

The Senior

Polk County Senior News!



Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • February 1 - 28, 2014

Are Your Social Security Benefits Taxable?



By Angela Bigley

If you've recently begun receiving Social Security benefits or plan to apply in the near future, you may be wondering this tax season:

Are Social Security benefits taxable?

The short answer is: Sometimes. Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your Social Security benefits.

There is never a case when a person pays tax on more than 85 percent of his or her Social Security benefits, based on Internal Revenue Service (IRS) rules. Now, let's

get down to the numbers.

If you file a federal tax return as an individual and your income is between \$25,000 and \$34,000, you may have to pay income tax on up to 50 percent of your benefits. If your income is more than \$34,000, then up to 85 percent of your benefits may be taxable.

If you are married and you file a joint return, and you and your spouse have a combined income that is between \$32,000 and \$44,000, you may have to pay income tax on

up to 50 percent of your benefits. If your combined income is more than \$44,000, then up to 85 percent of your benefits may be taxable.

Note that your "income" for the purpose of determining whether you must pay taxes on some of your Social Security benefits includes your adjusted gross income, your nontaxable interest, and one half of your Social Security benefits.

In January, you should have received a *Social Security Benefit Statement* showing the amount of benefits you received last year. You can use this statement, or SSA-1099, when completing your federal income tax return to find out whether some of your benefits are subject to federal income tax. If you didn't receive yours, you can request one at www.socialsecurity.gov/1099.

So, are your Social Security benefits taxable? Maybe. To learn more, read page 14 of our booklet, *Retirement Benefits*, available at www.socialsecurity.gov/pubs or visit www.irs.gov/ to obtain more detailed information on the subject.

Angela Bigley is the Social Security District Manager in Des Moines.

*Roses are Red
Violets are Blue
Be Happy and Healthy
In All that You Do!*



There will be No NEW Craft Projects planned during the months of March, May, July, August and December.

Sites can use this time to catch up on existing projects, can come up with some projects on their own to do or use as reorganization and break.

Always check the Senior Bulletin or individual sites for upcoming projects and how to sign up for each project.

The Bulletin Board!

South Senior Center Potluck

Good People, Good Food... Come Share in the Fun!

On the 1st Saturday of this month (February 1st), we hold a Potluck lunch.

Just bring a dish to share. Doors open at 10:30 a.m. Eat lunch at noon and stay in the afternoon to play cards, bingo, etc. Table service is provided along with coffee and tea. Come join us for good food and fun.

This potluck is for anyone over 60 years of age regardless of if you attend a center or not.



I'm 65 or Older

Do I Need to File an Iowa Income Tax Return?

Maybe Not!

Even if you always filed an Iowa return before, you might NOT need to anymore if:

- you're Single and you have net income of \$24,000 or less
- you're filing status is other than Single and you have a combined net income of \$32,000 or less

Find out at www.iowa.gov/tax

Do you still need to file a tax return? File electronically!

File your federal and Iowa returns together through our website at: www.iowa.gov/tax

You may qualify to file electronically for free!



Important Dates

- 2/1 - National Freedom Day
- 2/2 - Ground Hog's Day
- 2/2 - Super Bowl XLVIII
- 2/7 to 2/23 - Winter Olympics
- 2/12 - Abraham Lincoln's Birthday
- 2/14 - Valentine's Day
- 2/17 - President's Day - ALL SITES CLOSED
- 2/22 - George Washington's Birthday

- American Heart Month
- Black History Month
- Canned Food Month
- Great American Pie Month
- National Cherry Month
- National Grapefruit Month
- National Weddings Month
- Tax Season



Winter Olympics



National Freedom Day



• When : Always February 1st
• National Freedom Day celebrates freedom from slavery, and recognizes that America is a symbol of freedom.

• National Freedom Day was established in 1948 to remind us that America stands for, and is a symbol of freedom for all people. The roots of this special day come directly from the end of slavery and the signing of the 13th amendment outlawing slavery.

• Celebrate this day by reflecting upon your own freedoms that you enjoy by being fortunate enough to be in America. Millions of people in the world are not free.

XXII Winter Olympics

- Opening Day Ceremony: February 7, 2014
- Closing Day Ceremony: February 23, 2014
- Location: Sochi, Russia
- Once every four years, the world's top athletes meet, to compete in the Winter Olympics. The Olympic games in Sochi, Russia, will be the
- Opening Day ceremonies for the Winter Olympics is a huge, and very special event.



DO YOU QUALIFY FOR RENT REIMBURSEMENT?

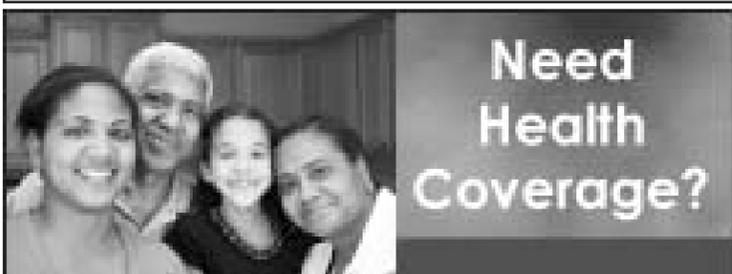
- ◆ Are you an Iowa resident?
- ◆ Are you 65 or older as of December 31, 2012?
- ◆ Is your annual household income less than \$21,698?
- ◆ Do you pay rent?
- ◆ Does the place you live pay property tax?

