



February 2024

Senior SCOOP



Did you know February is American Heart Month? It's the perfect time to raise awareness about heart disease and share a few heart-healthy tips for seniors.

Heart disease is the #1 killer of Americans. It kills more people than all forms of cancer combined. Seniors ages 65 and older are more likely than younger people to suffer a heart attack, to have a stroke, or to develop coronary heart disease. An estimated 85.6 million American adults have one or more types of coronary heart disease—and of these, 43.7 million are over the age of 60. These conditions are also a major cause of disability, limited activity, and poor quality of life for seniors, too.

The good news is heart disease is preventable in most cases by making healthy lifestyle changes. If you're 65 or older, consider these steps to keep your heart healthy as you age.

1. Follow a heart-healthy diet.

Low in calories but high in vitamins, minerals, and fiber, colorful fruits and vegetables are great for your heart. Seniors should get at least five servings per day of these nutrition all-stars. Read all nutrition labels and limit saturated and trans fats and added sugars. Buy plenty of nuts and high-fiber foods. Avoid high-fat dairy or meats and limit the amount of alcohol you drink. Never skip breakfast.

2. Quit smoking.

Smoking is a leading cause of preventable death. It can also raise your risk of heart disease and heart attack and worsen already existing heart disease risk factors. Smoking damages the artery walls but quitting—even later in life—can lower your risk of heart disease, stroke, and cancer over time. If you're struggling to quit, chat with your doctor about programs available to you or consider joining a local support group.

3. Stay active.

Regular physical activity can help you lose excess body weight, improve physical fitness and well-being, and lower your risk for many conditions, including heart disease risk factors like high cholesterol and high blood pressure. Think brisk walking, dancing, or gardening—anything that gets you up and moving instead of sitting for hours every day. Always talk to your doctor before you start a new fitness routine, especially if you have physical impairments or take certain medications.

4. Maintain a healthy weight.

The more body fat you have, the more likely you are to develop heart disease, high blood pressure, diabetes, breathing issues, and certain types of cancer. But losing weight can help to lower many of these levels and improve your overall health. A healthy body weight for most adults is a body mass index (BMI) between 18.5 and 24.9. Talk to your doctor about the right BMI for you. Following a heart-healthy diet and being physically active can help you achieve and maintain a healthy weight. Try some of these additional tips for improving overall health and well-being.

~continued page 6~

Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older.

No membership fee is required to participate in most activities.

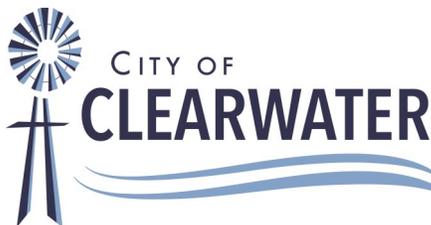
For more information on events or programs, please contact the Center coordinator at 620-584-2332.

Mission Statement

To provide services and programs for people 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

Staff

Amber Ives
Coordinator
620-584-2332



MONTHLY EVENTS

MONDAYS

GAMES – COME AND PLAN ANY GAME OF YOUR CHOICE.

BRIDGE – A CARD GAME WITH STRATEGY. DON'T KNOW HOW TO PLAN, THEY WILL TEACH YOU!

MOVIE MONDAY – JOIN US FOR A MOVIE WITH FRIENDS. POPCORN IS ALWAYS SERVED.

BOOK CLUB – GRAB A BOOK AND COME DISCUSS WITH FRIENDS.

BRING A CRAFT – THAT'S JUST IT. BRING WHAT EVER YOU ARE WOKRING ON AND HAVE COMPANY TO CHAT WITH!

LADIES BIBLE STUDY – GATHER WITH OTHER LADIES AND GET IN TO THE BIBLE TOGETHER.

TUESDAYS

MEN'S COFFEE – THAT'S JUST IT. COFFEE WITH OTHER MEN.

EXERCISE – WE DANCE, SING AND MOVE OUR BODY WHILE BUILDING OUR STRENGTH, COORDINATION AND BALANCE.

CALORIE BURN – NEED MORE OF A WORKOUT? THIS IS IT. COME SWEAT WITH US.

BUNCO/CHICKEN FOOT – DICE OR DOMINOS, WE HAVE A GREAT TIME PLAYING BOTH.

GAMES

WEDNESDAYS

WALK IT OUT – GET UP AND MOVING. COME WALK (WEATHER PERMITTING).

WEIGHT CHECK – WORKING ON A GOAL THIS YEAR? WE WILL SUPPORT YOU.

THURSDAYS

COFFEE & COCOA – GRAB A CUP OF JOE OR A DIFFERENT HOT DRINK WITH COMPANY.

BIBLE STUDY – GET IN THE WORD WITH PASTOR KELLEY.

