

The Senior

Polk County Senior News!



Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • January 1 - 31, 2014

Final Results for the Senior Helpers 2013 Fall Wii Bowling League!



The champion Ankeny Ten Pinners left to right are: Jim Weyer, Sharon Dallman, Maureen Boesen (Site Supervisor), Judy Nivala, and Ken Nivala



The champion Northside Pin Busters left to right are: Dick Cayot, Ruth Sprague and Harry Werts. (Missing is Charlie Schnoor).

Submitted by **Brian Hilgenberg - Senior Helpers**

It was a pleasure to work with all the senior center supervisors and captains during the 8 week Senior Helpers Wii Fall Season League. We had 27 teams participate in two divisions. It was very competitive up through the last week of play.

All bowlers received a participant ribbon and the top 3 teams received trophies/medals. The champions earned a traveling team trophy they will keep and battle to maintain it next season.

Division 1:

1. Ankeny Ten Pinners - Champions
2. MLK - Peacemakers

3. Northside - Pin Busters

Special Achievements:

Perfect 300 games bowled by:

Sharon Dallman (12), Jim Weyer (8)-Ankeny Ankeny Ten Pinners; Richard Savage (3), Gerald Fike – MLK Peacemakers; Bill Roberts & Dave Winchester - Northside Wild County Express; Kathy Gifford (2)- Southside Silver Foxes; Charlotte Leckband - Urbandale Wii 4.

Top 8 Week Individual Pin Total: Sharon Dallmon, Ankeny Ten Pinners - 4665 pins

Top Team Weekly Total: Ankeny Ten Pinners - 2247 pins

Division 2:

1. Northside Pin Busters- Champions
2. Pioneer Columbus - 4 Dudes
3. Northside - Alley Cats

Special Achievements:

Top Game: Dick Cayot, Northside Pin Busters - 278 pins

Top 2 Game Series: Dick Cayot - 482 pins

Top 8 Week Individual Pin Total: Don Goin, Northside Alley Cats - 3258 pins

Top Team Weekly Total: Northside Pin Busters - 1704 pins

It was good to see so many teams and players improve during the 8 weeks. We look forward to starting back up again in the spring of 2014 so keep on bowling!!

DART News: DART Tips for Winter Riding

The Des Moines Area Regional Transit Authority advises residents to plan accordingly when using DART services during winter weather conditions.

Check www.ridedart.com. Conditions can change quickly, and DART may be forced at times to detour or cancel service. Check www.ridedart.com for detours before you head out. Sign up for email updates about specific route service at <http://www.ridedart.com/email-updates.cfm>.

Leave early. Heavy traffic and poor road conditions require operators to slow down for safe travel, causing delays in the schedule. If winter weather conditions are present, consider taking an earlier trip ensure on-time arrival at your destination.

Be visible. Make yourself visible to an approaching bus by wearing light color or reflective clothing. It is also helpful to carry a small blinker light or flashlight, especially on dark winter mornings or evenings.

Play it safe. Be visible when waiting for the bus and wait for the driver to make a complete stop before your approach. Melting snow and ice can make the bus floor slippery; for safety, please hold onto handrails and seat backs when walking on the bus. When exiting the bus be sure to move directly away from the door and do not walk along the bus.

Dress warmly. Dress in layers to stay warm while walking to your stop and waiting for the bus. Don't forget to cover your head, neck and feet appropriately to keep in body heat and keep out moisture.

For more information, please visit www.ridedart.com or call DART Customer Service at 515-283-8100.

The Bulletin Board!

South Senior Center Potluck

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

On the 1st Saturday of this month (**January 4th**), 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.



Important Dates

- 1/1 – New Year's Day - ALL SITES CLOSED
- 1/20 – MLK Jr. Day - ALL SITES CLOSED
- 1/31 – Chinese New Year

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month





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



Need Health Coverage?

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.



Help Available With Rent Reimbursement Application

Peer Advocate Volunteers will be available to assist in applying for the Rent Reimbursement program.

