

THE SCOOP



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

LOW VITAMIN D LEVELS MAY BOOST ALZHEIMERS RISK

(HealthDay News) -- Older adults with too little vitamin D in their blood may have twice the risk of developing Alzheimer's disease as seniors with sufficient levels of the "sunshine vitamin," a new study finds. The research -- based on more than 1,600 adults over age 65 -- found the risk for Alzheimer's and other forms of dementia increased with the severity of vitamin D deficiency. But the findings aren't enough to recommend seniors take vitamin D supplements to prevent mental decline. "Clinical trials are now urgently needed in this area," said study researcher David Llewellyn, a senior research fellow in clinical epidemiology at the University of Exeter Medical School in England. Another expert agreed. "This shows you there is a link between vitamin D and the development of Alzheimer's," said Keith Fargo, director of scientific programs and outreach for the Alzheimer's Association, one of several funding sources for the study. "What it doesn't show you is that [cause-and-effect] link." Whether dietary changes or getting more sun exposure would help isn't known, Fargo said. "We don't know if increasing vitamin D levels would decrease the risk of Alzheimer's," he added. Published online Aug. 6 in the journal *Neurology*, this is believed to be the largest study yet to find an association between low levels of vitamin D and dementia. Vitamin D is essential for maintaining bone health. It is also thought to moderate cell growth and help control immune function and inflammation. Vitamin D can be obtained through food, through the skin after exposure to sunlight and from supplements. Dementia describes a decline in memory and thinking that interferes with daily life. Alzheimer's is the most common form of dementia in old age, affecting about 5 million Americans, according to the Alzheimer's Association. For this study, researchers looked at mentally healthy men and women who participated in the U.S. Cardiovascular Health Study between 1992-93 and 1999. Their blood samples were collected at the start, and their mental status was assessed

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OCTOBER BIRTHDAYS

"WE TURN OLDER WITH YEARS, BUT NEWER EVERYDAY." EMILY DICKENSON



Jacke Eckel 10/06	Linda Smith 10/17	LaVona Greenlee 10/26
John VanWinkle 10/08	Sondra McMillan 10/19	Jacki Matthews 10/27
Pat Watt 10/09	Betty Jo Embry 10/21	June Sparr 10/28
Reba Gross 10/10	Donna Watson 10/21	Donetta Foley 10/28
Allen Tarrant 10/11	Eugene Dunbar 10/22	Steven Heppler 10/29
Elna Fitch 10/11	Don Winter 10/22	Adrian Desaire 10/30
Don Fitch 10/13	Helen Stitt 10/22	Roberta Maupin 10/30
Cheryl Wright 10/13	Nancy Smith 10/25	
Jean Richardson 10/13	Donna Yost 10/26	

UPCOMING EVENTS

Schedule of Events

- 10-3 Planning Meeting
- 10-14 Carry In Lunch
- 10-15 Trip to Salt Museum
- 10-24 BINGO

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, October 14th
 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, October 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. 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



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, October 24th
 Location: Main Room
 Time 1:00 pm
 Cost: .25 per card



EASY MINI PUMPKIN CINNAMON ROLLS

Ingredients:

For the pumpkin cinnamon rolls:
 1 can Pillsbury Crescent Recipe Creations refrigerated seamless dough sheet
 1/4 cup pumpkin butter (I use Trader Joe's brand)
 3 tablespoons brown sugar
 1 teaspoon ground cinnamon
 For the cream cheese frosting:
 3 ounces cream cheese, softened
 1/4 cup butter, softened
 1 1/2 cups confectioner's sugar
 1/2 teaspoon vanilla extract
 1 tablespoon milk (more if you like a thin frosting)

Directions:

1. Preheat oven to 375 degrees F.
2. Unroll sheet dough into one large rectangle. Spread pumpkin butter evenly over the dough. Evenly sprinkle brown sugar and cinnamon over the pumpkin butter.
3. Starting with short side of the rectangle, roll up into a log. Using string, dental floss, or a serrated knife, cut the roll into 10 slices. Place slices, cut side down, in a greased 8 x 8 baking dish.
4. Bake 18 to 20 minutes or until golden brown. Let cinnamon rolls cool in pan for 5 minutes.
5. While the cinnamon rolls are cooling, make the cream cheese frosting. In a medium bowl, stir together cream cheese and butter until smooth. Whisk in the confectioner's sugar, vanilla, and milk. If the frosting is still too thick, add a little more milk and whisk until smooth.
6. Spread frosting over cinnamon rolls and serve! I always have leftover frosting, but use as much as you like:)



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. If you would like to donate some items they may be dropped off at the Senior Center.

CARRY IN LUNCH

As most of you may know every month at our Carry In

Lunch the Center provides the meat or main dish for the lunch. Due to lack of donations we will no longer provide the main dish. We will keep this as a "pot luck" style lunch. We hope to see you all there.

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.

"We each must do our part, and give as long as we are able- while we have something to give."

--Albert Loden

SQUARE DANCING CLINIC

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. If you are interested please call the Center at 620-584-2332 or just come by on a Friday night starting in November. The first class will be Friday, November 7th at 7:00 pm.





