



The Senior Bulletin

Senior Services of Polk County
River Place West—2309 Euclid Ave.
Des Moines, Iowa 50310



Polk County Senior Fest Almost HERE!!

Varied Industries Building
at the Iowa State Fairgrounds

Don't miss this popular event with Older Adults in mind! Sponsored by Polk County Board of Supervisors.

Wednesday, May 15, 2024

Event - 9 a.m. to 2 p.m.

Come enjoy a fun, informative, interactive day with vendors, games, lunch, entertainment and more.

Call site nearest for more info or to make reservation.

Lunch begins serving at 11:30 a.m. through 12:30 p.m.



Important Dates and INFORMATION

5/1 - May Day

5/2 to 5/4—
Pella Tulip Festival

5/5 - Cinco De Mayo

5/12 - Mother's Day

5/15 - SENIOR FEST
Sites CLOSED

5/18 - Armed Forces Day

5/27 - Memorial Day
Sites CLOSED



Norwoodville Community Center



Biscuit n' Gravy Breakfast Fundraiser

3077 NE 46th AVE (Broadway) 266-5794

May 8th from 7 to 10 a.m.

All-U-Can-Eat for \$5.

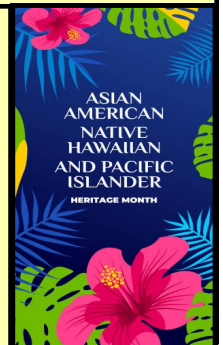
including Coffee, Orange Juice, Water & Tea

Soo...YUMMY! Don't Miss Out!!

It's Breakfast Time



- Older Americans Month
- Asian American & Pacific Islander Heritage Month
- Lupus Awareness Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Salad Month
- Mental Health Awareness



Lemonade Puppy Chow Recipe

Ingredients

- 9 cups Chex cereal (rice or corn variety works best)
- 1 1/4 cups white chocolate chips
- 1/4 cup unsalted butter
- 4 tablespoons lemon juice (freshly squeezed preferred)
- 2 teaspoons lemon zest
- 1/2 teaspoon vanilla extract
- 2 cups powdered sugar
- 1/4 cup lemonade powder (for an extra lemony kick)



Directions

- Place the Chex cereal in a large bowl and set aside.
- In a microwave-safe bowl, combine white chocolate chips, butter, lemon juice, lemon zest, and vanilla extract. Microwave in 30-second intervals, stirring in between, until the mixture is smooth and fully melted.
- Pour the melted white chocolate mixture over the Chex cereal. Gently stir until the cereal is evenly coated.
- In a large zip-top bag, combine powdered sugar and lemonade powder. Add the coated cereal to the bag, seal it, and shake well until each piece is covered in the powdered sugar mixture.
- Spread the coated cereal out on a baking sheet lined with parchment paper to cool. Store in an airtight container once cooled.
- Enjoy this tangy and sweet Lemonade Puppy Chow as a delightful snack or treat for yourself or with others!

Portion Control

Portion control is key when it comes to snacking. It is easy to overindulge when you have a bowl of Lemonade Puppy Chow in front of you. To avoid this, portion out your snack into individual snack cups or bowls. This will not only help with portion control, but it will also make snacking more effortless and mess-free.



Garnish

To enhance the summer theme, consider garnishing your Lemonade Puppy Chow with a small slice of lemon or an extra sprinkle of zest. This will not only add a pop of color but also an extra burst of lemon flavor to your snack.

Mix-Ins

For an added burst of color and flavor, mix in a combination of dried fruits like cranberries or blueberries.

You can also add nuts like almonds or cashews for some extra crunch. Experiment with different mix-ins to find your perfect combination.

Construction Hand Tools

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1	C	H	I	S	E	L	B	A	R	G	U	M	S	T	R	I	P	P	E	R	S	E	U
2	Z	X	P	F	A	S	T	E	N	E	R	E	I	E	F	W	E	T	R	Z	R	Y	R
3	S	R	C	K	E	R	F	L	B	F	A	W	M	T	X	R	D	R	A	A	M	E	D
4	G	R	T	A	N	G	E	E	I	H	W	M	C	X	E	E	F	S	U	W	A	K	P
5	C	Y	E	H	B	V	P	L	Z	Y	A	H	Y	L	R	R	T	Q	Q	E	H	X	I
6	E	R	U	I	E	I	E	J	R	H	A	J	I	E	O	A	S	K	S	L	C	E	G
7	R	W	A	B	L	C	N	V	D	N	A	F	P	U	L	N	S	D	S	D	N	H	H
8	A	X	Z	B	A	P	N	E	N	M	L	M	N	F	O	R	G	A	R	B	E	E	E
9	U	P	A	R	T	W	C	E	T	I	E	D	S	I	E	C	S	B	E	M	R	L	Q
10	Q	U	D	E	N	A	L	P	A	T	O	P	T	I	R	L	D	T	T	U	W	G	W
11	S	N	U	B	F	L	L	T	B	F	I	A	L	E	N	O	N	R	N	L	D	N	E
12	Z	C	J	L	O	E	T	F	F	L	N	P	M	A	C	S	U	Y	E	P	N	A	C
13	H	H	L	C	F	A	S	T	L	I	N	M	I	K	L	Y	O	S	P	N	E	R	F
14	J	E	K	Y	R	B	N	I	B	A	A	L	K	U	Y	N	P	Q	R	Q	X	E	I
15	B	S	O	R	W	I	H	M	M	H	P	E	U	Q	R	O	T	U	A	X	O	T	O
16	S	T	N	I	O	P	O	E	N	U	Y	N	O	N	E	T	O	A	C	Y	B	F	K
17	D	R	Y	J	K	C	N	E	L	W	A	P	S	T	A	C	O	R	L	J	F	A	M
18	N	O	B	E	G	I	E	L	T	O	R	P	E	D	O	R	F	E	J	E	H	R	O
19	E	L	W	W	L	P	E	B	I	K	E	S	O	N	E	L	D	E	E	N	V	F	A
20	N	X	X	E	L	R	R	I	P	P	I	N	G	B	A	R	M	L	C	C	Q	E	Z
21	E	B	N	L	L	H	C	N	E	R	W	E	L	B	A	T	S	U	J	D	A	I	L
22	P	C	A	G	N	I	G	G	U	L	S	E	L	U	R	G	N	I	D	L	O	F	A
23	O	B	E	J	S	C	S	D	N	U	O	P	H	C	N	I	G	N	I	N	E	E	P

