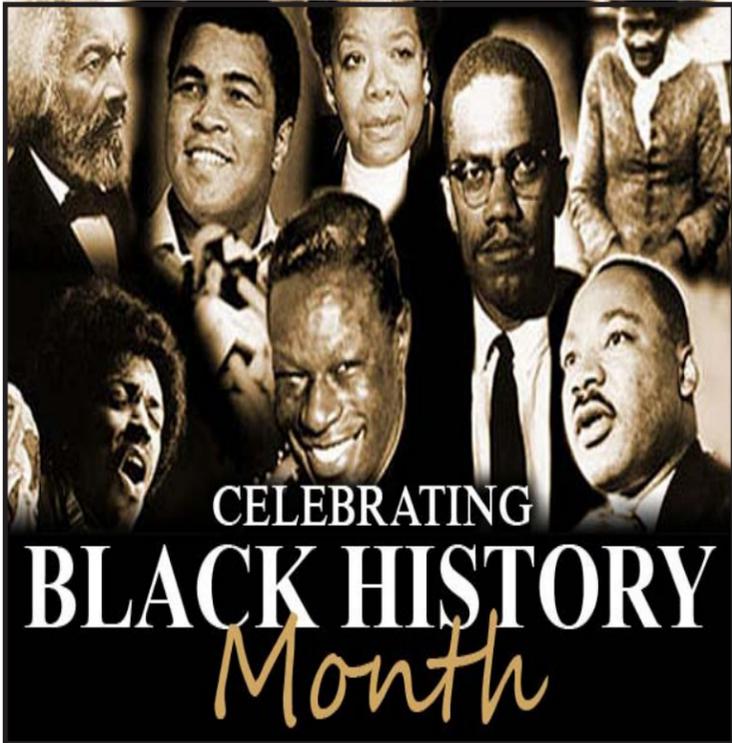


The Senior

Polk County Senior News!

February Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • February 1 - 28, 2015



Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (February 7th), 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.

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.

Biscuit & Gravy w/ Sausage Patties Breakfast Fundraiser

All-U-Can-Eat **8:00 a.m.**
Norwoodville Community Center
3077 N.E. 46th Ave (Broadway)
More Info? Call 266-5794 While supplies last

Wednesday, February 25th
\$3.00 per person

Important Dates

- 2/2 - Ground Hog Day
- 2/14 - Valentine's Day
- 2/16 - President's Day - All Sites Closed
- 2/18 - Ash Wednesday
- 2/19 - Chinese New Year
- 2/23 - Lent Begins

- Month:
- American Heart Month
 - Canned Food Month
 - Creative Romance Month
 - Great American Pie Month
 - National Cherry Month
 - National Grapefruit Month
 - National Weddings Month

Source: www.HolidayInsights.com



2015

Happy New Year!

Ash Wednesday



Follow the Groundhog's example: Stay Indoors!!

Social Security News
By Derek Nichols

Every year, on February 2, we wait to see if Punxsutawney Phil, the world's most famous groundhog, will predict six more weeks of winter. Huge crowds have waited for Phil's prediction each year since 1886. For Phil, seeing his shadow predicts six more weeks of winter-like weather. More often than not, he sees his shadow and goes back inside.

You, too, can remain out of the cold, and save time and money at the same time, by using our secure online service, *my Social Security*, to conduct Social Security-related business from the warmth of your own comfortable home.

When you create a *my Social Security* account at www.socialsecurity.gov/myaccount, you can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you're still working;
- Get an instant letter with proof of your benefits if you currently receive them; and
- Manage your benefits.

Setting up your account is quick, secure, and easy. Set it up during the cold weather, while you're waiting for spring.

Punxsutawney Phil usually predicts more wintery weather, and according to the Groundhog Day event organizers, he is accurate 75 to 90 percent of the time. And let's face it, spring doesn't really start for seven weeks after Phil's time in the spotlight each year.

Whatever the weather, you can expect to be more comfortable than Punxsutawney Phil by using *my Social Security*. Follow the groundhog's example and stay inside!

From the warmth and comfort of your own home, visit www.socialsecurity.gov to learn about all the services we provide online.

