



# THE SCOOP



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

## IDENTITY THEFT!

Still just throwing away credit card offers? You shouldn't.

At a time when your good name and credit are used to judge you—from whether you get that next job to the rate you pay for insurance—you have never been at more risk. In the course of the day, you may write a check at a store, charge gas on your debit card, call home on your cell phone, order new checks, receive credit card offers in the mail, or pay bills. More than likely you do not give these transactions a second thought... but, someone else may!

You Can Protect Your Identity

1. Install passwords on you credit cards, bank and phone accounts! Avoid using information like your mothers maiden name, your birth date, the last four of you social, your phone number, or a series of consecutive numbers.
2. Pay attention to billing cycles! Follow up with creditors if you bills do not arrive. A missing bill could indicate a thief has taken over your accounts.
3. Protect your statements. Keep them or destroy them. Do not put them in the trash. Someone might retrieve the later. Buy a shredder.
4. Protect your deposit slips and check book. Never give a deposit slip or blank check as a way to give someone your address or phone number. Your deposit slip has your account number. Your account number could allow someone access to your account.
5. Guard your mail from theft! Deposit mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Planning on being away from home? Request a vacation hold be placed on your mail at your local post office.
6. Have Social Security checks and other recurring checks deposited directly into your bank account.

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## SEPTEMBER BIRTHDAYS

“THE GOLDEN AGE IS BEFORE US, NOT BEHIND US.” WILLIAM SHAKESPEARE

Van Tjaden 9/01	John Chitwood 9/13	Louise Stockhaus 9/23
James Wells 9/01	LouAnn Jarboe 9/16	Ed Williams 9/24
Renee Tjaden 9/01	Gary Metzger 9/16	Irline Kellogg 9/26
Barbara Byrd 9/02	Mary Hoelscher 9/17	Wanda Stitt 9/26
Sonnie Chambers 9/02	Jeanne McCoy 9/20	Wayne McEntire 9/27
Cecil Jeffries 9/03	Bill McKibban 9/20	Frank Gerlach 9/27
Ava McGeary 9/06	Lewis Kellogg 9/22	Joni Mills 9/28
Lee Harp 9/06	John Kurimsky 9/22	Valetta Lindamood 9/30
Kate Brinkerhoff 9/10	Helen Fesnock 9/22	David Fitzgerald 9/30

## UPCOMING EVENTS

### Schedule of Events

- 9-2 Planning Meeting
- 9-9 Carry In Lunch
- 9-18 Cooking w/Kyle
- 9-19 BINGO
- 9-25 Senior Expo Trip

#### 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 September 9th  
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: **Canceled for the month of September, will resume in October**  
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



#### Cooking with Kyle

Kyle Huxford is the registered Dietician at the Clearwater Nursing Home. He will be preparing and providing a lunch meal for us all to enjoy. He will supply recipes and tips as well.

Date: Thursday, September 18th  
Location: Main Room  
Time 12:00 pm  
Cost: Free



## CHEESY ZUCCHINI RECIPE

This is the time of year when you realize you *may* have planted one too many zucchini plants and now your garden is overrun with them. Allow me to share one of my families favorite zucchini dishes. It's called **Zucchini and Cheese**.

It's probably the EASIEST recipe known to man.

**Step 1:** Put about a teaspoon of butter into your frying pan (use more or less depending on the amount of zucchini you cook). Next, grate your zucchini into the pan and cook at a medium temperature.

**Step 2: Add the cheese.** In our family's case, that means a lot of cheese, but add however much you prefer.

For extra flavor, we also like to add, diced jalapeños, sausages, and onion flakes. Mmm. Feel free to experiment with different toppings.



## 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.

### CALLING COMMITTEE

It has been brought up again that some people might be interested in a calling committee. If you might be interested in helping or if you would like some reminder calls for certain activities please let us know. 620-584-2332.

