

The Senior

Polk County Senior News!

OCTOBER BULLETIN

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



Cornhole Tournament At North Senior Center

A new activity, Cornhole Tournament will be played at North, every Thursday afternoon, at 12:30 p.m..

What is Cornhole you ask?

Cornhole is a bean bag toss game similar to horseshoes. Instead of horseshoes and a stake, points are earned for landing a bean bag on a platform or in the hole cut out of the platform.

Join us for an exciting game – anyone can learn and we'd love to have you! As well as having fun, this game gets you up and moving, which is always beneficial to our well-being.

Pictured: Dick Ristau and Rose Meltesen

Do You Know???



Hello! My name is Teresa Dixon. I am 50 years young. I have one son, Daniel who is 28 years old. I started working for Polk County last year in April 2013. I helped out in the Assessor's office with their property assessments, filing. I scanned in the assessments and filed them after they were reviewed and a decision was made. From there I went on to be a part time Facility Parking Lot Attendant. Collecting the money from the people that parked at the courthouse lot. I have enjoyed my first few months at the MLK Jr meal site and I have a great group of seniors to work with. In my spare time I enjoy listening to all types of music, dancing, and spending time with my family. I am the youngest of 8 brother's and sister's. I'm looking forward to many fun filled day's with the MLK Jr seniors as this feels like one big happy family!!

Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (October 4th), we hold a Potluck lunch.

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

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



POTLUCK DINNER

VNS Of Iowa's Senior Companion Program To Receive More Than \$0.5 Million In Grant Funding



Submitted by: Katie S. McIntyre
Community Relations Coordinator

The Corporation for National and Community Service (CNCS) has announced that Visiting Nurse Services of Iowa (VNS of Iowa) has been selected to receive \$555,122 in grant funds throughout the next three years to continue its Senior Companion Program.

"The continuation of funding from CNCS allows our team of over 40 Senior Companion volunteers to continue providing companionship, transportation assistance and respite services to homebound adults," said Karen Sullivan, director of VNS of Iowa's Senior Companion program. "This funding is critical to our ability to provide supportive services to help maintain adults in their own homes."

Those interested in learning more about the program are encouraged to call 515-558-9957 for more information.

Since 1908, the non-profit organization Visiting Nurse Services of Iowa has been providing supportive health care and social services to the community's most vulnerable populations. VNS of Iowa offers home visits, family support, healthcare, parent education, transportation, flu immunizations and other services to infants, children, young mothers, families and seniors. For more information, please call 515-288-1516 or visit www.vnsia.org. VNS of Iowa is a community partner of HCI Care Services (formerly Hospice of Central Iowa).

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.

Following the light of the sun, we left the Old World.

~ Christopher Columbus

An apple a day keeps the doctor away. ~Ben Franklin



- 10/13 - Columbus Day
- 10/16 - National Boss' Day
- 10/31 - Halloween
- Adopt a Shelter Dog Month
- American Pharmacist Month
- Family History Month
- Breast Cancer Awareness Month
- Computer Learning Month
- Domestic Violence Awareness Month
- National Pizza Month
- National Apple Month
- National Vegetarian Month
- National Popcorn Popping Month
- Seafood Month

Source: www.HolidayInsights.com



October is National Pizza Month!





The Senior Health Insurance Information Program will be assisting with Prescription Drug Comparisons at the following locations listed below.

Appointments are required. To schedule an appointment call 281-6793.

Tuesday October 21st Urbandale Senior Center, 7305 Aurora Ave., 9 a.m. to 4 p.m.

Wednesday October 22nd, Urbandale Senior Center, 7305 Aurora Ave., 9 a.m. to 4 p.m.

Tuesday October 28th, East Senior Center, 1231 E 26th St., 9 a.m. to 4 pm

Wednesday, October 29th South Senior Center, 100 Payton, 9 a.m. to 4 p.m.

Wednesday November 5th West Community Center, *new location- 134-6th St. & Maple- Valley Junction 9 a.m. to 4 p.m.

Thursday November 6th, Northwest Senior Center, 5110 Franklin Ave., 9 a.m. to 4 p.m.

Thursday November 13th Dallas County Hospital, PERRY, 610 10th St, 9 a.m. to 4 p.m.

Monday, November 17th Kirkendahl Library, 1210 NW Prairie Ridge Drive, Ankeny, 9 a.m. to 4 p.m.