Social Security Q & A

Question: A few months after I started receiving my Social Security retirement benefit, my former employer offered to take me back. It's a great offer. Can I withdraw my retirement claim and reapply later to increase my benefit amount?

Answer: Social Security understands that unexpected changes may occur after you begin receiving retirement benefits. If you change your mind, you may be able to withdraw your Social Security claim and re-apply at a future date. This withdrawal must occur within 12 months of your original retirement, and you are limited to one withdrawal during your lifetime. Keep in mind, you must repay all of the benefits you received. You can learn more about the one-year period when you can postpone your benefits at www.socialsecurity.gov/retire2/withdrawal.htm

Question: I heard that Social Security benefits increased at the beginning of the year. What is the average Social Security retirement payment that a person receives each month?

Answer: You are right—Social Security benefits increased this year. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) began receiving a cost-of-living adjustment (COLA) increase of 1.7 percent to their monthly benefit payments. The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from \$1,146 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work). The Social Security Act details how the COLA is calculated. You can read more about the COLA at www.socialsecurity.gov/cola.

Question: Often, I need assistance with day-to-day tasks. My daughter offered to help me with my Social Security claim and wants to represent me. Is that okay?

Answer: You can choose to have a representative help you when you do business with Social Security. We'll work with your representative in the same way we would work with you. Select a qualified person, because this person will act for you in most Social Security matters.

First, you will need to fill out the Appoint a Representative form at www.socialsecurity.gov/forms/1696.pdf.

Question: If I have a question about my Medicare bill, who should I contact?

Answer: First, contact your provider. If you are unable to get your question answered or the problem resolved, then contact 1-800-MEDICARE (1-800-633-4227). For more information about Medicare benefits, visit www.medicare.gov.

Derek Nichols is the Social Security Acting Assistant District Manager in Des Moines.

Free Community Dinner Meals Offered

(No Age Requirement)



Locations –

Norwoodville Community Center
3077 N.E. 46th Ave (Broadway)

Monday – Thursday 2:30 to 3:30 p.m.
(or as long as food lasts)
Ran by Barb Houseman

Central Senior Center 2008 Forest Ave.
Monday – Friday 3:00 to 4:00 p.m.
(or as long as food lasts)
Ran by Charlie Lee

Eat In or Carry Out – * Must bring own carry out containers. *
No Reservation Needed / First Come– First Served

Meals Sponsored by Central Iowa Shelters



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

ADMIRE

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AFFECTION

AMOUR

ANNIVERSARY

ASH WEDNESDAY

CANDLELIGHT

CANDY

CARDS

CHINESE NEW YEAR

CHOCOLATES

COUPLES

CUPCAKES

CUPID

DANCE

ELECTION

EMBRACE

FEBRUARY

FLIRT

FLOWERS

FRIENDSHIP

GROUND HOG

HEARTS

HISTORY

HONOR

HUG

JEWELRY

JUSTICE

KISS

LENT

LIBERTY

LINCOLN

PRESIDENTS DAY

PUNXSUTAWNEY PHIL

ROMANCE

ROSES

SAINT

SERENADE

SMOUCHES

SWEETHEART

VALENTINES DAY

WASHINGTON

20-Minute or Less Heart-Healthy Meals

Sesame Pork Rice



Photo: Lee Harrelson

Brightly flavored with garlic, ginger, soy sauce, and rice vinegar, this fried rice has only a tablespoon of oil, no egg, and lean pork loin. It cooks in 10 minutes, which is certainly faster than take-out. Toss a salad of chopped fresh spinach and mushrooms to accompany the rice. **Ready in just 15 minutes.**

Ingredients

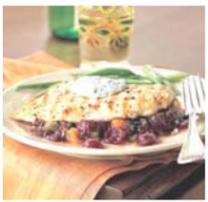
- 2 (3 1/2-ounce) bags boil-in-bag long-grain rice
- 1 pound boneless center-cut loin pork chops (cut into bite-sized pieces)
- 1 1/2 teaspoons bottled minced garlic, divided
- 1 teaspoon bottled ground fresh ginger, divided
- 1 tablespoon dark sesame oil, divided
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons rice vinegar
- 1/2 cup chopped green onions
- 1 tablespoon toasted sesame

Preparation

Cook rice according to package directions; omit salt. Drain well; set aside. While rice cooks, toss pork with 1/2 teaspoon garlic and 1/2 teaspoon ginger. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add pork; sauté 3 minutes or until done. Remove from pan; keep warm.

