

The Senior

Polk County Senior News!



Bulletin

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

Do You Know:

Senior Services Of Polk County Welcomes Two Of Its Newest Staff Members

Eliz Rockwell

Greetings from Runnells Senior Center! My name is Eliz Rockwell. I am married with three boys, Phillip (19), Christopher (16), and Zachary (11). We have lived in the Runnells area for almost 14 years. Prior to coming to Senior Services, I was a lunch lady for Southeast Polk Schools, for six years and I have managed the concession stands for the district for five years. My family and I are very involved with Cub/Boy Scouts. We started a new Pack and Troop in Runnells five years ago. In my spare time, I love to cook/bake, garden and scrapbook. Please stop by and say Hello when you're in town!

to apply when the position as Site Supervisor became available at the Northwest Community Center. It's a "different world" from where I came, but one that is filled with both challenges and rewards. I've already gotten to know many seniors by name and they always greet you with a smile and oftentimes a funny story!

I currently reside in Altoona, but raised my four children in Pleasant Hill. They are all grown now, and between the four of them, have provided me with five grandsons! I grew up in Elkhart and before school aged, moved to Ankeny. My mother was the first graduating class of North Polk in Alleman, Iowa, so I was very excited to be assigned both Ankeny and Polk City as my cluster sites that I oversee.

I have a lot of interests and hobbies. I enjoy movies, shooting pool, playing the piano and have recently taken up knitting lessons from a friend/co-worker, Peg Hoemann (General Services).

I love spending a lot of time with the grandkids and in nicer weather, you'll find me walking or jogging outdoors. In the summer months, I very much enjoy riding both my bicycle and my motorcycle.

I'm very excited to be a part of the CFYS family!



Eliz Rockwell



Kristi Carman

Kristi Carman

Hello! I am Kristi Carman. I began my employment with Polk County in March 2010, in the Board of Supervisors' office. I previously had spent 15 years as an administrative assistant to the President at the Iowa Federation of Labor, AFL-CIO, a labor organization that represented affiliated unions across the State of Iowa.

About a year ago, I was hired as an on-call facility attendant for CFYS, which was the catalyst that interested me in Senior Services. I did some digging and asked a lot of questions and decided

The Bulletin Board!

South Senior Center Potluck

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

On the 1st Saturday of this month (March 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.



Free Smoke Detectors For Eligible Des Moines Residents

Submitted by Margaret De Sio
Aging Resources of Central Iowa

The Fire Department has free smoke detectors available to older and low income homeowners living in the Des Moines City limits. If you have further questions or would like to reserve a smoke detector, contact Deb Bruce, at the Fire Department 283-4240.

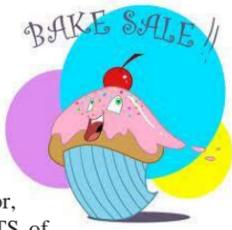


Here are some need to know bullet points

- It is for people who own their home – we can't do rental properties, we don't have enough for that kind of program. We would like people who can afford to do so, purchase their own alarms so we can use our alarms for the low income members of the community.
- The homeowner or whomever will be installing the smoke alarms needs to come to 2715 Dean Avenue to watch a 6 minute video on installing smoke alarms. They will pick up the alarms at that time.
- They need to call me to set up a time to watch the video to make sure that I am here 283-4240.
- Within 7 days we need to get a phone call or e-mail advising the alarms have been installed.
- It is for people in the city of Des Moines. Other area fire departments have programs for their respective cities.

Norwoodville's Annual Rummage/Bake Sale!!!!

Norwoodville will host its Annual Rummage/Bake Sale Wednesday, April 9th through Friday, April 11th from 8:00 a.m. to 4:00 p.m. at 3077 NE 46th Ave. (Broadway). Stop by for some great deals!!! Priced to sell!!!



Clothes GALORE. Jeans, blouses, slacks, t-shirts, shoes, kids' clothes, toys, baby items, furniture, holiday decor, appliances, home decor, LOTS & LOTS of stuff!!!! Don't forget about the Bake Sale.. cookies, pies, muffins, banana bread, fudge, you name it we'll have it baked!!!! You don't want to miss this!!!!

Any questions, call Dan or Krystal @ 515-266-5794



No written law has ever been more binding than unwritten custom supported by popular opinion.
~ Carrie Chapman Catt (1859-1947)

Woman's Suffrage Movement leader Carrie Chapman Catt spent her childhood in Charles City, Iowa and graduated from Iowa State Agricultural College (now Iowa State University) in three years. She was a member of Pi Beta Phi, as well as the valedictorian and only woman in her class.