ADJUSTABLEWRENCH	FOLDINGRULE	POINTS
BALLPEENHAMMER	FOOTPOUNDS	PUNCH
BELLFACEDHAMMER	HEXKEY	RAFTERANGLE
BEVEL	INCHPOUNDS	RATTAILFILE
BOXENDWRENCH	JOINT	RIPPINGBAR
CABINETTIP	KERF	ROUNDOFF
CARPENTERSSSQUARE	LEVEL	SLUGGING
CATSPAW	LINEMANPLIERS	SQUARE
CHANNELLOCKS	MITER	STRIPPERS
CHISEL	NAILPULLER	TANG
CHISELBAR	NEEDLENOSE	TEMPERED
COMBINATIONSQUARE	OPENEND	TENON
DOWEL	PEENING	TORPEDO
FASTENER	PHILLIPS	TORQUE
FILECARD	PLANED	TRYSQUARE
FLATBAR	PLIERS	WELD
FLATS	PLUMB	

Answers Found on Page 17

Polk City Community Library

1500 W. Broadway 515-984-6119

Register online

@ www.polkcitylibrary.org

*Visit our website and Facebook page for the Zoom links. Call for details. Submitted by Jamie Noack, Director

Chair Yoga - Mondays @ 9:00 a.m.

Join Rachel via Zoom. Yoga is not just for flexible people but for those who would like to become more flexible. This chair yoga practice will include breathwork, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair and a small hand towel or kitchen dish towel. Join the zoom meeting on our website at polkcitylibrary.org.
No class May 20 or May 27.



Geri-Fit® Strength Training Workouts Tuesdays 9:00 a.m.

Strength Training workouts that work for all ages and fitness levels. **The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout.** Ages 50 and over. Stretch bands and a zoom link are available upon request.

Alzheimer's 101 with Iowa Health & Human Services

Thursday, May 9th, @ 6:00 p.m.

According to the Alzheimer's Association, more than 6 million Americans are living with Alzheimer's, and over 11 million Americans provide unpaid care for them. If that includes you or someone you care for, find information on the disease, risk factors, prevention, and local resources at this free program presented by the Iowa Department of Health & Human Services. There will be time for questions and answers.

Adult Coloring

Tuesday, May 21st @ 5:00 p.m.

Join us for a relaxing evening of coloring! Colored pencils and gel pens will be provided. You are also welcome to bring your own. *17 and over.



May Blood Pressure Checks



Services provided by EveryStep Community Health Team Nurses

**** (check specific center for time of clinic)**

- 1st Ankeny
- 2nd North
- 7th South
- 8th Northwest
- 10th Scott Four Mile
- 13th East
- 14th MLK, Jr.
- 15th Pioneer Columbus
- 16th Central
- 17th Altoona
- 20th West
- 22nd Norwoodville
- 23rd Runnells
- 28th South



Dates Subject to Change.

Subscribe Today

If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one-year subscription, **fill out and mail the form in with a \$10.00 check or MO.** Or visit www.polkcountyiowa.gov. CFYS/Senior Services

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Total Eclipse of the Heart — Solar Eclipse 2024

Submitted by: Brenda Pirillo, Program Aide Southside Senior Center

On April 8th, the eclipse began at 12:43 p.m. in Des Moines and took about 2 hours and 30 minutes. Luckily, skies in central Iowa were clear enough to see the full eclipse, which hit peak coverage of 84% at 1:58 p.m.

The 2024 solar eclipse is special because it will be visible to tens of millions of people in North America. Thirty-one million people live in the path of totality within the United States alone. The next total solar eclipse that will be widely viewable from North America won't occur until 2045!

Some say there is a spiritual meaning with the 2024 solar eclipse.

"The overall message for the eclipse is to identify where in your life you may be feeling held back. Where in your life you may be feeling blocked, stagnant. Wherever that is, that is where you're going to be feeling this solar eclipse."

A few of our adventurous Seniors at the Southside Center took in the Sunshine, with proper eye protection. For some, this was a chance of a lifetime.



Picture #1- Angela M, Steve M, Dave B.




Picture #2- Carol W.



Skittles and Henry wearing their special "cool shades" so they could enjoy the Solar Eclipse.

DON'T GET SCAMMED!



Book a **FREE** Fraud Fighters presentation today!




United Way of Central Iowa's, United55+ program offers free Fraud Fighters presentations!

Volunteers trained by the Iowa Insurance Division give in-person sessions lasting less than an hour.

Volunteers come to your library, senior center, veteran's organization, book club, etc. within Polk, Warren or Dallas counties.

Book a program to learn to recognize common tricks and scams and how to avoid them.

Email Lynne Melssen at: lynne.melssen@unitedwaydm.org to learn more, or call her at 515-246-6544.

Polk County Financial Empowerment Center

Did you know that Polk County, in partnership with the Cities for Financial Empowerment Fund (CFE) and the Evelyn K. Davis Center for Working Families provides financial one-on-one counseling to Polk County residents as a public service? It's true!

Highly trained counselors are available to help residents develop plans to reduce debt increase savings, improve credit scores, access banking and achieve goals.

Hundreds of individuals, from college students to young parents, and from small business owners to seniors on fixed incomes, have met with financial counselors to look for opportunities to make their budgets work better or even to resolve specific areas of concern.

If you, or someone you care about, is trying to work their way out of financial troubles or has specific dreams and could use professional advice on how to get there, please contact the Polk County Financial Empowerment Center at:

515-697-7700 or visit www.empowermoney.org/

It's confidential, it's professional and it's free!



Polk County Financial Empowerment Center
Free One-on-One Financial Counseling

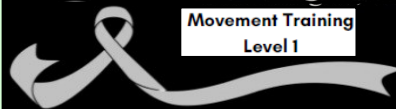


Evelyn K. Davis Center FOR WORKING FAMILIES



AMERICAN PARKINSON DISEASE ASSOCIATION MOVEMENT TRAINING

This class uses a variety of exercises to work on movement strategies, gait, balance, strength and flexibility. This class may use equipment, including hand weights, bands and balls.



