

The Senior Polk County Senior News!

BULLETIN

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

It's Almost Here! Senior Fest! Don't Miss Out!



The Polk County Annual Senior Fest & Health Fair will be held on Wednesday, May 21st, 2014. The event will take place at the Varied Industries Building, located at the Iowa State Fairgrounds. This popular, highly attended event includes something for everyone with the variety of vendors having information

and services useful for the older population. In addition, there will be drawings of door prizes, entertainment, bingo, games to play and much more! A tasty, picnic-style lunch, with dessert, can be enjoyed around the noon hour. Don't forget to check out the wonderful health screenings and complimentary therapies (like massages) available. You are sure to not want to miss this event.

The doors open at 9:00 a.m. and the event runs until 1:30 p.m.

For sign up deadlines and ticket information please contact a local senior/community center. If you are an outside agency wanting to reserve tickets for your group please call 286-3679 to do so.

If you or someone you know may be interested in being a vendor or has a product they may like to sell at this event, more information and forms can be found at: <http://cms.polkcountyiowa.gov/CFYS/pages/seniorAboutUs.aspx#seniorfest>

Do You Know ???!



Hello, my name is Mary Scaglione. I joined the Polk County Senior Services family on April 7th. I work at the Ankeny and Polk City Senior Centers. I was born and raised on the south side of Des Moines and liked it so well, I never left. My husband and I have six children, two boys and four girls. I have seven grand children, four boys and three girls, they range in age from five months to twenty two years old. They keep me very busy, but I would be lying if I said I did not love every minute of it!

I come to Polk County from a very different work background, I was employed with Target for twenty-six years. I am so happy to be working at the Senior centers and am looking forward to making new friends and learning all the things that come with this new job. On the top of my list of things to learn are the names of all the seniors who frequent these two centers. I hope to meet all of you soon!

Upcoming Travel Opportunity Available

Submitted by: Iowa Girl Tours, LLC
Jane Hartman & Amy Keiderling
June 21st & June 22nd, 2014

Weekend Getaway To Historic Galena, Illinois - Join us for a weekend getaway to the historic and beautiful Galena, Illinois! Travel with us for a fun weekend of site seeing, shopping, eating and exploring all the history, wineries, and eateries Galena has to offer. We will also be heading to the fantastic and historic House on the Rock! Don't miss out on this legendary spot! Grab your favorite travel buddies and kick off your summer adventures! **PRICE: Call for details**

November 13th - November 16th, 2014

Branson For The Holidays - Save The Date: Save the date as we head to Branson for the holidays. It's not too early to get your name on the list. We will be seeing the brand new "Jonah" at the Sight & Sounds Theater, Daniel O'Donnell, as well as other wonderful holiday shows! We are currently working on other fun filled day trips this coming summer and fall. Email us to be added to our email list or calling tree at IowaGirlTours@gmail.com or #515-216-1223.

Heritage of America Tour & Italy Trip
Submitted by Gary & Jan Busby

There are two trips primarily for adults offered through Collette Vacation Travel being planned.

The first is a 10 day trip called **Heritage of America** on September 12th, 2014. This trip includes: New York, Philadel-

phia, Lancaster, Gettysburg, Shenandoah Valley, Charlottesville, Williamsburg, Mt. Vernon and Washington D.C.

The second trip is a 13 day **Trip to Italy**, on April 18th, 2015.

The presentation/information meeting to explain the details of the **Italy trip** to anyone interested will be Thursday, June 12th, at 5:30.

The presentation will be at Raccoon Valley Bank on Highway 44 in Dallas Center (590 Sugar Grove).

A light meal will be served, so please RSVP to Gary and Jan Busby at 515-992-3118 or 515-975-6849 (cell), for the Italy trip, by June 10th.

If you are interested and would like to know more details and have information sent to you, please send us an e-mail message to yellowswan@mchsi.com. Please include your name,

residential address, e-mail address and phone number. Please feel free to share this information with family and friends that may be interested.

Travel information provided is not endorsed by Polk County or any of its entities.

The purpose is to make known the recreational travel services available for seniors in Polk County.



The Bulletin Board!

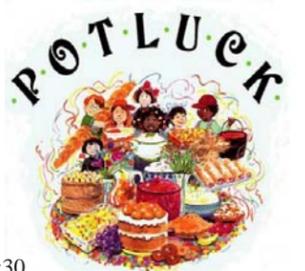
South Senior Center Potluck

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

On the 1st Saturday of this month (May 3rd), 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.



Zumba Gold® IS HERE!

Zumba Gold will be held at the Johnston Senior Center, Crown Point Center, 6300 Pioneer Parkway, Johnston, every Tuesday through July 1st from 1:00 p.m. to 1:45 p.m.

The classes are sponsored by Polk County/Johnston Senior Center and are free, compliments of the Johnston Senior Advisory Board.

Join us for the fun!



See page 2 for Senior Fishing Derby information or goto:

<http://cms.polkcountyiowa.gov/CFYS/pages/seniorAboutUs.aspx#seniorfest>

Important Dates

- 5/1 - May Day
 - 5/5 - Cinco De Mayo
 - 5/11 - Mother's Day
 - 5/17 - Armed Forces Day
 - 5/21 - Senior Fest & Health Fair - All Sites Closed
 - 5/26 - Memorial Day - All Sites Closed
 - Foster Care Month
 - National Barbecue Month
 - National Salad Month
 - National Bike Month
 - National Blood Pressure Month
 - National Hamburger Month
 - National Salad Month
 - Older Americans Month
 - Sexual Assault Awareness Month
- Source: www.HolidayInsights.com



Volunteers Needed Urgently!

Submitted by Linda Clauson
Business & Development Director
HCI-VNSCare Services

The HCI Giving Tree, a non-profit thrift store in Urbandale, is in desperate need of volunteers who can help sort donations and assist customers.

All proceeds from store sales go toward quality of life programs assisting patients and families served by HCI Hospice Care Services (formerly Hospice of Central Iowa). Those interested in volunteering should contact Katie Gosselink, kgosselink@hci-vns.org, or call Katie at (515) 270-2414.



<http://www.hospiceofcentraliowa.org/asp/page.asp?cpid=8>

Senior Fishing Derby

Sponsored by Senior Services of Polk County,
Senior Recreation Committee
& Polk County Conservation Board

Donations Accepted and Appreciated!!!
Friday, June 6th, 2014
Easter Lake – Shelter # 2 2830 Easter Lake Drive
(Park Info – 285-7612) Direction/Map will be available to pick up at each Polk County Senior Center)
Check ahead of event for any possible construction/road closures or detours)
9:00 a.m. – 1:30 p.m.

Anyone 55+ years of age is eligible to participate
Pre-register by June 2nd
(after that date, not guaranteed a lunch)
(Call to RSVP @ 515 286 - 3536)
(we ask that if you make a reservation and if something comes up where you are unable to attend that you call and cancel. This will help us to not order more lunches than necessary)

Come join us for an event full of Fun, Food, Friends & Fishing !!

* * Coffee, Morning Snack and Lunch will be provided
(Adult Children under 55, may attend and eat lunch, but must pay \$4.50 for cost of lunch)

**** Worms provided**

**** Contests w/ Prizes and Giveaways**
(must be present at time of giveaway to win, may win prize in only one contest category, 55+ only eligible)

**** Fishing poles available or bring your own**

**** Bring own lawn chair or stool to sit on (if desired)**

**** Bring own jug of water or cooler of bottled water to drink (if desired) Some drinking water is provided, but goes fast.**

**** No license needed on this day**

**** Donations are welcome and appreciated**
(Monetary – day of event and/or Prize Items of any kind – new or excellent condition, personal or business donations (\$5 to \$15 value) need to receive prior to event (call number above for more info).

***** No Rain Date *****

It's May!