She became a teacher and then superintendent of schools in Mason City, Iowa in 1885. She was the first female superintendent of the district.

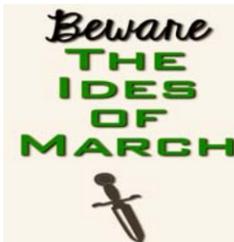
We Can Do It!



Women's History Month is an annual declared month worldwide that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18.



- 3/3 Lent Begins
- 3/5 – Ash Wednesday
- 3/9 – Daylight Savings Times
- 3/15 – Ides of March
- 3/17 – St. Patrick's Day
- 3/20 - Spring Begins
- Irish American Month
- National Craft Month
- National Nutrition Month
- National Peanut Month
- Nat'l Women's History Month
- Red Cross Month
- March Madness



American Red Cross





DO YOU QUALIFY FOR RENT REIMBURSEMENT?

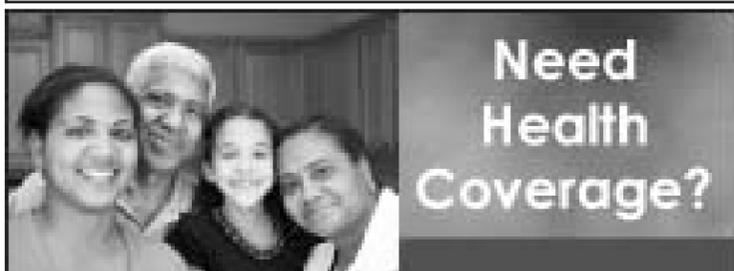
- ◆ Are you an Iowa resident?
- ◆ Are you 65 or older as of December 31, 2012?
- ◆ Is your annual household income less than **\$21,698**?
- ◆ Do you pay rent?
- ◆ Does the place you live pay property tax?

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**



VITA – Volunteer Income Tax Assistance: United Way

Call 2-1-1 for more 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 please refer to: <http://www.unitedwaydm.org/asp/general>

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.
 Until April 14th

South Senior Center

100 Payton Ave
 Des Moines, IA 50315
 515-287-0092
 Wednesdays Only
 10:00 to 4:00 p.m.
 Until April 9th

DART News

Submitted By Jennifer Greiner

DART Route and Schedule Changes Effective February 23rd. Schedule times were adjusted beginning Sunday, Feb. 23, on Local Routes 3, 6, 7, 14, 16, 51 and 52, on Express Routes 98 and 99 and on the Grimes/NW Johnston On Call Route to better serve DART customers.



DART - How to Ride Training on March 18th

DART staff provides small group training to help individuals learn to ride the bus in Greater Des Moines. Training demonstrates how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. How to Ride Training sessions are free and open to the public. Join us for the next session at DART Central Station (620 Cherry Street, Des Moines) on Tuesday, March 18, from 2 to 4:30 p.m. For more information about DART, please visit www.ridedart.com or call DART Customer Service at 515-283-8100.

All Things March

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

- | | | |
|------------------|---------------|----------------|
| Aries | Ides of March | planting |
| Ash Wednesday | Ireland | pot |
| baseball | Irish | rainbow |
| basketball | jig | Red Cross |
| birds | Lent | saint |
| Celtic | leprechauns | season |
| clovers | luck | seeds |
| crafts | March | shamrocks |
| Daylight Savings | March Madness | spring |
| emerald | nutrition | spring forward |
| flowers | outdoors | sunshine |
| garden | parades | tulips |
| gold | Patrick | vacations |
| green | Pisces | windy |

VNS Senior Companion Program

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.

Senior Companion MLK, Jr. Community Service

Submitted by Traci Dragoo, VNS

VNS of Iowa's Senior Companions recently partnered with DMARC Food Pantry to complete a service project in honor of Martin Luther King, Jr. Day. The Senior Companions donated 230 food items - far surpassing their goal of 170. Senior Companions are volunteers aged 55+ who provide companionship, social support, transportation, and/or respite to people with chronic health concerns, helping them stay independent in their own homes. Senior Companions receive ongoing training, a tax-free stipend, mileage reimbursement and other benefits.

For more information on how to become a Senior Companion or to receive services, please contact Julia Tiedeman at (515) 558-9957.



Front left to right: Carol Ellsworth, Mary Cason, Dixie Houge and Pam Clark.
Back left to right: Bruce Conner, Art Nolan, Ron Fox and Nancy Martin.

