



THE SCOOP



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

CHANGES TO GOOD NEIGHBOR NUTRITION PROGRAM

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The Good Neighbor Nutrition Program provides social activities and serves approximately 850 hot, nutritionally-balanced meals each weekday at noon to residents age 60 or older in Butler, Harvey and Sedgwick counties. Currently here at the Clearwater Senior Center we are serving on average 1-5 people per day. We also deliver to about 5 home bound people. The current cost is \$2.00 donation per meal.

Recently the Clearwater Nursing Home approached us with the opportunity to have them take over our lunch program. After careful consideration we have decided to make the switch. Starting on Monday, June 2nd, all meals will be provided by the Clearwater Nursing Home. If you have ever been to one of our "Cooking Classes" at the Center you will know that the food is very good! We average around 20-25 people who partake in this once a month activity. We are hoping this change will get more people to come out for daily lunches. The cost WILL remain the same at \$2.00 per meal. We will still include the menu in every SCOOP. They will still need a few days notice if you would like to have lunch. But, our favorite part, this will be open to all Seniors age 55 and up! We will no longer turn away people that are between 55 and 60. With this change we will be able to start offering more meals to homebound people as well. Due to budget cuts the GNNP was not accepting new homebound meals. Therefore the Clearwater Nursing Home has already been providing meals to these people. If you are interested in trying some meals check out the menu in this SCOOP and give us a call as soon as possible to reserve your spot. Also the monthly "cooking class" that was brought to us by Kyle at the nursing home will still happen once a month. On that day anyone who normally eats lunch will eat for free! This would be a great way to try out the lunch before you commit as well. We believe this will be a great change. Also please note that the first menu will be subject to changes as menus are made for the season. It will be a bit bumpy at first but the great meal will be worth it!

Summertime!



JUNE BIRTHDAYS

"My policy on cake is pro having it and pro eating it." Boris Johnson

Betty Batten 6/04	Sandra Cummins 6/15	Linda Taggart 6/19
Rachel Anton 6/09	Mary Mitchell 6/16	Leona Jeffries 6/24
Robert Pugh 6/11	Richard Vogel 6/17	Sandra Baxter 6/24
Gary Freed 6/11	Farol McMillan 6/18	Algie Strait 6/25
June Finney 6/12	Jim Kendrick 6/18	Lonnie Stieben 6/28
CP Comegys 6/14	Tom Hess 6/18	Leonard Anton 6/29

UPCOMING EVENTS

Schedule of Events

- 6-3 Planning meeting
- 6-6 Health Fair
- 6-7 Music at the Center
- 6-10 Carry In Lunch
- 6-21 Biscuits & Gravy
- BINGO

"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 June 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. 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 June 10th
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 June 21st
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



LOADED BAKED POTATO SALAD

Ingredients:

4 large Russet or Yukon Gold potatoes
 1/4 cup mayonnaise
 1/2 cup sour cream
 1/2 cup shredded cheddar cheese
 1/4 cup freshly chopped chives, divided
 8 strips of bacon (**6 for the salad and 2 for topping**) cooked and crumbled
 1 tsp black pepper
 salt to taste

Serves 4 - 6 (Simply double list of ingredients if you need a larger serving)

Directions:

In a small bowl, mix together your mayonnaise, and sour cream. Make sure the two are completely combined and then add half of the chives, cheese, and pepper. Taste mixture to see if you prefer some salt. (I usually add a dash or two.) Let chill in fridge for a bit. Meanwhile, peel and cube your potatoes in to bite size pieces. Put in a large pot, cover with water, and boil until fork tender. About 20 minutes. *You need to keep an eye on them. If they cook too long you'll end up with more of a mashed potato consistency when you mix them with the sauce.



When potatoes are ready, drain and let cool just a bit. *Let them cool a lot if you plan to serve chilled. Put potatoes in a large bowl or dish and combine with sour cream mixture. Fold in most of your crumbled bacon. Top with remaining half of chives and remaining crumbled bacon

BITS & PIECES

SURVEYS

The Sedgwick Co Dept on Aging would like to find out information from you that will help us plan programming and services around your needs to better serve you. Stop by the Center to get a survey. When you fill it out and turn it in you will be entered in to a drawing for a \$50 gift card!

SAFE HOUSE NEEDS

Betty Jo Embry who works with the Safe House in Wichita, KS, states that there is a

need for small snack items that homeless children can put in their back packs. If you would like to donate some items they may be dropped off at the Senior Center.

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.

VOLUNTEER DRIVERS

If you would be interested in being a volunteer driver for our Meals on Wheels program in Clearwater please contact Cindy at 620-584-2332. We are currently needing back up drivers for when others can not make it.