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

Allergies	Garden	Picnics
Aremed Forces	Gifts	Rain
Bicycling	Health Fair	Rainbows
Butterflies	Kites	Respect
Cemetery	Love	Senior Fest
Cinco De Mayo	May Day	Sunshine
Clouds	Memorial Day	Tomado
Exercise	Mothers Day	Unselfish
Flowers	Mowing	Walking
Fresh	Parks	Worms

Be a Senior Companion



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

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

Join the Senior Companion Program if you are:

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

The Benefits of the Program

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



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

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!

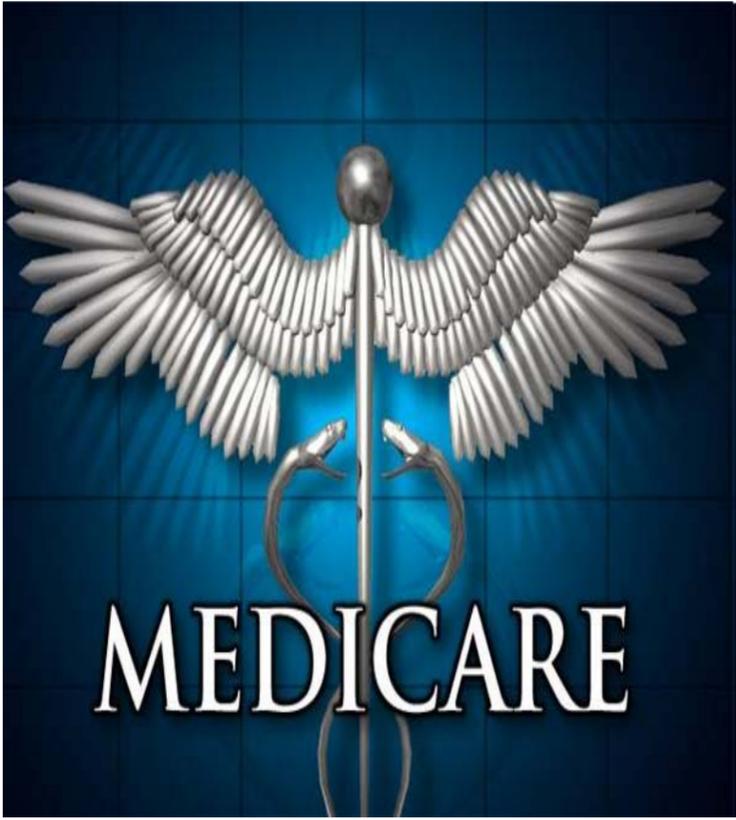
558-9957

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.

Social Security News Q & A



By Diane Abell

Question: I thought there were just two parts to Medicare, but my mom said there are more. How many parts to Medicare are there?

Answer: There are four parts to Medicare:

- Part A (hospital insurance) helps pay for inpatient hospital care, skilled nursing care, hospice care and other services;

- Part B (doctor insurance) helps pay for doctors' fees, outpatient hospital visits and other medical services and supplies that are not covered by Part A;

- Part C (Medicare Advantage) plans, available in some areas, allow you to choose to receive all of your health care services through a provider organization. These plans may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have Part A and Part B to enroll in Part C; and

- Part D (prescription drug coverage) is voluntary and helps cover the costs of prescription medications. Unlike Part B in which you are automati-

cally enrolled and must opt out if you do not want it, with Part D you have to opt in by filling out a form and enrolling in an approved plan.

Learn more about Medicare by visiting www.socialsecurity.gov/pubs. Select the "Medicare" topic.

Question: If I get approved, how much will I receive in Supplemental Security Income (SSI) benefits?

Answer: The amount of your SSI benefit depends, in part, on the amount of other income you have. For 2014, the basic, maximum federal SSI payment is \$710 per month for an individual and \$1,082 per month for a couple. However, some states add money to the basic payment. Other monthly income you have would begin to reduce the basic SSI payment. Other things, such as where you live and who you live with, can affect your payment amount. Learn more about SSI by reading SSI publications at www.socialsecurity.gov/pubs. Enter "SSI" in the search box.

Question: What are the requirements for receiving disabled widow's benefits?

Answer: You may be able to get

disabled widow(er)'s benefits at age 50 if you meet Social Security's disability requirement. Your disability must have started before age 60 and within seven years of the latest of the following dates: the month the worker died; the last month you were entitled to survivors benefits on the worker's record as a parent caring for a surviving minor child; the month your previous entitlement to disabled widow(er)'s benefits ended because your disability ended. To learn more, visit www.socialsecurity.gov/dibplan/dqualify9.htm.

Question: I am 65 and my wife is 62 and receiving spouse's benefits. When will she qualify for Medicare benefits?

Answer: Most people must wait until age 65 to qualify for Medicare benefits. Some people can get Medicare at any age, including those who:

- Have been getting Social Security disability benefits for 24 months or more;
- Have kidney failure and require dialysis;
- Have had a kidney transplant; or
- Receive disability benefits because they suffer from amyotrophic lateral sclerosis (also known as Lou Gehrig's disease).

You can apply online for Medicare at www.socialsecurity.gov/medicareonly.

Question: I lost my Social Security card, but I remember my number. Do I really need a new card?

Answer: No, probably not—but it is important to know your number. The only time you may need the Social

Security card is if your employer asks for it when you get a new job. If you do decide to get a new card or your lost one turns up, don't carry it with you. Keep it with your other important documents. Generally, you are limited to three replacement cards a year and 10 cards during your lifetime. Legal name changes and other exceptions do not count toward these limits. Keep in mind this is a free service. Learn more at www.socialsecurity.gov/ssnumber.

Diane Abell is the Social Security Assistant District Manager in Des Moines, Iowa.



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 May Pie Menu

May 1st
Pumpkin Pie

May 8th
Blueberry Pie

May 15th
Strawberry Crème Pie

May 22nd
Pecan Pie

May 29th
Fruit Pie



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for May. There will be one later in the month to finalize Senior Fishing Derby plans. Members will be contacted directly. If you would like to attend a meeting or see about volunteer opportunities at the Senior Fishing Derby Event, please contact Daiynna @ 286-3536.



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

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.

Class dates are 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.



WesleyLife HOME-DELIVERED MEALS

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

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

Roast beef

Lemon pepper fish

Country herb chicken

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

1700-988-5-13

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 Mail to: River Place West - Senior Services of Polk County
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 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



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

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.

"I WILL PROTECT MY HEART."

Get your blood pressure checked.

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



LET'S GET HEALTHY



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

Healthy, Easy n' Quick Meals in 12 minutes or Less

Being hungry is unpleasant (it's a scientific fact). So why spend hours cooking when a nutritious and delicious meal could be only 12 minutes away? Skip the grumbling tummy and serve up any one of these healthy and satisfying meals.

BREAKFAST – Grab-n-Go

Sun-Dried Tomato Omelet. Coat a pan with cooking spray and place over medium-high heat. Pour in 3 egg whites mixed with 1 tsp. water and salt and pepper (to taste). When eggs begin to set, top half with 2 tbsp. goat cheese, ½ cup fresh spinach, and 2 tbsp. chopped sun-dried tomatoes. Fold in half and cook 2 more minutes, or until egg whites are set, veggies are warmed through, and cheese is melted.

Fruit Parfait. Layer together: 1 cup plain low-fat yogurt sweetened with 1 tsp. honey, ½ cup granola, and ½ cup frozen blueberries and strawberries.

Broiled Grapefruit. Preheat broiler and halve 1 chilled grapefruit.

Sprinkle each half with ½ tsp. sugar and ¼ tsp. cinnamon (can also add some sliced bananas on top). Broil both halves on a baking sheet for 3-5 minutes. Serve with 1 slice of whole-wheat toast spread with 1 tbsp. nut butter for a complete breakfast.