Better Choices, Better Health: Put Life Back Into Life For Chronic Illness Sufferers



Are you dealing with an ongoing chronic health condition?

A Better Choices, Better Health workshop now offered through Mercy can help! The Better Choices, Better health program was created by Stanford University to help people with chronic conditions manage their health more effectively. The six-week workshop is designed to help people dealing with chronic conditions live better lives by providing them with tools and resources.

What is Better Choices, Better Health?

It is a series of six weekly, 2.5 hour classes that will help people learn ways to self manage their health and take charge of their lives. Mercy is providing classes at several locations throughout the Des Moines metro. Visit www.mercydesmoines.org for more information on class times and locations.

In the Better Choices, Better Health workshop, attendees will learn how to:

- Communicate effectively with family, friends and health professionals
- Deal with problems such as anxiety, frustration, fatigue, pain and isolation
- Eat healthy and exercise for maintaining and improving strength, flexibility and endurance
- Find support and solutions to disease-related problems
- Make informed treatment decisions
- Use medications appropriately

Who should attend?

Classes are very helpful for people with ongoing health conditions. It is not specific to any one disease, but instead addresses a variety of topics that are commonly encountered when dealing with ongoing health conditions including asthma, arthritis, diabetes, heart disease, stroke, depression, COPD, osteoporosis, fibromyalgia, mental health conditions and many more. Spouses, family members and friends are encouraged to attend as well.

The Village - A WesleyLife Community
1203 North E Street
Indianola 50125

Starts on: Tuesday, March 4th
Time: 1:00 to 3:30 p.m.
Location: TBD

Union Park United Methodist Church
2305 E. 12th Street
Des Moines 50316

Starts on: Thursday, March 6th
Time: 1:00 to 3:30 p.m.
Location: Fellowship Hall

Iowa Heart Center
5880 University Ave.
West Des Moines 50266

Starts on: Thursday, March 6th
Time: 6:00 to 8:30 p.m.
Location: Conference Room

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 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 March Pie Menu

March 6th
Pecan Pie

March 13th
Cherry Pie

March 20th
Boston Crème Pie

March 27th
Lemon Meringue Pie



Recreation Committee

A brief Recreation Committee Member meeting will be held on March 27th, at 10:00 a.m., at the North Senior Center (located in upper level of Park Fair Mall - 2nd & Euclid) NOTE - Anyone is welcome to attend this very informal meeting. We will be discussing the 2014 Senior Fishing Derby event.



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 is brought to you by WesleyLife with help from our friends

