

The Senior

Polk County Senior News!

NOVEMBER Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • November 1 - 30, 2014

Great American Smokeout Day – November 20th - Let's Kick the Habit!

History of the Great American Smokeout What is the Great American Smokeout?

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The Great American Smokeout challenges people to stop using tobacco and helps people know about the many tools they can use to quit and stay quit.

In many towns and communities, local volunteers use this day to publicize the need to quit, and press for laws that control tobacco use and discourage teens from starting, and support people who want to quit.

It's hard to quit tobacco

Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Guide books



· Encouragement and support from friends and family members

Using 2 or more of these measures to quit smoking works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the methods listed above.

Telephone stop-smoking hotlines are an easy-to-use resource, and they are available in all 50 states.

Call us at 1-800-227-2345 to get more information on quitting tobacco and to find telephone counseling or other support in your area. You can also learn more in the "Stay Away from Tobacco" section.

Announcements and Upcoming Events

South Senior Center Potluck Good People, Good Food...Come Share in the Fun!

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

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

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



POTLUCK DINNER

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.



GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED®

Submitted by Joy Talmon
Retired and Senior Volunteer Program (RSVP) Director
55+ Initiative United Way of Central Iowa



Love working with numbers and enjoying helping people? The 55+ Initiative of United Way invites you to join the VITA (Volunteer Income Tax Assistance) program. Volunteers give back to the community through helping income eligible residents by providing free tax preparation services. Training starts in December for tax preparers. Volunteers are also needed to help as greeters, and training will take place in January.

For all opportunities, you choose your hours and location! In 2014, VITA assisted 5,074 low-income workers and brought back a total of \$8.5 million to our community. Why not use a few hours of your time this winter helping others?

Contact Joy Talmon at jtalmon@unitedwaydm.org or 515-246-6544 to get started!



- 11/1 – All Saint Day
- 11/2 – Daylight Savings Time ends
- 11/4 – Election Day
- 11/11 – Veterans Day – Sites CLOSED
- 11/27 – Thanksgiving – Sites CLOSED
- 11/28 – Sites CLOSED for Holiday

Month:

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Comfort Month

Source: www.HolidayInsights.com



May your holiday be bountiful and full of blessings both big and small.
~ Polk County Senior Services Staff

FREE SEMINAR!!

Erectile Dysfunction or Male Stress Urinary Incontinence?

Submitted by Sue Freeman, RN, BSN, CDE
Supervisor - Diabetes Education Center
Unity Point Health

LOOKING FOR OTHER TREATMENT OPTIONS?

Learn about treatment options at our FREE Men's Health Seminar
The Iowa Clinic Urologists
Wednesday, November 5, 2014
Registration: 5:30 p.m.
Seminar: 6:00 p.m.

WHERE: Iowa Clinic West Lake Campus
(Entrance 3)
2nd Floor Conference Room
5950 University Avenue
West Des Moines, IA 50266

CALL TO REGISTER:

1-877-433-2873

Spouses and partners are welcome to attend. Light refreshments will be served. Space is limited so call today to reserve your seat!

American Medical Systems Inc. has sponsored funding for this patient seminar and accompanying educational material



Emergency Cell Phones

Submitted by Nikki Cockerham
Senior Services

Polk County Sheriff's office has FREE 9-1-1 emergency cell phones available at 2309 Euclid Ave. (River Place West), in the Polk County Senior Services Administrative Office.

Before receiving a free phone, you will need to fill out and sign a short agreement sheet.

Phones can be picked up Monday - Friday from 8:00 a.m. - 4:30 p.m.
Any questions, call 515-286-3679.

Hospice Care of Iowa (HCI) Glitter Party - Event

HCI Giving Tree (3330 100th Street in Urbandale) is hosting its annual Glitter Party on Thursday, Nov. 13th, from 5 - 8 p.m. Holiday items will be showcased and festive hors d'oeuvres and sparkling refreshments will be served.

Aveda Institute Des Moines Cosmetology will also be offering free shoulder massages. HCI Giving Tree sells gently used furniture, decor, collectibles and adult clothing. All proceeds from thrift store sales go toward services provided to patients and families served by HCI Hospice Care Services.