Nutty 'Nana. Toast 1 slice whole-grain bread and top with 1 tbsp. crunchy almond butter and ½ a sliced banana.

Berry Yogurt Smoothie. Blend together ½ cup frozen strawberries, ½ cup frozen blueberries, 1 cup plain low-fat yogurt, 2 tsp. honey, and ¼ cup milk of choice.

LUNCH

Grilled Cheddar n' Apple. Between 2 slices of whole-grain bread, layer 1 to 2 slices sharp cheddar cheese (from the deli section) and ½ green apple (thinly sliced). Spread one slice of the bread with 1 tsp. deli mustard. Grill in a nonstick pan for 2 to 3 minutes on each side or cook in a Panini press until cheese is melted.

Hawaiian Wrap. Combine ¼ cup nonfat Greek yogurt, 1 tbsp. white wine vinegar, and ½ tsp. caraway seeds in a small bowl. Toss together ¼ cup pineapple (diced), ½ carrot (shredded), 2 slices of deli ham (chopped), and ¼ head Napa cabbage (thinly sliced). Dress vegetables with the yogurt mixture and roll up in a whole-wheat wrap.

Quinoa Salad. Microwave ½ cup quinoa (rinsed) and 1 cup water for 5

minutes at full power.

Reduce to 70 percent power and microwave another 5 minutes. Fluff and stir in: 2 tbsp. chopped bell pepper, ¼ cup rinsed and drained chick peas, 1 tbsp. chopped parsley, 1 tsp. olive oil, 1 tsp. lemon juice, and salt and pepper to taste. Optional: Add ½ can tuna for a meatier meal.

Taco Salad. For the dressing, combine 2 tbsp. salsa, 1 tbsp. low-fat Greek yogurt, 1 tsp. olive oil, and 1 tsp. chili powder. Serve dressing over a salad with: 2 cups baby spinach, ½ thinly sliced celery stalk, 1 chopped scallion, 1 tbsp. chopped black olives, 2 tbsp. corn, and ¼ cup drained and rinsed black beans. Optional: Add ½ lightly toasted tortilla cut into strips to each salad.

Mediterranean Pita. Split open a whole-wheat pita and spread one side with 2 tbsp. hummus. Add 1 large roasted red pepper (sliced), 1 tbsp. crumbled feta, 1 tbsp. black olives, 5 slices cucumber, and a small handful of mixed greens.

Niçoise Sandwich. In a bowl, combine 1 6-oz. can tuna, ½ cup halved cherry tomatoes, ¼ cup pitted black olives (chopped), and 1 tbsp. olive oil. Split open ¼ whole-wheat baguette (about 4 inches in length) and fill with the tuna mixture and a handful of baby spinach leaves.

Mango Quesadillas. Spread 1 8-inch, whole-wheat tortilla with 1/8 cup mango chutney. Add 2 slices deli ham, 1/8 cup crumbled queso fresco or feta cheese, and 1 tbsp. scallion (chopped). Fold in half and grill 2 to 3 minutes on each side. Cut into quarters and serve. Serve scallops with rice and mango salsa.

DINNER

Honey Soy Salmon. Preheat the broiler and combine ½ tsp. honey with ½ tsp. soy sauce. Season 1 5-oz. salmon filet with salt and pepper and broil for five minutes. Drizzle with honey-soy sauce and broil an additional 2-5 minutes. Serve with microwaveable rice.

Asparagus and Orzo Pasta. Preheat the broiler and bring a small pot of water (with a lid) to a boil (about 5 minutes). Add ¼ lb. asparagus (cut into 3-inch pieces) and ½ cup orzo to the pot. After 3 minutes, remove only the asparagus and continue cooking orzo according to package instructions (usually about 6 minutes). While orzo cooks, season 5 oz. salmon filet with salt and

pepper and broil for 5 minutes, or until opaque throughout. Meanwhile, whisk together ½ oz. crumbled feta, ¼ tsp. chopped dill, ½ tsp. lemon juice, ½ tsp. olive oil, and pepper to taste. Flake the fish and toss together all ingredients.

Springtime Stir-Fry. Combine 5 asparagus spears (quartered lengthwise), ½ cup snow peas, ½ cup broccoli florets, and ¼ cup fava beans (shelled) in a pan coated with cooking spray, and heat over medium-high heat. Cook for 4 minutes. Instead of using pre-made sauce, heat 2 tbsp. canola oil with ½ tsp. grated ginger and 1 scallion (chopped), and toss with cooking veggies. Cook for an additional 3 minutes or until veggies are softened but still crisp inside. Optional: Serve with rice (like Uncle Ben's Ready Rice, which cooks in approximately 90 seconds).

Tropical Scallops. Prepare 1 serving instant brown rice according to package instructions, approximately 90 seconds. Stir together ½ cup mango (chopped), ½ small cucumber (peeled and cut into bite-sized pieces), ¼ tsp. grated ginger, 1 tsp. lime juice, ½ tsp. olive oil, and 1 tsp. cilantro (chopped). Meanwhile, heat 1/2 tsp. olive oil in a pan over medium-high heat. Season ½ lb. sea scallops with salt and pepper, and sear for 2 minutes per side or until lightly browned and cooked through. Serve scallops with rice and mango salsa.

Creamy Avocado Pasta. Cook 1 serving angel hair pasta according to package instructions, about 12 minutes (including boiling time!). Meanwhile, combine the juice from ½ a lemon, 1 garlic clove, 1 tsp. olive oil, ½ of an avocado and 1/8 cup basil in a food processor and puree. Toss together pasta and sauce and season with salt to taste.

Turkey Frittata. Preheat the oven to 425 degrees. In a small ovenproof pan, heat ½ tsp. olive oil over high heat. Add ¼ lb. ground turkey, ½ tsp. curry powder, and 1/8 cup grated onion and cook until the turkey is no longer pink, about 3 to 4 minutes. Meanwhile, beat together 2 eggs, 1/8 cup milk, and a pinch of salt and pepper. Add the egg mixture to the pan, lower the heat to medium-high, and cook 2 minutes or until eggs begin to set. Transfer to the oven and cook until the eggs set, about 5 minutes.

Source: <http://greatist.com/health/52-healthy-meals-12-minutes-or-less>



Memento Bracelet



Helping Mature Drivers Find Their Safest Fit



sponsored by

What is CarFit for the older driver?

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one’s car can greatly increase not only the driver’s safety but also the safety of others.

How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they “fit” their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Do you want to attend a CarFit event?

CarFit will be available at the Polk County Senior Fest & Health Fair event, on Wednesday, May 21, from 9:00 a.m. to 12:30 p.m. They will be set up at the Iowa State Fairgrounds, on the SW end parking lot of the Varied Industries Building. There is NO COST. Pre-registering is appreciated and preferred, due to limited time spots available. However, you can just show up with your car the day of the event. Call: 515-277-0969.

Older Americans Benefit From My Social Security

Social Security News

By Diane Abell

Social Security Assistant District Manager

Des Moines, Iowa

Each May, groups and organizations around the nation join in celebrating Older Americans Month. Established in 1963, Older Americans Month provides an opportunity for our nation to recognize seniors for their many contributions and share important information to help them stay healthy and active.

This year’s theme is “Safe Today, Healthy Tomorrow.” Social Security has something to help keep you safe and healthy: a suite of online services. Rather than driving or taking public transportation to a local office, you can use our secure, free online services to handle much of your Social Security business. With the amount of time you save, you’ll have more time to spend with the grandkids or have time for a brisk walk around the neighborhood or local park.

Before going for that walk, though, visit www.socialsecurity.gov. Whether you already receive benefits or you’re just starting to think about retirement, it’s a great time to open a *my Social Security* account.