Heat 1 teaspoon oil in pan over medium-high heat; add 1 teaspoon garlic and 1/2 teaspoon ginger; sauté 30 seconds. Add rice, soy sauce, hoisin sauce, and vinegar; cook 2 minutes, stirring constantly. Stir in pork; cook 2 minutes or until thoroughly heated. Sprinkle with green onions and sesame seeds.

Pan-Grilled Chicken with Cranberry Salsa



Pounding boneless chicken breast halves is a great way to shorten the cooking time as well as make them more tender. But the cranberry salsa—made with refrigerated cranberry-orange sauce and pickled jalapeños—is the real star of this recipe. (It's also great spooned over pork tenderloin or fish.) Complete the menu with steamed green beans tossed with lemon juice and a chopped fresh herb.

Find local grocery deals. Edit your ZIP code and select your favorite grocery stores to see what ingredients are on sale right now.

Ingredients

- 4 (4-ounce) skinned, boned chicken breast halves
- 1/4 teaspoon salt
- Click to see savings
- 1/8 teaspoon black pepper
- Click to see savings
- 1/3 cup minced green onions

- 1 tablespoon minced pickled jalapeño peppers
- Click to see savings
- 2 teaspoons balsamic vinegar
- Click to see savings
- 1 (12-ounce) container cranberry-orange sauce (such as Ocean Spray)
- 2 tablespoons minced fresh cilantro, divided
- 1 1/2 tablespoons lime juice, divided
- 2 tablespoons 1/3-less-fat cream cheese

Preparation

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to a 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle with salt and pepper. Heat a grill pan over medium-high heat; cook chicken for 5 minutes on each side or until done. Keep warm.

Combine onions, jalapeños, vinegar, and cranberry sauce in a medium bowl. Stir in 1 tablespoon cilantro and 1 tablespoon lime juice.

Combine 1 tablespoon cilantro, 1 1/2 teaspoons lime juice, and cream cheese in a small bowl; stir well to combine. Spoon salsa evenly onto individual plates. Place chicken on top of salsa; top with a dollop of cilantro cream. Serve immediately.

Moroccan Chicken with Fruit and Olive Topping

The pairing of dried fruit and olives is also characteristic of other North African cuisines, such as Tunisian and Algerian. Serve over Israeli couscous, a pearl-like pasta; sprinkle with chopped green onions.



Ingredients

- 1 tablespoon olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 4 (6-ounce) skinless, boneless chicken breasts
- 1/2 cup prechopped onion
- 2 teaspoons bottled minced garlic
- 3/4 cup dried mixed fruit
- 1/2 cup dry white wine \$
- Click to see savings
- 1/2 cup fat-free, less-sodium chicken broth
- 1/4 cup chopped pitted green olives
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Preparation

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle 1/2 teaspoon salt, 1/4 teaspoon pepper, and thyme evenly over chicken. Add chicken to pan; cook 4 minutes on each side or until done. Remove from pan; cover and keep warm.

Heat remaining 1 teaspoon oil in pan. Add onion to pan; sauté 2 minutes until tender. Add garlic to pan; sauté 30 seconds. Add fruit and remaining ingredients to pan; cook 5 minutes or until liquid almost evaporates.

Fix our heart healthy recipes for those you love!



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.



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for February. Should this change, members will be contacted directly. Any questions, please call Daiynna @ 286-3536.

