFORMATION CARD

NAME _____ AGE _____ D.O.B _____

ADDRESS _____ PHONE _____

EMAIL ADDRESS _____ CELL PHONE _____

EMERGENCY CONTACT _____ PHONE _____

RELATIONSHIP _____ COUNTY _____

SPECIFIC HEALTH PROBLEMS _____

DOCTORS NAME _____ PHONE _____

MALE ___ FEMALE ___

DO YOU LIVE ALONE?

RACE:

AMERICAN INDIAN _____

YES _____

NO _____

AFRICAN-AMERICAN _____

CAUSCASIAN _____

ASIAN/PACIFIC ISLANDER _____

HISPANIC _____

Signature _____

Date _____

Its that time of year again! Time to update membership records. If you have not filled one of these out please take the time to do so. That way every time you come in we can count you for attendance. If you have changes or are not sure if I have the correct info, just fill this out and either mail it to us at the address below or drop it off. Thank you all for a wonderful first year and I look forward to many more to come!

Pamela Riggs
921 Janet Ave
Clearwater, KS 67026
620-584-2332
commcenter@gmail.com

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



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.



A Message from the Clearwater Police Department

Recently there has been an increase in theft, especially mail reported in Sedgwick and surrounding counties. It has been suspected the thieves have targeted those mailboxes with the red flag in the "up" position, indicating there is mail within. Citizens are asked to call 911 if a vehicle that does not display a US MAIL placard is witnessed stopping at mailboxes. Also, if mail belonging to another residence is discovered, report it to 911. Citizens are advised to pick up and drop off mail from mailboxes as close to delivery/drop-off time as possible.