If you answered **YES** to all these questions, you may qualify for an **Iowa Rent Reimbursement** of as much as \$1,000.

Let us help you fill out your claim.

For assistance, please contact:

Peer Advocate Program, Senior Services of Polk County
 Phone: 515-286-2112
 2309 Euclid Ave
 Des Moines, IA 50310



We're here to help you navigate the Health Insurance Marketplace!

Find health coverage that works for you and your family. Get quality coverage at a price you can afford.

Call us today for assistance at **515.288.1516**



VNS Senior Companion Program
VISITING NURSE SERVICES OF IOWA

FREE Right Here in Polk County!

We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

Do you have a regular weekly need?
 Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

558-9957

or email Julia at juliat@vnsia.org



*This program is free to those over the age of 21, regardless of income, except in cases where the client has Elderly Waiver funding.

Happy Valentine's Day



Word Search Puzzle

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

- | | | |
|------------|------------|----------------|
| amore | friendship | poems |
| arrow | gifts | proposal |
| Be Mine | hearts | romance |
| candies | hugs | roses |
| cards | jewelry | sweethearts |
| chocolate | kisses | Teddy Bears |
| couples | lace | thoughtfulness |
| cupid | laughter | valentine |
| date night | love | weddings |
| February | marriage | wine |
| flowers | memories | wishes |

Inclement Weather Policy for Polk County Senior Services

It is the intention of Polk County Senior Services to open and operate its centers as scheduled. The effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.

When this occurs, announcements will be made on local T.V. and Radio stations. You can also find out about center closings by calling a senior center (listen to voice message), call Senior Services Administrative Office at 515-286-3679 or go to www.dsmschools.org (follow prompts).

As a rule, when the Des Moines Public Schools are closed, due to inclement winter weather, so are the Polk County Senior Centers.

If no announcement is heard/seen, participants should call the center before leaving home to make sure center staff has arrived and the sidewalks and parking areas are safe.



Day of Service for Iowa's Foster Grandparent Program

Submitted by Traci Bittner-Dragoo

In honor of Martin Luther King, Jr. Day, VNS of Iowa's Foster Grandparent Program packaged 1,200 Outreach, Inc. meals of macaroni and cheese. Nearly 40 Foster Grandparents, guided by Outreach, Inc. and with the help from a Wells Fargo volunteer team and two AmeriCorps volunteers, packaged meals to be given to the Des Moines Area Religious Counsel Food Pantry to be distributed to those in the community in need.

Traci Bittner-Dragoo is the Publications Specialist for HCI Care Services, Visiting Nurse Services of Iowa.

Winter Watch for Seniors: Eight Tips For Having A Safe Season...And Feeling Great!!



Submitted by Teresa Davis

Winter is a special time for caution... it is a season for the flu bug, for slips on icy streets and for other dangers that are especially great for senior citizens.

- Get vaccinated annually against the flu. The season for flu runs from mid-October to mid-March
- Check the lighting in your house. Make sure there are no great contrasts from one room to another, because older people have difficulty adjusting to changes in light and high contrasts increase the risk of slip and falls. Also, use night lights, and don't have loose extension cords lying around.
- Check your rugs. Make sure they are not wrinkled or torn in a way that can trip you up as you walk. Use special tape underneath them to prevent from sliding.
- In the bathroom, have mats inside and outside the tub to keep you from slipping on a wet surface. If you need them, install grab bars inside the tub, and always check the temperature of the water before getting into the tub.
- Maintain your diet and a good level of hydration. Drink at least four or five glasses of water every day. This should not change just because it is winter.
- Make sure your smoke alarms are working. If you live in your own house rather than an apartment, you should also have carbon-monoxide alarms.

- Wear appropriate footwear. Comfortable shoes with anti-slip soles will help you navigate icy streets.
- Have a programmable phone with emergency numbers entered. Another good idea for older persons living alone is a personal emergency response system – a device worn around the neck or on a bracelet, which can summon help if needed. Wear this device all the time, and use it.

Teresa Davis is the Community Relations Director www.PrairieHills.com.

AARP Driver Safety Course Offered Monthly

Submitted by Mary Kay Dial

AARP will hold Safe Drive courses the 2nd Monday of each month. They will be held at the AARP Iowa office located at 600 E. Court Ave. Suite #100 in Des Moines. Class time is from 8:30 a.m. to 12:30 p.m.

The cost of the course is \$15 for AARP members and \$20 for Non-members. You may also go on line: www.aarp.org/drive.

Dates for the class are February 10th, March 10th, April 14, May 12th, June 9th, July 14th, August 11th, September 8th, October 13th, November 10th, December 8th.

Please call: (515) 697-1021 to reserve your place.



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or may be of interest to older adults.

We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Senior Bulletin reserves the right to decide to publish or not, as well as determine whether to publish all or part of any material submitted. Deadline is usually around the 3rd Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



Polk County February Pie Menu

February 6th
Chocolate Crème Pie

February 13th
Blueberry Pie

February 20th
Strawberry Crème Pie

February 27th
Dutch Apple Pie



Fishing is much more than fish. It is the great occasion when we may return to the fine simplicity of our forefathers.

~ Herbert Hoover, Iowa's lone president

Foster Grandparents

Give back to your community!

- Do you enjoy working with kids?
- Are you over the age of 55?
- Can you serve 15-40 hours a week?

As a Foster Grandparent, you help teachers while making a difference in children's lives!