IMPORTANT!!!

If you have received a yellow form in the mail from Polk County Senior Services or have made an appointment with Jaime Stevens at the Polk County Peer Advocate Office, please **DO NOT** sign up for one of these events. If you are unsure, please call the Peer Advocate Office at 515-286-2112. Leave your name and phone number if your call goes to voicemail. Thank you.

Shoebboxes Needed!!

Submitted by Amy Abels, CFYS

Please consider helping us out! We are in the process of collecting shoe boxes for an organization called Operation Christmas Child through Samaritan's Purse International Relief.

Operation Christmas Child supplies shoe boxes full of a variety of items such as: school supplies, clothing, hygiene products, toys, etc. to children whom are in need all over the world.

We are asking for your help in saving **only** shoe boxes for this organization. They can be any size. We are looking for shoeboxes that are clean/gently used and have a lid. Please only donate shoe boxes that you have and are no longer in need of. No purchasing necessary.

If you have shoe boxes to donate, please drop them off at a Polk County Senior Center by the end of October. Thank you for your consideration in helping this children's organization. It is a wonderful gift!



2014 Polk County Iowa Flu Shot Clinics

Date	Time	Location	Address	City
10/1/2014	10 -12:30 p.m.	Urbandale Senior Center	7305 Aurora	Urbandale
10/1/2014	10:30 - 11:30 a.m.	MLK Senior Center	1650 Garfield	Des Moines
10/1/2014	4 - 8 p.m.	Urbandale High School	7111 Aurora Ave	Urbandale
10/2/2014	10:30 - 11:30 a.m.	Polk City Center	309 Van Dorn St	Polk City
10/2/2014	10:30 to 1 p.m.	Runnells Center	108 Brown St	Runnells
10/3/2014	10 - 1 p.m.	South Senior Center	100 Payton	Des Moines
10/3/2014	Noon to 1 p.m.	Royal View Manor	1101 Crocker St	Des Moines
10/4/2014	11 - 2 p.m.	Polk County Health Drive Thru	1907 Carpenter	Des Moines
10/6/2014	3:30 - 6 p.m.	La Tapatia Grocery	1440 Des Moines St	Des Moines
10/7/2014	10:30 - 12:30 p.m.	Northwest Community Center	5110 Franklin Ave	Des Moines
10/8/2014	11 - 12:30 p.m.	Norwoodville Community Center	3077 NE 46th Ave	Des Moines
10/8/2014	11 - 1 p.m.	DMACC- Ankeny - Bldg #24	2006 S. Ankeny Blvd	Ankeny
10/9/2014	10:30 to Noon	Altoona Senior Center	507 13th Ave	Altoona
10/9/2014	10:30 - 11:30 a.m.	Grimes Senior Center	410 SE Main St	Grimes
10/11/2014	7:30 - 10:30 a.m.	Pleasant Hill Fire Dept	5151 Maple Drive	Pleasant Hill
10/14/2014	9:30 to Noon	East Senior Center	1231 E. 26th St	Des Moines
10/14/2014	3 - 4 p.m.	South View Manor	2417 SW 9th St	Des Moines
10/16/2014	10:30 - 11:30 a.m.	Central Senior Center	2008 Forest Ave	Des Moines
10/16/2014	3:30 - 7:00 p.m.	North High School	501 Holcomb Ave	Des Moines
10/17/2014	10 - 11 a.m.	Scott-Four-Mile Senior Cent	3711 Easton Blvd	Des Moines
10/21/2014	6 - 11 a.m.	Prairie Meadows	1 Prairie Meadows Dr	Altoona
10/21/2014	2 - 6 p.m.	Prairie Meadows	1 Prairie Meadows Dr	Altoona
10/23/2014	9 - 11 a.m.	North Senior Center	100 E. Euclid Ave. #107	Des Moines
10/27/2014	9:30 - 11:30 a.m.	Salvation Army	1330 6th Ave	Des Moines
10/30/2014	10 to noon	Pioneer Columbus	2100 SE 5th St	Des Moines
10/30/2014	6 - 10 a.m.	Prairie Meadows	1 Prairie Meadows Dr	Altoona
10/30/2014	2 - 6 p.m.	Prairie Meadows	1 Prairie Meadows Dr	Altoona
11/1/2014	8 to Noon	DMU Senior Fair	3200 Grand Ave	Des Moines
11/3/2014	8 - 11 a.m.	Department Human Services	1900 Carpenter Ave	Des Moines
11/5/2014	9 - 11 a.m.	WDSM Human Services	318 5th St	West Des Moines
11/5/2014	11 - 1 p.m.	DMACC- Ankeny - Bldg #24	2006 S. Ankeny Blvd	Ankeny