WEDNESDAYS @ 9:15
NORTHSIDE SENIOR CENTER
3010 6TH AVE, DES MOINES
515-288-1524

<https://shorturl.at/bqyZ8>

JOIN APDA & LIVE2BHEALTHY NOW OFFERING PARKINSON'S FITNESS CLASSES

Class Levels

LEVEL 1: Participants exercise seated or standing with support. Movements are done at a pace and intensity that are appropriate for each participant.

LEVEL 2: Participants must be able to walk and stand up from a chair without assistance. Most exercises are done standing.



(In addition to above site, different locations available in Dsm and surrounding area where different movement training levels are taught)

<https://www.apdaparkinson.org/community/iowa/resources-support>

for help
for hope
call or text

988

988, the three-digit mental health and suicide crisis line, was launched just over a year ago.

Since then, over 5 million contacts have been answered nationwide — nearly 2 million more than the previous 12 months.

That's lives changed, lives saved!

988 call, text, and chat is available 24/7, 365 days per year.

Spread the word!



Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

SOCIAL SECURITY HONORS OUR MILITARY HEROES

On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

The benefits we provide can help the families of deceased military service members. For example, surviving spouses and dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.ssa.gov/benefits/survivors.



We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the U.S. Department of Veterans Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our fact sheet, *“Social Security Disability and Veterans Affairs Disability — How Do They Compare?”* at www.ssa.gov/pubs/EN-64-125.pdf. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from Veterans Affairs, we’ll expedite your disability claim.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans.

Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.



50’s Pop Culture Questions

1. Which aspiring rock-and-roll singer appeared on the Ed Sullivan Show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. Which television game show first aired in 1956 and is still running today?
4. What famous baseball player married Marilyn Monroe in 1954?
5. What piece of women’s clothing, named after a dog, became popular in the 1950’s?
6. What teen idol sang, *Kookie, Kookie, Lend Me Your Comb*?
7. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50’s?
8. Eating what type of live fish became popular in the 1950s?
9. What famous cowboy of the 1950’s was really named Leonard Slye?
10. What was the name of the circular plastic 1950’s toy that was placed around the waist and operated by gyrating the hips?

60’s Pop Culture Questions

1. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
2. Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968?
3. In which year did the Woodstock Festival take place?
4. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
5. What famous band arrived from England to the U.S. in February 1964?
6. What famous TV series debuted in 1966 with these words ... *“Space, the Final Frontier ?”*
7. This bluesy rock singer was discovered at the Monterey Pop Festival in 1967. Her initials are J.J. Who was she?
8. British fashion designer Mary Quant invented a daring and revealing new type of women’s clothing in 1964. What was it called?
3. What 60’s artist was famous for his renderings of everyday objects such as soup cans?
4. What was this famous boxer’s name before he changed it to Muhammad Ali?

Answers Found on Page 13



Every year, ACL leads the nation's observance of Older Americans Month (OAM) in May. The theme for 2024 is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness and other issues.

To help you plan for OAM, here are some ideas for how you can participate.

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- Inspire older adults to share what connection means to them on social media using the hashtag **#PoweredByConnection** or **#OlderAmerican Month**

Visit www.ACL.gov/OAM



M A Y 2024 Battle of Carbohydrates

Ankeny: May 7th @ 10:00 a.m.

Pioneer Columbus: May 7th @ 10:30 a.m.

Central: May 8th @ 12:15 p.m.

Grimes: May 10th @ 11:30 a.m.

North: May 14th @ 10:30 a.m.

South: May 16th @ 10:30 a.m.

Northwest: May 16th @ Noon

West: May 16th @ 10:15 a.m.

Zoom: May 20th @ 10:00 a.m.
Contact Stephanie for link

East: May 21st @ 10:30 a.m.

MLK: May 21st @ 11:30 a.m.

Scott 4 Mile: May 23rd @ 11:00 a.m.

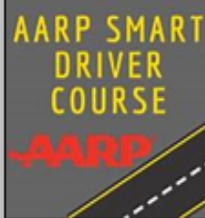
Norwoodville: May 24th @ 10:30 a.m.

Runnells: May 28th @ 11:00 a.m.

Fresh Conversations is a social opportunity to connect with other adults age 60+ for a friendly discussion focused on nutrition and physical activity education.

Stephanie Labenz: 515-650-9505

Fresh Conversations is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.



**Friday, June 7th, 2024
at 8:30 a.m. to 12:30 p.m.**

Location: Urbandale Senior Recreation Center
7305 Aurora Ave. Urbandale, IA

Cost:
\$20.00 AARP members
\$25.00 for Non-members
* Cash or Check Accepted

To register call: **515-278-3907**

Upcoming Library Events/ Adult Programs/ Classes at Des Moines Area Library Branches

For more programming info 515-283-4152 or visit www.dmpl.org



Check out our **Library for You** page at dmpl.org/library-you which highlights services and programs for older adults!

A list of upcoming programs and events can be found on this page, as well as new books and other information .

Central Library Adult Programs

1000 Grand Avenue

DMPL & Dragons

Thursday, May 16, 5:30 - 7:30 p.m.

Dungeons & Dragons is a role-playing game set in worlds of swords and sorcery where players use their imaginations to tell a story and create an adventure together. Players can drop in/out whenever they want. The game is recommended for ages twelve and up, but this program is geared toward adults.

The African American Museum of Iowa Presents:

Black Ag and Farmers Series: Part Two

Sunday, May 19, 1:00 - 3:00 p.m.

Join the African American Museum of Iowa for part two of a three-part series. Part two will focus on African American carceral farming and husbandry with presenter Dr. Negus Rudison-Imhotep.

Korean Mythology Escape Room

Tuesday, May 28, Session 1: 5:15 - 6:00 p.m.

Session 2: 6:30 - 7:15 p.m.

A new exhibit of Korean artifacts is being unveiled in less than an hour, but the centerpieces have gone missing! Finding them will mean coming face-to-face with ancient myths and outsmarting the creatures they depict. Registration is required.