AFTERNOON BREAK – SNACK BREAK! SWEET OR SALTY, YOU WILL HAVE SOMETHING TO SNACK ON EVERY THURSDAY WHILE PLAYING **GAMES**.

FRIDAYS

BLOOD PRESSURE CHECK – KEEP AN EYE ON YOUR HEALTH WITH GETTING YOUR BLOOD PRESSURE CHECKED.

EXERCISE/CALORIE BURN

LINE DANCING – NO EXPERIENCE NECESSARY! COME LEARN SOME LINE DANCES WITH US.

Clearwater Center Hours

Monday – Thursday 9:00 AM – 4:00 PM

Friday 9:00 AM – 1:00 PM

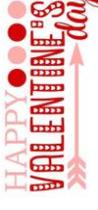
*activity will be in the back room

**sign up required



FEBRUARY

Meals on Wheels/Friendship Meals Served
Monday – Friday 11:30 AM
Sign up today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	2 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	3
4	5 10:00 AM Games 1:00 PM Bridge* 2:00 PM Blank Slate 3:00 PM Games 5:00 PM Walk's Night Out	6 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Games 3:30 PM Tutor Tuesday	7 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 2:00 PM Games*	8 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Games 1:30 PM Birthday Party 	9 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 5:00 PM Valentines Banquet \$5 Ticket required.	10
11 5:15 PM Super Bowl Party 	12 10:00 AM Games 1:00 PM Bridge* 1:00 PM Book Club 2:00 PM Blank Slate 2:30 PM Ladies Bible Study	13 8:30 AM Men's Coffee 9:00 AM Exercise 12:00 PM Lunch & Learn Potluck with Sarah Lopez 1:00 PM Chicken Foot 2:00 PM Games 3:30 PM Tutor Tuesday	14 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 2:30 PM Valentine's Party 	15 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break 1:30 PM Games	16 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	17
18	19 	20 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Bunco 2:00 PM Bingo & Cherry Pie 3:30 PM Tutor Tuesday	21 9:00 AM Chronic Illness** 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games* 2:30 PM Commodity Pick Up	22 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 1:30 PM Afternoon Break Mock Margaritas & Dips 1:30 PM Games 9:00 AM – 3:00 PM Commodities	23 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Line Dancing 9:00 AM – 12:00 PM Commodities	24
25	26 10:00 AM Games 1:00 PM Bridge* 1:30 PM Bring a Project 2:30 PM Ladies Bible Study 9:00 AM – 3:00 PM Commodities	27 8:30 AM Men's Coffee 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Chicken Foot 2:00 PM Games 3:30 PM Tutor Tuesday	28 Hermes Foot Care 10:00 AM Walk It Out 10:30 AM Weight Check 1:00 PM Tai Chi 2:00 PM Games*	29 9:00 AM Coffee & Cocoa 10:00 AM Bible Study 12:00 PM Leap Year Lunch 1:30 PM Games 	MARCH 1 9:00 AM Blood Pressure Checks 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Games 1:00 PM Line Dancing	2 Biscuits & Gravy 7:30 – 10:00 AM \$5 per person 

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN				
Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C				
5 Sloppy Joe 4oz (on) <i>Whole Grain</i> Bun Corn Relish Salad 4oz Cinnamon Apples 4oz Milk 8oz	6 Scalloped Potatoes & Ham 8oz Peas & Carrots 4oz Blushing Pears 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	7 WG Breaded Chicken Patty 3oz Mashed Potatoes 4oz Cream Gravy 2oz Ambrosia Fruit Salad 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	8 Creamed Chicken 4oz (over) <i>Whole Grain</i> Biscuit Mixed Vegetables 4oz Mixed Fruit 4oz Chef's Choice Birthday Cake Milk 8oz	9 Poor Boy Stew 8oz Three Bean Salad 4oz Peaches 4oz WG Cornbread Muffin w/ <i>Margarine</i> Milk 8oz
12 Swiss Steak 3oz Cream Peas & Potatoes 4oz Applesauce 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	13 Fat Tuesday Chicken/Shrimp Jambalaya 8oz Cajun Corn Maque Choux 4oz Tropical Fruit 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	14 Valentines / Ash Wednesday Loaded Italian Veggie Pasta 8oz w/ <i>White Beans, Spinach, Tomatoes, Olives</i> Green Beans Almondine 4oz Apricots 4oz <i>Whole Grain</i> Breadstick Milk 8oz <i>Lenten Lunch</i>	15 Glazed Chicken 3oz Scalloped Potatoes 4oz Pineapple 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	16 Pimento Cheese Spread 4oz (on) Croissant Cream of Tomato Soup 6oz Mixed Fruit 4oz Milk 8oz <i>Lenten Lunch</i>
19 	20 BBQ Pork 3oz (on) <i>Whole Grain</i> Bun Baked Beans 4oz Sliced Apples 4oz Milk 8oz	21 Calico Beef & Beans 8oz Diced Carrots 4oz Pears 4oz WG Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	22 Turkey with Noodles 8oz Peas 4oz Spiced Peaches 4oz <i>Whole Grain</i> Garlic Toast Milk 8oz	23 Broccoli & Rice Cass. 8oz Mixed Vegetables 4oz Pineapple 4oz <i>Whole Grain</i> Breadstick Milk 8oz <i>Lenten Lunch</i>
26 Ham Chowder 8oz Green Beans 4oz Apricots 4oz WG Cornbread Muffin w/ <i>Margarine</i> Milk 8oz	27 Cheeseburger Pie 8oz Mixed Vegetables 4oz Pears 4oz Wheat Bread w/ <i>Margarine</i> Milk 8oz	28 Cranberry Meatballs 4oz (4ea) Mashed Potatoes 4oz Tropical Fruit 4oz Wheat Roll w/ <i>Margarine</i> Milk 8oz	29 Chicken & Cheese Cass. 8oz Combo Salad 1C <i>Dressing Packet</i> Mixed Fruit 4oz <i>Whole Grain</i> Breadstick Milk 8oz	March 1 Tuna Pasta Salad 8oz Cuke & Tomato Salad 4oz Applesauce 4oz Crackers 2pkgs Milk 8oz (All Cold) <i>Lenten Lunch</i>