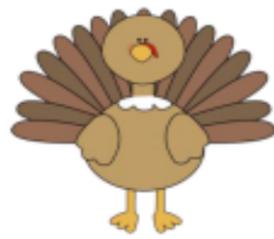
WANTED

Pool Players

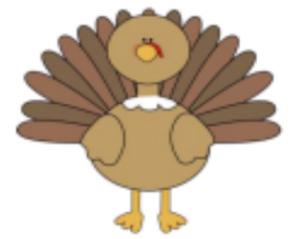
Central Senior Center, at 2008 Forest Ave. is looking for interested Pool players to utilize the pool tables.

Two tables, well lit, bright room, and most importantly, NO WAITING.

Give us a call at 286-3677 or just swing by.



November Word Puzzle



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|------------------|----------------------|-----------------|-----------------|
| ACORNS | ELECTION DAY | HAYSTACK | SCARECROW |
| BIRD MIGRATION | EQUINOX | HICKORY NUTS | SHORTER DAYS |
| BLESSED | FAMILY | HOLIDAYS | SQUASH |
| BLESSINGS | FARMING | LONGER NIGHTS | STUFFING |
| BREAD ROLLS | FEAST | MASHED POTATOES | SWEET POTATOES |
| CALORIES | FOOD | MAYFLOWER | THANKFUL |
| CANDIED YAMS | FOOTBALL | NAPS | THANKSGIVING |
| CANNING | FRIENDS | NOVEMBER | TOGETHER |
| CELEBRATION | FROST | PILGRIMS | TRADITIONS |
| CHILLY | FRUIT PIES | PLYMOUTH | TRAVEL |
| CORNUCOPIA | GATHER | PUMPKINS | TURKEY |
| CRANBERRY SAUCE | GRATEFUL | RAKE | VETERANS DAY |
| CREAM PIES | HAM | RELATIVES | WALNUTS |
| DAYLIGHT SAVINGS | HARVEST SATISFACTION | | WHIPPED TOPPING |



Slow Cooker Chicken & Stuffing

Ingredients

- 4 boneless, skinless chicken breasts
- ½ c. flour
- ¾ tsp seasoned salt
- ½ tsp pepper
- ¼ c. butter
- 1 can Cream of Mushroom (or other cream soup)
- ¼ c. water
- 1 box stuffing mix

Instructions

1. In a ziploc bag, mix together seasoned salt, pepper, and flour. Dredge the chicken in flour mixture.
2. Melt butter in a skillet over medium heat.
3. Brown chicken on both sides in the skillet. Once browned, place in the bottom of your slow cooker.
4. Mix soup and water together. Pour over chicken.
5. Fix stuffing according to package directions but cut the water it requires in half. Then place in slow cooker on top of chicken and soup.
6. Cook on high for 3-4 hours.



Baked Peanut Butter Oatmeal

Prep Time: 5 minutes

Cook Time: 20 minutes

Yield: 12

its like eating a cookie for breakfast!

Ingredients

- 1-1/2 cups quick cooking oats
- 1/4 cup packed brown sugar
- 1/4 cup white sugar
- 3/4 cup milk
- 1/4 cup melted butter
- 1 egg
- 1 tsp baking powder
- 3/4 tsp salt
- 1 tsp vanilla
- 1/2 cup Skippy® Peanut Butter
- Option. Cut up and add some bananas to top



Instructions

1. Preheat oven to 350° and grease a 9x13 pan. Mix all ingredients together in a large bowl and stir well. Spread in to pan and bake for 20-25 minutes, or until edges are golden brown. Serve with warm milk poured over top.

Serving Veterans On Veterans Day And Always

By Diane Abell • Social Security, Assistant District Manager, Des Moines

Every day—but particularly on Veterans Day—Social Security salutes those who have put their lives on the line for our freedom.

Members of the United States armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who alleges he or she became disabled during active duty on or after October 1, 2001, regardless of where the disability occurred—at home or in the line of duty. Expedited processing is also available to veterans who have a compensation rating of 100% Permanent and Total (P&T) disability, regardless of when the disability occurred. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans, www.socialsecurity.gov/woundedwarriors, where you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Our website includes a fact sheet on the subject: *Disability Benefits For Wounded Warriors*.

