



# Senior SCOOP

## June is National Safety Month!

June 2024

### 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



### Fall prevention: Simple tips to prevent falls

Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures, from reviewing your medications to hazard-proofing your home. Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies.

#### 1. Make an appointment with your health care provider

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

**Your medications.** Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your health care provider may consider weaning you off medications that make you tired or affect your thinking, such as sedatives, antihistamines and some types of antidepressants.

**Any previous falls.** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your health care provider identify specific fall prevention strategies.

**Your health conditions.** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well.

#### 2. Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

#### 3. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

-Continued to page 5

# MONTHLY EVENTS

## MONDAYS

**GAMES** – COME AND PLAN ANY GAME OF YOUR CHOICE.

**BRIDGE** – A CARD GAME WITH STRATEGY. DON'T KNOW HOW TO PLAY, 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 WORKING 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 TO 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

## Meals on Wheels/Friendship Meals Served


Monday – Friday 11:30 AM

Sign up today!

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Purple is an educational opportunity.</b></p> <p><b>Teal is a special event.</b></p> <p><b>Black Bold are added graphics in the newsletter.</b></p>					
2	<p>10:00 AM Games</p> <p>1:00 PM Bridge*</p> <p>2:00 PM Ladies Bible Study</p>	<p>8:30 AM Men's Coffee</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p>1:00 PM Singo Bingo</p>	<p>10:00 AM Walk It Out</p> <p>10:30 AM Weight Check</p> <p><b>10:30 AM Outdoor Fire Safety at the Library</b></p>	<p>9:00 AM Coffee &amp; Cocoa</p> <p>10:00 AM Bible Study</p> <p>1:30 PM Games</p> <p><b>1:30 PM Birthday Party</b></p> <p><b>HAPPY BIRTHDAY!</b></p>	<p>9:00 AM Blood Pressure Checks</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p>1:00 PM Line Dancing</p>	<p><b>BISCUITS &amp; GRAVY DAY!</b></p> <p><b>7:30 AM – 10:30 AM</b></p>
9	<p>10:00 AM Games</p> <p>1:00 PM Bridge*</p> <p>1:00 PM Cowboy Bingo</p> <p>2:00 PM Ladies Bible Study</p>	<p>8:30 AM Men's Coffee</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p><b>12:00 PM Lunch &amp; Learn</b></p> <p><b>Cookout</b></p> <p>1:45 PM Blank Slate</p>	<p><b>Alzheimer's Conference** (See Flyer)</b></p> <p>10:00 AM Walk It Out</p> <p>10:30 AM Weight Check</p> <p>2:00 PM Games</p> <p><b>3:00 PM – 6:00 PM Food Pick-Up</b></p>	<p>9:00 AM Coffee &amp; Cocoa</p> <p><b>1:00 PM Stay Hydrated</b></p> <p>1:30 PM Afternoon Break</p> <p>1:30 PM Games</p> <p><b>9:00 PM – 4:00 PM Food Pick-Up</b></p>	<p>9:00 AM Blood Pressure Checks</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p>1:00 PM Line Dancing</p> <p><b>9:00 PM – 1:00 PM Food Pick-Up</b></p>	<p><b>Wind Surge Game</b></p> <p><b>5:00 PM**</b></p>
16	<p>10:00 AM Games</p> <p>1:00 PM Bridge*</p> <p><b>1:00 PM Book Club</b></p> <p>2:00 PM Ladies Bible Study</p>	<p>8:30 AM Men's Coffee</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p><b>10:30 AM Free Car Wash**</b></p> <p>1:00 PM Bingo</p>	<p>10:00 AM Walk It Out</p> <p>10:30 AM Weight Check</p> <p><b>11:30 AM Soul Food Celebration Luncheon &amp; Juneteenth History</b></p> <p>1:00 PM Movie &amp; Popcorn</p>	<p>9:00 AM Coffee &amp; Cocoa</p> <p>1:30 PM Afternoon Break</p> <p>1:30 PM Games</p> <p><b>9:00 PM – 4:00 PM Food Pick-Up</b></p>	<p>9:00 AM Blood Pressure Checks</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p>1:00 PM Line Dancing</p>	<p><b>Wichita Flea Market</b></p> <p><b>9:30 AM**</b></p>
23	<p>10:00 AM Games</p> <p>1:00 PM Bridge*</p> <p>2:00 PM Ladies Bible Study</p> <p><b>3:30 PM Essential Oils 101</b></p>	<p>8:30 AM Men's Coffee</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p><b>11:00 AM Pool Hall</b></p> <p><b>Outing &amp; Lunch**</b></p>	<p>10:00 AM Walk It Out</p> <p>10:30 AM Weight Check</p> <p>2:00 PM Games</p>	<p>9:00 AM Coffee &amp; Cocoa</p> <p><b>1:00 PM Are Healthy Bones Important?</b></p> <p>1:30 PM Games</p> <p>1:30 PM Afternoon Break</p>	<p>9:00 AM Blood Pressure Checks</p> <p>9:00 AM Exercise</p> <p>10:00 AM Calorie Burn</p> <p>12:00 PM Games</p> <p>1:00 PM Line Dancing</p>	<p><b>29</b></p>
30						