♥ DRESS TO THE NINES & CELEBRATE THE SEASON OF LOVE! ♥

♥ VALENTINE'S DAY ♥ ♥ BANQUET ♥



FEBRUARY
9

DOORS OPEN AT
4:30 PM - 7:30 PM

DINNER 5:00 PM
DANCE 6:00 PM

A SPECIAL EVENT FOR THOSE 55+
CLEARWATER SENIOR CENTER

921 E JANET, CLEARWATER, KS 67026



TICKET INCLUDES
DINNER: PRIME RIB, BAKED POTATO,
GREEN BEANS, SALAD, ROLL & DESSERT
PLUS ALL THE DANCING YOU WISH!

TICKETS ARE AVAILABLE AT THE CLEARWATER
SENIOR CENTER (620-584-2332) OR
ADVENA ASSISTED LIVING (316-816-1016)

PLEASE PURCHASE TICKETS BY 2/7



5. Keep your diabetes, high blood pressure, and/or high cholesterol under control.

Two of the major risks for heart disease are high blood pressure, or stiffness of the large arteries which becomes common with age, and high blood cholesterol, which can lead to plaque buildup in your arteries. If these numbers are high, work with your doctors to lower them.

6. Minimize unnecessary stress.

Studies show that higher stress levels can trigger a heart attack or angina. Stress can also contribute to high blood pressure and other heart disease risk factors. Chronic stress can affect your memory, learning, immune system, anxiety, and depression, especially as you age. If you're feeling stressed, especially if you're caregiving for a loved one, talk about your concerns with a loved one, your primary care physician, or a licensed therapist. Eat a healthy diet and get plenty of exercise, including relaxation techniques like yoga, tai chi, or meditation. Try these tips, too.

7. Know the symptoms of heart disease—and seek medical attention immediately.

Early heart disease is barely noticeable, which is why it's important to maintain regular check-ups with your primary care physician. Contact your doctor if you experience any of these common symptoms:

- Pain, numbness, or tingling sensations
- Shortness of breath or trouble breathing
- Chest pain during physical activity
- Lightheadedness, dizziness, or confusion
- Headaches
- Cold sweats
- Nausea/vomiting
- Tiredness or fatigue
- Swelling of the ankles, feet, legs, stomach, and/or neck
- Reduced ability to exercise or be physically active
- Problems with normal activities



8. Understand your risk of heart disease.

Your risk depends on many factors, some changeable (being physically active and eating healthy) and some not (age, sex, and family history of heart disease). Your risk could be higher if you have high blood pressure or high cholesterol, are overweight or obese, have prediabetes or diabetes, or smoke. Women generally get heart disease about 10 years later than men do, but it's still the #1 killer of women. Preeclampsia during pregnancy can raise your risk, too. A crucial step in determining your risk is to talk to your doctor. Thorough check-ups and risk assessments are key. Your doctor can also help you set and reach heart-healthy goals. Ask about your heart disease risk at annual checkups and discuss prevention and treatment plans.

9. Get plenty of sleep.

Sleep is key to good health and well-being. It's an important time to support healthy brain function and maintain general good health, but not enough Americans get the recommended hours of sleep each day. Over time, not getting enough sleep can raise your risk of heart disease, obesity, high blood pressure, diabetes, and stroke. There are several steps you can take to improve your sleep habits: avoid nicotine and caffeine, go to bed and wake up at the same time every day, keep your bedroom quiet and cool and dark.