- Earn a tax-free hourly stipend
- Get reimbursed for your travel
- Receive ongoing training

(515) 558-9975 • www.vnsia.org

WesleyLife HOME-DELIVERED MEALS

WesleyLife Meals on Wheels delivers hot, nutritious meals for those in the greater Des Moines area who need assistance with getting proper nutrition, or just want a little help cooking.

For more information call us at (515) 699-3247, or visit WesleyLife.org/Meals.

Roast beef

Lemon pepper fish

Country herb chicken

WesleyLife Meals on Wheels is brought to you by WesleyLife with help from our friends

1700-988-5-13

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City: _____ State: _____ Zip: _____

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Email: _____

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Don't miss a single issue!

Checks/Money Orders made payable to:
Polk County Treasurer
 Mail to: River Place West - Senior Services of Polk County
 Senior Bulletin Subscription
 2309 Euclid Avenue
 Des Moines, Iowa 50310

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 below with \$10.00.

M T W Th F

3
 BBQ Chicken Sandwich
 Broccoli
 Low Sodium V8 Juice
 Whole Wheat Bun
 Raisins
 75
 513

4
 Shepherd's Pie
 Spinach
 Peaches
 Wheat Bread
 Blueberry Crisp
 125
 794

5
 Baked Cod
 Stewed Tomatoes
 Lettuce Salad
 Pears
 Rye Bread
 76
 509

5
**FLEX MEAL
 OPTION**
 Goulash
 97
 833

6
 Meatloaf
 Sweet Potatoes
 Green Beans
 Banana
 Wheat Roll
 100
 809

7
 Green Pepper Soup
 Mixed Vegetables
 Tropical Fruit
 Wheat Bread
 Apple Raisin Crisp
 169
 1028

10
 Chicken Stew
 Spinach
 Red Grapes
 Wheat Roll
 Apricots
 110
 793

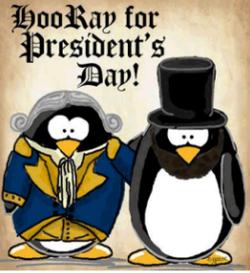
11
 Meatball Sub
 Cheese
 Peas
 Applesauce
 Fresh Orange
 92
 803

12
 Chef Salad
 Tomato Wedge
 Baked Potato
 Banana
 Bran Muffin
 114
 723

12
**FLEX MEAL
 OPTION**
 Liver and Onions
 119
 802

13
 Salisbury Steak
 Whipped Potatoes
 Broccoli
 Dried Cranberries
 Wheat Roll
 107
 806

14
 Tuna Salad Sandwich
 Minestrone Soup
 Cooked Cabbage
 Orange Juice
 Trail Mix
 101
 765

17 - President's Day

Closed

18
 Hamburger Cabbage
 Casserole
 Peas
 Tropical Fruit Salad
 Wheat Bread
 Peach Crisp
 118
 938

19
 Chicken Burger
 Lettuce/Tomato/Onion
 3 Bean Salad
 Fresh Banana
 Birthday Cake
 125
 808

19
**FLEX MEAL
 OPTION**
 BBQ Riblet
 138
 999

20
 Pork Roast with Gravy
 Mashers
 Carrots
 Fresh Apple
 Wheat Roll
 Pineapple
 85
 549

21
 Turkey Sandwich
 Broccoli Cheese Soup
 Corn
 Grape Juice
 Cherry Almond Crisp
 113
 832

24
 Baked Chicken
 Party Potatoes
 Mixed Vegetables
 Fruit Cocktail
 Fresh Orange
 Dinner Roll
 94
 704

25
 Cali Burger
 Valley Salad
 Lettuce/Tomato/Onion
 Peaches
 Wheat Bun
 Warm Cinnamon
 Apples
 91
 744

26
 Tuna and Noodles
 Key Largo Veggies
 Lettuce Salad
 Raisins
 Wheat Bread
 93
 612

26
**FLEX MEAL
 OPTION**
 Bratwurst
 Sauerkraut
 73
 724

27
 Beef Pepper Steak
 Brown Rice
 Spinach
 Pears
 Apple Juice
 96
 661

28
 Chicken Tortellini Soup
 Squash
 Banana
 Wheat Bread
 99
 646

 Meals served at the centers are for those 60 years and older and spouse. Contributions are optional. Questions? Call the site nearest you!

All menus have been verified to meet the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board of the Nutrition Research Council of The National Academy of Science. Serving size: 3 oz. meat/alternative, 2 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, fortified margarine, milk and coffee. All menus subject to change. Top # = Carbohydrates Bottom # = Calories Salt Shaker = Higher Sodium Menu



STRETCH Your Food Dollars
 It's As Easy As...
 For Older Adults 60+ Women, Infants And Children
Commodity Supplemental Food Program
 2309 Euclid Avenue
 Des Moines, IA 50310
 Call Toll Free: 1-877-288-3655
www.polkcountyia.gov

Monthly Packages Include:

- Canned Meat
- Canned Vegetables
- Hot & Cold Cereal
- 100% Fruit Juice
- Canned Fruit
- Cheese
- And More...

Recreation Committee

No Recreation Committee Member Meeting planned for February.
 NOTE - There will be a short meeting scheduled in March.
 Members will be contacted directly.
 When date/time is determined, the information will be found in the Senior Bulletin for other interested individuals who may like to attend. We will be discussing the 2014 Senior Fishing Derby event.
 Any questions, contact Daiynna @ 286-3536.