Senior Center	Day/Date	Time	Address of Location
Central	Wed. 1/15/14	10 a.m. - 1 p.m.	2008 Forest Avenue Des Moines
South	Thur. 1/16/14	10 a.m. - 1 p.m.	100 Payton Avenue Des Moines
North	Fri. 1/17/14	11 a.m. - 2 p.m.	Park Fair Mall (2 nd & Euclid) Des Moines
Pioneer Columbus	Wed. 1/22/14	10 a.m. - Noon	2100 S.E. 5 th Street Des Moines
Norwoodville	Wed. 1/29/14	10 a.m. - 1 p.m.	3077 N.E. 46 th Avenue Des Moines
East	Thur. 1/30/14	10 a.m. - 1 p.m.	1231 E 26 th Street Des Moines

Contact: Jaime Stevens, Program Specialist • Polk County Peer Advocate Program • 515-577-6678

Who Are The Peer Advocates?



Emergency meals are delivered to the seniors' home by a volunteer and are free to the clients. Meals are purchased at the Hy-Vee Deli.

The Peer Advocate program has also partnered with Iowa Department of Revenue in assisting those who are 60 and older to apply for rent reimbursement or assist them with filling out the rent reimbursement forms. Look for our advertisement posted in the Polk County Senior Bulletin to find out where we will be next.

The Peer Advocate Program has become a one stop shop for many seniors who may need a variety of services. We are here to assist anyone who needs help finding services to best fit their needs. Peer Advocates **cannot** provide transportation, pay bills or help with personal care or housekeeping/chores, **BUT** we can help find you the services that can. We can take referrals from friends, family members, community agencies, medical staff and seniors themselves. **All services are FREE to anyone 60 and older.**

If you are interested in meeting with a Peer Advocate or becoming a Peer Advocate/ SHIIP volunteer. Please contact the Peer Advocate Coordinator at 286-2112.

In 2014, look for a Peer Advocate Volunteer to be out at Polk County Senior Centers!

The Polk County Peer Advocate Program has been helping seniors in Polk County since 1987. Peer Advocates are volunteers who are 60 and older and have been trained in assisting their peers with tasks such as filling out applications for Medicaid and Elderly Waiver Programs, writing letters or making phone calls on behalf of seniors and finding information and resources for clients.

Each Peer Advocate volunteer has gone through 20 hours of training on community resources, senior issues and dependent adult abuse. The volunteers also have monthly on-going trainings to help familiarize themselves with other agencies and services in Polk County that will

help benefit the clients that they serve.

Several Peer Advocate Volunteers have gone through additional training with the Iowa Insurance Division to become Senior Health Insurance Information Program (SHIIP) counseling. The trained volunteers are there to help seniors with questions about Medicare, Medicare Advantage Plans, Medicare supplemental insurance plans, prescription drug coverage and other insurance information.

Peer also provides emergency meal deliveries for clients who have just gotten out of the hospital or other emergency situations. Peer Volunteers can provide one hot meal and one cold meal for three days.



"Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come. Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level. Goals give our life direction.

-- Melody Beattie

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.

The Food and The Process

SHARE is a non-profit organization that specializes in selling exceptional food at up to 50% off. We have been in business for over 18 years, there is no catch, it's just a great deal. SHARE was started as a resource to help others and that spirit is alive and well today.

We strongly encourage anyone who takes advantage of the food savings to give back a little. We believe that by lending a helping hand to our neighbors, friends and family, we will make this world a better place to live in.

The Food

SHARE contracts with food buyers from around the country to source and purchase high quality food. We buy this food at wholesale prices in large quantities. Volunteers come into the SHARE warehouse to sort, bag and assemble the food to ship out to our many SHARE distribution locations. These locations are run by a volunteer workforce that make up the backbone of the SHARE organization. Because we make every effort to buy smart at wholesale prices we can pass those savings on to you and your family.

Here's a few quick facts about SHARE:

- SHARE only buys quality food from reputable vendors
- SHARE does not take food donations
- SHARE is not and has never been a Food Bank
- SHARE is run primarily by a huge volunteer workforce
- SHARE is for everybody who wants great food at great prices
- SHARE has no membership fees or dues
- SHARE is for you

The Process

Every month SHARE publishes a print and online version of our menu. The menu is comprised of frozen food, meats, vegetables and other grocery items all of

which are organized into "Food Packages". To buy one or more food packages you either place and pay for your order with your local SHARE distribution location or order online and pay with a debit or credit card. All online orders are processed via our secure paypal credit card system.