Come Celebrate February Birthdays 2/8 at 1:30 PM

LUNCH & LEARN

FEBRUARY 13
12:00 PM

Potluck

THE CENTER WILL BE PROVIDING PULLED PORK SANDWICHES.

PLEASE BRING A SIDE DISH OR DESSERT TO SHARE

SPEAKER: COMMISSIONER SARAH LOPEZ



Valentine's Day Party

Wednesday,
February 14 at
2:30 PM

Laughter &
Games

Food &
More



Super Bowl Party!

Sunday, February 11
5:15 PM



Feast, Football, and Friends!
No interest in football?
No worries, we have backup
games to keep the fun rolling.
And, speaking of rolling,
bring a tasty finger food to share!

BINGO

Tuesday, February 20 at 2:00 PM



Get ready for a sweet slice of heaven, it's
National Cherry Pie Day! Plus, we're
adding some extra excitement with Bingo!

Woman's Bible Study

Monday, February 26 at 2:30 PM
Come help pick what we will study

THE DANGERS OF SENIOR LONELINESS AND ISOLATION

LONELY SENIORS HAVE A 59% HIGHER RISK OF PHYSICAL AND MENTAL HEALTH DECLINE



LONELINESS CAN BE AS DANGEROUS AS SMOKING 15 CIGARETTES A DAY



THE RATE OF DEPRESSION FOR SENIORS WHO LIVE IN RESIDENTIAL CARE FACILITIES HAS BEEN AS HIGH AS



SENIORS WHO SUFFER FROM LONELINESS HAVE A

64%

HIGHER RISK OF DEMENTIA

5 FACTORS THAT INCREASE THE RISK OF ISOLATION

- 1 BEING AGE 80+
- 2 HAVING CHRONIC HEALTH PROBLEMS
- 3 LACK OF CONTACT WITH FAMILY
- 4 LIVING WITH LOW INCOME
- 5 CHANGING FAMILY STRUCTURES

IN 2009, 1 IN 4 SENIORS AGED 85+ FELT LONELY AT LEAST SOME OF THE TIME



STEPS TO ALLEVIATE LONELINESS & ISOLATION

- > GIVE BETTER ACCESS TO TRANSPORTATION
- > WORK BETTER TO INTEGRATE SENIORS INTO THEIR COMMUNITIES
- > USE TECHNOLOGY TO HELP SENIORS CONNECT WITH OTHERS

GET OUT AND JOIN US AT THE SENIOR CENTER TODAY!

Valentine's Day

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L
 V D H S U R C A C F B A L E N D O
 N Y N T I A E A S O L C T O Y M V
 S R N E N S N L Y E H O I E R I E
 T L E D I D S F A O N T W S A R B
 R E Y S L R R E C T C T L E U E I
 A W S E R I F O N A I A I C R R R
 E E S E E E L L R D S O O M B S D
 H J C N S A V T R O N U N T E D S
 T G D N T O T O P I P O A S F N A
 E N Y E A A R O L L G C F E H I T
 E I S D U M R B E L O V E D B I G
 W L O D R P O A F F E C T I O N P
 S R E M A L F R R E N T R A P A R
 E A Y C N A F O R E V E R L I K E
 R D R O T I U S D N O I T O V E D

ADMIRER
 ADORE
 AFFECTION
 ATTRACTION
 BEAU
 BELOVED
 BOYFRIEND
 CANDLES
 CANDY
 CHOCOLATES

COUPLE
 CRUSH
 CUPID
 DARLING
 DATE
 DEAR
 DEVOTION
 FANCY
 FEBRUARY
 FLAME

FLOWERS
 FONDNESS
 FOREVER
 FRIENDSHIP
 GIFT
 GIRLFRIEND
 HEARTS
 JEWELRY
 LIKE
 LOVEBIRDS

LOVERS
 PARTNER
 PROPOSAL
 RELATIONSHIP
 RESTAURANT
 ROMANCE
 ROSES
 SENTIMENT
 SUITOR
 SWEETHEART



Clearwater Senior Center

921 E Janet

Clearwater, KS 67026

620.584.2332

seniorcenter@clearwaterks.org

<https://www.facebook.com/ClearwaterSenior>



find us on

Facebook



Hey there, you! Guess what? There's an extra day on the horizon, and we've got just the thing to make it scrumptious! How about a SOUP & SALAD LUNCH with us? It's the perfect way to celebrate the leap year! The lunch starts at 12:00 PM, so don't be late!

BISCUITS & GRAVY DAY IS COMING!

March 2

7:30

AM-10:30

921 E Janet

The Center

All you can eat biscuits & gravy, juice, coffee & fruit

Adults \$5.00

Children 12 and under \$3.00