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

- | | | | |
|---------------|-------------------|--------------|------------|
| Acorns | Cookie | Hayrides | Seafood |
| Adopt A Dog | Corn Maze | Jackolantern | Skeleton |
| Apple Jack | Costumes | Leaves | Spiders |
| Apples | Creepy | Lupus | Spooky |
| Autumn | Diabetes | Masks | Squash |
| Bats | Domestic Violence | Monster | Squirrel |
| Black | Dracula | Mummy | Sweaters |
| Black Cat | Festivals | October | Tombstone |
| Bones | Ghosts | Orange | Treats |
| Bonfires | Ghouls | Owls | Tricks |
| Breast Cancer | Goblins | Pears | Vampire |
| Candy | Graveyard | Popcorn | vegetarian |
| Chilly | Halloween | Pumpkins | Werewolf |
| Cider | Harvest | Scarecrows | Witches |
| Colors | Haunted | Scary | Zombies |

Fun & Tasty October Recipes

Smoked Pumpkin Chili

What you'll need . . .

- 1 medium to large cooking onion, chopped
- 3 large cloves of garlic, chopped
- 1 tablespoon olive oil
- 2 cans (or one large can) of dark kidney beans, drained and rinsed.
- 1 can of low-sodium corn kernels, drained and rinsed
- 1 large (28 ounce) can whole peeled tomatoes, keep the juice
- 1 can pumpkin puree
- 1 cup vegetable broth (or beer of choice)
- 1 tablespoon smoked paprika (or regular)
- 1 teaspoon black pepper
- 1/2 to 1 teaspoon salt
- 10 to 15 sage leaves (optional)



Method . . .

1. In a large saucepan, heat the olive oil over medium-high heat and add the onions and garlic. Cook until onions are tender.
2. Pour in the pumpkin puree and vegetable broth (or beer). Mix. Pour in the can of whole tomatoes (with the juice). Mix again.
3. Then add the kidney beans and corn kernels. Season with the paprika, black pepper, and salt.
4. Bring mixture to a boil, stirring occasionally. You'll want to use a spatula or mixing spoon to crush the whole tomatoes a bit. Keep them chunky, but try to crush each one a couple times to distribute evenly.
5. Then lower the heat to a simmer and cover. Cook for 45 minutes. Again, stir occasionally.
6. Add in the sage leaves (I rubbed mine a bit with my fingers to get the flavor out before dropping into the pot). Cook at a low simmer for another 15 minutes.

Maple-Roasted Sweet Potatoes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

Makes: 12 servings, about 1/2 cup each

Active Time: 10 minutes

Total Time: 1 hour 10 minutes

Ingredients

- 2 1/2 pounds sweet potatoes and/or garnet yams, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste



Preparation

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Tips & Notes

• **Make Ahead Tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.
 Nutrition Per serving: 96 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 118 mg sodium; 189 mg potassium.

Nutrition Bonus: Vitamin A (230% daily value), Vitamin C (15% dv)

"The journey of life is sweeter when traveled with a dog."

-Bridget Willoughby
©1994-2013 LinkedSouls.com



Giving a rescue dog a home will not change the world,



but for that one dog, their world will change forever unknown



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 October Pie Menu

October 2nd
Coconut Crème Pie

October 9th
Cherry Pie

October 16th
Lemon Meringue Pie

October 23rd
Pecan Pie

October 23rd
Strawberry Rhubarb Pie



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for October. Should this change, members will be contacted directly. If you would like to attend a meeting or see about joining the committee, 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

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



1700-988-5-13

Subscribe Today

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 Email: _____

- New Subscription
- Renewal Subscription

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



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
Goulash
Carrots
Coleslaw
Tropical Fruit
Orange Juice