What’s *my Social Security*? It’s a secure online account that allows you immediate access to your personal Social Security information. During your working years, you can use *my Social Security* to view your *Social Security Statement* to check your earnings record and see estimates of the future retirement, disability and survivor benefits you and your family may receive. Check it out at www.socialsecurity.gov/myaccount.

After you check your online *Social Security Statement*, be sure to visit our *Retirement Estimator*. Like a *my Social Security* account, you can use it as many times as you’d like. The *Estimator* lets you change variables, such as retirement date options and future earnings. You may discover that you’d rather wait another year or two before you retire to earn a higher benefit. To get instant, personalized estimates of your future benefits just go to www.socialsecurity.gov/estimator.

Deciding when to retire is a personal choice and depends on a number of factors. To help, we suggest you read our online fact sheet, *When To Start Receiving Retirement Benefits*, available at www.socialsecurity.gov/pubs.

If you’re ready to retire, the online service you’ve been waiting for is our online application for retirement benefits, which allows you to complete and submit your application in as little as 15 minutes at www.socialsecurity.gov/retireonline. Once you complete and submit the electronic application, in most cases, that’s it—no papers to sign or documents to provide.

Are you already receiving benefits? You can use *my Social Security* to immediately get your proof of benefits letter, change your address or phone number on our records, start or change your direct deposit information and check your benefit and payment information.

We encourage you to take advantage of our online services and resources, freeing up more time for activities you really enjoy. Learn more at www.socialsecurity.gov.



SHARE

FOOD NETWORK

Extending Your Food Budget

“Great Food at Affordable Prices”

May Packages Available - Purchase one, all or any combination

Order before May 16th, 2014

Food Pickup May 30th or 31st depending upon location

(A) Best Value Package \$25.00 “Save up to 50% on your groceries”

1 lb. Corn King Deli Ham
1 lb. Ready to Cook Split Chicken Breast
1 lb. 80 % Lean Ground Beef
15.9 oz. Bun Length Ball Park Franks
8 oz. Package Spinach Pesto Tortilla Wraps
20 oz. Sweet Potato Crinkle Cut Fries
Fresh Seasonal Produce Assortment

(B) Grocery Package \$13.50

Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)
8 oz. Package Spinach Pesto Tortilla Wraps
20 oz. Sweet Potato Crinkle Cut Fries

(C) Meat Only Package \$13.50

1 lb. Corn King Deli Ham
1 lb. Ready to Cook Split Chicken Breast
1 lb. 80 % Lean Ground Beef
15.9 oz. Bun Length Ball Park Franks

(D) Grill Box \$24.50 “Great for your 1st summer cookout”

6 – 5oz. Hamburgers
2 – 5 oz. Top Sirloin Steaks
4 – 5 oz. Boneless Pork Chops
4 – 4 oz. Boneless Chicken Breast
12 oz. Beef for Kabobs

(E) Angus Beef Steak Burgers \$21.00

20 – 4.7 oz. Fully Cooked Angus Beef Steak Burgers

(F) Chicken Breast Fillets \$24.00

10 lbs. Ready to Cook Seasoned Chicken Breast Fillets, Individually Quick Frozen

(G) Freshetta Breakfast Flatbreads \$20.00

24 - 5 oz. Turkey Sausage, Egg and Cheese on Flatbread

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

(H) *Choice Item/ Chicken Panini Sandwiches \$ 19.00

24 – 8.2 oz. Southwest Chicken Panini Sandwiches
Grilled Chicken with Fire Roasted Vegetables, Bacon, Cheese and a Spicy Sauce Wrapped in a Hand Rolled Dough and Grilled. (Schwan’s product)

(I) *Choice Item/ Cocktail Smokies \$5.5

3/ 14 oz Packages

(J) *Choice Item/Peach Pie \$5.00

9 inch Mrs. Smith’s Ready To Bake Deep Dish Peach Pie

(K)*Choice Item/Butcher on the Block Gourmet Bratwurst \$14.00

“Surprise Dad on Father’s Day”

12 oz. Package Fully Cooked Philly Cheese Steak Bratwurst
12 oz. Package Fully Cooked Portabella Swiss Bratwurst
12 oz. Package Fully Cooked Bacon and Cheddar Bratwurst

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

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
Turkey w/gravy
Mashed potatoes
Broccoli
Apple Juice
WW Dinner Roll
Pineapple

85
584

2
Macaroni N Cheese
Green Beans w/almonds
Low Sodium V8 Juice
Banana
Wheat Bread

98
636

5
Turkey Ham N' Bean Soup
Brussels Sprouts
Orange Juice
Cornbread
Trail Mix

98
649

6
Apple Pork Chops
Carrots
Potato Salad
Strawberries
Wheat Bread
Sponge Cake

90
647

7
Chef Salad w/Tomato
Wedge
Baked Potato
Banana
Bran Muffin

107
777



7
Flex Meal Option
Liver N Onions
Baked Potato
Lettuce Salad
Banana
Bran Muffin

119
802

8
Shredded Pork
Creamy Cucumbers
Garlic Mashed Potatoes
Fresh Orange
WW Bun
Fruit Cocktail

103
729

9
Tuna Noodle Casserole
Key Largo Vegetables
Lettuce Salad
Raisins
WW Dinner Roll

94
608

12
Beef Stew
Broccoli
Craisins
WG Biscuit

104
779

13
Chicken Meatballs
Tomato Sauce
Peas
Mandarin Oranges
WG Penne Pasta
Rosy Applesauce

80
678

14
Beef Taco
Lettuce w/tomato
Corn n Bean Salsa
Green Beans
Birthday Cake
Banana
WG Tortilla Shell

127
842

14
Flex Meal Option
Veggie Sub
Banana
Birthday Cake

133
902

15
Pork Ham Slice
Mashed Potatoes
Spinach
Fresh Apple
Raisin Bread
Strawberries

82
512

16
Baked Cod
Key Largo Vegetables
Lettuce Salad
Pineapple tidbits
Rye Bread
Grape Juice

72
496

19
Beef Chili
Squash
Mixed Melon
WG Blueberry Muffin
Orange Juice

83
553

20
Cali Burger
Lettuce/onion/tomato
Valley Salad
Berry Blend
WW Bun
Warm Cinnamon Apples

89
731

21 - Sites CLOSED

Senior Fest & Health Fair

21 - Sites CLOSED

No Flex Meal

Senior Fest & Health Fair

22
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

23
Chicken Stew
Cooked Cabbage
Red Grapes
WG Banana Muffin
Apricots

83
686

26 - Sites CLOSED

Memorial Day

27
Orange Chicken
Mixed Vegetables
Coleslaw
Fresh Orange
Brown Rice
Plum Cobbler

129
832

28
Seafood Pasta
Peas
Lettuce Salad
Banana
Wheat Bread

104
627

28
Flex Meal Option
Hot Dog
Peas
Lettuce Salad
Banana
WW Bun

86
520

29
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

89
723

30
Turkey Sandwich
Broccoli Cheese
Corn
Tropical Fruit
Cherry Almond Crisp

111
814

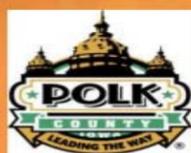
STRETCH Your Food Dollars
It's As Easy As...

For Older Adults 60+
Women, Infants
And Children



Monthly Packages Include:

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



Commodity Supplemental Food Program
2309 Euclid Avenue
Des Moines, IA 50310
Call Toll Free: 1-877-288-3655
www.polkcountyiowa.gov

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



"137 years later, Memorial Day remains one of America's most cherished patriotic observances. The spirit of this day has not changed - it remains a day to honor those who died defending our freedom and democracy."

- Congressman Doc Hastings

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: Natalie Olson
Serving time: 11:30 a.m.

