



THE SCOOP



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

WHO IS ST PATRICK?

People all over the world celebrate on the 17th day of March in honor of St. Patrick, the patron saint of Ireland. Some cities have parades, most revelers wear green, and a few families commemorate the day with traditional Irish fare for their meal. However, not everyone may know who St. Patrick is.



Born in Britain during the 4th century, St. Patrick was kidnapped and enslaved by Irish raiders when he was a teenager. Although he was able to escape after six years and become a priest in Britain, he later chose to return to Ireland as a missionary, in order to help spread the teachings of Christianity to pagans. According to Irish folklore, he also used a shamrock to explain the Christian concept of Trinity to the Irish. In spite of continuous opposition from pagan leaders, he continued to evangelize for thirty years while baptizing newly converted Christians and establishing monasteries, churches, and schools. He died on March 17th and was canonized by the local church. St. Patrick's Day was first publicly celebrated in Boston in 1737 where a large population of Irish immigrants resided. Nearly 200 years later, the first St. Patrick's Day parade in the Irish Free State was held in Dublin in 1931. During the mid 90's, the Irish government also began a campaign to promote tourism in Ireland on March 17th. While many Catholics still quietly celebrate this day of religious observance by going to mass, St. Patrick's Day slowly evolved to become a celebration of Irish heritage. Through the years, along with legendary shamrocks, many symbols were included in festivities that are reflective of Ireland's folklore, culture, and national identity (think leprechauns, ethnic cuisine, and wearing green). Other places that join in on this celebration include Japan, New Zealand, Argentina, and Canada, along with many cities across the United States.

Courtesy of FamilyFun Magazine

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MARCH BIRTHDAYS

“Do not deprive me of my age. I have earned it.” May Sarton

Brent Batton 3/01	Diane Barkley 3/12	Dale Morris 3/17	Cyndi Keiss 3/24
Darryl Mourning 3/04	Glenda Light 3/13	Nancy Porter 3/19	Roy Riggs 3/25
David Knoblauch 3/04	Patricia Stewart 3/15	Mary Schauf 3/21	Lila Mourning 3/27
Rickey Vreeland 3/06	Lanora Bradt 3/15	Karin Stieben 3/21	Stephen Thome 3/27
Gale Fleming 3/07	Larry Bradt 3/16	Lucy Andra 3/23	Julian Lauterbach 3/28
Joanne Flippin 3/08	Bruce Hopson 3/16	Nedia Seal 3/24	Patricia Nichols 3/28
Kenneth Andra 3/09	Delbert McMillan 3/16	Russell Mills 3/24	



UPCOMING EVENTS

Schedule of Events

- 3-1 Jam Session
- 3-4 Planning meeting
- 3-11 Carry In Lunch
- 3-13 BINGO
- 3-15 Biscuits & Gravy
- 3-20 Cooking Class
- 3-27 Trip to the Wichita Art Museum



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 March 1st
 Time: 7pm-9pm
 Location: Main Room at Center
 Cost: Free

***See story in this SCOOP regarding changes.**

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. (wear some green this month for St. Patrick's Day!)

Date: Tuesday March 11th
 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 March 15th
 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



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

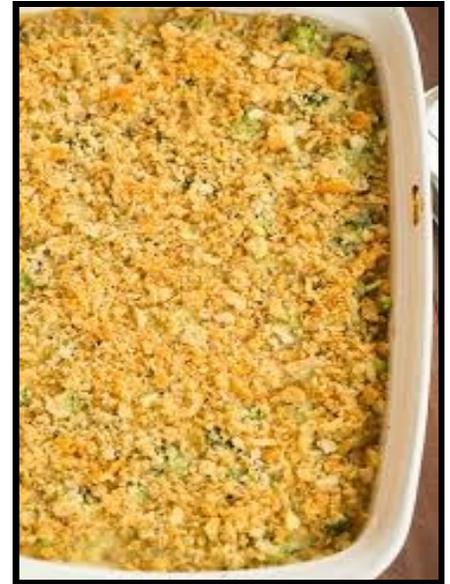


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BROCCOLI CHEESE CASSAROLE

Ingredients:

- 2 pkgs of frozen broccoli cuts
- 1 can of cream of broccoli soup
- 1 can of fried onions
- 1 pkg of Ritz Crackers
- 2 pkg Cheddar cheese, shredded



Directions

1. Boil broccoli according to package, drain.
2. Preheat oven to 375 F.
3. Cook cream of broccoli soup mixed with 1/2 can milk or water. Bring to slight boil.
4. In a 9 x 11 pan spray with non-stick cooking spray.
5. On the bottom layer crush half of the ritz crackers, then layer with half the broccoli, then layer with half the soup, then spread half the cheese, finally layer with half the fried onions.
6. repeat the layering process.
7. Bake in the oven for about 15 minutes or until cheese has melted and starting to turn golden brown.