Saturday Pick Ups

Des Moines
Elsie Mason Manor
430 Grand Ave.
11:30 a.m. - 1:00 p.m.

SouthSHARE
Fort Des Moines Methodist Church
6205 SW 9th
11:30 a.m. - 12:30 p.m.

Community of Norwoodville
Norwoodville Baptist Church
4690 NE 29th St
9:30-10:30 a.m.

West Des Moines SHARE
Community Center, Valley Junction
217 - 5th St.
10:30-11:30 a.m.

After all of the orders are processed we begin packing the food items for shipment to the distribution locations. On the designated pick-up date just swing by and pick up your order. A simple way to save big!

If you have any questions just give the SHARE office a call at 800-344-1107, we're happy to help.

At time of publication of the Bulletin, Holiday Food Package Information was not available, so go to: www.SHAREiowa.com or stop by one of the senior centers and look on their bulletin board for information as it becomes available.



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.



Ask the Naturalist

Submitted by Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org



Question: Are the bald eagles back yet?

Answer: Yes the wintering eagles have arrived. I have seen several of them around Saylorville Lake in the last month. During the winter months, bald eagles migrate south as far as they need to find food and shelter. They often cluster around open water waiting for an opportunity to snatch a fish. To catch a glimpse of an eagle, look around Saylorville Lake at Sandpiper Recreation Area below the dam at Bob Shetler and Cottonwood Recreation Area. Bald eagles can also be seen at Gray's Lake Park, Easter Lake Park, and Yellow Banks Park, southeast of Des Moines. Yellow Banks Park has several scenic overlooks with nice views of the Des Moines River. In downtown Des Moines, look for eagles off the E. 6th bridge.

Don't just make a resolution this New Year's Day, make a commitment!

Polk County January Pie Menu

- 1-2 Fruit Forest Pie
- 1-9 Pumpkin Pie
- 1-6 Cherry Pie
- 1-23 Cocunut Creme Pie
- 1-30 Strawberry Rhubarb Pie



Fruit Forest Pie, also known as Five Fruit Pie, is a delicious pie that is packed with apples, strawberries, blackberries, raspberries and rhubarb. It is fantastic served a-la-mode!

VNS VISITING NURSE SERVICES OF IOWA
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.

WesleyLife MEALS ON WHEELS

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

United Way of Central Iowa

POLK COUNTY

1700-988-5-13

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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



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

1 - Closed



New Year's Day

1 - Closed

New Year's Day

2

BBQ Chicken Breast
Sandwich
Sweet Potatoes
Brussels Sprouts
Whole Wheat Bun
Banana

111
684

3

Hearty Italian Vegetable
Beef Soup
Peas
Orange Juice
Whole Grain Blueberry
Muffin
Peaches

104
794

6

Beef Chili
Squash
Raisins
Wheat Bread
Pears

104
623

7

Orange Chicken
Brown Rice
Mixed Vegetables
Coleslaw
Fresh Orange
Plum Cobbler

129
832

8

Baked Cod
Key Largo Vegetables
Lettuce Salad
Banana
Rye Bread

72
496

8

FLEXMEAL OPTION

Hot Dog
Whole Wheat Bun

82
489

9

Turkey with Gravy
Whipped Potatoes
Broccoli
Apple Juice
Whole Wheat Dinner Roll
Pineapples

85
584

10

Stuffed Green Pepper
Soup
Peas
Tropical Fruit
Wheat Bread
Apple Raisin Crisp

169
1028

13

Turkey Ham and Bean
Soup
Brussels Sprouts
Orange Juice
Cornbread
Trail Mix

98
649

14

Apple Pork Chops
Carrots Sticks
Spinach
Strawberries
Sponge Cake
Wheat Bread

78
598

15

Chef Salad
Tomato Wedge
Baked Potato
Banana
Bran Muffin

107
777

15

FLEXMEAL OPTION

Liver and Onions

119
802

16

Shredded Pork
Germany Vegetable Blend
Garlic Mashers
Fresh Apple
Fruit Cocktail
Whole Wheat Bun