**"Wherever a man turns he can find someone who needs him!"**

**Albert Schweitzer**

## RSVP GAS CARDS

Each month volunteers around our area give their time to drive other Seniors to appointments or to the store, etc. The RSVP program in turn issues \$15 gas cards to some of these individuals. In the past this was something that Seniors did not see the worth in driving up to Wichita to pick up. Or they would save all of their letters up and go get them all at once. The RSVP program is now happy to announce that they are allowing other people to pick up your gas card for you. If you can not pick up your gas card you can take the letter that they sent you stating that you have a gas card waiting, you would sign your name at the bottom as well as putting the name of the person picking it up. That person would then be able to go to the office at 2622 W Central and pick the gas card up for you. If you have any questions regarding this please contact the RSVP office at 316-660-5134.





### 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

### Senior Expo Trip

Senior Expo provides options for today's seniors and caregivers offering valuable information, access to health screenings, new opportunities and sales that interest adults 55+. Join us on September 25<sup>th</sup>, 9am-3pm in Wichita, KS.

Senior Expo is at four of Wichita's favorite museums: Botanica, The Wichita Gardens; Exploration Place; Old Cowtown Museum; and The Wichita Art Museum. Entrance to Senior Expo and admission to the museums is **FREE** to anyone age 55 and older and to caregivers of all ages! Visit over 130 local and national vendors and enjoy the "Fashion Round-Up" highlighting country western duds. Free Park and Ride transportation is offered between all four locations and lunch is available for \$6.00 at each site. If interested contact the Center at 620-584-2332.



## 2014 Senior Center Flu Shot Clinic

Tuesday, September 9th at 2:00 pm

Dillon's Pharmacy will be here once again to offer flu shots to all interested. The accept most insurances and will also take cash. Cash price is \$25.00 and the flu shot that is recommended for Seniors is \$30.00 cash price. This event will be held after our September Carry In Lunch, so come have some lunch before you get your shot.

Please call to reserve your spot. 620-584-2332.



The Clearwater Senior Center would like to say thank you to Mark Gay for the donation of sausage! Mark donated 6lbs of sausage for our monthly Biscuits and Gravy breakfast! :)

## SEPTEMBER MEDICARE MINI-BENI



**Cardiovascular Disease Behavioral Therapy** is covered once a year by Medicare for all beneficiaries. A cardiovascular disease risk reduction visit is offered including encouraging aspirin use when benefits outweigh risks, screening for high blood pressure, counseling to promote a healthy diet. **Cost to you?** You pay nothing for this service.

**Cardiovascular Disease Screenings** is covered every five years for all beneficiaries. Tests for cholesterol, lipid, and triglyceride levels. Medicare covers cardiovascular disease screenings that check

your cholesterol and other blood fat (lipid) levels. High levels of cholesterol can increase your risk for heart disease and stroke. These screenings will tell if you have high cholesterol. **Cost to you?** You pay nothing for this screening.

**Breast Cancer Screening (Mammogram)** are covered by Medicare for women 40 and older every 12 months. **Cost to you?** You pay nothing for this screening.

**Cervical and Vaginal Cancer Screening (Pap test and pelvic exam)** is covered by Medicare for all female beneficiaries. Medicare covers these

screening tests once every 24 months, or once every 12 months for women at high risk. **Cost to you?** You pay nothing for Pap test, pelvic exam (including a clinical breast exam).

**Prostate Cancer Screenings** is covered by Medicare every 12 months for all male beneficiaries over 50

**Cost to you?** Generally, you pay 20% of the Medicare-approved amount for the digital rectal exam after the yearly Part B deductible.

For more information call 1-855-200-2372. **Brought to you by Central Plains Area Agency on Aging.**

## MUSIC AT THE CENTER CHANGE!

As most of you are aware, our "Music At The Center" program which took place of our Jam Session has been a huge success! This program is led by John Chitwood and his band. During the school year they perform at "The Barn." Since most of them are going back to this starting in September there will just not be enough of them to carry on the "Music At The Center" here at the Center until probably March of next year. Please keep an eye out for the next show. Thank you to all who attended and made this such a success. Also thank you to John Chitwood and his entire band for making it such an entertaining summer!



