

THE SCOOP



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



MEDICARE OPEN ENROLLMENT BEGAN OCTOBER 15TH

Every year Medicare beneficiaries have the opportunity to make changes to their Medicare advantage or Medicare prescription drug plans for the next year. Beneficiaries should compare plans to make sure they have the right health and prescription drug coverage for the next year. All plans are required to send you an annual notice of change (ANOC) letter by the end of September. It is important for beneficiaries to review this information. Plans can change the benefits annually including; the drug formulary (the type of drugs they cover), the amount you pay for your premium, and the amount you pay for your deductible. You have the opportunity during Medicare Open Enrollment to switch from your current plan to a more cost effective one. This is the only time during the year that Medicare beneficiaries can make changes to their Medicare advantage or prescription drug plans. Medicare open enrollment is October 15 thru December 7, 2014, and plans will go into effect January 1, 2015. The Sedgwick County Extension Center is now taking appointments for Medicare Open Enrollment. Trained Medicare counselors will be available to help beneficiaries compare plans for 2015. Medicare counselors provide confidential health insurance counseling without conflict of interest, and are not affiliated with the insurance industry. Outreach events are also scheduled at the following locations:
 October 29 - Butler County Department on Aging, 2101 Dearborn, Augusta, KS
 November 5—El Dorado Senior Center, 210 E 2nd St, El Dorado, KS
 November 6—Eastminster Presbyterian Church, 1958 N Webb Rd, Wichita, KS
 November 12—Holy Cross Lutheran Church, 600 N Greenwich, Wichita, KS
November 13 – Clearwater Senior Center, 921 Janet Ave, Clearwater, KS
 November 13—Eastminster Presbyterian Church, Wichita, KS
 November 18—Holy Cross Lutheran Church, Wichita, KS

Continued on page 3

INSIDE THIS ISSUE:

Upcoming Events Pg 2, 4

Bits & Pieces Pg 3

Senior Lunch Report Pg 6

Calendar Pg 7

Lunch Menu (will be available later this month.) Not listed

NOVEMBER BIRTHDAYS

“HOW OLD WOULD YOU BE IF YOU DIDN'T KNOW HOW OLD YOU ARE?” SACHEL PAIGE

- | | | |
|---------------------|-----------------------|----------------------|
| Grace Webb 11/05 | Twila Desaire 11/12 | Jim Leibold 11/24 |
| Sharyn Morris 11/05 | Rita Gorges 11/15 | RJ Johnson 11/25 |
| Charles Caddy 11/07 | Jean Stever 11/15 | Cleta Cornett 11/25 |
| Angie Shaver 11/08 | Lola Honn 11/18 | Joann Coy 11/25 |
| TL Pearson 11/09 | Dean Wise 11/19 | Marlene Jacobs 11/25 |
| Rebecca Estes 11/10 | Rob Matthews 11/19 | Grace Godwin 11/27 |
| Tony Bailey 11/10 | Ginger Murphy 11/21 | Kenneth Coy 11/29 |
| Cindy Peitz 11/10 | Frances Johnson 11/24 | Roger Dawson 11/30 |



UPCOMING EVENTS

Schedule of Events

- 11-7 Planning Meeting
- 11-11 Carry In Lunch
- 11-13 Part D Counseling day
- 11-15 Biscuits & Gravy
- 11-20 Trip to Infinity Glass
- 11-21 BINGO
- 11-27 & 11-28 Closed for Thanksgiving

THANKSGIVING 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, November 11th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations for meat are appreciated as this will be our Thanksgiving dinner.

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, November 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.

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. The group is now going through the book of Acts.

Date: Every Monday

Location: Craft Room

Time 9:30 am



BINGO

Come down and play BINGO with friends. There will be plenty of prizes to chose from. Bring a friend and come play some good ol fashion BINGO.

Date: Friday, November 21st

Location: Main Room

Time 1:00 pm

Cost: .25 per card



CRANBERRY SAUCE

Ingredients:

1/2 Cup Brown Sugar
 1/2 Cup White Sugar
 1/4 tsp cinnamon
 1/2 Cup Orange Juice
 1/2 Cup Water

Directions:

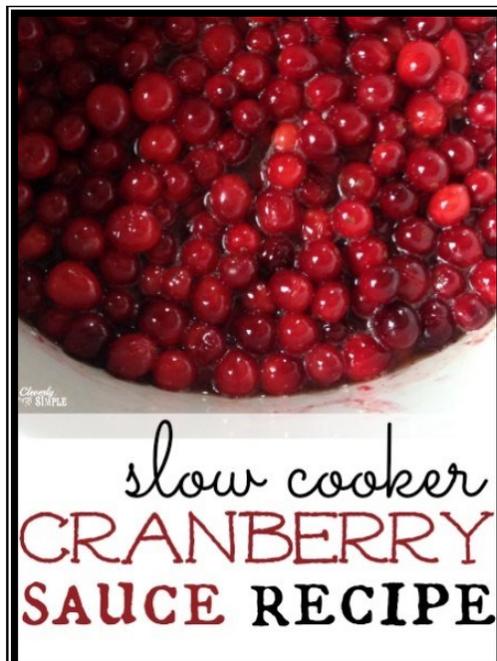
1. Combine all ingredients except the cranberries in the Crockpot. Stir well.
2. Add cranberries and evenly coat.
3. Turn on the Crockpot to high for 3 hours, stirring the cranberries every hour.
4. After three hours on high, mash the

cranberries. Continue to heat on high with the lid off, for 45 minutes.