You'll also find a webinar, "Social Security for Wounded Warriors," that explains the expedited dis-

ability process available to wounded warriors. The one-hour video is an introduction to disability benefits for veterans and active duty military personnel. If you would like more detailed information about the disability process, you can watch our seven-part video series "Social Security Disability Claims Process" at www.socialsecurity.gov/socialmedia/webinars.

On the Wounded Warriors webpage, you'll find links to the Department of Veterans Affairs and Department of Defense websites. Please keep in mind that the requirements for disability benefits available through Social Security **are different** from those of the Department of Veterans Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

Read our publication, *Military Service And Social Security*, to learn more. It's available at www.socialsecurity.gov/pubs. Also, navigate to www.socialsecurity.gov/woundedwarriors.

Thank you to our nation's brave veterans. We salute you on Veterans Day and every day.



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 November Pie Menu

November 6th

Dutch Apple Pie

November 13th

Strawberry Crème

November 20th

Pumpkin with whipped topping



PLEASE NOTE! We have done some restructuring of the craft classes, scheduling frequency 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 7 months of the year, with breaks during a couple of selected months and no classes held in 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 find out what project will be coming up at that instructor's site/s.

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



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for November. 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.

As we express our *Gratitude* we must never forget that the highest *Appreciation* is not to utter words, but to *Live* by them.

~ John F. Kennedy



Tai Chi for Seniors



Tai Chi for Arthritis - Class Starts November 3

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.

NOTE: There will be no class on Nov. 5 or Dec. 3.

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

Polk County Community, Family & Youth Services
Family Enrichment Center

16th Annual "FEC Stars" Campaign!

Please help the Family Enrichment Center provide holiday gifts for families in need this holiday season. There are over 400 children in this program.

- Starting November 3rd, Personalized "Stars", with a child's first name, gender, age, special interest and gift idea (approximately \$30) will be available.
- Please consider including an age appropriate, "gently used" or new book with your gift to help us promote literacy with our families.
- Contact **515-286-3406** with the number of "Stars" you wish to request this year or if you need further information about this campaign.
- Please return your wrapped gifts to the Family Enrichment Center no later than: **Tuesday, December 2nd.**

Family Enrichment Center
2309 Euclid Ave – River Place
Des Moines, Iowa 50310

Thank you in advance and Happy Holidays from all of us at FEC!