### CONTINUED FROM PAGE 1

7. Minimize the amount of identification information and the number of cards you carry! Only carry what you will actually need. Never carry your Social Security card.
8. Keep items with personal information in a safe place. Shred your receipts, applications, insurance forms, credit offers, expired cards, checks, and statements.
9. Never give out information about your bank account or credit cards by telephone. You bank or credit card company will not call asking for personal information.
10. Find out who has access to your personal information at work. Very that employment and personal records are kept securely
11. Only give your Social Security number when absolutely necessary. Ask to use other types of identifiers when possible.
12. Order a copy of your credit report every year! Make sure it is accurate. It should include only activities you have authorized. Your credit report contains information on where you work, live, your credit accounts, how you pay your bills, whether you've been sued, arrested, or filed for bankruptcy. Checking your report is crucial. Three major credit bureaus are:  
Equifax 1-800-525-6285, [www.equifax.com](http://www.equifax.com)  
Experian 1-888-397-3742, [www.experian.com](http://www.experian.com)  
TransUnion [www.transunion.com](http://www.transunion.com)



Senior Lunch 8/12/2014

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

Mary Jo McMahan was the only August birthday person present. Wayland Whitlow gave the grace for the delicious meal. Teresa Carter from Wichita Medical Research was the first speaker. She spoke on the need for each of us to do Advanced Care Planning for ourselves. She left brochures on Making Decisions, DNR, and health and nutrition with proper hydration. As well as living wills and DPOA. If you would like any of these materials, please contact Pamela at The Center.

The second speaker was Kevin Putman from Asera care hospice. He advised that Hospice care is paid for by Medicare. He also told that Veterans are now eligible for more benefits through Hospice. He spoke about the pinning ceremony that they give to patients.

Our 3rd speaker was the new PA at Dr. Papish's office, Leanna Attebury. She advised she will be in the office 3 days a week, and is looking forward to meeting the local people. Her husband is also a PA and works in Wichita. She also explained the difference between a PA and a Nurse Practitioner.

Announcements:

The Masters of Memory class will begin on 8-15 and will be each Friday for 4 weeks.

Fish Fry and Quilt give-away is scheduled for Aug 30th at the Center.

Flu Shot clinic will take place at the September lunch. You need to sign up for this.

Sue Koenig from the City Library announced they will be offering a class on Genealogy. See her for time and dates.

We also had one newcomer to our town coming for the first time; Welcome to Verna Champagne!

Marlene Parret,  
Secretary



## GREAT THINGS ABOUT GROWING OLDER

- Senior discounts are great
- The longer you live, the smarter you get.
- Gray hair earns respect.
- You take more things in stride.
- You have time for your favorite hobbies.
- With added wisdom comes greater self-esteem.
- Your kids finally see you're right... at least about some things.
- No more kids tuition.
- Tolerance grows with age.
- Time to renew old acquaintances.
- Your car insurance is cheaper.
- Time to travel.
- Grandchildren are great.
- More time to relax and reflect.
- You've mellowed like a fine wine.
- Movies cost less.
- Big photo albums.
- Time to do the Sunday crossword puzzles.
- Things that once got you angry now just amuse you.
- Elder hostels are fun.
- There's finally time to stop and smell the roses.
- Your choice-sleep late or get up early.
- You can withdraw from your IRA without penalty.
- Telling stories about the good ol days.
- Time to garden.
- Afternoon matinees.
- Your clothes are in style again.
- Early bird specials.
- More time to read.
- More precious memories.



## SISTERS

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

"Don't forget your Sisters," she advised, swirling the tea leaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters. Remember to go places with them now and then; do things with them. "Remember that 'Sisters' mean ALL the women... your girlfriends, your daughters, and all you other women relatives too. You'll need other women. Women always do."

What a funny piece of advice, the young woman thought. Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grown up! Surely my husband and the family we ay start will

be all I need to make my life worthwhile! But she listened to her mother. She kept in contact with her Sisters and made more women friends each year. As the years Tumbled by, one after another, she gradually came to understand that her mom really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstays of her life.