Polk County February Pie Menu

February 5th
Fruit Forest Pie

February 12th
Cherry Pie

February 19th
Lemon Meringue Pie

February 26th
Strawberry Crème Pie



Polk County Flex Meal Options

February 4th
Chicken Caesar Salad
Tropical Fruit
Raisin Bread
72
668

February 11th
Liver n' Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin
119
802

February 18th
Veggie Sub
Banana
Birthday Cake
118
847

February 25th
Bratwurst w/ sauerkraut
Green Beans
Fresh Orange
WW Bun
Pears
88
789



WesleyLife HOME-DELIVERED MEALS

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

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



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

Roast beef



Lemon pepper fish



Country herb chicken



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<h1>M</h1>	<h1>T</h1>	<h1>W</h1>	<h1>Th</h1>	<h1>F</h1>
<p>2</p> <p>Beef Chili Squash Mixed Melon Cornbread</p> <p>85 583</p> 	<p>3</p> <p>Chicken Burger Lettuce/tomato/onion Cooked Cabbage Orange Juice WW Bun Blueberry Crisp</p> <p>118 635</p>	<p>4</p> <p>Goulash Carrots Tropical Fruit Raisin Bread</p> <p>95 822</p>	<p>5</p> <p>Meatloaf Sweet Potatoes Brussels Sprouts Banana WW Dinner Roll</p> <p>101 821</p>	<p>6</p> <p>Baked Cod Stewed Tomatoes Creamy Coleslaw Fresh Orange Rye Bread Chocolate Pudding *Chocolate Milk NEW!</p> <p>99 707</p>
<p>9</p> <p>Chicken Stew Spinach Mandarin Oranges WW Dinner Roll</p> <p>71 640</p>	<p>10</p> <p>Meatball Sub w/cheese Tomato Sauce Peas Rosy Applesauce WW Bun</p> <p>67 680</p>	<p>11</p> <p>Chef Salad w/tomato wedge Baby Potatoes Banana Bran Muffin</p> <p>114 723</p>	<p>12</p> <p>BBQ Chicken Sandwich Broccoli Garlic Potatoes WW Bun Raisins</p> <p>86 710</p>	<p>13</p> <p>Tuna on Bun Minestrone Soup Cooked Cabbage Orange Juice Trail Mix *Chocolate Milk NEW!</p> <p>117 851</p>
<p>16 - Closed</p>  <p>President's Day</p>	<p>17</p> <p>Hamburger Cabbage Casserole Peas Tropical Fruit Salad Peach Crisp</p> <p>118 938</p>	<p>18</p> <p>Tuna Noodle Casserole Corn Lettuce Salad Banana Birthday Cake</p> <p>111 818</p>	<p>19</p> <p>Pork Roast w/gravy Mashed Potatoes Brussels Sprouts Fresh Orange WW Dinner Roll</p> <p>92 656</p>	<p>20</p> <p>Macaroni n' Cheese Green Beans w/almonds LS V8 Juice Fresh Apple *Chocolate Milk NEW!</p> <p>74 518</p>
<p>23</p> <p>Baked Chicken Party Potatoes Spinach Strawberries Apple Raisin Crisp</p> <p>104 662</p>	<p>24</p> <p>Cali Burger Potato Salad Lettuce/tomato/onion Berry Blend WW Bun Warm Cinnamon Apples</p> <p>100 785</p>	<p>25</p> <p>Chicken Tortellini Soup Green Beans Fresh Orange Pumpkin Apple Muffin Pears</p> <p>102 680</p>	<p>26</p> <p>Turkey w/gravy Mashed Potatoes Broccoli WW Dinner Roll Pineapple</p> <p>128 672</p>	<p>27</p> <p>Salmon Patty Diced Potatoes Creamed Peas Banana *Chocolate Milk NEW!</p> <p>84 682</p> 

got milk?

We do! Polk County Senior Services will now be offering Chocolate Skim Milk every Friday served with lunch. YUM!



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



STRETCH Your Food Dollars

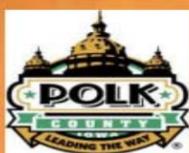
It's As Easy As...

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



"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/SHIIP – 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.

February Tournaments



18th @ South – 12:30 p.m..
25th @ South – 12:30 p.m..

13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

500 - Closed 2/16

2nd @ N'ville – 12:30 p.m.
2nd @ South – 12:30 p.m.
9th @ N'ville – 12:30 p.m.
9th @ South – 12:30 p.m.
23rd @ N'ville – 12:30 p.m.
23rd @ South – 12:30 p.m.