East Side Library Adult Programs

2559 Hubbell Avenue

Printmaking Workshop: Collagraphy

Monday, May 13, 6:00 - 7:30 p.m.

Join us for an immersive exploration of collagraphy, a fascinating printmaking technique that combines elements of collage and graphic design. All materials are provided. Registration is required.

Forest Avenue Library Adult Programs

1326 Forest Ave

Forest Avenue Library Book Discussion

Monday, May 20, 6:00 p.m.

Stop by to pick up a copy of May's title (will be determined at April's meeting) at the desk.



Franklin Avenue Library Adult Programs

5000 Franklin Ave.

Free Friday Flicks at Franklin –

Everything, Everywhere All at Once

Friday, May 10, 1:30 - 4:00 p.m.

Michelle Yeoh stars in the 2022 action comedy that won the Best Picture Oscar. Rated R.

Community Crafting – Calligraphy with Tome Hope

Sunday, May 19, 2:00 - 4:00 p.m.

Learn the basics of pointed-pen calligraphy, starting with a traditional style that you can use to develop your own modern style. Pen, ink, and handouts are yours to take home. Registration is required.



North Side Adult Programs

3516 Fifth Avenue

Gardening with Native Plants Meet-Up

Thursday, May 9, 5:30 - 7:00 p.m.

Connect with others interested in environmentally friendly gardens. The focus is on native plants that foster and nourish wildlife. Come to learn and to share your favorite gardening tips!

Perennial Plant Exchange

Saturday, May 25, 1:00 - 3:00 p.m.

Are you looking to add pollinator plants to your garden? Come and exchange perennial plants with other gardeners, though attendees are not required to bring plants.

South Side Adult Programs

1111 Porter Avenue

10 Warning Signs of Alzheimer's

Tuesday, May 14, 2:00 p.m.

Become familiar with the ten warning signs of Alzheimer's Disease. Learn the differences between Alzheimer's and normal aging. Find out how to recognize signs in yourself and others.

Puzzle and Game Café

Saturday, May 25, 11:00 a.m. - 1:00 p.m.

Do you love playing board games or putting together puzzles? Stop by to play a selection of provided board games and puzzles or invite a group and bring your own! Snacks will be provided.

For more programming information or to register for a program, please call 515-283-4152 or visit dmpl.org.

M	T	W	Th	F	Flex
		1 Pulled BBQ Pork Macaroni & Cheese Corn O'Brien  WW Bread  Fresh Fruit Milk MAY DAY	2 Swedish Meatballs Mashed Potatoes Green Beans Wheat Roll Milk Blueberry	3 Tuna Noodle Au Gratin Diced Beets Capri Vegetable Blend Whole Wheat Bread Coconut Cake Chocolate Milk	3 Berry Almond Chicken Salad Balsamic Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk
6 Country Fried Steak Country Gravy Mashed Potatoes Garden Vegetable Blend Multi-Grain Bread Oreo Brownie Milk	7 BBQ Chicken Thigh Baked Pinto Beans Whole Kernel Corn Wheat Roll Applesauce Milk	8 Shredded Pork w/Apple Salsa Buttered Rice Green Beans Multi-Grain Bread Tropical Fruit Milk 	9 Hamburger Patty Lettuce, Tomato & Onion Oven Roasted Potatoes Wheat Hamb. Bun Milk Boston Creme	10 Chicken Fettuccini Alfredo Green Peas Tossed Salad Salad Dressing Garlic Breadstick Fresh Fruit Chocolate Milk	10 Tuna Salad Cucumber & Tomato Salad Wheat Bread Fresh Fruit Rice Krispie Treat Chocolate Milk
13 Creole Steak Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Fresh Fruit Milk	14 Lemon Pepper Chicken Green Beans Tossed Salad Salad Dressing Multi-Grain Bread Carnival Cookie Milk	15 SENIOR FEST SITES CLOSED Beef Hot Dog OR Hamburger Baked Pinto Beans Potato Salad Bun  Fresh Fruit Ice Cream Sandwich Milk	16 Chicken Tetrizzini Green Peas Tossed Salad Salad Dressing Garlic Breadstick Milk Strawberry Rhubarb	17 Homemade Meatloaf Brown Gravy Mashed Potatoes Sliced Carrots Wheat Roll Fresh Fruit Chocolate Milk	17 Southwest Chicken Salad Ranch Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk
20 Beef Patty w/ Mushroom Gravy Buttered Egg Noodles Green Peas Wheat Bread Cherry Gelatin Milk	21 Orange Cranberry Pork Oven Roasted Potatoes Harvard Beets Multi-Grain Bread Lemon Bar Milk 	22 Chicken w/Picante Sauce Rice California Vegetable Blend Multi Grain Bread Pineapple Tidbits Milk Birthday Cake	23 Potato Crusted Pollock Mashed Potatoes Broccoli Cornbread Milk Coconut Creme	24 Tater Tot Casserole Whole Kernel Corn Sliced Carrots Whole Wheat Bread Fresh Fruit Chocolate Milk 	..24 Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Fruit Fudge Round Cookie Chocolate Milk
27 Sites CLOSED 	28 Chicken w/Onions & Peppers Country Potatoes Green Peas Wheat Roll Fresh Fruit Milk	29 Pork Carnitas Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fig Bar Milk 	30 Salisbury Beef w/Gravy Mashed Potatoes Glazed Carrots Multi Grain Bread Milk Apple	31 Honey Baked Chicken Baked Pinto Beans Baby Red Potatoes Wheat Roll Fresh Fruit Chocolate Milk	31 Berry Almond Chicken Salad Balsamic Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk

M A Y 2024 SENIOR SERVICES OF POLK COUNTY

Menus, with exception of the optional Friday Flex menu, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs).