Polk County Senior Centers Meal Site Locations & Staff

Altoona
Open 9:30 a.m. to 1:30 p.m.
507-13th Avenue SW
Altoona, 50009
Phone: 967-1853
Site Coordinator: Hollie McCargar
Serving time: 11:30 a.m.

Northwest
Open 8:00 a.m. - 5:00 p.m.
5110 Franklin
Des Moines 50310
Phone: 279-2767
Site Supervisor: Kristi Carman
Program Aide: Theresa Webb
Serving time: 11:30 a.m.

Ankeny
Open 9:30 a.m. to 1:30 p.m.
406 S.W. School Street, Suite 104
Ankeny 50021
Phone: 963-0527
FT Site Coordinator: Maureen Schaefer
PT Site Coordinator: Natalie Olson
Serving time: 11:30 a.m.

Norwoodville
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
Site Supervisor: Dan Sauser
Program Aide: Krystal Simonson
Serving time: 11:30 a.m.

Central
Open 8:00 a.m. - 5:00 p.m.
2008 Forest
Des Moines 50314
Phone: 286-3677
Site Supervisor: Sam McCrorey
Program Aide: Sara Baratta
Serving time: 11:30 a.m.

Pioneer Columbus
Open 9:30 a.m. to 1:30 p.m.
2100 S.E. 5th
Des Moines 50315
Phone: 288-3734
Program Aide: Ray Ann Scione
Serving time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY @ Deaf Seniors: 262-3420
Site Supervisor: Dan Sauser
Serving time: 11:30 a.m.

Polk City
Open 9:30 a.m. to 1:30 p.m.
309 Van Dorn
Polk City 50226
Tues., Thurs. @ 984-6691
Site Coordinator: Natalie Olson
M-W-F @ Ankeny @ 963-0527
Serving Time: 11:30 a.m.

East
Open 8:00 a.m. - 5:00 p.m.
1231 E. 26th Street
Des Moines 50317
Phone: 265-8461
Site Supervisor: Ranae Nerem
Program Aide: Kris McCaughey
Serving time: 11:30 a.m.

Runnells
Open 9:30 a.m. to 1:30 p.m.
108 Brown Street
Runnells 50237
Phone: 966-2427
Site Coordinator:
Serving time: 11:30 a.m.

Grimes
Open 9:30 a.m. - 1:30 p.m.
410 S.E. Main Street
Grimes 50111
Phone: 986-5747
Site Coordinator: Rene' Leppert
Serving time: 11:30 a.m.

Scott Four-Mile
Open 9:30 a.m. to 1:30 p.m.
3711 Easton
Des Moines 50317
Phone: 265-9977
Site Coordinator: Kathy Gates
Serving time: 11:30 a.m.

Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline VerSchuer
Serving Time: Noon

South
Open 8:00 a.m. - 5:00 p.m.
100 Payton
Des Moines 50315
Phone: 287-0092
Site Supervisor: JaNeil Long
Program Aide: Carole Stevenson
Serving time: 11:30 a.m.

MLK, Jr.
Open 9:30 a.m. to 1:30 p.m.
1650 Garfield
Des Moines 50316
Phone: 266-5445
Site Coordinator: Bridget Mc Nerney
Serving time: 11:30 a.m.

West Des Moines
Open 9:30 a.m. to 1:30 p.m.
217 5th Street
West Des Moines 50265
Phone: 274-0373
Site Supervisor: Mary Clare
Program Aide: Linda Mason
Serving Time: 11:30 a.m.
(When move to the new building site is complete. Operation Hours will be 8:00 a.m. to 5:00 p.m.)

North
Open 8:00 a.m. - 5:00 p.m.
2nd & Euclid - Park Fair Mall
Des Moines 50313
Phone: 288-1524
Site Supervisor: Diana Savage
Program Aide: Nicole Ledvina
Serving time: 11:30 a.m.

Polk Senior Services Administrative Staff
Program Administrator – Joy Ihle
Program Manager – Joyce Norris
Program Specialist/Tour Manager/Editor – Daiynna Brown
Program Specialist/PEER Advocate/SHIIP – Jaime Stevens

Monthly Activities At Your Senior Centers & Meal Sites



Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

Schedule of Activities

Ceramics
Central.....Mon./Fri. 12:30 p.m.
East.....Thursdays @ 9:00 a.m.
Norwoodville.....Thursdays @ 12:30 p.m.
Pioneer Columbus.....Thursdays @ 12:30 p.m.
South.....Mondays @ 12:30 p.m.
West Des Moines.....Mondays @ 10:00 a.m.

Crafts: (Craft classes run approximately 1 hour)
Altoona.....Mondays @ 10:00 a.m.
Ankeny.....Tuesdays @ 10:15 a.m.
Central.....Thursdays @ 10:00 a.m.
East.....Tuesdays @ 9:30 a.m.
MLK.....Mondays @ 9:30 a.m.
North.....Thursdays @ 9:30 a.m.
Northwest.....Mondays @ 10:00 a.m.
Norwoodville.....Wednesdays @ 10:00 a.m.
Polk City.....Tuesdays (except 2nd Tues.) @ 9:30 a.m.
Runnells.....Fridays @ 10:15 a.m.
Scott Four Mile.....Wednesdays @ 10:00 a.m.
South.....Thursdays @ 10:00 a.m.
West Des Moines.....Tuesdays @ 9:00 a.m.