Pinochle

4th @ N'ville – 12:30 p.m.
11th @ N'ville – 12:30 p.m.
18th @ N'ville – 12:30 p.m.
25th @ N'ville – 12:30 p.m.

8 Ball Pool Tournament

13th @ North – 9:00 a.m.
27th @ North – 9:00 a.m.

9 Ball Pool Tournament

6th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

10 Point Pitch

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

Double Pinochle

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

Group Choice for Cards

6th @ South – 12:30 p.m.

Shanghai - Closed 1/1

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

65
4th @ South – 12:30 p.m.
11th @ South – 12:30 p.m..

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

February Social Card/Domino Parties

Mondays - Closed 2/16

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.
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)
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.
Bags - @ North @ 12:30 p.m.
*All weeks are social until spring - good practice time!

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.
Hand & Foot @ South @ 12:30 p.m.



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.*



Take a survey now.
Improve housing in Central Iowa forever.
Visit: survey.housingtomorrow.com to take a 5-minute survey.

Housing Tomorrow is made possible by the generous support of:



How does this work?

Visit the website to start a short survey. The whole survey should only take 5-10 minutes.

We won't ask for any identifying information, so your answers are completely anonymous. We will analyze the results to see what problems local families are facing, so that we can consider policies that will help.

Why does your participation matter?

Your responses will contribute to Housing Tomorrow, the region's first housing plan. The project is a collaborative effort between Polk County Housing Trust Fund, the Des Moines Area Metropolitan Planning Organization, stakeholders, and the public. Housing Tomorrow will focus on housing issues identified in the Tomorrow Plan and through the responses you send!

For more information, visit: housingtomorrow.com



Senior Advisory Council



Looking for interested participants from the following sites listed below to become a member of the Senior Advisory Council. The Council meets every other month at 9:00 a.m., at River Place, 2309 Euclid Ave. This council assists administration in making decisions about programming, as well as giving direct feedback. If you are interested please contact your site staff.

Altoona	Northwest	Runnells
Central	Norwoodville	Scott Four Mile
Grimes	Pioneer	Westside
MLK	Polk City	

Diabetes Support Group

Have Diabetes? Come join us.

3rd Wednesday of every month -

Next meeting on February 18th

5:30 to 6:30 p.m.

Resources and information will be provided by local organizations and professional in the field of diabetes. Friendship and support provided by you and other support group members. Come join us for an evening of good conversation and fun.



Please RSVP to:

Courtney Slater, RD, LD, CDE

Cslater@hyvee.com

Des Moines Drugstore: 515-633-8603

West Des Moines Drugstore: 515-440-1481

Northside Library
3516 5th Avenue
Des Moines, IA 50313

Ask The Naturalist

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



Question: I thought it was odd to see a bluebird the other day. Isn't it too late for them to be here? Don't bluebirds migrate south for the winter?

Mark

Answer: It's not uncommon to see bluebirds in the winter. Bluebirds start to gather in larger flocks in the fall to migrate southward. Along the way they'll feed on fruit and berries wherever they can find them. Once their source of berries runs out, they'll move on. Some bluebirds don't fly south very far so they have the first chance to claim prime nesting territories in the spring.

Exercise Classes Offered

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

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

EAST
ENHANCED 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
ENHANCED 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
ENHANCED FITNESS
MON., WED. & FRI. 8:30 - 9:30 A.M.
INSTRUCTOR - AMBER WILLIAMS

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

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

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.



Peace is not made at the council table or by treaties, but in the hearts of men.

~ Herbert Hoover

Hoover, in West Branch, Iowa, was our nation's 31st president.



COMMUNITY, FAMILY
YOUTH SERVICES

COMMUNITY, FAMILY
& YOUTH SERVICES

DO YOU QUALIFY FOR RENT REIMBURSEMENT?

- ❖ Are you an Iowa resident?
- ❖ Are you 65 or older as of February 31, 2014?
- ❖ Is your annual household income less than \$22,011?
- ❖ 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

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 jullat@vnsla.org.

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

The next class will be held February 9th. Please call: (515) 697-1021 to reserve your place.