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

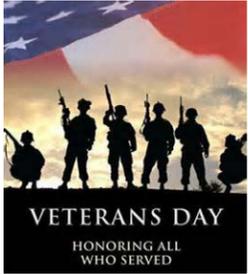
Senior Bulletin Subscription

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



<h1>M</h1>	<h1>T</h1>	<h1>W</h1>	<h1>Th</h1>	<h1>F</h1>	
<p>3</p> <p>Chicken Stew Broccoli Mandarin Oranges Peach Crisp WW Dinner Roll</p> <p>109 853</p>	<p>4</p> <p>Pork Chops w/pineapple Carrots Potato Salad Strawberries Sponge Cake</p> <p>84 576</p>	<p>5</p> <p>Baked Cod Key Largo Vegetables Lettuce Salad Banana Cookie</p> <p>64 475</p>	<p>5</p> <p>Flex Meal Option Hot Dog Key Largo Vegetables Lettuce Salad Banana Cookie WW Bun</p> <p>112 671</p>	<p>6</p> <p>BBQ Chicken Sandwich Sweet Potatoes Brussels Sprouts Pineapple Tidbits WW Bun Orange Juice</p> <p>111 684</p>	<p>7</p> <p>Chicken Tortellini Soup Squash Fresh Orange Bread Pudding Applesauce</p> <p>113 721</p>
<p>10</p> <p>Beef n Noodles Mashed Potatoes Green Beans Berry Blend Fresh Apple</p> <p>85 694</p>	<p>11 Closed</p>  <p>Veteran's Day</p>	<p>12</p> <p>Chef Salad w/ Tomato Wedge Baby Potatoes Banana Bran Muffin</p> <p>107 777</p> 	<p>12</p> <p>Flex Meal Option Liver N Onions Baby Potatoes Lettuce Salad Banana Bran Muffin</p> <p>119 802</p>	<p>13</p> <p>Beef Pepper Steak Tomato Sauce Mixed Vegetables Applesauce Brown Rice Fresh Orange</p> <p>109 704</p>	<p>14</p> <p>Hearty Italian Vegetable Beef Soup Peas Apple Juice Pumpkin Apple Muffin Peaches</p> <p>89 660</p>
<p>17</p> <p>Turkey Ham n Bean Soup Brussels Sprouts Orange Juice Cornbread Trail Mix</p> <p>98 649</p>	<p>18</p> <p>Sloppy Joe Broccoli Diced Potatoes Craisins WW Bun</p> <p>114 774</p>	<p>19</p> <p>Tuna Noodle Casserole Key Largo Vegetables Lettuce Salad Banana Birthday Cake</p> <p>119 744</p>	<p>19</p> <p>Flex Meal Option Bratwurst w/sauerkraut Key Largo Vegetables Banana Birthday Cake</p> <p>113 935</p>	<p>20</p> <p>Turkey w/ Gravy Mashed Potatoes Broccoli Cranberry Salad WW Dinner Roll Pineapple</p> <p>105 662</p>	<p>21</p> <p>Stuffed Green Pepper Soup Cooked Cabbage Tropical Fruit Rye Bread Apple Raisin Crisp</p> <p>165 1011</p>
<p>24</p> <p>Pork Ham Slice Harvard Beets Cheesy Hashbrowns Fresh Apple Strawberries</p> <p>81 556</p>	<p>25</p> <p>Beef Meatballs Tomato Sauce Peas Mandarin Oranges WG Penne Pasta Apple Juice</p> <p>91 729</p>	<p>26</p> <p>Orange Chicken Mixed Vegetables Coleslaw Rosy Applesauce Brown Rice Plum Cobbler</p> <p>119 787</p>	<p>26</p> <p>Flex Meal Option Sweet Spinach Salad w/ Raspberry Vinaigrette Dressing Rosy Applesauce Plum Cobbler WW Dinner Roll</p> <p>77 699</p>	<p>27 Closed</p>  <p>Thanksgiving</p>	<p>28 Closed</p>  <p>Holiday</p>



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



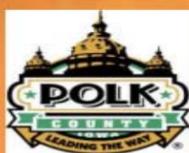
A HUGE THANK YOU to the Des Moines area Hy-Vee stores for generously donating 8 weeks worth of treats for Fall Prevention Events at the Polk County Senior Sites!

STRETCH Your Food Dollars

It's As Easy As...

For Older Adults 60+
Women, Infants
And Children

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



Monthly Packages Include:

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

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.

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: Teresa Dixon
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.

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.

November Tournaments



3rd @ South - 12:30 p.m.
10th @ N'ville - 12:30 p.m.
10th @ South - 12:30 p.m.
17th @ N'ville - 12:30 p.m.
17th @ South - 12:30 p.m.
24th @ N'ville - 12:30 p.m.
24th @ South - 12:30 p.m.

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

9 Ball Pool Tournament
14th @ North - 9:00 a.m.

10 Point Pitch
4th @ South - 12:30 p.m.
18th @ South - 12:30 p.m.
25th @ South - 12:30 p.m.

65
5th @ South - 12:30 p.m.
12th @ South - 12:30 p.m.
19th @ South - 12:30 p.m..
26th @ South - 12:30 p.m..

500
3rd @ N'ville - 12:30 p.m.

Bags - New!!
*Tournaments alternate every other week. Off weeks are social (no fee)
*6th @ North - 12:30 p.m.
13th @ North - 12:30 p.m.
*20th @ North - 12:30 p.m.

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

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

Pinochle
1st @ N'ville - 12:30 p.m.
5th @ N'ville - 12:30 p.m.
12th @ N'ville - 12:30 p.m.
19th @ N'ville - 12:30 p.m.
26th @ N'ville - 12:30 p.m.