“Research has shown that people who volunteer often live longer.”

-Allen Klein

NEW COOKING CLASS IN JULY!

The “Rite Bite Cooking Class for Diabetes” will be happening on Monday, July 21st at noon. This cooking program, brought to you by Denise Dias with the Sedgwick Co Extension Office, focuses on how to prepare delicious meals and snacks to control or prevent diabetes and other diseases. Three different recipes will be featured each time and everyone will get a chance to taste some amazing food that is actually good to eat. The first class will focus on reducing excess salt from your recipes. There is no cost for this class. Please stop by the Center or call to sign up. 620-584-2332





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 June 20th

Time: 1pm

Cost: .25 cents per card

Lunch with Kyle

Come to the Center and enjoy a nice meal prepared by Kyle Huxford who is the dietician at the Clearwater Nursing Home. It is always a great meal!

Date: Thursday June 19th

Time: noon

Cost: Free



Caregiver & Senior Health Fair

This annual health fair is brought to us by the Clearwater Nursing Home. This year will have a lot of new vendors. Come by and learn some valuable information and get some free goodies. Lunch will also be provided.

Date: June 6th

Time: 10 am to 2 pm



Happy Father's Day

June 15th

"Deer Dad, I hoap you have a nise Fathers Day.
You are smart and funny and mom is two.
Have a reely grate and speshul day tooday.
PS: Thank you for sending me to collige!"

JUNE MEDICARE MINI-BENI UPDATE



Diabetes Screenings are covered by Medicare for people who are at risk for diabetes are eligible for this screening. You're considered at high risk if you have high blood pressure, dyslipidemia, obesity, or a history of high blood sugar (glucose). Medicare also covers these tests if you answer "yes" to 2 or more of the following questions:

- Are you 65 or older?
- Are you overweight?

- Do you have a family history of diabetes?
- Do you have a history of gestational diabetes (diabetes during pregnancy), or have you had a baby weighing more than 9 pounds?

Cost to You? You pay nothing for this screening. **Diabetes Self Management Training** is covered by Medicare for those who have diabetes and a written order by their doctor. This

training teaches participants to manage their condition and prevent complications. **Cost To You?** You pay 20% of the Medicare-approved amount after the yearly Part B deductible. Central Plains Area Agency on Aging is a local provider offering this training. For more information call 855-200-2372. **Brought to you by Central Plains Area Agency on Aging**

DAD

By Karen K. Boyer
 He never looks for praises
 He's never one to boast
 He just goes on quietly working
 For those he loves the most
 His dreams are seldom spoken
 His wants are very few
 And most of the time his worries
 Will go unspoken too
 He's there.... A firm foundation
 Through all our storms of life
 A sturdy hand to hold to
 In times of stress and strife
 A true friend we can turn to
 When times are good or bad
 One of our greatest blessings,
 The man that we call Dad.



HOW TO PROPERLY ADJUST YOUR HEAD RESTRAINT

Most people don't give head restraints a second thought when climbing into a car, and even fewer would count them as a safety feature. But think again. Head restraints don't just hinder rear visibility and give you a comfortable place to rest your head; they play an important role in protecting the head and neck in a crash and help prevent injuries like whiplash.

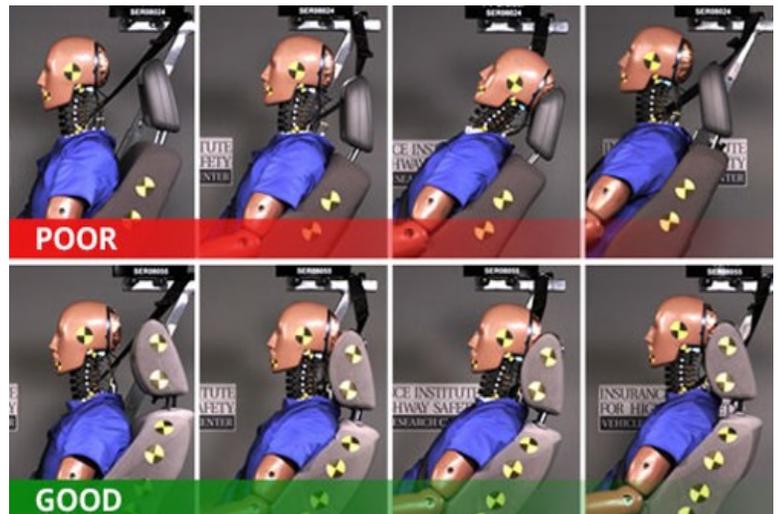
Whiplash head and neck injuries most often occur in rear-end collisions and a National Highway Traffic Safety Administration study estimates that between 1988 and 1996 there were 805,581 whiplash injuries each year. When a car is hit from behind, it is pushed forward, causing the seatback to push against the occupant's torso and move the torso forward as well. As a result, an unsupported head lags behind the torso until its neck can catch up and then whip the head forward.