102
865

1
Flex Meal Option
Chicken Caesar Salad
Tropical Fruit
Raisin Bread
Orange Juice

85
727

2
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

3
Baked Cod
Stewed Tomatoes
Lettuce Salad
Pears
Rosy Applesauce
Rye Bread

71
486

6
Chicken Stew
Spinach
Red Grapes
Apricots

110
793

7
Chicken Meatball Sub w/cheese
Tomato Sauce
Peas
Applesauce
WW Bun
Fresh Orange

92
803

8
Chef Salad w/tomato wedge
Baby Potatoes
Fresh Banana
Bran Muffin

114
723

8
Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Fresh Banana
Bran Muffin

119
802

9
BBQ Chicken Sandwich
Broccoli
Garlic Potatoes
WW Bun
Raisins

86
565

10
Turkey Sandwich
Broccoli Cheese Soup
Corn
Grape Juice
Cherry Almond Crisp

113
832

13
Beef Chili
Squash
Mixed Melon
Cornbread
Fresh Orange

109
683

14
Hamburger Cabbage Casserole
Peas
Tropical Fruit Salad
Peach Crisp

118
938

15
Tuna Noodle Casserole
Key Largo Vegetables
Lettuce Salad
Raisins
Birthday Cake

117
731

15
Flex Meal Option
Veggie Sub
Raisins
Birthday Cake

118
847

16
Pork Roast w/gravy
Mashed Potatoes
Carrots
Fresh Apple
WW Dinner Roll
Pineapple

85
549

17
Macaroni N Cheese
Green Beans w/almonds
LS V8 Juice
Fresh Banana

86
567

20
Baked Chicken
Party Potatoes
Mixed Vegetables
Fruit Cocktail
Mango Crisp

99
775

21
Cali Burger
Lettuce/tomato/onion
Valley Salad
Peaches
WW Bun
Warm Cinnamon Apples

93
744

22
Chicken Tortellini Soup
Green Beans
Fresh Orange
Pumpkin Apple Muffin
Pears

102
680

22
Flex Meal Option
Bratwurst w/sauerkraut
Green Beans
Fresh Orange
WW Bun
Pears

88
789

23
Apple Pork Chop
Parsley Potatoes
Brussels Sprouts
Strawberries
WW Dinner Roll

72
517

24
Salmon Patty
Diced Potatoes
Creamed Peas
Fresh Banana

84
682

27
Beef Stew
Broccoli
Craisins
WG Biscuit

104
779

28
Shepherd's Pie
Spinach
Peaches
Blueberry Crisp

110
711

29
Chicken Burger
Lettuce/tomato/onion
Copper Penny Salad
Fresh Banana
WW Bun

88
585

29
Flex Meal Option
BBQ Riblet
Lettuce/tomato/onion
Copper Penny Salad
Fresh Banana
WW Bun

102
777

30
Salisbury Steak
Green Beans
Mashed Potatoes
Fresh Apple
WW Dinner Roll

107
806

31
HAPPY HALLOWEEN!
Tuna Salad
WG Crackers (2)
Minestrone Soup
Cooked Cabbage
Orange Juice
Trail Mix

101
765

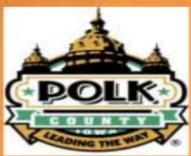
STRETCH Your Food Dollars
It's As Easy As...

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.polkcountyowa.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



**"Make Each Day With A Promise ...
To Live More From Intention
and Less from Habit" - Author Unknown**

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.

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.

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: Teresa Dixon
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: Mary Scaglione
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 Webb
Program Specialist/Editor – Daiynna Brown
Program Specialist/PEER Advocate/SHIP – Jaime Stevens
Administrative Office - 286-3679

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.

Crochet Club

North.....Wednesdays @ 12:30 p.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, Crocheting & Quilting

Johnston.....1st and 3rd Mondays @ 1:00 p.m.
Crochet Club @ North.....Wednesdays @ 12:30 p.m.
Quilting @ Norwoodville.....Tuesdays @ 10:15 a.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
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Yoga

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

Zumba Gold

JohnstonTuesdays @ 1:00 p.m.

October Tournaments



20th @ South – 12:30 p.m.
27th @ N'ville – 12:30 p.m.
27th @ South – 12:30 p.m.

29th @ South – 12:30 p.m..

Double Pinochle

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

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)

Shanghai

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

Group Choice for Cards

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

8 Ball Pool Tournament

3rd @ North – 12:30 p.m.
17th @ North – 9:00 a.m.
31st @ North – 9:00 a.m.