Dominoes
Johnston.....Wednesdays and Thursdays @ 1:00 p.m.
MLK.....Daily @ 10:30 a.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Golden Thread Society: (Quilting, Crocheting & Knitting)
South.....1st & 3rd Wednesdays @ 2:00 - 4:00 p.m.

Jam Sessions
North.....Fridays @ 12:30 p.m.

Knitting and Crocheting
Johnston.....1st and 3rd Mondays @ 1:00 p.m.

Leather Craft
East.....Fridays @ 8:30 - 10:00 a.m.

Line Dancing
East.....Thursdays @ 12:30 p.m.
North.....Wednesdays @ 12:30 p.m.
Polk City.....Thursdays @ 10:30 p.m.
South.....Tues @ 10:00 a.m. and Thurs @ 12:30 p.m.

Mah Jongg
Johnston.....Tuesdays @ 9:30 a.m. to 3:00 p.m.
Johnston.....3rd Fridays @ 11:30 a.m. to 3:00 p.m.

Pokeno
East.....Mondays & Fridays @ 10:30 a.m.

Pool/Billiards
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.

Puzzles
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
MLK.....Daily @ 9:00 - 3:00 p.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Scrapbooking
South.....Mondays @ 9:30 - 11:30 a.m.
with Bev Collogan

“Sew-cial”: Quilting/N’point (no plastic canvas) Group
Johnston.....2nd & 4th Wednesdays @ 10:00 - 3:00 p.m.

Skip Bo
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Wii
Johnston.....Mondays @ 11:00 a.m.
Johnston.....Tuesdays @ 1:00 p.m.
MLK.....Daily @ 12:30 p.m.
North.....Daily @ All Day

Yoga
Johnston.....Tuesdays @ 10:00 a.m.

Get active today!

February Tournaments



10th @ N’ville – 12:30 p.m.
10th @ South – 12:30 p.m.
24th @ N’ville – 12:30 p.m.
24th @ South – 12:30 p.m.

6th @ South – 12:30 p.m.
11th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
18th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
25th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Cribbage
1st Friday @ North – 12:30 p.m.
2nd Friday @ South – 12:30 p.m.
3rd Friday @ Northwest – 12:30 p.m.
4th Friday @ South – 12:30 p.m.
5th Friday @ North – 12:30 p.m.
(when applicable)

Jail House Rummy
6th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Group Choice for Cards
7th @ South – 12:30 p.m.
14th @ South – 12:30 p.m.
21st @ South – 12:30 p.m.
28th @ South – 12:30 p.m.

Shanghai
6th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Pinochle -
5th @ N’ville – 12:30 p.m.
13th @ N’ville – 12:30 p.m.
20th @ N’ville – 12:30 p.m.
27th @ N’ville – 12:30 p.m.

8 Ball Pool Tournament
1st @ North – 9:00 a.m.
15th @ North – 9:00 a.m.

Double Pinochle
4th @ South – 12:30 p.m.

9 Ball Pool Tournament
8th @ North – 9:00 a.m.
22nd @ North – 9:00 a.m.

Cost \$1.00 per person. Tournaments start at 12:30, unless otherwise indicated.

February Social Card/Domino Parties

Mondays – Closed February 17th
Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeno @ East @ 10:30 a.m.
Hand & Foot @ South @ 12:30 p.m.

Bridge @ Johnston @ 11:30 a.m.
65 @ South @ 12:30 p.m.

Tuesdays -
Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Dominoes @ East @ 12:30 p.m.
Hand & Foot or Spite and Malice @ East @ 12:30 p.m.
Jailhouse Rummy @ South @ 12:30 p.m.

Thursdays -
Social Cribbage @ North @ 12:30 p.m.
Pitch @ Johnston @ 1:00 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Double Pinochle @ NW @ Noon
(except 2/14)
Shanghai @ South @ 12:30 p.m.

Wednesdays -
500 @ Ankeny @ 12:30 p.m.
Social 10 pt. Pitch @ NW @ 12:00 p.m.
(except 3rd Wednesday)

Fridays -
Bridge @ Ankeny @ 12:30 p.m.
Social Bridge @ NW @ 1:00
Social Hand & Foot @ NW @ 1:00 p.m.
Pokeno @ East @ 10:30 a.m.
Group Choice @ South @ 12:30 p.m.



February Craft Projects



We are always looking for new crafting friends to join us. If you are interested in participating in a class please contact a senior center near you and ask about the details of projects coming up, class day and time, supplies needed and how to sign up.

Check with sites for sign ups and info on projects for both current and future classes and if any additional supplies need to be brought with you to the class.

Projects vary in length of time, degree of difficulty and price. Most projects are geared where basic motor skills and hand - eye coordination are used...you don't have to be a crafting expert to attend the classes. The idea is to make something nice but be able to enjoy and socialize during the class as well.

Basic items that should be brought to each class by participants are:

- ❖ Scissors
- ❖ Ruler
- ❖ Needle/Thread
- ❖ Pencil/Marker

❖ Straight Pins

Cost – there is a minimum 50 cent donation requested per craft class week on Regular “Social” Craft Projects, if able to (there also will be a posted suggested price on sign-up sheets of what is asked for that particular project – which is still well below actual cost of project).