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

Trip to the Salt Museum

Have you ever wanted to travel down below the earth and see the Salt Museum? Now is your chance. We are taking a trip to Hutchinson, KS to visit the Strataca Salt Museum. We will stop at the Carriage Crossing diner in Yoder, KS on the way there.

Please call the Center to sign up so rides can be figured out.

Date: Wednesday, October 15th

Time: 1pm-3pm

Location: Art & Crafts room

Cost: Admission \$12.00 for Seniors and \$14.00 for adults.

Plus bring some money for lunch.



Congratulations!



The winner of this years quilt raffle goes to Joan Fleming! Joan has volunteered her time for many years to the Center. She helped sell tickets for the quilt as well as made the tartar sauce for the Fish Fry. She is a wonderful person to have won the quilt. In her words “finally!”

Congratulations Joan!

SHICK COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.



Our volunteers at SHICK know their stuff! The

role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion.

Our volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

Our volunteer counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on

what's best for them. Open enrollment is October 15th through December 7th. The Clearwater Senior Center will be having a SHICK counseling day where we will be taking appointments for people who need help with their Medicare Drug Plan Enrollment.

**Drug Plan Enrollment
Counseling
Thursday, November
13th
By appointment only.
Call 620-584-2332 to
make an appointment.**

FISH FRY TOTALS

As most of you are aware, on August 30th we had our Annual Catfish Fry. There was wonderful entertainment and great food! Thank you again to Earl Brockmans son for catching all the fish! This is an annual fundraiser for the Center. Totals are all in. The quilt sales brought in \$655.65 and after we paid for the supplies we made a profit of \$355.65. The Fish Fry brought in \$395.00 and after supplies we made a profit of \$199.80. All together profit was \$555.45. Thank you to all who came out and supported this event. Keep an eye out for upcoming fundraisers.

Thank you to all the volunteers who either helped with frying fish, taking money, baking cakes, or cleaning up! We could not have done it without

- | | |
|---|---|
| you!
Farol McMillan
Cheryl Wright
Marlene Parret
Yvonne Coon
Mary Stafford
Mary Jo McMahan
"Jimmy"
Joyce Avery
Betty Peitz | Becky Estes
Joanne Flippin
Angie Shaver
Ardena Matlack
Malia Estes
Kenny Riggs
Angelina Riggs
Janetta Burris
Joan Fleming |
|---|---|

CONTINUED FROM PAGE 1

Their blood samples were collected at the start, and their mental status was assessed roughly six years later. Participants' vitamin D blood levels reflected vitamin D from food, supplements and sun exposure. Dietary sources include fatty fish such as salmon, tuna or mackerel, as well as milk, eggs and cheese. During the follow-up, those with low levels of vitamin D were about 1.7 times more likely to develop dementia than those with normal levels. Those with severely low levels were about 2.2 times more likely than those with normal levels to develop dementia, the study found. The results echo some findings from other, smaller studies, Fargo said. "What's important about this study is the large number of participants," he said. Experts disagree about the best blood level of vitamin D. In this study,

risk for dementia and Alzheimer's significantly increased below a threshold of 50 nanomoles per liter (nmol/L), the researchers said. Exactly how low vitamin D may be linked with dementia isn't known. Experts speculate that the vitamin may clear plaques in the brain linked with dementia. This has been shown in the lab, Fargo said. Vitamin D deficiency has been linked with brain atrophy as well, according to background information in the study. Until more research is in, Fargo recommended that people "try to eat a brain healthy diet," which is the same as a heart-healthy diet. That includes foods low in fat and cholesterol. Getting regular physical activity and keeping blood pressure under control are other good measures, Fargo said.

Information provided by Alzheimer's Association



Senior Lunch 09/09/2014

Pam called the group to order. Marlene led reciting the Flag Salute and singing the National Anthem.

Those celebrating birthdays were Lewis Kellogg, Irlene Kellogg, and Wayne McEntire.

Our first speaker was Clint Luckner with the Clearwater Police Department. He reminded us to be aware of all the multiple scams by phone and mail that are happening. Also he states there have been a number of obscene phone calls again. We are reminded if we are approached with this situation to notify the local police department as soon as possible with any numbers or other information.

The second speaker was Charlene Donaldson with the Senior Companion Program. She spoke about the program and how it is Seniors helping Seniors. Volunteer Seniors will go to an inbounds home and help with different things from house keeping to bill reminders. She is currently looking for more volunteers or people that may need volunteers. She can be reached at 316-685-1821 Ext 521.

Our third speaker was Celia Easley with the Central Plains Area on Aging. She reminded us that the only tie to make changes for Medicare drug plans is coming up. The open enrollment period is October 15 to December 7th. Everyone on Medicare is required to make these changes but there are resources to help you make a good decision.

Sue Koenig, Director at the Clearwater Public Library gave an update on things happening at the Library. She spoke about an upcoming genealogy presentation at the library. She also spoke about wanting to get a coupon exchange program going.

Announcements:

9/26 Trip to the Senior Expo which will be held at several Wichita locations.

10/15 Trip to the Salt Museum. Sign up at the Center.