MENUS ARE SUBJECT TO CHANGE. Revised menus can be found on FB Page or website



= meal contains pork



= meal contains 700 mg or more of sodium

Senior Nutrition Program for those Age 60 and Older

POLK COUNTY SENIOR SERVICES ADMINISTRATIVE OFFICE STAFF

Program Administrator —
Joyce Webb

Program Manager — Sam McCrorey

Program Specialist —

PEER Advocates/SHIP Coordinator
& Senior Bulletin Editor —

Daiynna Brown

Administrative Office - 286-3679

Front Desk

Office Specialists —

Parker Waddell &
Jennifer Summers

Call front desk for any
information regarding
Senior Centers, including
location and phone
numbers or go to:



<https://www.polkcountyiowa.gov/community-family-youth-services/senior-services/about-us/>



Serving Times for Lunch at Senior Centers

Altoona	11 to Noon
Ankeny	11 to 12:15 p.m.
Central	11 to Noon
East	11:30 to 12:30 p.m.
Grimes	11 to 12:30 p.m.
Johnston	Noon to 12:30 p.m.
MLK, Jr.	11:30 to 12:30 p.m.
North	11 to Noon
NW	11 to 12:30 p.m.
Norwoodville	11:30 to 12:30
Pioneer Columbus	11 to Noon
Runnells	11:30 to 12:15 p.m.
Scott Four Mile	11 to 12:30 p.m.
South	11 to Noon
West	11 to Noon



Visit website for locations or
call for information.

515.277.6969

<https://www.dmarcunited.org/food/mobile/>

Free Community Afternoon Meals Offered (No Age or Income Requirement)

LOCATIONS

- Central - 2008 Forest Ave
- Norwoodville - 3077 NE 46th Ave
- South - 100 Payton Ave.
- West - 134 6th St (Valley Junction)

**** No Reservations Needed.**

One Time Intake Form Required

M – W – F / Pick Up Only - No Dine In
To-Go Containers are provided.
Approx. serving starts @ 4:00 to 4:30 p.m.
***Times subject to change. *Call site to verify.**

First Come – First Served.
Limited Quantities



Food Pantry Delivery Service

Call 1-833-362-7220

Monday-Friday, 9am-12pm

to place an order for the next day



Join us for a year of Des Moines' Best Live Theatre!
2024-25 Signature Season



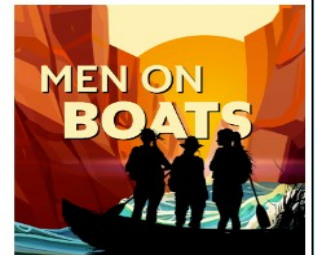
Sept. 13-29, 2024



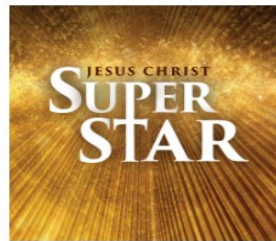
Oct. 18-Nov. 3, 2024



Dec. 6-22, 2024



Feb. 7-Mar. 2, 2025



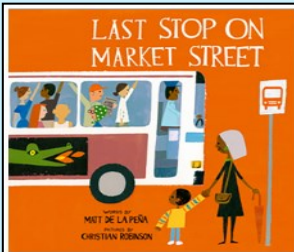
Mar. 7-23, 2025



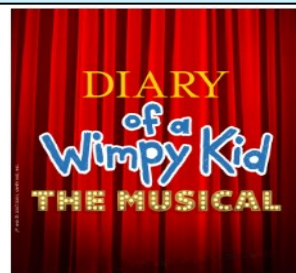
July 11-27, 2025



2024-25 Kate Goldman Family Season



Nov. 8-24, 2024



Jan. 17-Feb. 2, 2024



Mar. 28-Apr. 13, 2025



May 2-18, 2025



Kentucky Derby Trivia Facts



- The Kentucky Derby is the longest continually running sporting event in the United States.
- The race is sometimes referred to as “the most exciting two minutes in sports”.
- To win the Triple Crown, a horse needs to win the Kentucky Derby, Belmont, and the Preakness.
- in 1896, roses were first given to the winner. Jockey Ben Brush received white and pink roses.
- In 1904, red roses became the official color.
- Mint Juleps are the official drink of the race.
- Approximately 120,000 Mint Juleps are served during the two-day event. 60,000 pounds of ice are used.
- As the horses step onto the track for the post derby parade, the band plays “My Old Kentucky Home. This tradition began around 1921.





SERVING STORY, JASPER, MARION,
WARREN, POLK, MADISON
DALLAS AND BOONE COUNTIES

OUR PROGRAMS



Information & Assistance

Our specialists can help connect you to services and programs.



Family Caregiver Program

Our Family Caregiver Program helps you be the best caregiver you can be.



Elder Abuse Prevention & Awareness

If you and/or a loved one suspect financial exploitation/abuse



Aging & Disability Resource Center

Explore all your options.



Nutrition & Wellness

Learn about programs and services to help you live a healthy lifestyle.



Aging Well

Find tools to take charge of your health and well-being.

Trivia Answers from Page 7

- 50's Answers** 1. Elvis Presley 2. James Dean
3. The Price is Right 4. Joe DiMaggio 5. Poodle Skirt
6. Edd 'Kookie' Burns 7. Coonskin 8. Goldfish
9. Roy Rogers 10. Hula Hoop
- 60's Answers.** 1. Marilyn Monroe 2. Jacqueline Kennedy Onassis 3. 1969 4. Pampers 5. Beatles
6. Star Trek 7. Janis Joplin 8. Miniskirt
9. Andy Warhol 10. Cassius Clay



M A Y Lunch-n-Learn What's Next?? - Senior Housing Options

Submitted by Kimberly Cisna, President Seniors on the Move

Tuesday, May 14th
11:30 to 1:00 p.m.

Easter Seals of Iowa
401 NE 66th Ave.,
Des Moines, IA 50313

Non-Member—\$20.00
<https://seniorsonthemove-ia.com/event-5404051>

Feature Presentation sponsored by:



<https://seniorsonthemove-ia.com/event-5643301>

NORTHSIDE SENIOR CENTER PRESENTS



EVERY OTHER TUESDAY @ 12:00

NORTHSIDE COMMUNITY CENTER
3010 6TH AVE | DES MOINES IA 50313

CALL 515-288-1524 WITH QUESTIONS



JAM SESSION

EVERY FRIDAY
@ NOON

NORTHSIDE SENIOR CENTER
3010 6TH AVE, DES MOINES

Do you play an instrument?
Do you love music and singing?
Join us for a musical jam session featuring a variety of music styles. Anyone 60 years and up is welcome! Bring your instrument and/or voice and join in!
A piano is also available on site.