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.

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.

JAM SESSION

We are in the process of re-structurizing the Jam Sessions. We are looking into how we can make it better for all. Please be patient with us as we try new things.

“To serve is beautiful, but only if it is done with joy and a whole heart and a free mind”

Pearl Buck

JAM SESSION CHANGE



Jam Session has been a bit of a struggle over the last year. Whether it was trying to get players or people to attend. With this in mind we are changing things up a bit. Starting in April this will no longer be called a “Jam Session”, instead it will be called **“The Country Music Show.”** Beginning Saturday, April 5th the Jam Sessions will be replaced with a show featuring “The Drifters.” This will be the performers every week for the main show. There will be an open mic during intermission for those who would like to play a song or

two. I am working with John Chitwood who will be taking over this endeavor. Some of you may know John from “The Barn.” This show will be very similar to the show they offer there. If you have any questions regarding new changes please contact **John Chitwood at 620-456-2373.** Everything else about this will be the same. Same time of 7:00 pm and we still ask that you bring a snack to share. We are very excited about this new opportunity and hope to see all of you there.

Pamela Riggs



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 March 21st

Time: 1pm

Cost: .25 cents per card

Square Dancing

John Chitwood will be leading a class that will teach the basics of square dancing. The class will be closed to any new students after November 15th, 2013 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, March 20th

Time: noon

Location: Centers Main Room

Cost: Free



Trip to the Wichita Art Museum

As the second-largest art museum in the state of Kansas, the Wichita Art Museum houses one of the country's finest collections of American art, spanning three centuries of painting, sculpture, works on paper, and decorative arts. Masterpieces by Mary Cassatt, Edward Hopper, John Steuart Curry, Winslow Homer, and Charles M. Russell are among the nearly 7,000 works in the permanent collection. Additionally, an important and expanding glass collection is a significant component to the overall collection. We will be taking a trip as a group to the museum.

Date: Thursday March 27th

Time: 10:00 am

Location: Centers Main Room

Cost: \$7 for adults & \$5 for Seniors over age 60.

We will also have lunch at the museum.



NCOA OFFERS 5 WAYS CONGRESS CAN HELP SENIORS IN 2014

Washington, DC – With close to one-quarter of voters this November expected to be over age 65, the National Council on Aging (NCOA) suggests five ways Congress can help seniors this year—especially those in greatest need.

1. Restore funding for and modernize aging services

The [Older Americans Act](#) (OAA) funds critical services that help seniors stay healthy, independent, and economically secure in their own homes. These include programs like senior nutrition, prevention, caregiver support, and transportation. Senior services are facing a double whammy—funding has not kept up with inflation or the growing population of seniors and the federal budget sequester has caused even deeper cuts.

There is good news in the FY14 budget agreement, which includes new investments to prevent elder falls, increases for Alzheimer’s disease strategies, and restored funding for senior nutrition. But more action is needed. At a minimum, funding for aging services should be returned to pre-sequester levels.

The OAA also is overdue for reauthorization—an opportunity to strengthen the bill for today’s older population. Bipartisan momentum is building to vote on reauthorization this year, including provisions to modernize senior centers, improve

access to evidence-based prevention, and reduce elder abuse.

2. Protect low-income Medicare beneficiaries

The Medicare Qualified Individual (QI) program pays Medicare Part B premiums for beneficiaries whose incomes are 120-135% of poverty—about \$13,700-\$15,300 per year. Without this assistance, these seniors would not be able to afford doctor visits.

In recent years, QI has expired each Dec. 31, but Congress has temporarily extended it along with fixes to Medicare physician payments. This year, momentum is building to permanently fix Medicare physician payments. Congress should [make the QI program permanent](#) at the same time and fund outreach to help low-income seniors access this and other benefits.

3. Renew the Farm Bill to help fight senior hunger

The Farm Bill renewal is poised to boost funding for the nation’s food banks, transition the Commodity Supplemental Food Program to a seniors-only program, and test using the [Supplemental Nutrition Assistance Program](#) (SNAP) for nonprofit grocery delivery programs for seniors.

Yet, Congress continues to pursue SNAP cuts—on top of an \$11 billion cut in November. The latest proposal would eliminate as much as \$8.6 bil-

lion in benefits. SNAP helps nearly 4 million older adults pay for healthy food each month.