Double Pinochle
6th @ South - 12:30 p.m.
13th @ South - 12:30 p.m.
20th @ South - 12:30 p.m.

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

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

November Social Card/Domino Parties

Mondays -
Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeno @ East @ 10:30 a.m.
Hand & Foot @ South @ 12:30 p.m.

Tuesdays - Closed 11/11
Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Dominoes @ East @ 12:30 p.m.
Hand & Foot or Spite and Malice @ East @ 12:30 p.m.
Jailhouse Rummy @ South @ 12:30 p.m.

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

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

Thursdays - Closed 11/27
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 - Closed 11/28
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.

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
Administrative Office - 286-3679

HCI Care Services – Family Caregiver College FREE Community Event

By Katie McIntyre
Community Relations Director

The next and final sessions of the series will be held November 4, from 5:30 p.m. - 6:30 p.m., at HCI Care Services' Bright Center in West Des Moines or November 5, from 11:30 a.m. - 12:30 p.m., at The Lodge of Ashworth, also in West Des Moines. The topic will be "Caring for Your Veteran: Identifying and addressing PTSD," presented by Ciera Stigen, Ph.D. and John F. Wallace, Ph.D. with VA Central Iowa Health Care. Family Caregiver College is a FREE community event that features guest speakers who offer expertise on a variety of topics to help those caring for a loved one.

For more information about HCI Care Services' Family Caregiver College, email info@hci-vns.org, call 515-333-4257, or visit www.hcicare.org. Information about the series, as well as family caregiver tips, is also available on the organization's Facebook and Twitter pages.



PROHIBITED AGENT/BROKER BEHAVIOR	APPROPRIATE AGENT/BROKER BEHAVIOR
Can't state that they are from Medicare or use "Medicare" in a misleading manner. For example, they can't state that they are endorsed by Medicare, are calling on behalf of Medicare, or that Medicare asked them to call or see the beneficiary	May call someone with Medicare who has expressly given permission. The permission applies only to the plan or agent/broker the person that requested contact from, for the duration of that transaction, and for the scope of products
Can't solicit potential enrollees door-to-door	Can call their own clients to discuss new plan options
Can't send unwanted emails, text messages, or leave voicemails	May call or visit someone with Medicare who attended a sales event if the person gave permission
Can't approach people with Medicare in common areas (i.e. parking lots, hallways, lobbies, sidewalks)	May initiate a phone call to confirm an appointment. Scope of the appointment may be changed with appropriate documentation
Can't conduct sales activities in healthcare settings except in common areas. Improper areas include waiting rooms, exam rooms, hospital patient rooms, dialysis centers and pharmacy counter areas	Can conduct sales activities in common areas of healthcare settings. Appropriate common areas include hospital or nursing home cafeterias, community or recreational rooms, and conference rooms
Can't make unwanted calls, including contacting people with Medicare under the guise of selling a non-Medicare Advantage (MA) or non-Prescription Drug Plan (PDP) product and allow the conversation to turn to MA or PDP. For example, an agent/broker can't begin by selling a Medicare Supplement plan and then turn the conversation to MA or PDP products	Must secure a signed "scope of appointment", prior to the appointment. For example, provided that the person has completed the scope of appointment form following a marketing/sales event, the future appointment may take place immediately after marketing/sales meeting
Can't provide meals to potential enrollees at sales presentation	May provide refreshments and light snacks to potential enrollees at sales presentations
Can't conduct marketing or sales activities at an educational event (such as discuss plan benefits)	May schedule appointments with people who live in long term care facilities only upon request
Can't market non-health related products (such as annuities and life insurance) to potential enrollees during MA or PDP sales activities or presentations	May leave cards behind for clients to give to their friend or family. The "referred" person has to contact the agent/broker directly
Can't offer gifts to potential enrollees of more than \$15. If a gift is offered it must be made available to all potential enrollees even if they do not enroll in a plan	May make sales presentations to groups of people without documenting scope of appointment with each individual since such documentation is only required for personal/individual sales events

To report concerns or specific complaints about possible inappropriate marketing practices, contact your State Health Insurance Assistance Program (SHIP). Call 1-800-MEDICARE or go to <http://www.medicare.gov> to get the phone number for your local SHIP. You can also send an email with details to surveillance@cms.hhs.gov.