Questions? Call 515-288-1524

BILLIARDS LESSONS

for Beginner to Intermediate

Wednesdays at 1:00



Learn the fundamentals of aiming & shooting, the types of shots and the strategies to help you win the game.
Women welcome!!

515-288-1524

Northside Community Center
3010 6th Ave, Des Moines



Senior Services is on Facebook.



Look up:
Senior Services of Polk County



888.777.8881

<https://www.iowaseniorgames.org/event/summer-iowa-senior-games/>

Iowa Senior Games has worked to promote wellness and healthy living for adults 50 and above by hosting athletic, recreational and socially interactive competitions. Striving to encourage eligible participants to undertake and/or continue participating in a healthy and fitness-oriented lifestyle by providing a forum in which to compete with themselves and their peers in an atmosphere of friendship and support and receive recognition for their efforts and achievements.

ISG offers opportunities to compete for medals in 30 sports and skill contests with nearly 100 events.

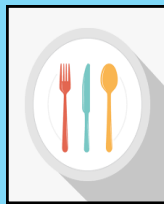
Age groups are broken into 5 year brackets (50-54 / 55-59 / etc.) with Gold, Silver and Bronze medals awarded for each age group.



The 38th Annual Iowa Senior Games main weekend will be held in West Des Moines from June 5-9, 2024. Join nearly 1,000 athletes ages 50 & up from around Iowa and the nation to compete in 30 sports and nearly 100 events!

Senior Nutrition Program is for those 60+ years of age and/or older and eligible spouse.

Monetary Contributions to help offset the cost of meals provided are appreciated and at your own discretion.



Questions?
Call the site nearest you!

All services are available without regard for income. Contributions are accepted for all Older American Act Funded services at a site, main office or by mail.

Polk County appreciates the partnership with Aging Resources of Central Iowa (ARCI) who assists with partial funding of several programs Senior Services offer.



The **NATIONAL** Senior Games are coming to Greater Des Moines **July 24 - August 4, 2025!!**

Visit for more info: NSGA@NSGA.com



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Connect With Us on:



Q. Why do I see so many worms on sidewalks and streets after it rains?

A. Worms do not surface to avoid drowning. Instead they surface during rains to move safely across land without drying out. Since worms breathe through their skin, the skin must stay wet in order for the oxygen to pass through it. Worms can survive underwater for a while because they can absorb oxygen from water as well as air. If the oxygen content is low in the water, worms may leave the water filled soil in search of oxygen. When worms get stuck on bare pavement, they may dry out or die from exposure to sunlight. So, the next time you see worms on your driveway or sidewalk put them back in the grass so they can return to the soil.



NORTHWEST CELEBRATES

Submitted by Lisa McDonald, Site Supervisor

HAPPY BIRTHDAY 99



On April 1, our sweet Marijane Felse turned 99 years young. She celebrated her milestone birthday at the Northwest Community Center with some of her work out gals and friends.

**Congratulations Marijane!
You look awesome !**



Classes will run through May



Do you need help using a computer or the internet?

Our free basic computer classes will cover all the basics you need. Taught by Frank Spoerl.

In this class you will learn the parts that make up a computer, how to access the internet, including Facebook and Google, how to create, edit and save documents, how to play computer games and more!

As the classes continue, more specific topics/areas will be addressed. If you have some knowledge and comfort using the computer already you may come to learn new useful tips or some facts that you didn't know or maybe just fine tune existing skills.

Northside Community Center

3010 6th Ave. Dsm 288-1524

Each Wednesday @ Noon

Philly Cheesesteak Tortellini Pasta

Prep Time: 10 minutes | Cooking Time: 20 minutes |
Total Time: 30 minutes | Servings: 4 servings

Ingredients

- 19 ounces cheese tortellini (frozen or fresh)
- 15 ounces frozen bell pepper strips
- 1 teaspoon olive oil
- 15 ounces Alfredo sauce
- 2 ounces cream cheese
- ½ pound deli roast beef, thinly sliced
- 6-8 slices provolone cheese, thinly sliced



Philly Cheesesteak Tortellini Pasta

Directions

1. Cook the cheese tortellini according to package instructions.
2. Drain and set aside.
3. In a large skillet, heat the olive oil over medium heat. Add the frozen bell pepper strips and sauté until they are tender and slightly caramelized.
4. Lower the heat and add the Alfredo sauce and cream cheese to the skillet. Stir until the cream cheese is completely melted and the sauce is smooth.
5. Add the thinly sliced roast beef to the sauce, stirring gently to combine. Cook for an additional 2-3 minutes, just until the beef is heated through.
6. Fold the cooked tortellini into the skillet, making sure the pasta is well coated with the sauce and ingredients are evenly distributed.
7. Layer the thinly sliced provolone cheese over the top of the pasta. Cover the skillet with a lid for a few minutes until the cheese is melted and gooey.
8. Serve hot, garnished with fresh parsley or grated Parmesan if desired.



broadlawns
FOUNDATION

We ♥ our
Volunteers

Seeking motivated, dependable and customer service-oriented volunteers to help brighten days and make a difference in our brand-new Gift Shop.

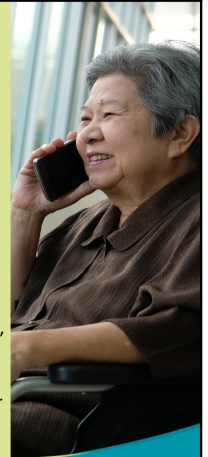
APPLY TODAY:

www.broadlawns.org/volunteer
or call (515) 282-7775

Earn extra income while providing support to seniors.

Be a Senior Companion!

Senior Companions are people age 55+ who provide friendship and assistance to older adults to help them maintain their independence. You can earn \$400+ per month without decreasing your housing, medical, food, disability or other assistance you may receive. You'll make new friends and help improve the quality of life for older adults in your community.



Senior Companions Provide:

- Friendship and social support
- Respite for caregivers
- Support with daily activities*
- Transportation for shopping, appointments and more

*Senior Companions do not provide physical assistance with lifting clients, ambulating, toileting, dressing, cooking or cleaning.