After more than 50 years of living in this world, here is what I've learned: Time passes, Life happens, Distance separates, Children grow up, Jobs come and go, Love waxes and wanes, Men don't do what sisters do, hearts break, parents die, colleagues forget favors, careers end, BUT.... Sisters are there, no matter how much time and how much time and how many miles are between you. A girlfriend is never farther away than needing her can reach. When you have to walk that lonesome valley and you have to walk it by yourself, the women in you life will be on the valleys rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valleys end. Sometimes they

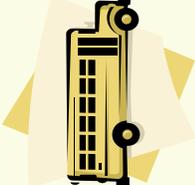
will even break the rules and walk beside you. Or come and carry you out. Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, mothers, grandmothers, aunties, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Everyday, we need each other still.

*Thank you to Marlene Parret for sharing this article with us.*



~ September 2014 ~

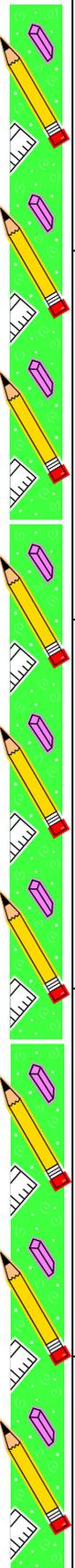
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	<b>2</b> Tai Chi 8:45 am Exercise 10:00 am <b>Planning mtg 9am</b> AA/AI Anon 7-9 pm	<b>3</b> Morning Coffee 9am	<b>4</b> Computer Tutoring 9am AA 7pm-9pm	<b>5</b> Tai Chi 8:45 am Exercise 10:00 am Masters of Memory Class at 1:00 pm	<b>6</b>
<b>7</b> 	<b>8</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	<b>9</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon and flu shot clinic</b> AA/AI Anon 7-9 pm	<b>10</b> Morning Coffee 9am	<b>11</b> AA 7pm-9pm	<b>12</b> Tai Chi 8:45 am Exercise 10:00 am	<b>13</b>
<b>14</b> 	<b>15</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	<b>16</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	<b>17</b> Morning Coffee 9am	<b>18</b> Computer Tutoring 9am Cooking w/Kyle at noon AA 7pm-9pm	<b>19</b> Tai Chi 8:45 am Exercise 10:00 am BINGO at 1:00pm	<b>20</b>
<b>21</b> 	<b>22</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	<b>23</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	<b>24</b> Morning Coffee 9am	<b>25</b> Senior Expo Trip 9am-3pm AA 7pm-9pm	<b>26</b> Tai Chi 8:45 am Exercise 10:00 am	<b>27</b>
<b>28</b> 	<b>29</b> Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	<b>30</b> Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm				

# Clearwater Nursing & Rehab.

(menu is subject to change)

SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
CHICKEN TENDERS BAKED POTATO WEDGES BAKED BEANS FRUIT COCKTAIL MILK	CARRY IN LUNCH AT THE CENTER *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	OPEN FACE ROAST BEEF SANDWICH GARLIC MASHED POTATOES SEASONED CARROTS GELATIN W/WHIPPED TOPPING MILK	BARBECUED SAUSAGE SCALLOPED POTATOES MIXED VEGETABLES PEACHES AND CREAM MILK	SPAGHETTI W/MEAT SAUCE ITALIAN VEGETABLES GARLIC BREAD ICE CREAM SUNDAE MILK
BBQ BEEF SANDWICH POTATO SALAD BUTTERED CORN PECAN PIE MILK	CHICKEN PARMESAN SPAGHETTI NOODLES ITALIAN VEGETABLES ANGEL FOOD CAKE MILK	SMOTHERED PORK STEAK GARLIC MASHED POTATOES GREEN BEANS FROSTED BROWNIE MILK	Cooking with Kyle Free lunch at the Center. *ONLY HOMEBOUND MEALS WILL BE SERVED THIS DAY	TACO SALAD SOUR CREAM SALSA CHILLED PINEAPPLE MILK
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
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
29	22	23	24	25
30	23	24	25	26



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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.