On any Special Projects there is a set price that needs to be paid by each individual. All prices are at a reduced rate of what the actual project costs (often over half off). Payment options and/or special financing can be arranged privately by talking to staff ahead of time. Sometimes payments are required prior to class project start date, other times paying the day the project starts in class.

The above information can be found on the sign up sheets at each participating site.

Note: there are sometimes deadlines for signing up for projects and there are a limited number of supplies ordered, so don't delay. We don't want you to miss out!



Wooden Spring Welcome Sign. Sign Size 12" Long/Cost - \$1.50
(Project varies slightly from one pictured above)

Mark Your Calendars Upcoming Craft Projects in April

Actual project will only be the base container itself. How it is used, is up to each individual.

* * Individuals will need to supply their own Tuna, Chicken, Cat/Dog Food Can for this project.

Check with site staff for specific size (ounces) needed.

*Actual Projects will differ slightly than pictures shown below.

Check with site nearest you to look at upcoming month's projects and to sign up!



Spring Tissue Collage Glass Jar
Price TBD



Pair of Clay Pot Easter Bunnies (Lg/Sm)
Price TBD



Clothespin/Can Multipurpose Holder
Price TBD

(candy holder, pen/pencil holder, plant holder, tea light /votive candle holder, etc.)



AARP Foundation Senior Employment

Submitted by Cindi Cannavo
Iowa State Manager

AARP Foundation Work Search

AARP Foundation administers the Senior Community Service Employment Program to assist low income job seekers 55+ find employment. Short term paid training assignments at non-profit and public agencies provide an opportunity to earn minimum wage (\$7.25/hr) for 18 hours a week. While in training, participants increase their skills and receive assistance to enable them to transition into employment. Trial employments are offered to local employers as an incentive to hire. For more information, please call (515) 287-1555.



Sweetheart's Dinner & Dance

Join us for a Valentine's Day Dinner & Dance

North Senior Center – Park Fair Mall

Saturday, February 15, 2014

Doors open at 5:00 pm

Dinner served at 5:30 pm

Entertainment provided by Carr Tunes

Dance the night away to your favorite classic love songs!

\$8 per person

Menu:

Spaghetti with Meat Sauce

Side salad • Garlic Bread

Chocolate Fountain Dessert Bar

RSVP to Diana or Nicole at 288-1524
by Thursday, February 13

Payment requested by RSVP deadline

Exercise Classes Offered

ANKENY
WEDNESDAYS 10:45 - 11:15 A.M.

PIONEER COLUMBUS
MONDAYS & FRIDAYS 10:30 A.M.
INSTRUCTOR - JAYNE LIPOVAC

CENTRAL
FRIDAYS 10:00 A.M.
INSTRUCTOR - SARA BARATTA

EAST
ENHANCE FITNESS
MON., WED. & FRI 12:30 - 1:30 P.M.
INSTRUCTOR - AMBER WILLIAMS

JOHNSTON
WEDNESDAYS 10:00 A.M.

MLK
ARTHRITIS EXERCISE
MONDAYS 10:30 - 11:00 A.M.
INSTRUCTOR - NICOLE LEDVINA

NORTH
ENHANCE FITNESS
MON., WED. & FRI. 10:00 - 11:00 A.M.
INSTRUCTOR - AMBER WILLIAMS

ARTHRITIS EXERCISE
TUESDAYS 10:00 - 11:00 A.M.

NORWOODVILLE
MON., WED. & FRIDAYS 9:00 A.M.
INSTRUCTOR - VIDEOS

PIONEER COLUMBUS
EXERCISE ROOM WITH NEW EQUIPMENT AVAILABLE TO USE DAILY FROM 9:00 A.M. - 1:00 P.M.

POLK CITY
TUESDAYS 12:30 P.M.

SOUTH
ENHANCED FITNESS WITH AMBER WILLIAMS
MON., WED. & FRIDAYS 8:30 - 9:30 A.M.
TUESDAY & THURSDAY 9:30 A.M.
INSTRUCTOR - NEOLA BACCUS

WEST DES MOINES
CHAIR EXERCISES
MONDAYS & WEDNESDAYS 11:15 A.M.
INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER

ARTHRITIS EXERCISE
TUESDAYS 10:00 - 11:00 A.M.



“Take care of your body. It's the only place you have to live.” — John Rohn

"I WILL PROTECT MY HEART."

Get your blood pressure checked.

Make a pledge to do the right thing for your heart. You can begin by eating healthy, being more active, eliminating stress and getting your blood pressure checked. Start a healthier lifestyle today. And let's get healthy.



Made possible with funding from the Centers for Disease Control and Prevention

Be a Senior Companion



And Earn Extra Money Every Month – up to \$400!

- Earn extra income while visiting homebound individuals, helping them maintain a happy, healthy life at home.
- The stipend is considered non-taxable income and does not impact your ability to receive housing/medical/food assistance or social security disability.

Join the Senior Companion Program if you are:

- 55 years old or older
- Able to serve a minimum of 15 hours a week
- Open to providing friendly one-on-one visits to homebound individuals in your community
- Earning an income at or below \$22,980/individual and \$31,020/couple (after out-of-pocket medical expenses)

The Benefits of the Program

- A tax-free hourly stipend (\$2.65 per hr.)*
- Meal reimbursement (\$1.50 per meal)
- Transportation reimbursement (.40 cents per mile)
- Holiday and vacation pay
- Ongoing training and supervision
- An annual physical
- Supplemental accident/liability insurance while on duty



Contact Julia today at
515-558-9957
or at juliat@vnsia.org.