We also offer no-contact ways you can support seniors, including phone calls, pen pal services and delivery of meals, groceries and other items.

Benefits

You can be a Senior Companion if you:

- Have the ability to transport others
- Are at least 55 and live on a limited income.
- Live in Lucas, Marion, Polk, Pottawattamie or Warren County.

- Pay that is tax-free
- Pay that does not decrease any assistance you may receive including disability, food, housing and more
- Paid time off & holiday pay
- Meal & mileage reimbursement
- Flexibility & independence
- Create new social networks/ make new friends

Learn more! Contact us at (515) 558-9957 or SeniorComp@everystep.org





Here are a few volunteer opportunities that are available through United Way of Central Iowa's AmeriCorps Seniors program.

This program is for people aged 55 and over. Contact us to learn more!

Lynne Melssen 515-246-6544 or lynne.melssen@unitedwaydm.org

Not New Shop

Charity shop volunteers needed to Sort, size, and mark donated items according to suggested price list, using good judgment regarding discards. Assist customers with purchases, ring up sales, keep shop in order. Training provided.

Living History Farms Welcome Center

Greet visitors and provide information about Living History Farms, their special events and exhibits.

Training provided.



Filing for 2023 Rent Reimbursement

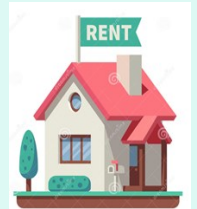
Administration of the Program

The Iowa Department of Health and Human Services (DHHS) manages the Rent Reimbursement program. Local agencies like Polk County PEER Advocate or Aging Resources of Iowa help individuals apply online, over the phone.

Who can file for Rent Reimbursement

You can file if you meet all of the following requirements:

- 65 years of age or older OR
- Disabled and age 18 - 64
- Your income was less than 26,000(approx.)...info has not been shared at this time.
- You live in Iowa now
- You paid rent in Iowa at a property that pays property tax.



How You Will Apply

Applicants can apply for Rent Reimbursement online! You can use a computer or smart phone. This process is easier and anticipate you will receive your payment faster. **You can apply for reimbursement for 2023 and 2022 claims using any device that connects to the internet.**

How to Turn in Proof for the Information We Need

When you apply online, you will be given information about how to include the proof we need to review your claim. You can submit any required proof at the same time you apply online by uploading the info or complete without and DHHS will notify you by mail if any additional info is needed to complete process. Generally, you may need to provide proof of: Identity/Basic Info, Disability or SS gross household income, Rent paid, Business/Landlord name, address, phone amount of any assistance received. Bank routing and account number for check to be deposited into.

<https://benefits.stateofiwahhs.org/program/rentreimbursement>

Need Help When It's Time to Apply?

If want paper form contact DHHS RR at 515-420-6077, leave msg PEER Advocates - Phone assistance only. **Contact 515-286-2112.**

Word Search Puzzle Answers

The words below are listed with their starting row and column

ADJUSTABLEWRENCH 21:21	FOLDINGRULE 22:22	POINTS 16:6
BALLPEENHAMMER 23:2	FOOTPOUNDS 18:17	PUNCH 9:2
BELLFACEDHAMMER 15:1	HEXKEY 7:22	RAFTERANGLE 18:22
BEVEL 7:4	INCHPOUNDS 23:16	RATTAILFILE 14:5
BOXENDWRENCH 16:21	JOINT 17:4	RIPPINGBAR 20:7
CABINETTIP 3:3	KERF 3:4	ROUND OFF 5:16
CARPENTERS SQUARE 16:19	LEVEL 21:23	SLUGGING 22:11
CATSPAW 17:16	LINEMANPLIERS 19:5	SQUARE 11:1
CHANNELLOCKS 4:13	MITER 1:12	STRIPPERS 1:13
CHISEL 1:1	NAILPULLER 11:15	TANG 4:3
CHISELBAR 1:1	NEEDLENOSE 19:20	TEMPERED 10:10
COMBINATIONS SQUARE 17:6	OPENEND 23:1	TENON 16:16
DOWEL 17:1	PEENING 23:23	TORPEDO 18:9
FASTENER 2:4	PHILLIPS 16:6	TORQUE 15:17
FILECARD 3:10	PLANED 10:8	TRYSQUARE 10:18
FLATBAR 12:8	PLIERS 8:6	WELD 4:20
FLATS 8:14	PLUMB 12:20	

Continued from Page 3

Well-being Tip

Preventative Care: Acting Today to Avoid Trouble Down the Road



Preventative care is one of the best ways to stay healthy and avoid costly medical bills down the road. There are many

different types of preventative care, including regular checkups, screenings, and vaccinations.

We know going to the doctor isn't something people tend to enjoy. That's why we rounded up a few tips to help you get the most out of your preventative care:

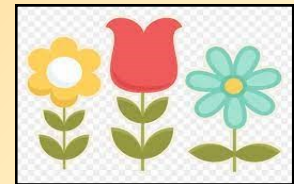
- **Take care of your vaccinations.** Vaccines can protect you from a variety of serious diseases, such as measles, mumps, and rubella.
- **Get regular checkups.** Even if you feel healthy, it's important to see your doctor for annual check-ups. This is a good opportunity to discuss your health and get a handle on any potentially harmful conditions early.
- **Don't skip your screenings.** Screenings can help detect diseases early when they're easier to treat. Some common screenings include mammograms, colonoscopies, and Pap tests.
- **Make healthy lifestyle choices.** Eating a healthy diet, exercising regularly, and not smoking are all important for preventing disease. And you can typically accomplish all these things on your own—without a doctor's visit!
- **Find a doctor you trust.** This is important because you'll be more likely to follow their advice and recommendations.
- **Ask questions.** Don't be afraid to ask your doctor questions about your health and preventative care.
- **Take notes.** This will help you remember what your doctor says and ask any follow-up questions.
- **Be proactive.** Don't wait for your doctor to tell you what you need to do. Take the initiative to make healthy lifestyle choices and get the screenings you need.



Birthday wishes to those celebrating their special day in May



Have a wonderful Day!