99
706

17

Turkey Sandwich
Broccoli Cheese Soup
Tropical Fruit
Wheat Bread
Apple Raisin Crisp

113
832

20 - Closed



MLK, Jr. Day

21

Chicken Meatballs
Whole Grain Penne Pasta
Peas
Mandarin Oranges
Rosy Applesauce

80
678

22

Tilapia
Red Beans and Rice
Low Sodium V8 Juice
Raisins
Peaches
Birthday Cake

158
936



22

FLEXMEAL OPTION

Veggie Sub

133
902

23

Salisbury Steak
Mashed Potatoes
Brussels Sprouts
Whole Grain Dinner Roll
Banana

91
740

24

Chicken Tortellini Soup
Green Beans with
Almonds
Fresh Orange
Pumpkin Apple Muffin
Pears

102
680

27

Tuna and Noodles
Key Largo Vegetables
Lettuce Salad
Tropical Fruit
Raisin Bread
Mango Crisp

139
873

28

Cali Burger
Lettuce/Tomato/Onion
Diced Potatoes
Apricots
Whole Wheat Bun
Warm Cinnamon Apples

105
754

29

Pork Ham Slice
Potato Salad
Spinach
Fresh Apple
Whole Wheat Dinner Roll
Fruit Cocktail

88
532

29

FLEXMEAL OPTION

Chicken Caesar Salad

76
679

30

Beef Pepper Steak
Brown Rice
Mixed Vegetables
Applesauce
Fresh Orange

109
704

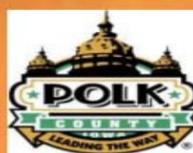
31

Chicken Stew
Cooked Cabbage
Red Grapes
Whole Grain Banana
Muffin
Pineapple

83
686

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.polkcountyiowa.gov

Monthly Packages Include:

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

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



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.

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.

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.

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.

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.

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.

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

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.

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.

Northwest
 Open 8:00 a.m. - 5:00 p.m.
 5110 Franklin
 Des Moines 50310
 Phone: 279-2767
 Site Supervisor: Mary Clare Cox
 Program Aide: Theresa Webb
 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.

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.

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.

Runnells
 Open 9:30 a.m. to 1:30 p.m.
 108 Brown Street
 Runnells 50237
 Phone: 966-2427
 Site Coordinator: Kris Stewart-Rowen
 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: 248-6336
 Site Coordinator: Kathy Gates
 Serving time: 11:30 a.m.

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.

West Des Moines
 Open 9:30 a.m. to 1:30 p.m.
 217 5th Street
 West Des Moines 50265
 Phone: 274-0373
 Site Coordinator: Linda Mason
 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.

Get active today!

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.

January Tournaments



27th @ N'ville – 12:30 p.m.
 27th @ South – 12:30 p.m.

14th @ South – 12:30 p.m.
 16th @ South – 12:30 p.m.
 21st @ South – 12:30 p.m.
 23rd @ South – 12:30 p.m.
 28th @ South – 12:30 p.m.
 30th @ 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.

10 Point Pitch
 7th @ South – 12:30 p.m.
 14th @ South – 12:30 p.m.
 21st @ South – 12:30 p.m.
 22nd @ NW – 12:30 p.m.
 28th @ South – 12:30 p.m.

Group Choice for Cards
 3rd @ South – 12:30 p.m.
 10th @ South – 12:30 p.m.
 17th @ South – 12:30 p.m.
 24th @ South – 12:30 p.m.
 31st @ South – 12:30 p.m.

Shanghai
 2nd @ South – 12:30 p.m.
 9th @ South – 12:30 p.m.
 16th @ South – 12:30 p.m.
 23rd @ South – 12:30 p.m.
 30th @ South – 12:30 p.m.

65 - Sites Closed 1/1
 8th @ South – 12:30 p.m.
 15th @ South – 12:30 p.m.
 22nd @ South – 12:30 p.m.
 29th @ South – 12:30 p.m..

Pinochle - Sites Closed 1/1
 8th @ N'ville – 12:30 p.m.
 15th @ N'ville – 12:30 p.m.
 22nd @ N'ville – 12:30 p.m.
 29th @ N'ville – 12:30 p.m.