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..

9 Ball Pool Tournament

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

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

October 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.

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

Tuesdays -

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

Thursdays -

Social Cribbage @ North @ 12:30 p.m.
Pitch @ Johnston @ 1:00 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Double Pinochle @ NW @ Noon
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.

Wednesdays -

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

Polk County Seniors Honored For Volunteerism

Submitted by Katie McIntyre
HCI-VNS Care Services

Altoona resident, Carlene Hohl; Pleasant Hill resident, Donna Minahan and Des Moines resident's, Wayne and Judy Davison, were among 60 volunteers who were recognized for their contributions at The Hospice and Palliative Care Association of Iowa's annual honored volunteer ceremony. The event was held at Prairie Meadows Conference Center, in Altoona,

on September 5.

Hohl and Minahan volunteer at HCI Hospice Care Services' Bright Kavanaugh House. The Davison's volunteer at HCI Giving Tree, a thrift store in Urbandale that benefits patients and families served by HCI Hospice Care Services.

Attached are photos of the Polk County seniors at the ceremony with HCI Hospice Care Services volunteer coordinator Susan Joynt.



Carlene Hohl and Donna Minahan



Judy and Wayne Davison

Let's Talk About Medicare

By Diane Abell

October is "Talk About Prescriptions Month" and marks the beginning of this year's Medicare open enrollment period. It's the perfect time to talk about Medicare prescriptions and the *Extra Help* available from Social Security. Newly eligible Medicare beneficiaries and current beneficiaries who are considering changes to their Medicare Part D (prescription drug coverage) plan, should act now. The Medicare open enrollment period runs from October 15 to December 7.

The Medicare Part D prescription drug plan is available to all Medicare beneficiaries to help with the costs of medications. Joining

a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the prescription drug coverage.

While all Medicare beneficiaries can participate in the Medicare Part D prescription drug plan, some people with limited income and resources may be eligible for *Extra Help* to pay for monthly premiums, annual deductibles, and prescription co-payments. The *Extra Help* is estimated to be worth about \$4,000 per year. Many Medicare beneficiaries qualify for these big savings and don't even

Medicare: Continued on page 8

SPOOKTACULAR DRACULA DINNER & MONSTER BALL

Join us for a Halloween Dinner & Dance
North Senior Center – Park Fair Mall
Saturday, October 18, 2014
Doors open at 5:00 pm
Dinner served at 5:30 pm
\$8 per person

**Get into the Halloween spirit...
 Dress up in costume!**
 Costumes are not required to attend, however those who participate will be eligible for prizes!!!

**Musical Entertainment provided
 by Carr Tunes**

Monster Menu:
Worms & Ground Zombie Sauce (Spaghetti & Meat Sauce)
Ghostly Greens (Side Salad)
Vampire Poison (Garlic Bread)
Death by Dessert (Cupcakes)

**RSVP to Diana or Nicole at 288-1524
 by Wednesday, October 15th**
Payment requested by RSVP deadline

Ask The Naturalist

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

Question. There are huge white mushrooms popping up in my yard that I've never seen before. What are they and will they hurt my lawn?

Paul, Polk City

Answer. With the recent rains many types of mushrooms are popping up in our yards. Most likely the huge white mushrooms are a type of fairy ring mushroom called Chlorophyllum. These mushrooms have caps that can reach up to 12 inches across. Chlorophyllum is common in the summer and fall in lawns and other grassy areas. They are nature's recyclers and will not harm your lawn. Mushrooms help break down and decompose dead plant material. This mushroom is poisonous and should be avoided.

You should always use extreme caution before collecting and consuming any mushroom. Many types of edible mushrooms look very similar to poisonous ones. A great guide to help you identify mushrooms in Iowa is publication titled "Mushrooms and Other Related Fungi". This publication is available at your local county extension office.



AARP Driver Safety Course Offered

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 October also go on line: www.aarp.org/drive.

Class dates are October 13th, November 10th, December 8th. Please call: (515) 697-1021 to reserve your place.



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

ARTHRITIS EXERCISE
WEDNESDAYS 10:00 A.M.
INSTRUCTOR - KRIS McCAUGHEY

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.