February Blood Pressure Checks

w/Julie Currie, RN

Occupational Health, Visiting Nurse Services of Iowa
(check specific center for time of clinic)

- 2/4 Norwoodville
 - 2/5 Central
 - 2/6 North
 - 2/10 East
 - 2/11 MLK
 - 2/12 NW
 - 2/13 Polk City
 - 2/14 Scott 4 Mile
 - 2/18 Pioneer
 - 2/19 South
 - 2/20 Central
 - 2/21 Altoona
 - 2/24 WDM
 - 2/25 Johnston
 - 2/26 Calvary
 - 2/27 Runnells
 - 2/28 North
- Dates Subject to Change



VITA – Volunteer Income Tax Assistance United Way

Call 2-1-1 for information or to make an appointment at certain locations. 2-1-1 is free and available 24/7.

Free Tax Preparation

Do I Qualify?

You may qualify if you made \$57,000 or less in 2013

What to Bring

- Proof of Identification
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration.
- Birth dates for you, your spouse and dependents on the tax return.
- Current year's tax package if you received one.
- Wage and earning statement (s) Form W2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's Federal and State returns
- Bank Routing Numbers and Account Numbers for Direct Deposit. Blank check or deposit slip required.
- Total paid for day care provider and the day care provider's tax identifying number (the providers Social Security Number or the providers business Employer Identification Number).
- To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

2014 VITA Tax Preparation Sites And Hours of Operation

Polk County River Place

2309 Euclid Ave, Room 3A
Des Moines, Iowa 50310
Mon./Wed./Sat. - 9 – 1
Tues./Thurs. - 5 – 7

Neveln Center

406 SW School Street
Ankeny, Iowa 50023
Tues./Thurs./Sat. - 9 – 1
Wed. - 5 – 7

United Way of Central Iowa

1111 9th Street, Room E
Des Moines, Iowa 50314
Mon./Wed. - 5 - 7
Tues./Fri./Sat. - 9 - 1

List subject to change. For additional information goto: <http://www.unitedwaydm.org/asp/general>.

Iowa Get Screened: Colorectal Cancer Program

Submitted by Scott Slater, MPH

Deputy Director, Polk County Health Department

The Polk County Health Department is participating in a colon cancer screening program launched by The Iowa Department of Public Health. The Iowa Get Screened: Colorectal Cancer Program is committed to raising awareness and promoting colon cancer screening in an effort to save lives from one of the deadliest, yet most preventable diseases. To participate in the program, you must be between the ages of 50-64, be uninsured or underinsured, have a household income of up to 250% of the federal poverty guideline, and have not previously been screened for colorectal cancer according to Centers for Disease Control and Prevention Guidelines.

For more information, or to see if you qualify, please call the Health Department 286-2192.

AARP Tax Assistance

Northwest Community Center
5110 Franklin Ave.
Des Moines, IA 50310
515-279-2767

M-W-F
11:30 to 3:15 p.m.
Beginning February 3rd to April 14th

South Senior Center
100 Payton Ave
Des Moines, IA 50315
515-287-0092

Wednesdays Only
10:00 to 4:00 p.m.
February 5th to April 9th

SHARE: "Great Food at Affordable Prices"

February Packages Available - Purchase one, all or any combination

Order before February 7th, 2014

Food Pickup February 21st or 22nd depending upon location

www.shareiowa.com

(A) Best Value Package - \$25.00

"Save up to 50% on your groceries"

- .79 lb. Fully Cooked Jumbo All Beef and Pork Smoked Sausage
- 1 lb. Grilled Diced Chicken Breast
- 1.5 lb. Hormel Always Tender Pork Roast
- 4 - 2.5 oz. Fully Cooked Mini Pulled Chicken BBQ Sandwiches
- 20 oz. Frozen Winter Blend Vegetables
- 12 oz. Bonser's Homestyle Noodles
- Fresh Seasonal Produce Assortment

(B) Grocery Package - \$13.50

- Fresh Seasonal Produce Assortment
- 20 oz. Frozen Winter Blend Vegetables
- 12 oz. Bonser's Homestyle Noodles

(C) Meat Only Package - \$13.50

- .79 lb. Fully Cooked Jumbo All Beef and Pork Smoked Sausage
- 1 lb. Grilled Diced Chicken Breast
- 1.5 lb. Hormel Always Tender Pork Roast
- 4 - 2.5 oz. Fully Cooked Mini Pulled Chicken BBQ Sandwiches

(D) Breakfast Sandwiches - \$15.00

- 12 - 4.4 oz. Egg, Cheese and a Chicken Sausage Pattie, in between two Whole Grain Pancakes

(E) Charbroiled Beef Burgers - \$18.00

- 18- 5 oz. Fully Cooked Grill Marked Hamburgers

(F) Pasta Box - \$19.00

- "Premium Quality"
- 18 oz. Stuffed Shells

18 oz. Stuffed Manicotti

13 oz. Ravioli

16 oz. Tri - Color Tortellini

12 oz. Sun Dried Tomato Stuffed Ziti

12 oz. Spinach and Cheese Stuffed Ziti

13 oz. Potato and Cheddar Pierogies

(G) Seafood Box - \$21.00

1.5 lb. Buttermilk Breaded Shrimp

4 - 4 oz. Salmon Fillets

4 - 4 oz. Perch Fillets

4 - 4 oz. Cod Fillets

The following are *choice items. In order to purchase these items you must first purchase one of the above packages A, B, C, D, E, F or G