4. Introduce long-term care legislation

The number of Americans needing [long-term services and supports](#) will more than double as the boomers age. Medicare does not cover them, and private insurance is unaffordable for most people. The current system places enormous burdens on family caregivers and forces seniors to spend-down their life savings into poverty before getting help from Medicaid. A recent Long-Term Care Commission report included recommendations to improve the system.

Bi-partisan leadership is needed to introduce legislation to provide affordable options for Americans that do not exclude purchasers based on pre-existing conditions and that produce significant savings to Medicaid. Education on the facts also is critical.

5. Pass immigration reform

Comprehensive immigration reform would strengthen the [direct care workforce](#), 20-23% of whom are foreign born. Direct care workers provide home care and other services that allow seniors to stay independent. Reform also would produce economic benefits to Medicare and Social Security by increasing the number of younger workers paying into these funds.

EXERCISE FOR PEOPLE OVER 50!

Begin by standing on a comfortable surface, where you have plenty of room at each side.

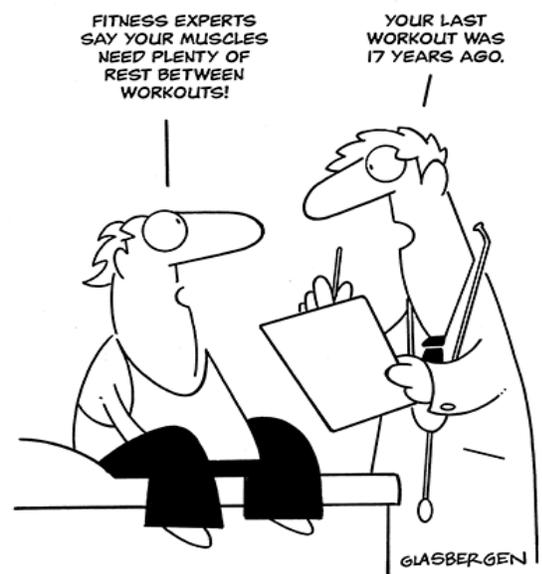
With a 5-lb. potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you’ll find that you can hold this position for just a bit longer. After a couple of weeks, move

up to 10-lb. potato bags.

Then try 50-lb. potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I’m at this level!)

After you feel confident at that level, put a potato in each bag!!!
Thanks to Marlene Parret for this funny article!





Senior Luncheon Tuesday February 11th 2014

Pam called the group to order. Marlene led everyone in the Flag Salute and National Anthem.

Janetta Burris and Marlene Parret were the only February birthdays present.

After Pam gave the blessings for the meal, we all enjoyed meatballs with red sauce, keeping with our red theme for Valentines Day. There were several wearing red or pink to go with our theme.

Our first speaker was Noreen Stonehocker, from the CRC Village. She spoke on winter time depression, also known as Seasonal Affective Disorder. This is thought to be caused by the fact that in the winter we stay inside and there is often less sunlight. It occurs more often in women.

Things to watch for include: cravings for carbs, wanting to be alone, weight changes. If possible you would aim for at least 30 minutes of some type of exercise daily. Two helpful books regarding Seasonal Affective Disorder are: "Winter Blues, everything you need to know about Seasonal Affective Disorder" and "Positive Options for Seasonal Affective Disorder."

Our 2nd speaker was a lady from Harden Home Health. She spoke on heart health. She also emphasized physical activities often. Taking 10 minutes per activity then taking a short break. She reminded us to remember "portion control", our meat should be no bigger than a deck of cards.

She also encouraged eating more fruits & vegetables, whole grain foods and to watch sodium content. More heart health tips were to watch weight management, and stress levels. She also encourages quitting smoking.

Marlene then led us in some Valentine trivia. She told of the oldest Valentine dates from 1477.

Women are known to send more valentines then men and of course there are many shared by children in class parties.

City librarian, Sue Koenig, told of the newest program at the library called eLibrary. This can be utilized by you ereader. Also she reminded us of the Scrabble social.

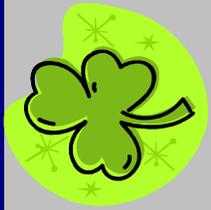
Kent Brown with the city advised of the work north of town had been put on hold due to the weather. The closing of the intersection of 71st and 135th has been post-poned until after harvest since it is so heavily used at this time.

Announcements: Driver Safety class 2-18/19, Commodities will be available 2-25, AARP tax preparations 3-3, Jam Session will possibly be revamped. John Chitwood will be working with the Director on this program.