8 Ball Pool Tournament
 3rd @ North – 9:00 a.m.
 17th @ North – 9:00 a.m.
 27th @ North – 9:00 a.m.

500 - Sites Closed 1/20
 6th @ N'ville – 12:30 p.m.
 6th @ South – 12:30 p.m.
 13th @ N'ville – 12:30 p.m.
 13th @ South – 12:30 p.m.

Double Pinochle
 2nd @ South – 12:30 p.m.
 7th @ South – 12:30 p.m.
 9th @ South – 12:30 p.m.

9 Ball Pool Tournament
 10th @ North – 9:00 a.m.
 24th @ North – 9:00 a.m.

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

January Social Card/Domino Parties

Mondays – Closed January 20th
 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.
 Social Cribbage @ Altoona @ 12:15 p.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.
 Shanghai @ South @ 12:30 p.m. (NEW!)

Wednesdays - Closed January 1st
 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.

January 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.

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!

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.



Brick Snowman
Size - Approx 12"

Cost \$1.50 ea. per person



Melting Snowman Pin
Size - 3" base

Cost \$1.00 ea. per person



Wide Mason Jar (limited supply)

Cost for either jar project - \$1.50 each, per person (choose from one above)



Tall Mason Jar (very limited supply)

Mark Your Calendars

Upcoming Craft Projects in February

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



Wooden Spring Welcome Sign
Sign Size 12" Long/Cost - \$1.50

(Project varies slightly from one pictured above)



Decorated Monogram Letters
Approx. 12" high/ Cost \$2.00 ea. per person
Pre-pay/Sign Up Deadline by January 12th

Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity. -- Rev. Dr. Martin Luther King, Jr.

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.



Tai Chi for Seniors



Tai Chi for Arthritis - Class Starts January 14th, 2014

As we age, we know how important and beneficial it is to keep our body moving. With its gentle movements, Tai Chi is an excellent exercise for everyone, not just those with arthritis.



- ☉ Promotes Health & Well-Being
- ☉ Unites Mind Body & Spirit
- ☉ Reduces Stress & Anxiety
- ☉ Improves Balance & Stability
- ☉ Improves Cardiovascular Health
- ☉ Promotes Better Sleep



This one hour class will meet twice a week for eight weeks.

There is No Charge.

Class will meet on Tuesdays and Thursdays, from 2:00 - 3:00 p.m., at the Eastside Senior Center, 1231 E. 26th Street.

To register or questions, call Ranae at 265-8461.



Recreation Committee



No Recreation Committee Member Meeting planned for January.
Any questions, contact Daiynna @ 286-3536.

Exercise Classes Offered

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

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

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

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

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

POLK CITY
TUESDAYS 12:30 P.M.

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

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

JOHNSTON
WEDNESDAYS 10:00 A.M.

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

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.

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

55+ Initiative



The 55+ Initiative is a growing group of volunteers, age 55 and up, who are inspired to make a difference. Volunteers trust that United Way will deliver a quality volunteer experience—your time is well-spent! 55+ Initiative projects meet critical needs in the areas of Education, Income and Health with results we can measure. Get connected to issues that matter to you! And meet others who share your interests!

VITA—Volunteer Income Tax Assistance



Enjoy working with people and want to give back to the community? The 55+ Initiative of United Way invites you to join our team of greeters to help low-income individuals and families at tax time through the Volunteer Income Tax Assistance (VITA) program.

Greeters welcome taxpayers, oversee the sign-in process, and complete a checklist with taxpayers to confirm they have the appropriate paperwork. A one-hour training will be offered in January. Located in Des Moines and surrounding communities, tax sites are open daytime, evening and weekend hours beginning in late-January through April 15.

Volunteers choose the site and schedule that is most convenient. In 2013, VITA assisted 4,629 low-income workers and brought back a total of \$7.7 million to our community.