February Blood Pressure Checks

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



3 rd	Norwoodville
4 th	Central
5 th	North
9 th	East
10 th	MLK
11 th	NW
12 th	Polk City
13 th	Scott Four Mile
16 th	West
17 th	South
18 th	Pioneer Columbus
19 th	Central
20 th	Altoona
24 th	Johnston
25 th	Calvary at Norwoodville
26 th	Runnells
27 th	North

Dates Subject to Change.

Medicare Card Scam Calls Happening in Iowa Now!

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

Iowa seniors have reported that scammers are working hard to steal personal information by calling about “new” Medicare cards and “better benefits.” The scam theme is about improved benefits coming with your Medicare or supplemental insurance, if you give personal information like your Medicare number, other insurance ID number, doctor’s name or drugstore location.

For years, scammers have made calls early each year with an offer of new insurance cards but it appears they are now trying even harder to sell themselves as legitimate by also asking for other information like your health provider’s name. Just because they ask a lot of questions does not mean they are honest!

Please read Iowa Senior Medicare Patrol’s article about “Getting Your Medicare Ready for 2015,” for tips about new cards for the new year. In the meantime, please tell your friends and neighbors to watch out for these scam calls, do not give out any personal information. If you receive this type of call, Iowa Senior Medicare Patrol would like you to report it to us at 1-800-423-2449.

Get Your Medicare Ready for 2015

The Medicare website, www.medicare.gov has an interesting blog section; we’ve used a title from a recent entry and encourage you to read this summary of suggestions.

Make sure you take the right insurance card to your doctor visit. If you are on original Medicare, your red, white and blue card is good from year to year; it doesn’t expire. Remember, even if you’ve gone to your doctor or used the same hospital for years, they have the right to ask to see your Medicare card each time you visit. If

you are on a Prescription Drug Plan and you changed plans for 2015, be sure you have received your new ID card and use it at the drugstore. If you’ve not received it, contact the plan you signed up with. If you are in a Medicare Advantage plan and you changed plans, also be sure you have your new card.



Check with your doctor to see if you are eligible for Medicare-covered preventive tests or screening. Many of these are covered each year, at no charge to you, if you meet the requirements; your doctor will know.

New deductibles will apply, so make sure you budget for some out of pocket expense.

READ your “2015 Medicare & You” handbook that was mailed last fall. You can also download electronic copies and audio versions of the handbook. Check it out at www.medicare.gov.

Phone Scammers Lie!

The Federal Trade Commission (FTC) has warned the public about phone scammers that call persons that have already lost money to a scam, offering to “recover” some of their losses for them. The scammers require their victims to pay advance fees in order to get their money returned. The FTC says, “If you lost money to a scam, don’t believe anyone who promises they can get your money back if you pay them an up-front fee. That’s against the law. Report them to the FTC at www.ftc.gov/complaint.”

Source: FTC Blog Topics “Money & Credit” dated Nov. 20, 2014

Iowa Senior Medicare Patrol (SMP) a project of Aging Resources of Central Iowa, 5835 Grand Avenue, Suite 106, Des Moines, Iowa 50312

HOW TO RIDE

TRAINING AVAILABLE

DART staff provides small group training to help individuals learn to ride the bus in Greater Des Moines. Training will demonstrate how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. How to Ride Training sessions are free and open to the public.

How to Ride Training sessions are held at DART Central Station on:

Tuesday, Feb. 10, 2015
2 – 4:30 p.m.



DART Central Station
Multimodal Room (second floor)
620 Cherry Street, Des Moines

For questions or to reserve your seat, call
DART Customer Service at 515-283-8100
or email dart@ridedart.com.



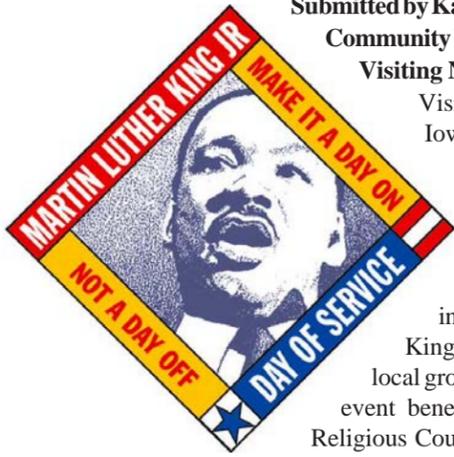
515-283-8100 | ridedart.com

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.