Medicare Advantage and Prescription Drug Plan Marketing

August 2011



By Brian Hilgenberg, Senior Helpers

In last month's 6th Annual Senior Helpers Wii & Urbandale Senior Center Wii Bowling Tournament news...we have one additional achievement to mention:

Kathy Gifford from Northside Pin Busters had also achieved a high two game total and is to be congratulated for her top score.

Good job Kathy!



Ask The Naturalist

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



Question: I woke up one morning to find a bunch of shallow holes in my lawn. Something was digging out there overnight. What animal do you think it may have been?

~ Rob

Answer: There are two animals that cause damage to lawns this time of year, skunks and raccoons. They are trying to fatten up before winter and are searching for food like grubs and worms anyplace they can find it. Skunks create precise cone-shaped depressions approximately the size of their nose when digging. They can smell the protein rich grubs or worms just below the surface. Raccoons will use their front paws like hands to rip up and tear the sod in search of food. So unless you're seeing patches of sod ripped out, my guess is that a skunk was the guilty culprit!

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

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

AARP will also hold a Safe Driver course on Tuesday, November 18th from 12:30 p.m. to 4:30 p.m. at the Urbandale Senior Center located at 7305 Aurora Avenue in Urbandale.

To register phone 515-278-3907.



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 - JANEIL LONG

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

THIS HOLIDAY SEASON REMEMBER OUR VETERANS AND GIVE THANKS FOR THE BOUNTY IN YOUR LIFE!

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



Yes, it could happen to you.
Social Security News: Q & A

Submitted by Diane Abell

For more information, visit our website at www.socialsecurity.gov or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: How can I protect myself against identity theft?

Answer: First, don't carry your Social Security card with you. Keep it secure at home with your other important papers. Second, don't readily give out your Social Security number. While many banks, schools, doctors, landlords, and others will request your number, it is your decision whether to provide it. Ask if there is some other way to identify you in their records.

If you are the victim of identity theft, you should report it right away. To report identity theft, fraud, or misuse of your Social Security number, the Federal Trade Commission (the nation's consumer protection agency) recommends you:

1. Place a fraud alert on your credit file by contacting one of the following companies (the company you contact is required to contact the other two, which will then place alerts on your reports):
 - Equifax, 1-800-525-6285;
 - Trans Union, 1-800-680-7289; or
 - Experian, 1-888-397-3742
2. Review your credit report for inquiries from companies you have not contacted, accounts you did not open, and debts on your accounts you cannot explain;
3. Close any accounts you know, or believe, have been tampered with or opened fraudulently;
4. File a report with your local police or the police in the community where the identity theft took place; and
5. File a complaint with the Federal Trade Commission at 1-877-438-4338 (TTY 1-866-653-4261).

Question: Does Social Security provide special services or information for people who are blind or visually impaired?

Answer: Yes. Social Security offers a number of services and products specifically designed for people who are blind or visually impaired. If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in ways that may be more convenient for you. To find out more about this service, go to our page, *If You Are Blind Or Visually Impaired — Your Choices For Receiving Information from Social Security*, at www.socialsecurity.gov/notices. Or call our toll-free number for more information at 1-800-772-1213, from 7 a.m. to 7 p.m., Monday through Friday, or call or visit your local Social Security office and ask us to read it to you.

Many of our publications, such as brochures and fact sheets, are available in Braille, audio cassette tapes, compact discs, or in enlarged print. Our publication, *If You Are Blind Or Have Low Vision — How We Can Help*, and other publications in alternative formats can be obtained by calling, toll-free, 1-800-772-121 (TTY 1-800-325-0778). For more information, see our page *Public Information Materials in Alternative Media* at www.socialsecurity.gov/pubs/alt-pubs.html.

Harvest Boutique and Bake Shop



Friday, November 14, 2014
 9:00 AM to 1:00 PM

Crafts, gifts and goodies for sale to help you kick off the holiday season!