Senior Companion Recognition Event

Caption (from left): Lillian Brown, Anita Johnson, Randy Brown, Sharon Langworthy and Chico Aguiniga celebrate at Visiting Nurse Services of Iowa's annual recognition event for its Senior Companion Program. The Senior Companions were recognized for their service with certificates, a catered meal and community entertainers. The Senior Companion Program offers seniors the opportunity to serve elders in the community while earning a tax-free stipend, mileage and other benefits. For more information on how you can earn extra money if you are 55+ years of age, please contact Julia Tiedeman at (515) 558-9957.

Ready to make a difference?

Contact Joy Talmon, RSVP Director at
 jtalmon@unitedwaydm.org or (515)-246-6544

RSVP

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@vnsla.org.



January Blood Pressure Checks

w/Julie Currie, RN
 Occupational Health, Visiting Nurse Services of Iowa
 (check specific center for time of clinic)

2 nd	North
7 th	Norwoodville
8 th	NW
9 th	Polk City
10 th	Scott Four Mile
13 th	East NW
14 th	Grimes
15 th	South
16 th	Central
17 th	Altoona
21 st	Pioneer Columbus
22 nd	Calvary @ Norwoodville
23 rd	Runnells
24 th	North
27 th	WDM

Dates Subject to Change.



Federal Trade Commission Issues Report: Iowans Rely on the “Do Not Call Registry”

Submitted by Nancy G. Anderson

In a recent report issued by the Federal Trade Commission (FTC), Iowa ranked high in the percentage of residents who take advantage of the Do Not Call Registry. Iowa was 12th in the nation with 78% of personal phone numbers registered!

Iowa's Senior Medicare Patrol recommends that you register your number today. (Maybe next year we can be tops in the country!) Call 1-888-382-1222 or visit www.donotcall.gov. If you call, you must do so from the number you want to register. You can register up to three personal phone numbers and your registration does not expire. After you've been registered 31 days, telemarketers are not allowed to make sales calls to you. If you do receive sales calls from places you've not done business with in the last 18 months, you should make a note of the date, time and business that called you.

Although the Registry does not stop political, charity or survey calls there is a solution to those unwanted calls, too. You have the right to ask the political organization, charity or survey caller to place your number on their organization's do not call list. Make a note of when you make this request and to which organizations.

Registering your phone number or telling the organization or business not to call your number, gives you the right to file a complaint if they do call you. Use the notes you



NATIONAL DO NOT CALL REGISTRY

took about the dates and callers. It is very important to file complaints because money talks and if the FTC receives complaints they can fine the organizations. You can file a complaint at the phone number and web address listed earlier.

Join your wise friends and neighbors who've already registered their numbers. When you start enjoying getting fewer annoying calls, you'll also be able to spot a scam caller more easily! The sources of information for this article are "FY 2013 National Do Not Call Registry Data Book" and www.consumer.ftc.gov

“Money Smart for Older Adults”

A new resource guide to help prevent financial exploitation has been created by the Consumer Financial Protection Bureau and the

Federal Deposit Insurance Corporation (FDIC). The Senior Medicare Patrol helped provide information for this guide, which discusses how to prevent frauds, scams and other types of elder financial exploitation. A "MetLife Study of Elder Financial Abuse: Crimes of Occasion, Desperation, and Predation Against America's Elders" cites an estimated \$2.9 billion lost by older Americans due to exploitation in 2010. Government and private organizations regard financial exploitation to be an epidemic.

The "Money Smart for Older Adults" guide is available to download at www.consumerfinance.gov/older-americans.

Nancy G. Anderson is the SMP Coordinator for Aging Resources of Central Iowa.

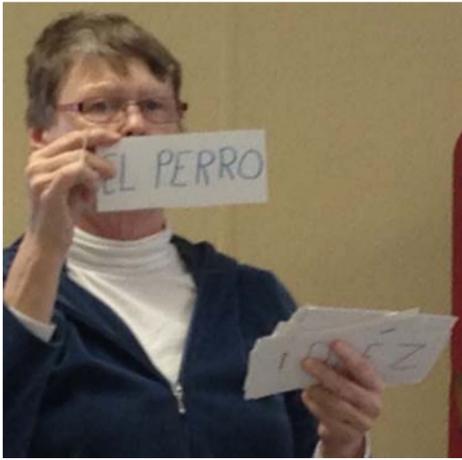


新年快乐 2014
 Happy Chinese New Year

Year of the Horse

Happy New Year!