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

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

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

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

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

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

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

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

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

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

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

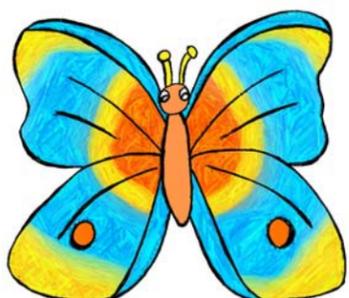
Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline VerSchuer
Serving Time: Noon

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

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

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.



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.

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

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

Line Dancing
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.

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
JohnstonMondays @ 9:00 & 10:45 a.m.

Zumba Gold
JohnstonTuesdays @ 1:00 p.m.

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.



May Tournaments

14th @ South - 12:30 p.m. 23rd @ South - 12:30 p.m.
28th @ South - 12:30 p.m. 30th @ South - 12:30 p.m.

500
5th @ N'ville - 12:30 p.m.
5th @ South - 12:30 p.m.
12th @ N'ville - 12:30 p.m.
12th @ South - 12:30 p.m.
19th @ N'ville - 12:30 p.m.
19th @ South - 12:30 p.m.

Pinochle
2nd @ N'ville - 12:30 p.m.
9th @ N'ville - 12:30 p.m.
16th @ N'ville - 12:30 p.m.
23rd @ N'ville - 12:30 p.m.
30th @ N'ville - 12:30 p.m.

8 Ball Pool Tournament
9th @ North - 9:00 a.m.
23rd @ North - 9:00 a.m.

9 Ball Pool Tournament
2nd @ North - 9:00 a.m.
16th @ North - 9:00 a.m.
30th @ North - 9:00 a.m.

10 Point Pitch
6th @ South - 12:30 p.m.
13th @ South - 12:30 p.m.
20th @ South - 12:30 p.m.
27th @ South - 12:30 p.m.

Double Pinochle
1st @ South - 12:30 p.m.
8th @ South - 12:30 p.m.
15th @ South - 12:30 p.m.
22nd @ South - 12:30 p.m.
29th @ South - 12:30 p.m.

65
7th @ South - 12:30 p.m.

Shanghai
1st @ South - 12:30 p.m.
8th @ South - 12:30 p.m.
15th @ South - 12:30 p.m.
22nd @ South - 12:30 p.m.
29th @ South - 12:30 p.m.

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

May Social Card/Domino Parties

Mondays - Sites Closed 5/26
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 - Sites Closed 5/21
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
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.

"When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits."
-- Ernest Hemingway --

Polk Senior Services Administrative Staff

Program Administrator - Joy Ihle
Program Manager - Joyce Webb
Program Specialist/Editor - Daiynna Brown
Program Specialist/PEER Advocate/SHIIP - Jaime Stevens

Iowa Senior Medicare Patrol “Fraud Watch Network” at AARP



Brought to you by **AARP**

A project of Aging Resources of Central Iowa
Submitted by Nancy G. Anderson
SMP Coordinator

Scam artists get smarter and more clever! AARP now has a “Fraud Watch Network” that can help you learn the latest in scams happening all around the U.S. At www.aarp.org, click on the “money” tab and look for “scams and fraud.” “The AARP Fraud Watch Network gives you access to information about how to protect yourself and your family,” according to their website. You can sign up for free “watchdog alerts” sent by e-mail, whether you are an AARP member or not. If you don’t use the Internet, ask your family or a friend to sign up for these alerts so they can give you the information each month.

Why would you want to read these messages? Because they may help you stay one step ahead of scammers and you can help protect your friends by sharing information with them. Don’t forget your grandchildren! The Federal Trade Commission just released the top ten complaints for last year; they say that the most common age group for reports of identity theft is ages 20 – 29! (<http://www.ftc.gov/news-events/press-releases> from Feb. 27, 2014.)

The latest news from the Fraud Watch Network gives tips about how to figure out if things that happen on your computer and e-mail are dangerous – like “pop-up” advertisements and free trial offers. So while you are waiting to go outside until the spring rains and mud are gone, consider signing up for this informative newsletter.

Financial Scam Attempts in Iowa

Iowa Senior Medicare Patrol has received reports of these scam attempts occurring in Iowa now.

§ Recorded calls says they are from your credit card company, that your card has been blocked or deactivated and asks you to punch a number on your

phone to connect to speak to someone. The person who received this call verified with their credit card bank that they did not call her. If you punch a number during a recorded call you might be directed to an international location and receive a big charge on your phone bill or your phone number may go on a list indicating you are likely to for a scam and that list will be bought and resold over and over again.

§ Caller tells you that your name and number were found in a database that scammers use to find victims. The caller didn’t try to obtain personal information on the phone but suggested the person who received the call should check out a website to learn more. This is very suspicious; if you visit a website given to you under these circumstances, it might install a virus on your computer.

§ An e-mail arrived that looks like it came from someone you know. The message states that they are stranded or in a crisis away from home and need you to wire money to help them.

Some of these scams are new themes and some are old ones. Here are the tips –

§ For the first story about the credit card, you should hang up the call, find your records for the phone number of your credit card company and call them to ask if there’s a problem with your account.

§ For the second story about getting a “warning” call that advises you to go to your computer and look at a website, you should not go to websites that you don’t know or that are given to you by a stranger.

§ For the third story about the emergency e-mail, you should contact someone else who knows the person whose name is on the e-mail and ask if your acquaintance is out of town and in trouble. And you should never wire money when you can’t confirm that the need is legitimate. There is almost no chance that you will ever get your money back.

§ You should tell your local police or sheriff when these scam attempts happen so they can warn others in your community or file a report if you become a victim. You should also consider filing complaints with other authorities like the Iowa Attorney General, the Federal Trade Commission, and the Internet Crime Complaint Center.

Contact Iowa Senior Medicare Patrol for a brochure that lists this contact information; call us at 1-800-423-2449.

How to Recognize “Official” Medicare Mail

Iowa Senior Medicare Patrol

A project of Aging Resources of Central Iowa
Submitted by Nancy G. Anderson
SMP Coordinator

Iowa Senior Medicare Patrol often receives questions from persons on Medicare about mail that appears to be from Medicare — they want to verify it’s legitimate.

You can view the types of Medicare letters on their website at www.Medicare.gov; click on the “forms, help & resources” tab and look for “mail you get about Medicare.” You’ll see a list of letters that Medicare sends. You can click on each letter and view a sample. If you don’t have a computer at home, ask a friend or family member to help you look up the information or go to your local library to ask for their help.

If you are on original Medicare, the mail you receive most often from Medicare is the “Medicare Summary Notice.” It is mailed every three months to tell you what Medicare approved and paid on your medical bills. You may get more than one notice every quarter because Medicare sends separate notices about different types of services.

· The hospital, home health and hospice part of Medicare (“Part A”).

· The outpatient part of Medicare (“Part B”).

· The durable medical equipment part of Medicare (“DME”).

The Medicare website even shows you what the

envelope looks like for your Medicare Summary Notice. The return address will show it’s from “Centers for Medicare & Medicaid Services.”

It will also have a business name and address underneath to tell you the company that processed your Medicare claim.

If you are on a Medicare prescription drug plan, you’ll receive a monthly “explanation of benefits” about what the drug plan paid for you (along with other information) in the previous month.

If you are enrolled in a Medicare Advantage plan you may not receive a statement of benefits each month, depending upon your plan. But later this year, new rules will require all Medicare Advantage plans to send statements providing information similar to the “Medicare Summary Notice” mentioned earlier.

Lastly, you might receive a survey from Medicare, although only a small percentage of persons on Medicare are surveyed. The envelope and survey will show a company name; Medicare contracts with businesses to conduct surveys for them. Some Iowans have recently received surveys from “Impaq International” which is a legitimate company running a Medicare survey currently. Participating in a survey is usually optional; be sure to read it carefully to understand if you must complete and return the questionnaire.

www.agingresources.com
www.StopMedicareScams.org

Home Repairs & Home Improvements

Consumer Advisory

By Attorney General Tom Miller



The foundation to a good home repair or home improvement project is a good contractor. While it’s important to plan for the project, it’s just as important to find a reputable contractor.