Roast beef



Lemon pepper fish



Country herb chicken



1700-988-5-13

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

4
 Orange Chicken
 Brown Rice
 Mixed Vegetables
 Coleslaw
 Fresh Orange
 Plum Cobbler
 129
 832

5
 Seafood Pasta
 Lettuce Salad
 Peas
 Banana
 Wheat Bread
 104
 627

5
Flex Meal Option
 Hot Dog
 86
 520

6
 BBQ Chicken
 Sweet Potatoes
 Brussels Sprouts
 Raisins
 Wheat Bun
 109
 671

7
 Tilapia
 Stewed Tomatoes
 3 Bean Salad
 Tropical Fruit
 Wheat Roll
 118
 795

10
 Turkey Ham and Bean
 Soup
 Brussels Sprouts
 Cornbread
 Orange Juice
 Trail Mix
 98
 649

11
 Apple Pork Chop
 Carrots
 Potato Salad
 Strawberries
 Sponge Cake
 Wheat Bread
 90
 647

12
 Chef Salad
 Tomato Wedge
 Baked Potato
 Banana
 Bran Muffin
 107
 777



12
Flex Meal Option
 Liver and Onions
 119
 802

13
 Turkey with Gravy
 Whipped Potatoes
 Broccoli
 Apple Juice
 Wheat Dinner Roll
 Pineapple
 85
 584

14
 Tuna Cavatappi
 Corn
 Tropical Fruit
 Wheat Bread
 Apple Raisin Crisp
 171
 934

17
 Beef Stew
 Broccoli
 Craisins
 Whole Grain Biscuit
 104
 779



18
 Chicken Meatballs
 Whole Grain Pasta
 Tomato Sauce
 Peas
 Mandarin Oranges
 Rosy Applesauce
 80
 678

19
 Beef Taco
 Whole Grain Tortilla
 Lettuce and Tomato
 Corn & Bean Salsa
 Green Beans
 Birthday Cake
 Banana
 127
 842

19
Flex Meal Option
 Veggie Sub
 133
 902

20
 Shredded Pork
 Garlic Mashers
 Creamy Cucumbers
 Fresh Apple
 Fruit Cocktail
 Wheat Bun
 99
 706



21
 Baked Cod
 Key Largo Vegetables
 Lettuce Salad
 Pineapple Tidbits
 Rye Bread
 72
 496

24
 Beef Chili
 Squash
 Mixed Melon
 Wheat Bread
 Orange Juice
 83
 553

25
 Cali Burger
 Lettuce/Tomato/Onion
 Valley Salad
 Berry Blend
 Warm Cinnamon Apples
 Wheat Bun
 89
 731

26
 Pork Ham Slice
 Copper Penny Salad
 Spinach
 Fresh Apple
 Raisin Bread
 Peaches
 88
 548

26
Flex Meal Option
 Chicken Caesar Salad
 76
 684

27
 Salisbury Steak
 Mashed Potatoes
 Brussels Sprouts
 Raisins
 Wheat Dinner Roll
 91
 684

28
 Macaroni and Cheese
 Green Beans w/Almonds
 Low Sodium V8 Juice
 Banana
 Wheat Bread
 98
 636

31
 Baked Chicken
 Party Potatoes
 Broccoli
 Fresh Orange
 Pears
 Wheat Bread
 675



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

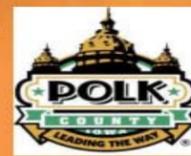
All menus have been verified to meet the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board of the Nutrition Research Council of The National Academy of Science. Serving size: 3 oz. meat/alternative, 2 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, 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...

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.



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: Kristi Carman
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: Eliz Rockwell
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.

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.

Westside Community Center
Open 8:00 a.m. - 5:00 p.m.
134 - 6th Street
West Des Moines 50265
Phone: 274-0373
Site Supervisor: Mary Clare
Program Aide: Linda Mason
Serving Time: 11:30 a.m.



Polk Senior Services Administrative Staff
Program Administrator – Joy Ihle
Program Manager – Joyce Norris
Program Specialist/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.
WestsideMondays@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.
WestsideTuesdays@ 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.

March Tournaments



24th @ N’ville – 12:30 p.m.
24th @ South – 12:30 p.m.
31st @ N’ville – 12:30 p.m.
31st @ 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)

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.

Pinochle
5th @ N’ville – 12:30 p.m.
12th @ N’ville – 12:30 p.m.
19th @ N’ville – 12:30 p.m.
26th @ N’ville – 12:30 p.m.

Double Pinochle
4th @ 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.

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.

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.

8 Ball Pool Tournament
14th @ North – 9:00 a.m.
28th @ North – 9:00 a.m.

9 Ball Pool Tournament
7th @ North – 9:00 a.m.
21st @ North – 9:00 a.m.

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

March Social Card/Domino Parties

Mondays
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.

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.

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

Bridge @ Johnston @ 11:30 a.m.
65 @ 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 3/19)
Shanghai @ South @ 12:30 p.m.

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.

April 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!

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.

1" high (not greater than 1 1/2") x 3 1/4" (5 oz)

*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 \$1.50



Clothespin/Can Multipurpose Holder
Price \$1.00

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



Pair of Clay Pot Easter Bunnies (Lg/Sm) - Price \$2.00 for a set of two

Ideas for Leaving Your LEGACY

Submitted by Teresa Davis,
Community Relations Director
www.PrairieHills.com

There are many examples of how you can leave a legacy for your families to have and cherish...for years to come. When the kids visit you, pay attention to which objects or photos they gravitate to. Then tell them the stories behind those things —how you met your spouse; your experiences in the military; even how you got into trouble sometimes. Observe what they respond to, and keep those observations in mind as you plan your estate. Keep in mind as well that children are often unimpressed with monetary value, treasuring more the stories behind a gift, whether it's a pocket knife, a scrapbook, or a set of old records. That's a legacy gift. After all, what your grandchildren want most of all is you. As you plan ahead, make sure you leave a great big part of you with them, both objects and stories. That's how you leave a legacy.

Some people choose to create something for others to have and keep. You can videotape yourself reading stories to your grandchild or great grandchild so that future generations can experi-

ence the same joy. Maybe make a cookbook of favorite recipes for family members to enjoy. Focus in on spending quality time with family and friends to create memories to cherish.