Many college-themed items for your favorite Hawkeye, Cyclone, Panther or Bulldog fans. Stop in and enjoy a cup of coffee while you shop!

Urbandale Senior Recreation Center
 7305 Aurora Avenue

November Blood Pressure Checks

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

- 4th Norwoodville
 - 5th Central
 - 6th North
 - 7th Grimes
 - 10th East
 - 12th NW
 - 13th Polk City
 - 14th Scott Four Mile
 - 17th West
 - 18th South
 - 19th Pioneer Columbus
 - 20th Central
 - 21st Altoona
 - 24th Runnells
 - 25th Johnston
 - 26th Calvary at Norwoodville
- Dates Subject to Change.



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

ANNUAL PANCAKE BREAKFAST

FUNDRAISER

**NORTH SENIOR CENTER
 PARK FAIR MALL
 SATURDAY, NOVEMBER 8TH
 8:00-11:00 AM
 \$6.00 ADULTS
 \$4.00 CHILDREN 10 & UNDER**



MENU
PANCAKES - ALL YOU CAN EAT
SAUSAGE
EGGS
MILK
JUICE
COFFEE
(ADDITIONAL SAUSAGE AND EGGS AVAILABLE FOR PURCHASE)
QUESTIONS? CALL 288-1524

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 Tues.	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
Westside	Tues. & Thurs.	10:15 a.m.

BINGO BINGO BINGO

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

Grimes News

Grimes continues to enjoy “Senior Moments” two to three times per month; they are short presentations by seniors on a hobby or topic of interest to them.

Grace Rich enjoys handiwork including Quilling, which is coiling and shaping narrow paper strips to create a design. It’s actually an art form and has been around for hundreds of years, dating back to the Renaissance. Here Barb Henry holds two pictures while Grace explains to the group how Quilling is done.

Evelyn Shafer of Grimes presented a Senior Moment on “Dancing at Lake Robbins Ballroom”. Evelyn has been dancing to Big Band music at Lake Robbins most every Sunday night for the last 15 years; she says “It’s what keeps me young!” Evelyn and her dance partner, Norman Gore of Urbandale, danced to two of their favorite songs: “In the Mood” and “Dream a Little Dream of Me”.



Dancing at Lake Robbins Ballroom



Grace Rich is showing Joyce Habel (in fuschia) how to do quilling.

Three Grimes Seniors go on Honor Flight

Roger Honold, Stan Erickson and Russell Slauson were all smiles after they returned from the recent Central Iowa Honor Flight. For these Korean War Veterans, seeing the Memorials in Washington DC and experiencing the great send-off and support were their favorite things.



Roger Honold, Stan Erickson and Russell Slauson were all smiles!

“To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.”
~ Osho





Meet for Breakfast



NEW! Introducing
S & S Central Cafe

Looking to have breakfast before hitting your center for the day? Come over and check out

S & S Central Café at the Central Senior Center, 2008 Forest Ave.

We serve a hot breakfast on Tuesday and Friday mornings from 8:30 to 10 a.m.

Featured items include: 3 Pancakes (plain or blueberry) and a choice of sausage or bacon for \$1.40 (\$1.50 for blueberry pancakes) or 2 Waffles with a choice of sausage or bacon for \$1.50.

We also offer assorted flavor oatmeal, white or wheat toast, fruit juices and milk.

On Fridays we offer egg specials, be it 2 egg ham and cheese omelets with your choice of white or wheat toast, or 2 eggs, a choice of sausage or bacon, white or wheat toast, for \$2.50.

Come by and join us for breakfast before you head off to your destination for the day.

Or you could always stay and enjoy our center.

All monies collected will go towards Central’s special donations account.





thanksgiving
gather
thankful family
blessed grateful
together
blessings
november



It is the VETERAN, not the preacher, who has given us freedom of religion.

It is the VETERAN, not the reporter, who has given us freedom of the press.

It is the VETERAN, not the poet, who has given us freedom of speech.

It is the VETERAN, not the campus organizer, who has given us freedom to assemble.

It is the VETERAN, not the lawyer, who has given us the right to a fair trial.

It is the VETERAN, not the politician, who has given us the right to vote.