Before you search for a contractor, write down the work you want done. Be as thorough as possible, so a contractor is clear about the project and needed materials. Check with

your city or county on required inspections and building permits.

· **Check references.** Before you sign a contract or pay any money, ask around and also take time to talk with the contractor. Ask people you know and trust who they have hired for their projects and whether they were satisfied. Request local references from the contractor and contact them! Check on complaints with the Attorney General’s Office (515-281-5926, or 888-777-4590) and check the Better Business Bureau’s complaint database at www.bbb.org. Be wary of a person or company not listed in the local telephone directory, and be wary of contractor who provides only a post office box address and not a street address.

To see if a contractor has been sued or filed a lawsuit, go to: www.iowacourts.state.ia.us. To verify a contractor’s registration and bonding (which doesn’t guarantee quality of work or payment of damages if a dispute arises with the contractor), go to: www.iowaworkforce.org/labor. Ask the contractor for a copy of their liability insurance certificate.

· **Get several written estimates, or bids.** Be sure the written estimates include everything you want done, and not more than you want. While low bids are often what people look for, sometimes they can raise red flags. Is the low bidder really qualified for the job? Is the contractor cutting corners through materials or workmanship? Is there a risk the contractor will come back to you later with a story about “unforeseen circumstances” and demand more money?

· **When you’ve selected a contractor, get the contract in writing, and read it before you sign it.** Before work begins, agree on a written contract detailing terms including the work to be done, the brand and/or the specifications of the materials to be used, the price, who is responsible for obtaining permits and scheduling inspections, that all change orders must be in writing, and establish who is responsible for cleanup. Put start and completion dates in writing, and the remedies if the contractor fails to meet them. (Example: the contract could be nullified if the contractor doesn’t start on time.) If you’re filing an insurance claim to cover the costs of damages, negotiate the details with your insurance company directly and not through a contractor. If you sign a contract somewhere other than the contractor’s regular place of business, such as at your home, you have three business days to cancel the contract without penalty.

· **Avoid paying large sums or the entire job up-front.** If you need to make a partial advance payment for materials, make your check out to the supplier *and* the contractor. Insist on a “mechanic’s lien waiver” in case the contractor fails to pay others for materials or labor. You can search to see who may have claimed the right to place a lien on your house through the Iowa Secretary of State website at: sos.iowa.gov/mnlr or by calling (515) 281-5204. Do not pay the contractor in full until you verify that all the parties listed on the website have been paid in full. Try to limit the amount you pay up-front.

· **Compare your financing options.** It’s usually safer and a better deal to obtain financing through your local bank or credit union, rather than a contractor. Do some loan shopping and compare loan terms, and don’t let anyone pressure you into signing a loan document. Don’t deed your property to anyone.

· **Watch for contracting scams.** Don’t fall for the contractor who shows up in an unmarked vehicle and claims your driveway needs repaving, or your house needs new shingles – and they “just happen to have materials left over” at a big discount! Just say no to a deal that is based on “extra materials,” someone demanding an immediate decision, a contractor who only accepts cash, or a contractor who insists on full payment in advance.

For more information contact the Consumer Protection Division Hoover Building, Des Moines, IA 50319 or call 515-281-5926, 1-888-777-4590 or goto: www.IowaAttorneyGeneral.gov.



Our greatest glory is not in never failing, but in rising up every time we fail.

-- Ralph Waldo Emerson --

Be Wary of Reverse Mortgages



**Submitted by Sean Reese
Reverse Mortgage Professional
Reverse Mortgage Realities
Mortgages**

Adult children have reason to be wary when their parents start talking about reverse mortgages. The loans make sense only for those who plan to stay in their homes for the rest of their lives and can afford to pay property taxes and insurance for that long.

But elder law and reverse mortgage experts say they frequently encounter resistance from children less concerned about the terms of the loan than about losing their presumed inheritance.

“If heirs are all concerned about their inheritance, but don’t want to go into their own pockets to help out Mom and Dad, it’s really a Catch 22,” said Matthew Murphy, the president of Reverses Are Us in Hauppauge, N.Y.

Federally insured reverse mortgages, issued under the Home Equity Conversion Mortgage program, are a way for homeowners 62 and older to borrow money using their home equity as collateral. Interest

and insurance are charged throughout the life of the loan, and the total becomes due when a borrower dies.

The loans can be costly, but they are sometimes the only option for older homeowners who are cash-poor and facing high health care costs. Their use is expected to rise as baby boomers age. In 2013, half of all Medicare beneficiaries had savings below \$61,400, according to a recent Kaiser Family Foundation report.

When the entire family is involved in the discussion about whether to take a reverse mortgage, sometimes the children understand their parents need the equity, while other times, they are openly opposed, said James A. Robbins, an elder law lawyer in New York. The duty of the lawyer representing the parents, he said, is to advise them as to what’s in their best interests, not the best interests of their children.

Parents may decide not to disclose that they’re borrowing against the family home to avoid conflict or because they view it as their personal business. “Sometimes they’ll say, we don’t need to tell anybody

about anything,” Mr. Murphy said.

A lack of communication can lead to a rude awakening for adult children who still live at home and don’t realize what a reverse mortgage will mean after their parents die, said Deborah S. Ball, an elder law lawyer in New York. To continue living there, “that child’s going to have to buy the house,” she said. “And that almost never happens.”

More typically, the heirs either sell the house, or if the mortgage balance exceeds the home value, deed it over to the lender in lieu of foreclosure. Heirs are not responsible for any debt beyond 95 percent of the value of the house.

Frank Melia, a mortgage planning specialist with United Northern Mortgage Bankers in Levittown, N.Y., says that since the recession, the adult children he meets with have been a little more open to discussion about their parents borrowing against their equity. But during better times, “it would come up a lot,” he said. “‘You’re spending my inheritance.’”

The clients he deals with are often reeling from unmanageable health care costs. “They’re basically telling the children, we have to do this,” Mr. Melia said. Mr. Murphy says he tries to educate adult children about the terms of reverse mortgages. “Sometimes there’s just no getting through to them,” he said, “because they’re just being selfish about their inheritance possibility.”

Once fully informed, the children may be more supportive of their parents’ decision. Ms. Ball tells of a wife and ailing husband who took out the largest reverse mortgage they could qualify for so they could renovate their home to accommodate a live-in caregiver. Their children had no objections at all. And “when the children are not a factor,” she said, “it’s a beautiful thing.”