Marlene Parret,
Secretary



~ March 2014 ~

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

HAPPY ST. PATRICK'S DAY

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BEEF PATTY with ONION GRAVY MASHED POTATOES PICKLED BEETS CINNAMON APPLESAUCE WHEAT BREAD</p> <p>25 Gm Fat 774 Calories 779 mg Sodium</p> <p>3</p>	<p>CHICKEN & SAUSAGE JAMBALAYA MIXED GREEN SALAD w/DRSSG BERRY FRUIT MIX FRENCH BREAD</p> <p>20 Gm Fat 735 Calories 911 mg Sodium</p> <p>4</p>	<p>MEATLOAF w/ TOMATO SAUCE CREAMED SCALLOPED POTATOES FRUIT SLAW WHEAT DINNER ROLL</p> <p>23 Gm Fat 708 Calories 936 mg Sodium</p> <p>5</p>	<p>TACO SALAD GREEN PEAS CITRUS FRUIT MIX CHOCOLATE PUDDING</p> <p>32 Gm Fat 820 Calories 943 mg Sodium</p> <p>6</p>	<p>LAMB STEW SPINACH SALAD w/DRSSG SPRING FRUIT MIX POTATO ROLL</p> <p>17 g Fat 664 Calories 1234 mg Sodium</p> <p>7</p>
<p>HAMBURGER on BUN POTATO ROUNDS RANCH BROCCOLI SALAD HARVEST FRUIT MIX</p> <p>28 Gm Fat 764 Calories 669 mg Sodium</p> <p>10</p>	<p>● ROAST TURKEY w/GRAVY MASHED POTATOES GARDEN VEG. SALAD w/DRSSG QUICK FRUIT CUP WHEAT BREAD</p> <p>13 Gm Fat 627 Calories 1160 mg Sodium</p> <p>11</p>	<p>CHICKEN BREAST CACCIATORE GARDEN RICE PILAF THREE BEAN SALAD PEACH SLICES POTATO ROLL</p> <p>16 Gm Fat 710 Calories 1133 mg Sodium</p> <p>12</p>	<p>BEEF & MACARONI BUTTERED CABBAGE SPRING FRUIT MIX WHEAT BREAD</p> <p>27 Gm Fat 663 Calories 685 mg Sodium</p> <p>13</p>	<p>SWISS STEAK MASHED POTATOES MIXED GREEN SALAD w/DRSSG FRESH APPLE POTATO ROLL</p> <p>25 Gm Fat 788 Calories 662 mg Sodium</p> <p>14</p>
<p>BEEFY MAC & CHEESE CALIFORNIA VEGETABLES CINNAMON APPLESAUCE WHEAT BREAD</p> <p>24 Gm Fat 643 Calories 810 mg Sodium</p> <p>17</p>	<p>SMOTHERED CHICKEN with GRAVY GARLIC MASHED POTATOES COLESLAW w/CARROTS MANDARIN ORANGES DINNER ROLL</p> <p>19 Gm Fat 657 Calories 904 mg Sodium</p> <p>18</p>	<p>☺ BAKED HAM SLICE BAKED SWEET POTATO with CINNAMON BUTTER MIXED GREEN SALAD w/DRSSG STRAWBERRY CUP POTATO ROLL</p> <p>14 Gm Fat 630 Calories 1192 mg Sodium</p> <p>19</p>	<p>CRANBERRY MEATBALLS CREAMY SCALLOPED POTATOES GARDEN VEG. SALAD w/DRSSG CITRUS FRUIT MIX DINNER ROLL</p> <p>25 Gm Fat 863 Calories 1184 mg Sodium</p> <p>20</p>	<p>CHICKEN TORTILLA SOUP FRESH ORANGE TAPIOCA PUDDING CORN CHIPS</p> <p>33 Gm Fat 821 Calories 659 mg Sodium</p> <p>21</p>
<p>WHOLE WHEAT SPAGHETTI With MEATSAUCE GREEN BEANS STRAWBERRY PEACHES BREADSTICKS</p> <p>20 Gm Fat 731 Calories 877 mg Sodium</p> <p>24</p>	<p>☺ HAM & BEANS with ONIONS TURNIP GREENS FRUITED GELATIN CORNBREAD</p> <p>13 Gm Fat 698 Calories 1103 mg Sodium</p> <p>25</p>	<p>CHICKEN & NOODLES CAPRI VEGETABLES FRUIT MEDLEY CHOCOLATE CHIP COOKIES WHEAT BREAD</p> <p>22 Gm Fat 682 Calories 735 mg Sodium</p> <p>26</p>	<p>☺ PORK PATTY w/C.R. GRAVY MASHED POTATOES PEA LETTUCE SALAD w/DRSSG HARVEST FRUIT MIX WHEAT BREAD</p> <p>31 Gm Fat 790 Calories 1266 mg Sodium</p> <p>27</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF CORONADO SALAD SWEET POTATO SPICE BARS WHEAT BREAD</p> <p>31 Gm Fat 749 Calories 670 mg Sodium</p> <p>28</p>
<p>SLOPPY JOE on BUN CAPRI VEGETABLES MANDARIN ORANGES OATMEAL COOKIES</p> <p>21 Gm Fat 645 Calories 958 mg Sodium</p> <p>31</p>	<p>ST. PATRICK'S DAY MARCH 17TH</p> 	<p>DAYLIGHT SAVINGS TIME BEGINS MARCH 9TH</p> 	<p>SPRING BEGINS MARCH 20TH</p> 	<p>● MAY CONTAIN TURKEY ☺ MAY CONTAIN PORK</p>