According to the Insurance Institute for Highway Safety, neck sprains and strains are the most frequently reported insurance claim injuries, and the agency puts the cost of these claims at around \$8.8 billion each year, or 25 percent of the total dollars paid for all crash injuries combined.

"People can experience severe crashes with no neck injury if there is little or no movement of the head relative to the torso," IIHS said in a statement.

NHTSA began mandating head restraints in the front outboard seats of all new cars in 1969; it extended the mandate to pickups, vans and SUVs in 1991. Automakers are not required by law to include them in the backseat, however.

So, head restraints are in just about every car on the road today, but how do you make sure you're getting the most out of them? The following are tips on how to properly set and adjust your head restraint:





Senior Luncheon Tuesday May 13th, 2014

The group was called to order by Pamela Riggs. Pamela led the group reciting the Flag Salute and singing the National Anthem. The birthday people present were Millie Whitlow and Laura Papish. Pastor Wayland Whitlow lead in the blessing for the delicious meal. This meal included spaghetti and meatballs which was prepared by the Center along with various side dishes.

Kyle Huxford was our first speaker. Kyle spoke about the upcoming changes to the Clearwater Senior Centers lunch program. He states it will be open to ages 55 and up and will be great home cooked food. He also answered any questions about the upcoming changes.

Stacy Nilles from the Central Plains Area on Aging spoke regarding the new survey they are putting out. The survey is for all Senior Center participants in the Sedgwick Co area. This survey will help them determine what the needs of all the members are. She left surveys to be filled out and mentioned that there is 2 chances to win a \$50 gift card by filling out the survey!

Our next speaker was Bob Pugh with the American Legion Post 93. He brought with him Lewis Kellogg, and Bill Potenski. The men explained the tragedies with all the prisoners of war (POW) and the Missing in action (MIA). They also set the table in remembrance of all the soldiers who are not with their family. It was a very touching presentation.

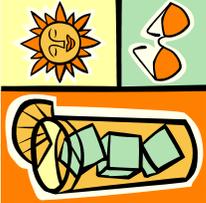
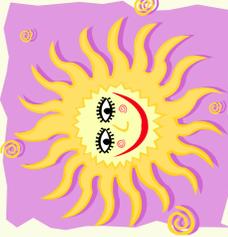
Announcements:

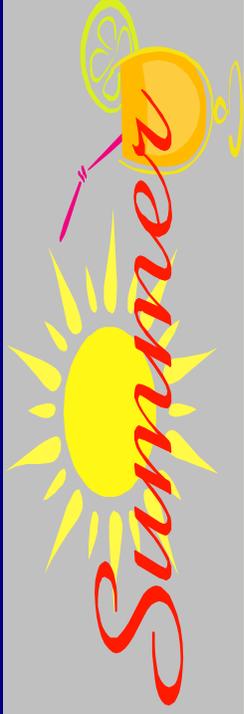
- The first day of the new lunch program will be Monday, June 2nd.
- We will be having a Senior Caregiver Health fair on Friday, June 6th from 10am-2pm.