NORTHWEST
ARTHRITIS EXERCISE
WED. AND FRI. AT 9:45 A.M.
INSTRUCTOR - DOROTHY McCLATCHEY

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

PIONEER COLUMBUS
MON., WED. & FRI. 10:30 A.M.
INSTRUCTOR - GLORIA ANNETT

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 - JA'NEIL LONG

WESTSIDE COMMUNITY CENTER
CHAIR EXERCISES
MONDAYS & WEDNESDAYS 11:15 A.M.
INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER

Invite a friend to your senior center for fun and fellowship!

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

my Heart
is Open to the
Potential that
Exists when I
strive to survive



Caring for a
Loved One
& Feeling
Overwhelmed?
You are not alone...
We're here to help.

"Accessing Medical
Equipment and Supplies
for your Loved One"

Presented by: Matthew Flatt,
Hammer Medical Supply
Tues., Sept. 23 at 5:30-6:30 p.m. OR
Wed., Sept. 24 at 11:30 a.m.-12:30 p.m.

"Protecting Against
Identity Theft & Fraud"

Presented by: Marcia Salem,
LegalShield
Tues., Oct. 14 at 5:30-6:30 p.m. OR
Wed., Oct. 15 at 11:30 a.m.-12:30 p.m.

"Caring for Your
Veteran: Identifying &
Addressing PTSD"

Presented by:
Ciara L. Stigen, Ph.D. &
John F. Wallace, Ph.D.,
VA Central Iowa Health Care
Tues., Nov. 4 at 5:30-6:30 p.m. OR
Wed., Nov. 5 at 11:30 a.m.-12:30 p.m.

Reserve your spot today:
info@hccareservices.org
or (515) 333-4257

Family CAREGIVER COLLEGE

A Free Program from HCI Care Services

LOCATIONS

- Free toolkit provided! -

Evening Sessions:
Bright Center, 401 Railroad
Place, West Des Moines
Refreshments will be provided.

Luncheon Sessions:
The Lodge of Ashworth
909 Ashworth Road
West Des Moines
Lunch will be provided.



Tai Chi for Seniors

Tai Chi for Arthritis - Class Starts November 3rd
(No Class held on Nov. 5th & Dec. 3rd)

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



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



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

There is No Charge.

Class will meet on Mondays and Wednesdays from 1:30 - 2:30 p.m.
at the Eastside Senior Center, 1231 E. 26th Street.

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



CRAFTS PLEASE NOTE! We have done some
restructuring of the craft classes, scheduling fre-
quency and upcoming projects. Each craft instructor
will now be coming up with their own projects for the
sites that they teach at. There will be classes held
approximately 8 months of the year, with varied months
having no class (July, August & December).

There will no longer be the same projects done at the sites county-wide.
Please contact site staff on when class will be held at the site you participate
(or would like to participate in) and what project will be coming up at that
instructor's sites.

Any questions, call a center nearest you to speak with craft instructor.

Volunteers Needed

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.aspx/page.aspx?cpid=8>



Treasure & Bake Sale



Thursday, October 9th 8:30 to 4:00 p.m.

Friday, October 10th 8:30 to 1:00 p.m.

South Senior Center

100 Payton Ave.

(Corner of South Union & Payton Ave.)

Des Moines 515-287-0092

Proceeds to benefit Senior Center activities.

October Blood Pressure Checks

Services provided Nicole Loew Visiting Nurse Services of Iowa
(check specific center for time of clinic)

- 1st Central
 - 2nd North
 - 7th Norwoodville
 - 8th NW
 - 9th Polk City
 - 10th Scott Four Mile
 - 13th East
 - 14th MLK
 - 15th Pioneer Columbus
 - 16th Central
 - 17th Altoona
 - 18th Central South
 - 20th West
 - 21st South
 - 22nd Calvary at Norwoodville
 - 23rd Runnells
 - 24th North
 - 27th Johnston
- Dates Subject to Change.



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.

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

Ankeny News

Submitted by Maureen Schaefer

Pictured L to R – Mary Scaglione, Phyllis Zeimet, Clair Wepel, Carolyn Osborn, Gary Osborn, Ruth Burrows

Ankeny had their second annual Iowa/ Iowa State party on Friday, September 12th.

The seniors all dressed up in their favorite teams best CYCLONES or HAWKEYE gear.

We held a food drive for the Ankeny TAKE Program.