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



Grimes News: Interesting “Senior Moments” in Grimes

Submitted by René Leppert

The seniors at Grimes are encouraged from time to time to share a topic of interest to them with the rest of the group after lunch. We call these our “Senior Moments” and usually have 2-3 of them a month. Various topics have included: Blind rehabilitation, purple martins, wood scrolling, auctioneering, adult education, “pumpkin people”, volunteering, foreign languages, original poems and teddy bears.

Pictured left is Deb Eikenberry teaching the group some basic Spanish words. Also pictured bottom left is Cheryl Conner as she challenges the seniors to draw a specific diagram using only the verbal instructions from one senior participant. We learned how critical good instructions are and how many ways things can be interpreted by each person!

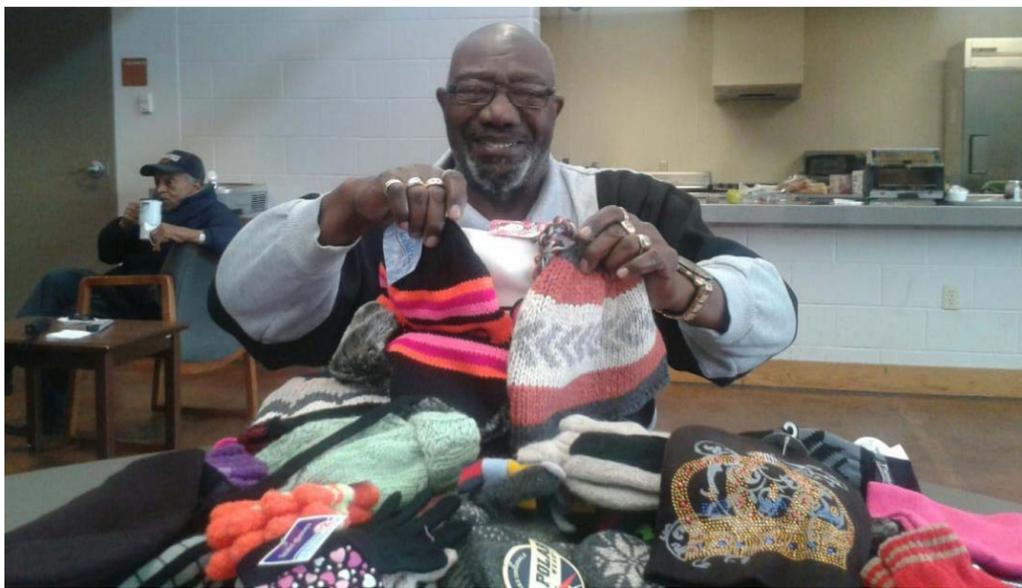
On November 16th, our group held a Grimes Veteran’s Day Potluck pictured bottom right. Seniors, veterans and their families were invited to a potluck supper to honor those who have and continue to serve our country. Delicious food was enjoyed by all, and a program featured patriotic songs sung by the group as well as a special tribute and naming of veterans. We decided this will be an annual event for our Senior Center.



MLK News

Submitted by Bridget Mc Nerney

The Community Housing Initiative asked for individual and organizational donations of hats and mittens for the East Bank Neighborhood DMPS children. Odell Jenkins (pictured above), a member of the MLK Senior Meal Site spearheaded the collection of items from the seniors. The hats and mittens were given to the students at the Holiday Party hosted at Hyatt Middle School. Over 1,700 invitations were sent out to the students of Garton, Capitol View and Carver Schools and their families.



North Senior News

Submitted by Diana Savage

The North Senior Center hosted its 6th Annual Thanksgiving Dinner on Thanksgiving evening. There were about 65 people in attendance and everyone had a great time. Diana provided the ham, green bean casserole, mashed potatoes and gravy. Beaverdale Estates donated a 25 pound turkey for the event. The seniors all brought side dishes and desserts, all of which were yummy! We played cards, pool and Wii bowling. Everyone enjoyed good conversation and a lot of laughs. The evening ended around 9:00 pm and everyone went home having had a great time! Thanks to all the volunteers who helped with the clean up.

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.

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.