Pamela Riggs,
Director

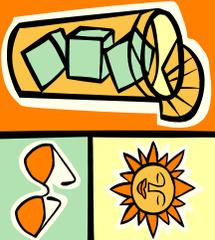


~ June 2014 ~

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

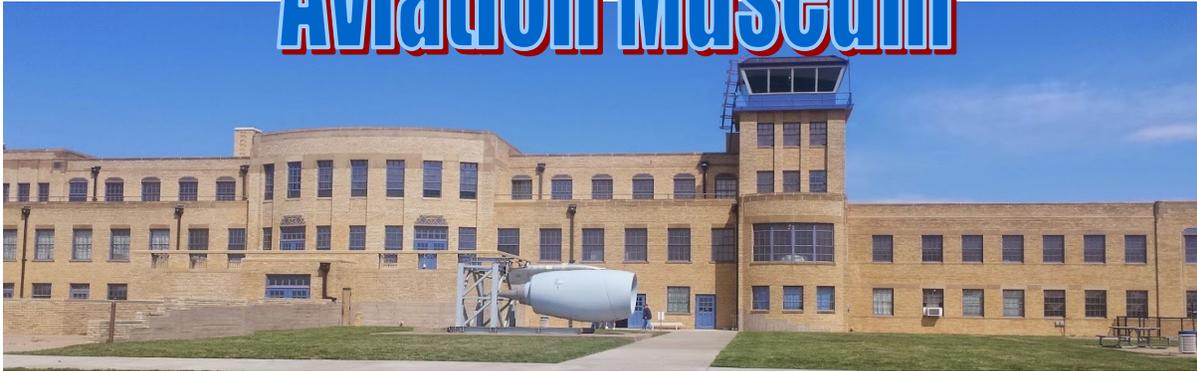


Clearwater Nursing & Rehab. (menu is subject to change) JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HONEY GLAZED MEATBALLS SCALLOPED POTATOES GREEN BEANS BREAD MARGARINE OLD FASHIONED FRUIT SALAD MILK	CHICKEN NOODLE SOUP SALTINE CRACKERS CHEESE & FRESH FRUIT PLATE MARINATED TOMATO SALAD MUFFIN MARGARINE JELLY MILK	FETTUCINI ALFREDO CHICKEN SEASONED PEAS GARLIC BREAD MARGARINE SUNDAE BROWNIES MILK	SAUTEED VEAL W/VEGGIES GARLIC MASHED POTATOES BREAD MARGARINE RASBERRY SWIRL CAKE MILK	BAKED FISH IN BUTTER SAUCE TARTAR SAUCE WILD RICE BLEND SEASONED ASPARAGUS DINNER ROLL MARGARINE CHEESECAKE WITH TOPPING MILK
2	3	4	5	6
GARLIC PEPPER PORK LOIN AU GRATIN POTATOES ZUCHINI AND TOMATOES BREAD MARGARINE MARBLE PUDDING W/TOPPING MILK	CREAMY BEEF ONIONS W/NOODLES GREEN BEANS DINNER ROLL MARGARINE DUTCH CHERRY COBLER MILK	OVEN FRIED CHICKEN BAKED BEANS BUTTERED CORN BISCUIT HONEY BUTTER SHERBERT MILK	GLAZED MEATLOAF CHEDDAR MASHED POTATOES SEASONED BROCCOLI BREAD MARGARINE CARAMEL APPLE BAR MILK	PARMESAN FISH RED BLISS POTATOES PRINCE WILLIAM VEGETABLES DINNER ROLL MARGARINE STRAWBERRY SHORTCAKE MILK
9	10	11	12	13
CHICKEN SALAD PLATTER CUCUMBER SLICES BREADSTICK MARGARINE PEANUT BUTTER CHOC BAR MILK	PORK STEAK W/SOUR CREAM ROSEMARY RED POTATOES SEASONED BROCCOLI DINNER ROLL MARGARINE FROSTED CAKE MILK	HOT ROAST BEEF SANDWICH W/GRAVY GARLIC MASHED POTATOES SEASONED CARROTS GELATIN W/WHIPPED TOPPING MILK	Cooking with Kyle Free lunch at the Center.	BEER BATTERED FISH TARTAR SAUCE FRENCH FRIES COLE SLAW DINNER ROLL MARGARINE FRESH CANTELOUPE MILK
16	17	18	19	20
TUNA SALAD CASSAROLE SEASONED BROCCOLI BREADSTICK MARGARINE FRUITED GELATIN MILK	CHICKEN BREAST PARMESAN ONION ROASTED POTATOES ITALIAN VEGETABLES DINNER ROLL MARGARINE FROSTED ANGEL FOOD CAKE MILK	SMOTHERED PORK STEAK GARLIC MASHED POTATOES GREEN BEANS BREAD MARGARINE FROSTED BROWNIE MILK	HERB BAKED CHICKEN AU GRATIN POTATOES CALIFORNIA VEGETABLES DINNER ROLL MARGARINE VANILLA BERRY DESSERT MILK	TACO SALAD SOUR CREAM SALSA CHILLED PINEAPPLE MEXICAN CHOCOLATE PUDDING MILK
23	24	25	26	27
SPAGHETTI BAKE ITALIAN CUT GREEN BEANS GARLIC BREAD MARGARINE CHOCOLATE TRIFLE MILK				
30	FLAG DAY JUNE 14th	FATHER'S DAY JUNE 15th	SUMMER BEGINS JUNE 21st	



OUR DAY TRIP TO THE Aviation Museum



Kansas Aviation Museum is a museum located in Wichita, KS.

The Museum features many display aircraft including the B-77 Stratojet, B-52 Stratofortress, KC-135 Stratotanker, Boeing 727, and so much more! The Kansas Aviation Museum is in the Terminal and Administration building of the former Municipal Airport in Wichita. This was a self-guided tour and we were able to walk the same halls as Amelia Earhart, Frank Sinatra, and Howard Hughes! We were able to sit in on an educational talk about Amelia Earhart's life and then were allowed to roam the building. This was a very interesting trip. We had 5 Seniors who participated in this trip and it was a great time.



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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.