(H) *Choice Item

Grill Pack - \$8.00

2 - 4 oz. Beef Steaks, 2 - 4 oz. Pork Chops, 2 - 4 oz. Chicken Breast

(I) *Choice Item

Frozen Vegetable Box - \$12.00

2- 12 oz. Broccoli

2- 12 oz. Corn

2- 12 oz. Winter Blend (Broccoli & Cauliflower)

2 - 12 oz. Summer Blend (squash, green beans, red pepper, carrots)

(J) *Choice Item

Chicken Breast Nuggets - \$6.00

2 lb. Ready to Cook, Chicken Breast Nuggets

(K) *Choice Item

Apple Pie & Cinnamon Rolls - \$7.00

10 inch/48 oz. Ready to Bake, Double Crust Apple Pie & 22 oz. Package Gourmet Cinnamon Rolls

Due to press deadline, monthly food packages may be subject to last minute changes

BLAST FROM THE PAST – A LOOK BACK AT SOME FUN MOMENTOUS EVENTS/OCCURRENCES AT THE SENIOR SITES



Holiday Fun in Grimes

The seniors in Grimes enjoyed various Holiday programs in December. A Flute Choir from Dallas Center-Grimes High School played beautiful Christmas music after lunch one day. Everyone enjoyed a presentation by Roger Schlaefer on “How One Person Can Make a Difference”, which was the story of a historic 4th-century Christian saint...Saint Nicholas! Throughout December, several seniors shared their special holiday decorations at the serving window, and the Sewing Group made new Holiday table mats which we will enjoy for years to come. We all enjoyed our Holiday Party on December 18th. It included a marvelous “treat table”, carols sung by all and a super-fun “Right-Left” game.



Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.

~ George Washington

Supplemental Foods- We are here to HELP!!

Submitted by Shelly Bates-Crowe
Program Specialist
Supplemental Food Program



The Supplemental Food Program serves seniors who are 60 years of age or older and meet income guidelines.

Our income guidelines for 2013 have increased.

If you are a household of one and do not make more than \$ 1,245 you would qualify for a free box of food. A household of 2 cannot make more than \$ 1,681. We deliver commodities to Polk, Warren, Jasper, Dallas, and Boone Counties. Eligible participants will receive a variety of high quality food items to assist them in obtaining a nutritional diet and to help stretch their food dollars. This program is at NO COST TO YOU if you are eligible.

If you have any questions please Call Shelly at 515-286-3528 or the main number at 515-286-3655.

Wii Bowling League

Sponsored by Senior Helpers
Submitted by Brian Hilgenberg



It's Wii Bowling League time again! This league was organized to encourage social interaction and friendly competition between teams of seniors from various facilities across the greater Des Moines metro area.

Last season we had an exciting finish in both divisions. You can look forward to a few new ways to recognize our bowlers and teams this season. We hope you will be a part of this upcoming 2014 Spring League!

Details on the league:

The Spring League will run 8 weeks; **March 3rd to April 25th, 2014.**

The **Senior Center Division** will operate with a **handicap formula for each bowler.** This will be calculated and applied to each week's results.

All games are played on the Nintendo Wii® system. Each team needs to have four bowlers (55 years or older), who are residents or regular attendees at that facility.

All teams should have an assigned captain or contact to communicate with and submit weekly results to Senior Helpers.

Each team will bowl 2 games every week at a time determined by the team in their own facility. We want to be consistent and maintain a fair playing field, so please do not start over if your scores are not what you expect.

The team captain or contact should verify and record the scores after bowling each game (no second chances or more games should be bowled).

Weekly results will be forwarded back to each team captain or facility via email.

Individual trophies/medals will be awarded to each member of the 1st, 2nd, 3rd, place team in each division. The team that wins the division will also host the “Reigning Champion” traveling trophy. They will keep it until a new champion is crowned; compliments of Senior Helpers. Certificates will be awarded to High Team Series, High Individual Series (2 games) and 300 game scores.

Contact your facility supervisor for details on signing up! They will be receiving registration forms to sign up.

For more information goto <http://www.seniorhelpers.com/desmoines> or call Senior Helpers at phone: 251-7444 fax: 276-1080.

Valentine's Day



Written by Glenda Bradford

Rose are red. Violets are blue. Here is a suggestion I would like to share with you.

Instead of buying flowers, candy or a ring; which may not be some people's thing.

Give out a smile or a hug on this special day; you might make them feel loved or appreciated in a very

special way. These two simple things go a very long way and you just might end up making someone's day.

HAPPY VALENTINE'S DAY EVERYONE!

Polk County Senior/Community Center Bingo Schedule

Site	Day	Time
Altoona	Friday	Noon
Ankeny	Monday	Noon
Central	Wednesday	12:15 p.m.
East	Tuesday	10:30 a.m.
Grimes	Wednesday	12:30 p.m.
Johnston	Friday	12:45 p.m.
MLK, Jr	Wed & Fri	10:00 a.m.
North	Friday	10:00 a.m.
Northwest	Friday	12:15 p.m.
Norwoodville	M, W & F	10:30 a.m.
Pioneer Columbus	Thursday	10:30 a.m.
→ Late Bingo (for DART Riders)	1 st & 3 rd Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 nd & 4 th Wed	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West Des Moines	Tues. & Thurs.	10:15 a.m.