# June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Broccoli &amp; Rice Cass. 8oz Mixed Vegetables 4oz Pineapple 4oz Wheat Bread w/ Margarine Milk 8oz</p>	<p><b>4</b></p> <p>Cheesy Mac Chili 8oz Green Beans 4oz Blushing Pears 4oz Whole Grain Texas Toast Milk 8oz</p>	<p><b>5</b></p> <p>Taco Burger (3oz) (on) Whole Grain Bun Lettuce (2oz) Cheese (1ea) Tomato (1ea) Black Bean &amp; Corn Salad 4oz Sliced Apples 4oz Milk 8oz</p>	<p><b>6</b></p> <p>Chicken Pot Pie Pasta 8oz Combo Salad 1C Dressing Packet Mixed Fruit 4oz Whole Grain Breadstick Milk 8oz</p>	<p><b>7</b></p> <p>Ham Salad 4oz (on) Croissant Carrot Raisin Salad 4oz Tropical Fruit 4oz Milk 8oz (All Cold)</p>
<p><b>10</b></p> <p>BBQ Chicken 3oz (on) Whole Grain Bun Coleslaw w/ Carrots 4oz Apricots 4oz Milk 8oz</p>	<p><b>11</b></p> <p>Creamy Tuna Noodle Cass. 8oz Cucumber &amp; Onion Salad 4oz Pineapple 4oz Wheat Bread w/ Margarine Milk 8oz</p>	<p><b>12</b></p> <p>Sweedish Steak 3oz Cream Peas &amp; Potatoes 4oz Mixed Fruit 4oz Whole Grain Roll w/ Margarine Milk 8oz</p>	<p><b>13</b></p> <p>Ham &amp; Beans 8oz Pickled Beets 4oz Pears 4oz wg Cornbread Muffin w/ Margarine Chef's Choice Birthday Cake Milk 8oz</p>	<p><b>14</b></p> <p>Chicken Pasta Salad 8oz Cauli-Brocc-Raisin Salad 4oz Applesauce 4oz Crackers 2pk Milk 8oz (All Cold)</p>
<p><b>17</b></p> <p>Swiss Steak 3oz Parslied Carrots 4oz Tropical Fruit 4oz Wheat Roll w/ Margarine Milk 8oz</p>	<p><b>18</b></p> <p>Cheese Omelete 3.5oz Breakfast Potatoes 4oz Sausage Gravy 2oz Cinnamon Apples 4oz Buttermilk Biscuit Milk 8oz</p>	<p><b>19</b></p> 	<p><b>20</b></p> <p>Chicken &amp; Cheese Cass. 8oz Combo Salad 1C Dressing Packet Apricots 4oz Whole Grain Texas Toast Milk 8oz</p>	<p><b>21</b></p> <p>Turkey Salad 4oz (on) Whole Grain Bun Calico Salad 4oz Pineapple 4oz Milk 8oz (All Cold)</p>
<p><b>24</b></p> <p>Sloppy Joe 4oz (on) Whole Grain Bun Corn Relish Salad 4oz Ambrosia Fruit Salad 4oz Milk 8oz</p>	<p><b>25</b></p> <p>Italian Chicken 3oz Au Gratin Potatoes 4oz Pears 4oz Wheat Bread w/ Margarine Milk 8oz</p>	<p><b>26</b></p> <p>Pork &amp; Noodles 8oz Mixed Vegetables 4oz Peach Crisp 4oz Wheat Roll w/ Margarine Milk 8oz</p>	<p><b>27</b></p> <p>Cheeseburger (3oz) (on) Whole Grain Bun Lettuce &amp; Tomato / Mustard &amp; Ketchup Coleslaw 4oz Tropical Fruit 4oz Milk 8oz</p>	<p><b>28</b></p> <p>Tuna Salad 4oz (on) Croissant Tomato Salad 4oz Blushing Pears 4oz Milk 8oz (All Cold)</p>
<b>DAILY MEAL PATTERN</b>				
<p><b>Protein = 3oz (minimum)</b> <b>Vegetable = 1/2c (1C leafy greens)</b> <b>Fruit = 1/2c (1/4c dried)</b> <b>Grains = 1/2c or 1oz eq (50% whole grain)</b> <b>Dairy = 1C</b></p>				



## Continued from Page 1—Fall Prevention

### 4. Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

Remove boxes, newspapers, electrical cords and phone cords from walkways.

Move coffee tables, magazine racks and plant stands from high-traffic areas.

Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.

Repair loose, wooden floorboards and carpeting right away.

Store clothing, dishes, food and other necessities within easy reach.

Immediately clean spilled liquids, grease or food.

Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

### 5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

Place night lights in your bedroom, bathroom and hallways.

Place a lamp within reach of your bed in case you need to get up in the middle of the night.

Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.

Turn on the lights before going up or down stairs.

Store flashlights in easy-to-find places in case of power outages.