We are asking for help with the monthly B&Gs. (Farol has asked to step down from this for awhile. She has been faithful with leading this for several years.)

Marlene Parret,
Secretary





Annual

Catfish

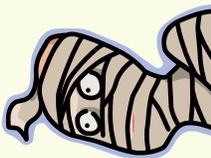


Fry

2014



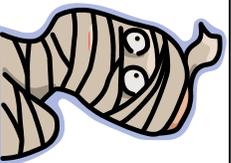
~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Morning Coffee 9am	2 Computer Tutoring 9am AA 7pm-9pm	3 Tai Chi 8:45 am Exercise 10:00 am Planning Mtg 10:00 am	4
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	9 AA 7pm-9pm	10 Tai Chi 8:45 am Exercise 10:00 am	11
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 Trip to the Salt Museum	16 Computer Tutoring 9am AA 7pm-9pm	17 Tai Chi 8:45 am Exercise 10:00 am	18 Biscuits & Gravy 7am-10am
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 AA/AI Anon 7-9 pm	22 Morning Coffee 9am	23 Computer Tutoring 9am AA 7pm-9pm	24 Tai Chi 8:45 am Exercise 10:00 am BINGO 1:00 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 AA/AI Anon 7-9 pm	29 Morning Coffee 9am	30 AA 7pm-9pm	31 Tai Chi 8:45 am Exercise 10:00 am	Happy Halloween 

Clearwater Nursing & Rehab.

(menu is subject to change)

OCTOBER 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN TENDERS BAKED POTATO WEDGES BAKED BEANS FRUIT COCKTAIL MILK	PORK STEAK RED POTATOES BROCCOLI FROSTED CAKE	FRIED CHICKEN BAKED BEANS BUTTER CORN BISCUIT SHERBERT MILK	GLAZED MEATLOAF CHEDDAR MASHED POTATOES BROCCOLI CARAMEL APPLE BAR MILK	FISH & CHIPS COLE SLAW STRAWBERRY SHORTCAKE MILK
6	7	8	9	10
BQ BEEF SANDWICH POTATO SALAD BUTTERED CORN PECAN PIE MILK	CARRY IN LUNCH AT THE CENTER *ONLY HOMEROUND MEALS WILL BE SERVED THIS DAY	SMOTHERED PORK STEAK GARLIC MASHED POTATOES GREEN BEANS FROSTED BROWNIE MILK	HERB BAKED CHICKEN AU GRATIN POTATOES CALLI VEGGIES VANILLA BERRY DESSERT	TACO SALAD SOUR CREAM SALSA CHILLED PINEAPPLE MILK
13	14	15	16	17
HONEY GLAZED MEATBALLS SCALLOPED POTATOES GREEN BEANS FRUIT SALAD MILK	CHEESBURGER BAKED POTATO WEDGES WATERMELON MILK	FETTUCCHINI ALFREDO PEAS GARLIC BREAD SUNDAE BROWNIE MILK	SAUTEED VEAL GARLIC MASHED POTATOES MIXED VEGETABLES RASBERRY SWIRL CAKE MILK	PULLED PORK SANDWICH BAKED POTATO WEDGES GREEN & GOLD BEANS PECAN PIE MILK
20	21	22	23	24
PORK LOIN AU GRATIN POTATOES ZUCCHINI & TOMATOES MARBLE PUDDING MILK	BEEF STROGANOFF GREEN BEANS DUTCH CHERRY COBLER MILK	FRIED CHICKEN BAKED BEANS BUTTER CORN BISCUIT SHERBERT MILK	GLAZED MEATLOAF CHEDDAR MASHED POTATOES BROCCOLI CARAMEL APPLE BAR MILK	FISH & CHIPS COLE SLAW STRAWBERRY SHORTCAKE MILK
27	28	29	30	31



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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.

**“Glory Hallelujah Hoedown”
Annual Auction & Chicken Noodle Dinner for Missions
Oct.25th, 2014
Clearwater United Methodist Church
130 North First**

**Country Store & Basket Silent Auction 4:00-6:00
Dinner 4:30-6:00
Horseback Riding 4:00-5:30
Saw horse steer roping 5:30-6:05
Steer Roping Demo 6:15
Live Auction 6:30**

**Dinner- Chicken & Noodles, fresh mashed potatoes, glazed carrots, garden salad,
French bread, assorted desserts**

This is one event you don't want to miss! Enjoy a wonderful homemade meal and lively dinner music. We'll have horseback riding available and saw horse steer roping. Turn out in your western wear and receive a free chance to win a \$50 gift card to Texas Roadhouse! Visit the Country Store to make your selections of homemade candies and jellies, baked goods, crafts, de'cor, and much more! Be sure to bid on one of the Gift Baskets in the Basket Silent Auction. You'll have many items to choose from in the live auction! Some of the favorites from past auctions have included furniture, vacation packages, holiday de'cor, artwork, handmade items, dinner parties, gift certificates, wood crafts, event tickets, golf outings, small appliances, lawn mowing, babysitting, pie a month, autographed sports memorabilia, quilts, antiques, china, pottery, fried turkey, beef bundles, scrumptious desserts displayed