5. Let cool and transfer to serving dish.

Tips:

Make this the day before Thanksgiving. The house will smell amazing and you'll have something finished!



BITS & PIECES

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. Also there is a need for boys and men's pants and blankets. If you would like to donate some items they may be dropped off at the Senior Center.

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.

BUNKO PLAYERS

Calling all BUNKO players. We are getting

closer and closer to colder months and we have some Seniors who are interested in learning how to play BUNKO. It is a nice activity for inside. If you are interested please call 620-584-2332.

VOLUNTEERS NEEDED

We are wanting to start some new activities here at the Senior Center. In order to do this we will need some leaders to step up and lead the class. We are needing the following people.

- A singing instructor. (ex. Retired music or choir teacher)
- A painting instructor.
- BUNKO instructor/player.

If interested please call 620-584-2332.

"Its easy to make a buck. It is a lot tougher to make a difference."

-Tom Brokaw

CONTINUED FROM PAGE 1

November 19—Holy Cross Lutheran Church, Wichita, KS

November 20—Eastminster Presbyterian, Wichita, KS

November 21—Walk In Day at Extension-No appt necessary

November 25—Holy Cross Lutheran, Wichita, KS

December 3—Andover Senior Center, 410 Lioba Dr, Andover, KS



Appointments are required for in office and outreach events. To schedule your appointment call the Sedgwick County Extension Center at 316-660-0107.

If you have limited income and resources, you may qualify to get Extra Help paying your prescription drug coverage costs. People who qualify may be able to get their prescriptions filled and pay little or nothing out of pocket.

Information received from the Sedgwick County Extension Centers October Newsletter. Vol 5 Issue 11



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

Square Dancing Class

With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. Remembering all the calls -- from "do-si-do" to 'alemand' -- keeps the mind sharp, potentially staving off age-related memory loss, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere. John Chitwood will again be leading a class that will teach the basics of square dancing. The class will open for people to come and try for the first 4 weeks in order to be fair to the rest of the dancers.



Date: Every Friday starting in November

Time: 7:00 pm

Location: Main Room

Cost: donations for coffee

Medicare Part D Counseling

We will have 2 SHICK trained counselors on site to assist with helping people compare their Medicare Part D plans to other available plans. Due to the high number of people and the time it takes we are taking appointments for this.

Date: Thursday, November 13th

Time: by appointment only

Location: Main room

Trip to Infinity Glass

We will be taking a trip to Infinity Glass in Benton, KS. We will get to meet Scott who owns the glass blowing shop. He will give us a tour of the facility and allow us to watch him blow some glass pieces. He is doing this for our group at no cost. There will be pieces available for sale if you are interested.

Date: Thursday, November 20th

Time:

Location: meet at the Center before heading to Benton, KS

Cost: bring some money for your lunch



ATM SAFETY

1. **PROTECT** your personal identification number (PIN). Do not write it on the back of your card. Stand directly in front of the ATM when entering numbers so no one can look over your shoulders.
2. **MONEY** should be put away as soon as you withdraw it from the ATM. Do not stand and count your money, conceal it immediately. Do not openly carry it to the ATM or night deposit.
3. **BE READY** to conduct transactions before approaching the ATM or night deposit. Conduct your business quickly. Do not loiter in the vicinity.
4. **USE** a well-lit ATM or night deposit—be observant. Try to have someone with you when you're banking at night. Be cautious of anyone who is lingering around the ATM or night deposit.
5. **CAUTION** should be exercised when going to and

from your bank. Stay alert. Do not display cash or checks. Keep them concealed in your purse or pocket. Be cautious of strangers. Take your receipt from the ATM machines every time. Do not leave the receipt in the machine or lying on the ground. The receipt may show your account number.



The Turkey Gives Thanks

Thanksgiving is my favorite feast.
The table's set, the napkins creased.

We always have a great big crowd
With uncles, aunts and children loud.

The grownups shoo us to our chairs
With pushing hands and parent stares.

We wait to eat -- but this part's quirky.
Our main dish is never, ever turkey!

Our grandpa will not eat this bird.
On this he gave his solemn word.

Years ago when he was young,
He vowed it not to pass his tongue.

As a boy, he lived beside
The rolling Polish countryside.

The turkeys (this is so unkind)
Would chase and bite his small behind.