Source: Article written by LISA PREVOST - APRIL 10, 2014 - The New York Times

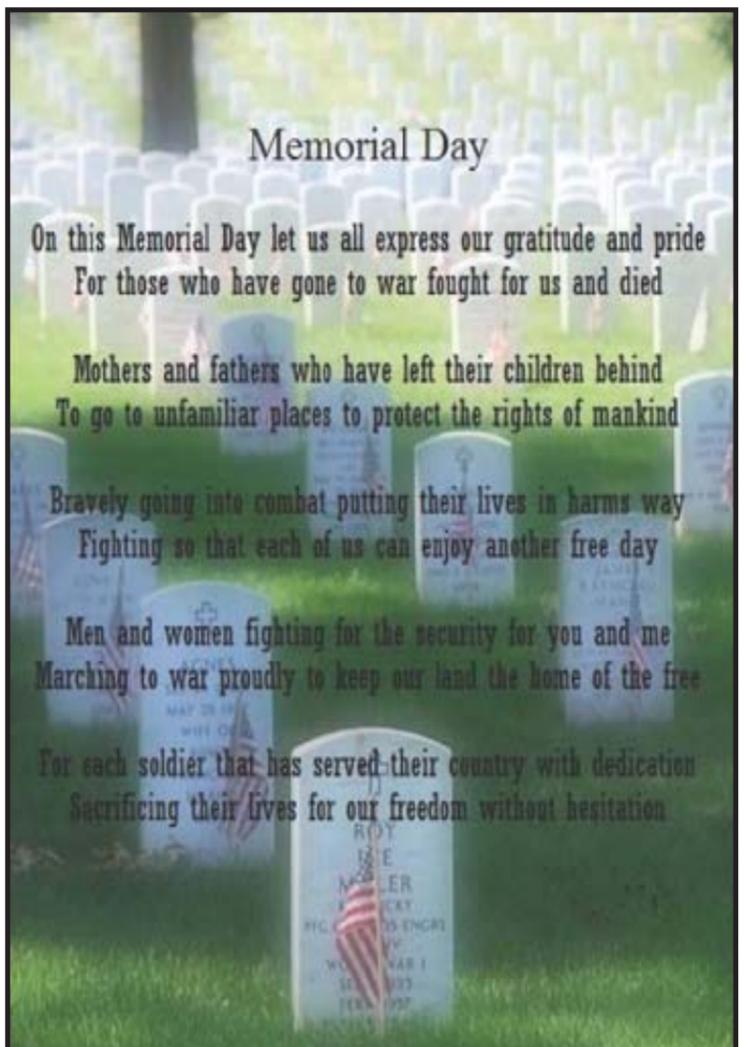
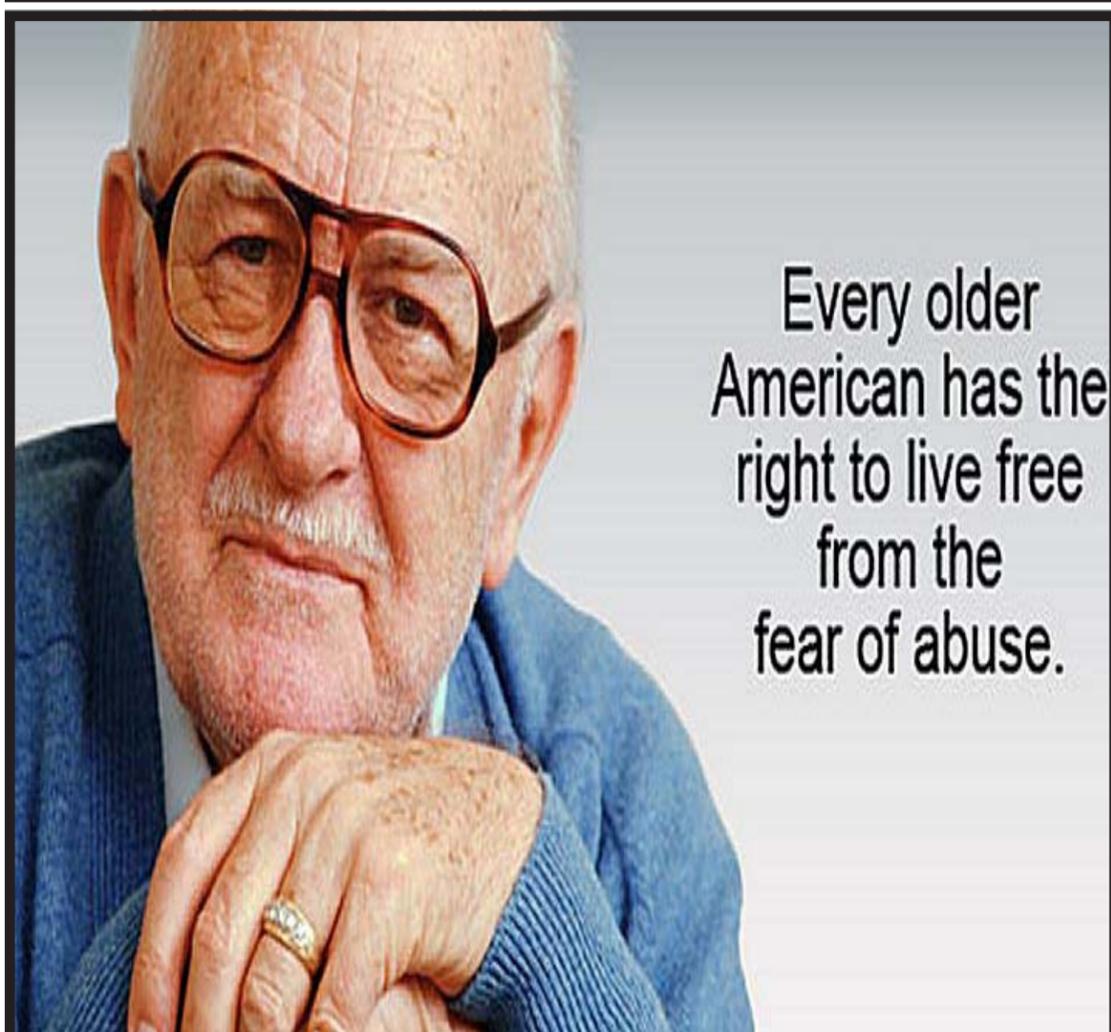


Memorial Day: A History

Originally known as “Decoration Day,” Memorial Day originated in the nineteenth century as a day to remember the soldiers who gave their lives in the American Civil War – both Union and Confederate.

For more than a century it was believed the Civil War death toll was just over 618,000 – 360,000 North and 258,000 South. An April 2, 1012 New York Times article reported a new estimate has been published raising estimates to approximately 750,000: <http://www.nytimes.com/2012/04/03/science/civil-war-toll-up-by-20-percent-in-new-estimate.html?pagewanted=all>.

As America went to war again and again Decoration Day became known as a day to honor all our fallen soldiers and by the end of World War II it was known as Memorial Day. It was not until 1967, however, that Federal Law officially changed the name of the holiday to Memorial Day.



June 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!

Note Re: Multipurpose Holder

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 10/10.5 oz Tin Can (Campbell's type soup can is ideal).

*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!



Set of 2 - Give a Hoot! Owls
Price \$2.00 for both



Clay Pot/Tin Can Uncle Sam
Price \$2.00
(candy holder, pen/pencil holder, plant holder, tea light /votive candle holder, etc.)

Unity Point Announces Study

Submitted by Sue Freeman
Supervisor - Diabetes Education Center

We would like to inform you about an exciting clinical research study currently being conducted at Iowa Diabetes and Endocrinology Research Center.

The study involves patients with type 2 diabetes who are over the age of 65. Participants will be placed on an approved diabetes drug and will be asked to make 14 visits to the study doctor over 74 weeks.

To participate in the study, you should:

- Be 65 years of age or older
 - Have type 2 diabetes
 - Not be taking an injectable diabetes medication
- If you qualify, you will receive study-related care and study medication(s) at no charge. You will receive compensation for travel expenses.

Please contact our research office to get more information at (515)-643-5122, diabetes.research@iderc.org or goto: www.iderc.org.

Senior Health Fair

- ✓ Glucose
- ✓ Blood Profile** (12 hour fast)
- ✓ Bone Density
- ✓ Blood Pressures
- ✓ Carotid artery screening**
- ✓ Mental Health information
- ✓ Diabetes information
- ✓ Arthritis information
- ✓ Hearing Screenings
- ✓ Balance and grip Screenings
- ✓ Car Fit
- ✓ Dental Screenings
- ✓ Colon cancer screenings

Plus Lots of other Health information

FREE Services!!

- ✓ Chair massages
- ✓ Reflexology
- ✓ Reiki
- ✓ Chair Yoga demo

Visit at least 5 booths and enter a drawing for a \$100 Hy-Vee gift certificate! Entry cards are available at the doors! Need not be present to win



Wednesday May 21, 2014
South Rooms of the
Varied Industries Building
Iowa State Fairgrounds
9:00 a.m. - noon

For info call 287-0092

****First 75 Blood profiles and first 60 carotid artery scans are free. After that if time remains they are available for reduced fees.**

Mother's Day Tea

Monday, May 5th, at 1:00 p.m.