Ideas that may help you leave a positive impact on others include:

- **Creating a family tree** that includes details about each person.
- **Writing letters to grandchildren about your life.** Share what you have learned and what you hope for them.
- **Making photo albums** for the important people in your life that give details of a wonderful time you had spending time together.
- **Making family celebrations especially meaningful,** such as a destination family reunion or theme party.
- **Bringing back family traditions** that have slipped away in recent years.
- **Taking trips** to places you have lived or visited, and sharing your experience with others.
- **Help others,** volunteer and be another senior's advocate or help them to do errands.

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Ask the Naturalist



By Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org

Question: After all the hype about the "What does the fox say?" video, my kids and I are wondering what do foxes really sound like?

Barb, Johnston

Answer: Last summer I was standing in the middle of my yard listening to a fox calling in the nearby pasture and it didn't sound anything at all like "wa-pa-pa-pa-pa-pow!" as it does in that music video. In fact, foxes don't sound like any other animal you've heard before. Red foxes may use up to 20 different calls to find mates, interact with rivals and communicate within their family groups. That particular evening the fox was making a raspy yowl, almost sounding like a scream. It was kind of creepy. They can also bark, yip, whine, and squeal. It's very difficult to put into words what foxes sound like. Maybe that's why the Norwegian group, Ylvis, chose to parody the fox.



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.

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

WESTSIDE COMMUNITY CENTER
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

Are You Caring for a Loved One with Cancer?
Attend a FREE Meal & Seminar.

Speaker:
Dr. Richard Deming

- Conversations to have with the doctor
- Tips for families
- Treatment options
- Free Caregiver Toolkit

March 11th
5:30-6:30 p.m.
Dinner provided.
OR
March 14th
11:30 a.m.-12:30 p.m.
Lunch provided.

Register today!
Call: 515-333-4257

Family CAREGIVER COLLEGE hosted by: **HCI** Care Services

Iowa Senior Medicare Patrol

Submitted by Nancy G. Anderson,
SMP Coordinator at Aging Resources of Central Iowa
www.agingresources.com

Protect Yourself from Medicaid Fraud and Scams

If you are covered by Medicaid health benefits, keep your eyes and ears open for scams that might affect your benefits. The Iowa Department of Human Services (DHS) has this advice:

- "If a person approaches you and offers you free services, medical equipment, or money for your Medicaid number, just walk away and report it."
- "Don't share your personal information with anyone who says that they are from Medicaid and ask for payment over the phone."
- "Don't share your information with anyone who comes to your home unexpected, wanting to sell something and says they would need your Medicaid number."

In their fall, 2013, "Iowa Medicaid Member Quarterly Newsletter" DHS says if you want to review what claims have been paid under your Medicaid number, you can request a report of claims by calling Member Services at 1-800-338-8366. (In Des Moines call 515-256-4606.) If your Medicaid card is lost or stolen, you should call that same number immediately. If you suspect someone may be attempting to commit Medicaid fraud using your ID number, call the Medicaid fraud hotline at 1-800-831-1394.

The New "One Ring" Cell Phone Scam

The Better Business Bureau and the Federal Trade Commission just issued urgent warnings about the latest scam racing across the country. It begins with a call to your cell phone from a number you don't recognize. You don't have time to answer because they hang up after **one ring**. Naturally, you'll be curious about who tried to reach you and wonder if it was an important call. At this point, you should **protect yourself by not returning the call!** The scam starts when you dial the number. You'll get billed for an international call at about \$20 PLUS \$9 per minute that you stay on the call. The scammer gets you to stay on the line by playing recorded music or advertising.

The Federal Trade Commission's (FTC) Internet article, "One-Ring Cell Phone Scam can Ding your Wallet," (<http://www.consumer.ftc.gov/blog/one-ring-cell-phone-scam-can-ding-your-wallet>) warns that area codes commonly displayed on these calls are from 268, 284, 473, 664, 649, 767, 809, 829, 849 and 876.

If you're a victim of this scam, contact your cell phone carrier immediately, keep a close watch on your monthly statements and inform other persons who may be on your cell phone plan. You can also register a complaint with the FTC at www.ftccomplaintassi

Diabetic Testing Strips Resale

It is not uncommon to see advertisements that invite you to sell your unused diabetic test strips for cash. The U.S. Food and Drug Administration (FDA) requires "re-sale" businesses to register with their agency; if they don't, they can be prosecuted or penalized. Iowa Senior Medicare Patrol suggests you consider the following if you are thinking of selling unused test strips or buying resold diabetic test strips:

- Why do you have unused strips? Are you following your doctor's instructions on how often you test your glucose?
 - o If you are following instructions, your medical supply company or pharmacy may be providing too many strips and Medicare may be losing money on the unused strips. Ask your doctor for help in checking your current prescription to see if the amount of strips is correct.
 - o If you are not following your doctor's instructions for testing, you should ask your doctor if it is safe to test less often than he/she recommends.
- Contact the FDA to see if the buyer is registered; the FDA can be reached at 1-800-332-1088. Because you are not familiar with the buyer, you have no idea if they are legitimate if you don't do some research.
- Buying test strips from a resale company can be risky because you do not know if the strips have been stored and transported properly nor whether the expiration date is correct. All of these variables can make the strips unsafe because your glucose reading may be wrong, causing you to endanger your health when you make decisions about your diet or dose of insulin.

The Senior Medicare Patrol program is looking for Volunteer Speakers in Polk, Dallas, Jasper and Warren Counties. This volunteer would be educating groups of Medicare Beneficiaries, their families or caregivers on how to prevent and report Medicare Fraud. There is an application process, training, ongoing education and support provided to volunteers.

For more information please contact Nancy G. Anderson at 255-6142 or nancy.anderson@agingresources.com.

March Blood Pressure Checks

w/Julie Currie, RN

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

- 4th Norwoodville
 - 5th Central
 - 6th North
 - 10th East
 - 11th Grimes
 - 12th NW
 - 13th Polk City
 - 14th Scott Four Mile
 - 17th WCC
 - 18th Pioneer Columbus
 - 19th South
 - 20th Central
 - 21st Altoona
 - 25th Johnston
 - 26th Calvary @ Norwoodvi
 - 27th Runnells
 - 28th North
- Dates Subject to Change.



Irish Poems, Blessings & Toasts

May you be pursued by trouble all your days, and may it never catch up.
"May you be poor in misfortune and rich in blessings. Slow to make enemies, quick to make friends. But rich or poor, quick or slow, may you know nothing but happiness from this day forward."

~Shamus Phibber McGee

Always remember to forget the things that made you sad.
But never forget to remember the things that made you glad.

Always remember to forget the friends that proved untrue.
But never forget to remember those that have stuck by you.

Always remember to forget the troubles that passed away.
But never forget to remember the blessings that come each day.



~ N. McCarthy



Friends, in your life I hope you do four things; lie, steal, cheat and drink. When you lie, do it to save a friend. When you steal, steal someone's heart. When you cheat, cheat death. And when you drink, drink in all life's richness!

~ Jim Bryant

B I N G O B I N G O B I N G O

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.
Westside	Tues. & Thurs.	10:15 a.m.

B I N G O B I N G O B I N G O

MARCH 6TH, 2014

1:00 P.M.— 3:00 P.M.

5:00P.M. — 7:00P.M.

The Polk County Board of Supervisors and the Department of Community, Family & Youth Services invite you to an

OPEN HOUSE

Refreshments and tours will follow the programs at
1:30 P.M. and 5:30 P.M.



**Westside Community Center
134 6th St.
West Des Moines, 50265**

FOR MORE INFORMATION CALL:

515-274-0373



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

Westside Community Center

Submitted by Linda Mason
Site Coordinator

West Des Moines Senior Center all wore red for National Women's Heart Awareness Day on February 7th. We learned all about the facts and statistics of women having heart attacks and how to recognize

the early signs. We also enjoyed heart healthy snacks.

The brand new Westside Community Center is almost ready to move into. The workers have done a great job of staying on schedule. The seniors are all getting so excited and anxious for the move. Soon!! Very Soon!!



WDM Seniors – There's A lot of Hearts in this Group!



Soon to be WDM Senior's new home away from home!

MLK: Crowning of the MLK's Valentine's Day King and Queen



Pictured above is King Richard Savage and Queen Irene Buckner.

Submitted by Bridget McNerney
Site Coordinator

Seniors at MLK site celebrated Valentine's day in style with fruit skewers dipped in a chocolate fountain, punch, cupcakes and

the crowning of their King and Queen. All were entertained in reading aloud their Valentine fortunes found in hand-made paper fortune cookies.

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Johnston Senior Center

Submitted by
Caroline VerSchuer
Site Coordinator

Check out the great crowd we had for our Valentine-themed lunch at Crown Point Johnston Community Center.

What a wonderful afternoon it was with Johnston boomers and seniors! Rob Biensen entertained the group with Ragtime music. Roses were given to everyone.

A great time was had by all!



Caroline Ver Schuer



Rob Biensen



Johnston Seniors celebrate Valentine's Day