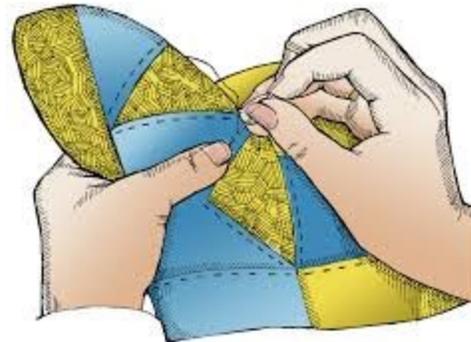
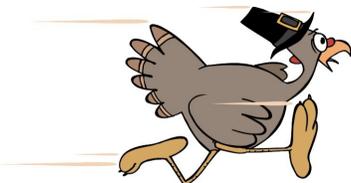
So even though it's quite the norm,
He shuns the bird in every form.

I understand how grandpa feels
And how it's changed his life-long meals.

But me, I'd rather take attack.

Once a year,
I'd bite them
back!

by Denise
Rodgers



QUILTING GROUP

The Clearwater Community Center now has a new local quilting group who is meeting in the craft room on Wednesday nights at 7:00 pm. This is open to anyone who is interested. You will need a rotary cutter, cutting mat, quilting ruler, and a sewing machine. If you are interested you can just show up or for more information call the Center

620-584-2332



Senior Lunch Report
Tuesday, October 14th, 2014

Pamela called the group to order. Marlene led the group in the Pledge of Allegiance and National Anthem.

Pam recognized the 2 birthday people in attendance; Gene Dunbar and Donna Yost.

Our first speaker was Lucy Lavelle from Wesley Rehab. She spoke on "How to recognize the signs and symptoms of a stroke." Some of the things to check are FAST, which translate to: F-Face, look for changes in facial features, drooping eye or, smiling crookedly. A-Arms, if they can not lift both arms. S-Speech, any difficulties in speech. T-Time, time is the biggest thing to worry about with a stroke. A stroke victims best chance of survival is getting them to a hospital immediately. If there is any doubt call 911! Wesley Rehab is hospital-based and the average stay is about 2 weeks. They can also o out-patient rehab.

Our 2nd speaker was Conni Mansaw from CPAAA, who spoke on who are care-givers and that they need to be reminded they need to care for themselves as well so they can be at their peak performance level. She advised that November is National Care-Givers month. Statistics show that there are more teenaged and younger care-givers than ever before.

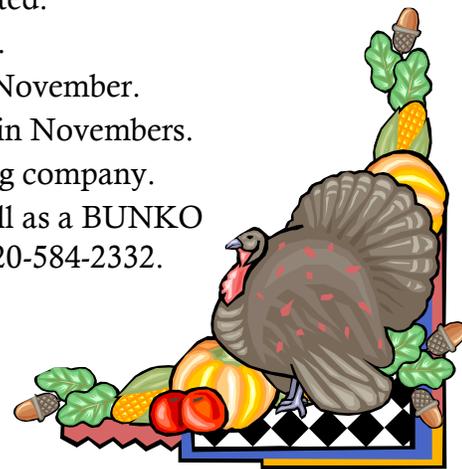
Our 3rd speaker was Sue Koenig from the local library. She told that they offer a computer lab on Thursdays. Also on 10-21 will be the next Scrabble game day.

Our 4th speaker was Kent Brown, the city administrator. He advised that 135th is open again to k_42 highway, until approximately next February when the construction will resume from 71st to 95th south. He also advised that the new Wal-Mart store is scheduled to open in December. Also that the building on the north end of town, known as Start-N-Stripes store has been sold to unknown parties.

Announcements:

- Lew Kellogg spoke on the importance and benefits of the Tai Chi and Exercise classes. Numbers are dropping and he wanted to let everyone know we need to use it or we will loose it. He also spoke about the new Tai Chi for energy that has started.
 - 10-18 is B7Gs with Millie Whitlow cooking.
 - There will be a SHICK Medicare counseling day in November.
 - John Chitwood will soon begin Square Dancing classes in Novembers.
 - November 20th there is a scheduled trip to a glass blowing company.
- We are in need of a singing instructor, painting instructor, as well as a BUNKO instructor or leader. If interested please call the center at 620-584-2332.

Marlene Parret, Secretary



~ November 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
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/Al Anon 7-9 pm	5 Morning Coffee 9am Quilting group 7pm	6 Computer Help 9am AA 7pm-9pm	7 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7pm Planning Mtg 10 am	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/Al Anon 7-9 pm	12 Morning Coffee 9am Quilting group 7pm	13 Medicare Counseling Day (by appt only) AA 7pm-9pm	14 Tai Chi 8:45 am Exercise 10:00 am	15 Biscuits & Gravy 7am-10am
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/Al Anon 7-9 pm	19 Morning Coffee 9am Quilting group 7pm	20 Trip to Infinity Glass Computer Help 9 am AA 7pm-9pm	21 Tai Chi 8:45 am Exercise 10:00 am Square Dancing 7pm BINGO 1:00 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/Al Anon 7-9 pm	26 Morning Coffee 9am Quilting group 7pm	27 CENTER CLOSED 	28 CENTER CLOSED 	29
30 						

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Please note:

The November Lunch menu will be available the 2nd week in November. We apologize for any inconvenience. The nursing home is currently working on a new menu.