(Bring a favorite tea cup to drink from)

Southside Senior Center

100 Payton Ave.

Des Moines, Iowa 50315

Guest Speaker: Jan Roxberg

"Bitten By the Button"

**Assorted Refreshments,
a Variety of Flavored Teas &
Coffee**

will be available to enjoy!

Please RSVP by May 1st

287-0092

Exercise Classes Offered

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

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
MONDAYS & WEDNESDAYS 10:00 A.M.
INSTRUCTOR - GLORIA ANNETT

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

POLK CITY
TUESDAYS 12:30 P.M.

SOUTH
ARTHRITIS EXERCISE
TUESDAY & THURSDAY 9:30 A.M.
INSTRUCTOR - JANEIL LONG

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

Ask the Naturalist

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



Question: I've heard what sound like frogs in the ravine behind my house. They make a clicking kind of a sound. What kind of frogs are they?

Martin, Johnston

Answer: Springtime is the season for singing frogs and toads. The frogs you hear could be one of several kinds of frogs active right now. The Western chorus frog is one of the first frogs to call in the spring. These small frogs are a little over a 1 inch long and its call sounds like someone running a fingernail over the teeth of a comb. They usually call from a few inches of water in flooded, grassy areas. Another frog you may be hearing is a cricket frog. Their call sounds like two marbles hitting each other in a series of rapid clicks. The sounds of cricket frogs can be heard a half mile away or more. Cricket frogs have excellent camouflage to blend into muddy stream banks. The American toad is another active singer. The call of an American toad is a high loud trill that lasts for several seconds. Toads are abundant throughout Iowa, especially in forested areas.

May Blood Pressure Checks

w/Julie Currie, RN

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

- 1st North
 - 6th Norwoodville
 - 7th Central
 - 8th Polk City
 - 9th Scott Four Mile
 - 12th East
 - 13th Grimes
 - 14th NW & Pioneer Columbus
 - 15th Central
 - 16th Altoona
 - 19th West
 - 20th South
 - 22nd Runnells
 - 23rd North
 - 27th Johnston
 - 28th Calvary @ Norwoodville
- Dates Subject to Change.



DART Promotions: Ride Free With Bike



Jennifer Greiner
DART Marketing Coordinator

Ride DART free when boarding with a bike May 12-16.

May is National Bike Month, and DART is celebrating with National Bike to Work Week. Board with a bike May 12-16, 2014, and you'll ride free. Bike racks are available on Local, Express and On Call buses.

No DART service on Memorial Day

DART will not operate bus service on Monday, May 26, 2014, in observation of Memorial Day. Service will resume Tuesday, May 27, 2014. DART's administrative offices will be closed Monday, as well, and reopen on Tuesday.

25% off first three month's RideShare fares

Any first time rider who joins a DART RideShare vanpool now through May 31, 2014, will receive a 25 percent discount on the first three month's fare. DART RideShare helps commuters locate others with like travel patterns to share rides in vanpools.

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



Tai Chi for Seniors



Tai Chi for Arthritis

Tuesdays, May 6 – June 24, 2014

1:00 – 2:00 p.m.

- Reduces Stress and Anxiety
- Improves Balance and Stability
- Promotes Better Sleep
- Promotes Health & Well-Being

Class will meet on Tuesdays at the North Senior Center

To register or questions, call Ranae at 265-8461 or Diana at 288-1524

Class size is limited to 20 people.

Senior Fishing Derby



PRIZES - NEEDED - PRIZES
Donated Items for Prizes



sponsored by

Polk County Senior Services Recreation Committee

The Senior Recreation Committee is asking for help in gathering donations for prizes and giveaways to our very popular, highly successful Senior Fishing Derby, to be held on Friday, June 6th. We are looking for new or gently used items and/or gift certificates. The items can be for either male or female and DOES NOT have to be camping/fishing/outdoor related.

You can drop off these items at any Polk County Senior Site.

They each have a donation box for the Fishing Derby.

Please have all items collected by Friday, May 30.

Site Staff - please call Daiynna to arrange pick up or emptying of Donation Box as needed.



Our community deserves healthy food options.



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

Eating fresh fruits and vegetables is easier when they're available in more places like convenience stores, local markets, and community gardens. Iowa communities across the state are working hard to increase access to healthy food options. For ideas on how to improve access to healthy food options in your community, visit the Iowa Community Transformation Grant at www.idph.state.ia.us/ctg/HealthyEating.aspx for more information.



LET'S GET HEALTHY

BINGO BINGO BINGO

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.





Mayor Frank Cownie Proclaims National Service Recognition Day

Submitted by Traci Bittner Dragoo, Publications Specialist • HCI Care Services | Visiting Nurse Services of Iowa

National Service Recognition Day, as proclaimed by Mayor Cownie of Des Moines pictured here with representatives from our Foster Grandparents and Senior Companions Programs. Pictured from left: Karen Sullivan, VNS of Iowa’s program manager; Pam Hamrick; Mary Duckworth; Odessa Mackie; Shirley Burgess; Vicki Hover-Williamson, Corporation for National and Community Service State Program Director; Julia Tiedeman, VNS of Iowa’s Senior Companion Program Director; Mayor T. M. Franklin Cownie; Art Nolan; Karen Rees, VNS of Iowa’s Foster Grandparent Program Director; Judy Vandermark; Bruce Conner; Allison Metzger, Des Moines Public Schools; Marva Willis; Gayle Canada, AmeriCorps; Judy Hayward; Joy Talmon, United Way’s RSVP; Connie Boucher and Fatma Bachelan, AmeriCorps.

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.



“A mother is the truest friend we have, when trials heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.”

- Washington Irving

BEAT IDENTITY THEFT ---- SHRED IT!!



Bring your papers with confidential information to our shred event

Wednesday, May 21, 2014
8:30 – 11AM

Iowa State Fairgrounds

Enter gate #10 on E. 30th and turn left to the south parking lot

Documents to shred are:

Any documents that have personal information such as your social security number, Medicare or other insurance number, your bank numbers, birthdates, passwords, PINS, and signature. Examples include:

- Cancelled Checks
- Medical Documents
- Tax Information
- Investment Records
- Paycheck Stubs
- ATM Statements
- Credit Card Statements
- Receipts

MDS will be on site to collect all data and securely shred and recycle so your personal information is protected.

For information, call 515-255-6142 Ext. 312

This event is sponsored by:



MDS Records Management



1870 East Euclid Ave. Des Moines, IA • 515-266-8301 • FAX 515-266-0644 • orders@mdsrecordsmgmt.com



There will be No NEW Craft Projects planned during the months of 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.

DIABETES SUPPORT GROUP



The Euclid Room
2540 E. Euclid Avenue
Des Moines, IA 50317

Please RSVP to:

Courtney Reimer, RD, LD
creimer@hy-vee.com
Euclid Hy-Vee: 515.262.0640
Harding Hills Hy-Vee: 515.255.0007

Courtney Slater, RD, LD, CDE
cslater@hy-vee.com
Des Moines Drugstore: 515.633.8606
West Des Moines Drugstore: 515.440.1481

Third Wednesday of every month
5:30 p.m.—6:30 p.m.

Topics are subject to change

- **May 28—Activity and Diabetes (date changed due to scheduling conflict)
- June 18—Preventing Complications
- July 16—Alcohol and Diabetes
- August 20—Open Discussion
- September 17—Pregnancy and Diabetes
- October 15—Americans with Disabilities Act (know your rights!)
- November 19—Healthy Holidays
- December 17—Open Discussion