Search

🔍 Tips to Improve Mental Health

- ✓ Spend time outside
- ✓ Smile and have fun
- ✓ Practice forgiveness
- ✓ 15 Minutes daily meditation
- ✓ 1 New healthy habit per week
- ✓ Exercise 3 times per week



Take some time to reflect on your mental health this month and find a Live 2 B Healthy exercise class near you!

www.live2bhealthy.com



Get Your Kicks on Route 66 Tour

Sunday, Sept. 22—Saturday, Sept. 28

Non-Member Fee - \$1,925.00 (double)

Non-Member - \$2,365.00 (single)

Coined "The Mother Road" in "The Grapes of Wrath," Clip Route 66 stretched 2,448 miles from Chicago to Los Angeles and is now a tourist destination for travelers worldwide.

We start our journey in Springfield, MO, known as the "Birthplace of Route 66." You'll be in awe when we pull into the Route 66 Rail Haven Motel, the oldest Best Western in the country. Our time in Springfield includes a step-on guided tour with stops at the classic car museum and Route 66 Museum, Red's Giant Hamberg, Wonders of Wildlife National Museum & Aquarium, and Fantastic Caverns.

To request a color brochure with more details, contact Seniors on the Move at

515-225-1455

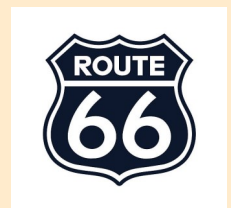
We Moved to: 4401 Westown Parkway Suite 216 West Des Moines, IA 50266

You can also view all the tours online at seniorsonthemove-ia.com

We travel north on Route 66 and stop at many of the quirky sites that make this highway famous. We spend two nights at the Westin downtown St. Louis, visiting the Gateway Arch and taking a river cruise on the Mississippi.

We wind our way north again on Route 66 until we arrive in Springfield, IL. Once there, we have a full day Route 66 Tour planned and will also watch vintage cars parade into the downtown area for a 3-day Route 66 festival. On the last day of our adventure, we visit the Abraham Lincoln Presidential Library and Museum before traveling up the route to wave goodbye to the Bunyon Giant in Atlanta!

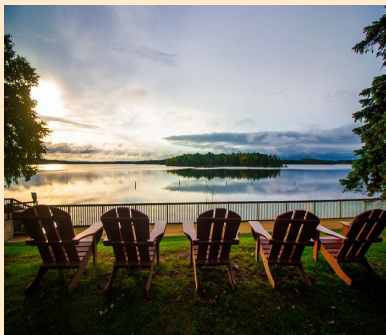
RESERVE YOUR SPOT NOW with a \$600 Deposit 7 DAYS / 6 NIGHTS – Includes motorcoach transportation, overnight lodging, 6 breakfasts, 1 lunch, 5 dinners, select tours and river cruise.



Getaway to Ruttger's Bay Minnesota Lake Resort

August 25—28, 2024

Summer at Ruttger's Bay Lake Resort is the ultimate vacation. Our travelers asked for a repeat and extension of this special tour and we are delivering! We arrive at the resort midday with plenty of time to explore before our Welcome Reception. Your stay includes lakeside lodging, complimentary breakfasts and nightly dinners in the Main Lodge Dining Room.



You can enjoy the lake or curl up with a book and lounge by the pool. However, if you're feeling a bit more ambitious and want to join an activity, these are all included in your package:

free use of tennis and pickle ball courts, discounts on golf and carts for resort transportation, beaches and pools, kayaks, paddle boats, plus bonfires and s'mores. There will also be a special Seniors on the Move pontoon outing.

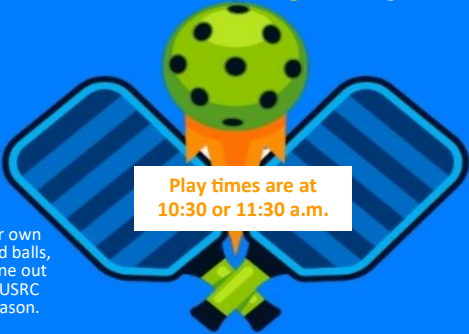
To register for this tour, contact Seniors on the Move

You can also view and register for all tours online at:

seniorsonthemove-ia.com/

UPCOMING EVENTS

Urbandale Senior Recreation Center
Pickleball Doubles Leagues (Ages 55+)



Play times are at
10:30 or 11:30 a.m.

Bring your own
paddles and balls,
or check one out
from the USRC
for the season.

PICKLEBALL TOURNAMENT

Check out our Novice & Advanced (3.5 or above)
Pickleball Doubles League.

Thursdays
June 13 thru
August 1
(6 weeks)

Walker Johnston
Pickleball Courts
9000 Douglas Ave

An informational
pre-season league meeting
will be held at the USRC on
June 6, at 2 pm.



To register, call the USRC at 515-278-3907
or visit <https://urbandale.activityreg.com>



HEY CUBS FANS!

For every Sunday home game, fans
will receive **FREE ADMISSION** with
the donation of **three food items**
to the **Des Moines Area Religious Council Food Pantry.**

Donations can be made at the **DMARC Booth**
located at Gate B.

We're proud to continue this partnership for the 2024 season!



www.iowacubs.com



Southside Senior Center
100 Payton Ave.
515-287-0092

1st Saturday EVERY Month
10 a.m. to 5 p.m.

Cards, food and BINGO are enjoyed thru out the day.
Individual needs to bring a dish to share and a prize
for BINGO. No Reservations Required.
Just show up and have a GOOD TIME!

Come join Polk County
Senior Services for a fun
day of free fishing on
Free Fishing Weekend

in the
State of Iowa
**Fishing will start at
9 a.m. on
Friday, June 7th,**
and will end sometime
around noon.



There will be prizes for the biggest fish, smallest fish,
and the most fish caught. If you have your own pole,
you are asked to bring your own. There will be a limited
number of poles available, provided by Polk County
Conservation. Bait will be provided.

This event will take place at **Easter Lake**, located
at 2830 Easter Lake Drive, Des Moines 50320.

Sack lunches will be provided as a meal that day.
If you want to sign up for lunch, you need to let your
site staff know where you normally attend. If you do not
normally attend a site, reach out to Matt at the Central
Senior Center (515-286-3677).

RSVP by Noon on Friday, May 24th.