The seniors brought in non-perishable food donations to place in a bin for their favorite team. At the end of the day Iowa State was the winner.

All food donations collected from both team's fans were taken up to the food pantry, called TAKE.

TAKE is located on the 2nd floor of the Neveln Center. They are open to the public M-W-F. from 9 a.m. to 3 p.m.

Check the front door to see if you meet income guidelines posted there.

It was a Win - Win for all. Go Cyclones!!!



The 6th Annual Senior Helpers Wii & Urbandale Senior Center Wii Bowling Tournament



Division A Champs- MLK Peacemakers:
Gerald Fike, Wendell Bailey, Richard Savage, Odell Jenkins and supporters.



Division B Champs-Northside Pin Bashers:
Ruth Sprague, Dick Cayot, Ray Wheeler & Richard Sargent

We had a great tournament with a record crowd of 35 teams and many cheerleaders at our 6th Annual Senior Helpers & Urbandale Senior Center Wii Bowling Tournament. The room was full of fun, enthusiasm, good snacks, lunch and of course good bowling.

Of the 35 entries; sixteen teams advanced to the championship round. For

the first time ever, we had a 1 frame playoff bowled to determine the last qualifying team for the afternoon round. Al & His Pals from Deerfield squeaked out a win over AHEPA Rowdy Bunch. Here are the top 4 places!

Division A:

1. The MLK Peacemakers retained

their title by finishing strong and taking first and receiving the team trophy and individual trophies.

2. In second place were the tough contenders from **Mercy Park; the Rowla Bowlas.**

3. Third place was taken by the always competitive **Urbandale Wii 4** team.

4. Coming in fourth were the first time medal winners from **Pioneer Columbus; The Dudes.**

Division B:

1. The **Northside Pin Bashers** claimed the championship battling tough and taking care of business all day.

2. Coming in second with a great come back finish were the **Deerfield Al & His Pals.**

3. In third were the 8 week Senior Helpers league winners **Ankeny Ten Pinners.**

4. Rounding out in fourth place were the **Northside Strike Force**, who had some challenges but overcame the odds with the attitude; "when it gets tough, the tough get going".

Special Awards:

(Based on qualifying round ONLY)

Best Team Score: Northside Pin Busters (Dick Ristau, Cathy Gifford, Jim Bane, Frank Wright)

Most Unique Team Name: Grimes Wii Will Rock You

Team Spirit Award: AHEPA Rowdy Bunch

Rookie Team of the Tournament: Urbandale Feisty Four

Top Female Score: Ardith Jenison **267** - Reserve High Brows (game 1); Sharon Lorentzen **275** - Urbandale Soda Wii (game 2)

Top Male Score: Gerald Fike **259** - MLK Peacemakers (game 1); and Jim Bolten **299** - Northside - Bill's Bums (game 2)

Top 2 Game Female Score: Carolyn Stroh **485** - Urbandale Wii 4

Top 2 Game Male Score: Gerald Fike **497** - MLK Peacemakers

Thank you to all the players, captains, facility staff, cheerleaders and helpers for making this a great event. We hope you enjoyed the experience and we look forward to seeing everyone next year. In the meantime, keep practicing for the next Senior Helpers league play.

Let's Talk About Medicare

Medicare: Continued from page 6

know it.

To figure out whether you are eligible for the *Extra Help*, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and have:

- Income limited to \$17,235 for an individual or \$23,265 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:

- Support other family members who live with you;

- Have earnings from work; or

- Live in Alaska or Hawaii; and

- Resources limited to \$13,440 for an individual or \$26,860 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application or get more information by visiting www.socialsecurity.gov/medicare. To apply for the *Extra Help* by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Extra Help with Medicare Prescription Drug Plan Costs* (SSA-1020).

And if you would like more information about the Medicare Part D Prescription Drug Program, visit www.medicare.gov or call 1-800-MEDICARE(1-800-633-4227; TTY 1-877-486-2048).

While we're on the subject of open seasons, the open enrollment period for qualified health plans under the Affordable Care Act is November 15 to February 15. Learn more about it at www.healthcare.gov.

This Medicare open enrollment season, while you search for the Medicare prescription drug plan that best meets your needs—see if you qualify for the *Extra Help* through Social Security. That's a winning prescription worth talking about.

Diane Abell is the Acting District Manager for Social Security, Des Moines.