### 6. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

Handrails for both sides of stairways

Nonslip treads for bare-wood steps

A raised toilet seat or one with armrests

Grab bars for the shower or tub

A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down



# Biscuits & Gravy



Saturday, June 1

7:30 AM - 10:30 AM

\$5/adult \$3/child (3-10)



COME CELEBRATE JUNE BIRTHDAYS  
THURSDAY 6/6 AT 1:30 PM



# REGISTRATION IS OPEN

for the 12th Annual  
KANSAS EDUCATION CONFERENCE ON DEMENTIA.

This event will be held at the  
Kansas Star Event Center in Mulvane, KS  
with a virtual option also available.

## WEDNESDAY, JUNE 12, 2024

- Join us for a full day of education, information and support provided by recognized experts.
- Learn about clinical updates, caregiving strategies, advocacy and cutting-edge research in the pipeline.
- Visit exhibits and learn more about helpful community resources and services.
- Hear from two keynote speakers.
- 6.2 CEU's for nursing, allied health professionals, and administrators/operators will be available.

### COSTS TO ATTEND:

- Caregiver In-person – \$60
- Caregiver Virtual – \$25.00
- Professional In-person  
Now through April 30 – \$150.00
- Professional In-person  
April 30 through June 12 – \$175.00
- Professional Virtual – \$100.00

**REGISTRATION AND MORE INFORMATION AT**  
[wichita.edu/KED](http://wichita.edu/KED) or call the WSU Conference Office at **316.978.6493**

If you have any questions or would like information on sponsorship, please contact:

**DENISE VANN**  
[dvann@alz.org](mailto:dvann@alz.org) or **316.512.9700**



Thank You to  
Our Platinum  
Sponsors!



If you are interested in participating this year, please let Amber know, she can help get your signed up today!

# June Commodities!

If you are in need of extra food this month,  
please stop by

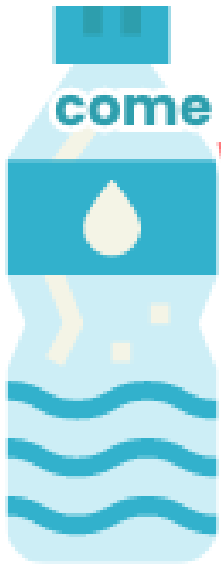
Wednesday 6/12 3:00 PM – 6:00 PM

Thursday 6/13 9:00 AM – 4:00 PM or

Friday 6/14 9:00 AM – 1:00 PM

Please drive to the **BACK SIDE** of the building





come learn

why we need to

stay hydrated

with Pam at Advena AL

Thursday, June 13th at 1:00 PM



SATURDAY, JUNE 15  
LEAVING HERE AT 5:00 PM

TICKETS ARE \$15

PLEASE SIGN UP BY JUNE 10.

12 TICKETS ARE ALREADY SECURED, BUT WE CAN ORDER MORE!

# SENIOR READERS BOOK CLUB

## READING WITH MY GNOMIES



JUNE 17 DISCUSSION:  
THE SWEETNESS OF FORGETTING BY  
KRISTIN HARMEL

SEE YOU AT 2:00 PM



# CAR WASH

*Tuesdays*

**FREE Car Wash for Seniors 55+**

**Tuesday  
June 18**

**10:30 AM - 12:00 PM  
Middle & South Bay**



This service is for those who need a little extra help washing their car. We will have someone there to help you wash your car.

**HONORING**

# JUNETEENTH

**FREEDOM DAY**



**DIVE INTO JUNETEENTH HISTORY WITH US AND ENJOY A DELICIOUS FEAST!**

**WEDNESDAY, JUNE 19TH**

**LUNCH KICKS OFF AT 11:30 AM**

**BY DONATION ONLY PLEASE NOTE: API IS NOT SERVING THIS DAY**



**WICHITA FLEA MARKET**

*@Riverfront Stadium* >>>

**SATURDAY, JUNE 22**

**LEAVING AT 9:30 AM  
SIGN UP BY JUNE 18**



## ESSENTIAL OILS 101

JOIN THE OIL PARTY AND DISCOVER  
HOW THESE MAGIC POTIONS CAN  
SPRINKLE SOME EXTRA SPARKLE INTO  
YOUR DAILY ROUTINE!

**MONDAY, JUNE 24**  
**3:30 PM**

## Pool Hall Outing & Lunch

**Tuesday, June 25**

**We're hitting the road at 11:00 AM**  
**for a blast of an afternoon!**

**No skills required - just show up for the friendship and laughter!**

## Fresh Conversations Series

### Thursday June 27 1:00 PM

Fresh Conversations targets behaviors known to reduce chronic disease burden and promote healthy aging. It promotes healthier food and beverage choices across food groups. Each lesson will include a tasting activity featuring the recipe in that month's Fresh Conversations newsletter. Join us as we build community around food, nutrition, and more!

**June TOPIC**  
**Are Healthy Bones Important?**

# Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING

FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS

SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON

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



find us on

**Facebook**

JOIN US FOR



**Monday, July 1st**

Pulled Pork Dinner

Outdoor Games

Music

Basket Raffle with 10+ baskets  
and a whole lot of fun!

More details to come at the  
June Lunch & Learn!