HAPPY ST. PATRICK'S DAY

LOCAL SCAMS

Timeshares: The Consumer Fraud Division of the District Attorneys Office is warning about a company that offers to sell timeshares for individuals interested in selling their properties. The website for Progressive Strategy Inc. identifies their location as 125 N Market in Wichita. There is no such business operating in the Wichita Executive Centre on North Market. Scam website is <http://progressivestrategyinc.com/contact.php>

The Non-existent Affordable Care Act Insurance

Card: Con artists try to convince consumers that in order to sign up for the Affordable Care Act, one must get an “Affordable Care Act Insurance card” in order to buy coverage. That is false—there is no Affordable Care Card.

Phony “Government Employee” phone call: Elderly Americans are targets of this scam. A person claiming to be from the federal government calls to confirm the consumers eligibility for “ObamacareAppEnabler.” The caller wants your social security number and medical information. This is a scam—hang up.

Bogus Obamacare Navigators: “Navigators” were created by the Affordable Care Act to help the public sign up for coverage. These advisers generally work at the United Way and local agencies. Some people are calling and emailing, posting as navigators. Though they purport to help you determine the right coverage, they are stealing your identity or selling phony health insurance, while requiring a few hundred dollars payments for their services. Navigators do not call. Persons signing up for affordable care insurance may encounter navigators while working on government websites like legitimate sign up site.

Obamacare websites that are fakes: Rely on www.ksinsurance.org and www.cms.gov/CCHO/Resources/Files/Downloads/marketplace-ways-to-help.pdf

The Medicare Scare Tactic: AARP reports getting numerous reports of frightening phone calls saying consumers would lose their Medicare coverage unless they provide their Social Security number or other personal financial information.

Medical Alert Device: A scam involving a medical alert device has apparently made its way to residents in KS. People who have heard the message say a device similar to “Life Alert” had been purchased for them by a friend or family member. The caller says there is “no

cost whatsoever” and the device will be delivered to show them at no charge. These companies appear to be using names that are similar to well-known marketers of medical alert devices in an effort to confuse consumers. The caller explains to “Press 1” to schedule delivery of the device or press “5” if you decline. It is suspected if you press 1 you will be transferred where other personal information will be requested, like your bank account.

Bogus Bill from Atmos Energy: The emails have been sent to Atmos energy customers as well as to persons who are not Atmos customers. The fraudulent billing email is attached. It includes a fake account number and contains links to allow you to view your bill. Atmos advises anyone who receives the email or anyone who is an Atmos Energy customer to not click on the links. Instead, visit www.atmosenergy.com which provides more information about the scam and which allows an Atmos consumer to log into the account to review your statements.

Offer “Free reward cards” to Wal-Mart or Best Buy:

The consumer is told that they must pay \$7 to receive the “free” card. A caller named Ryan has made these calls in the Wichita area; Ryan called from 316-202-1763. A search of the number online showed several postings of complaints regarding the same type of call.

Bogus IRS agents: The District Attorneys Consumer Protection Division has issued a warning about callers posing as IRS agents, demanding payment of allegedly owed taxes. Immigrants are often targeted. The caller threatens police arrest, deportation or license revocation if the person answering the phone does not pay immediately by loading money on a prepaid card or sending by wire transfer. The caller may know the last 4 numbers of the persons social security number. The caller ID might show an IRS number. The IRS never asks for payments to be made by prepaid debit card or wire transfer. Typically, the IRS makes its first contact with taxpayers by mail. To report this type of call, contact the Treasury Inspector General for Tax Administration at 1-800-366-4484.

Credit Card Blocked: Scam of a phone call stating your credit card has been blocked and the caller asks that you enter your 4 digit pin into the phone to get it unblocked. Don’t do it! If you get this call, contact the Clearwater Police Department.



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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.