Visiting Nurse of Iowa's Senior Companion

Submitted by Katie McIntyre
Community Relations Coordinator
Visiting Nurse Services of Iowa



Visiting Nurse Services of Iowa had 32 Senior Companions organize a food drive in January. The event took place at Redeemer Lutheran Church; in Des Moines in honor of Martin Luther King Jr. Day. As one of the local group's service projects, the event benefited Des Moines Area Religious Council's food pantries.

Senior Companions offer transportation assistance, companionship, and respite services for homebound adults. Those interested in learning about available assistance, or seniors ages 55 and older interested in becoming Senior Companions are encouraged to contact Julia at juliat@vnsia.org or 515-558-9957.

This federally funded Senior Corps program is made possible by a grant through the Corporation for National and Community Service.



CRAFT CLASSES - 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. Sign up sheets are located at each site, for each project.

Projects are FREE or donations are accepted. Any questions, call a center nearest you to speak with craft instructor.

Yarn Needed!!

The Golden Thread Society group which meets on Wednesdays, from 2 - 4 p.m., at the South Senior Center, is looking for new and/or clean yarn donations.

The group is gearing up to make fall scarves and hats which are donated throughout the Polk County area shelters, homes and hospitals.

If you are interested in joining the group or making a donation of supplies, please contact Ray Ann Scione at 288-3734.

I'm 65 or Older

Do I Need to File an Iowa Income Tax Return?

Maybe Not!

Even if you always filed an Iowa return before, you might NOT need to anymore if:

- you're Single and you have net income of \$24,000 or less
- you're filing status is other than Single and you have a combined net income of \$32,000 or less

Find out at <https://tax.iowa.gov/>

Do you still need to file a tax return? File electronically!

File your federal and Iowa returns together through our website at: <https://tax.iowa.gov/>

You may qualify to file electronically for free!



Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history.

~ Carter G. Woodson
The Father of Black History



Tax Time Scams & Tips

Consumer Advisory

By Attorney General Tom Miller

Tax-related scams occur all the time, but consumers are at a higher risk during tax season.

Don't Respond to "Urgent" Calls Supposedly from IRS

This scam has recently generated large volumes of complaints throughout Iowa and the nation. In this scam, an IRS impersonator calls and demands immediate payment for what the caller claims is a tax debt or penalty. The caller threatens the recipient with an ominous-sounding court action or even imminent arrest if the recipient doesn't pay immediately. The caller urges the recipient to use a credit card, debit card or pre-paid debit card, such as a Green Dot card. The caller likely will "spoof" the number that appears on the recipient's caller-ID display, meaning the caller can mask the true number and falsely display another number—including an actual IRS number.

The Same Goes for "Urgent" Emails

These emails appear to be official IRS emails, which may claim that the recipient must update IRS records or must act to collect a tax refund. When the user clicks on the link provided in the email, the link may take the email recipient to an IRS look-alike "phishing" site operated by criminals, which tricks users into entering personal information.

Legitimate IRS Notices

The IRS does not call or email people about unpaid taxes or penalties without first sending official notices through the U.S. Mail. When the IRS does send notices, it does not demand immediate payment and does not seek payment (such as pre-paid debit cards) over the phone.

Responding to IRS Scams & Reporting Them

- If you receive a threatening call from someone who claims they're with the IRS, hang up. If you receive an email, don't click on any links. Delete the email or report it (see contact information below).
- To verify whether you owe federal taxes or penalties should contact the IRS directly. The IRS telephone assistance number is 1-800-829-1040.
- If you lost money through an IRS impersonation scam, report it to local law enforcement.

• If you were not scammed but wish to report being contacted by an IRS impersonator, contact the U.S. Treasury Inspector General for Taxpayer Administration (TIGTA): www.treasury.gov/tigta or call 1-800-366-4484.

• If you were not scammed but wish to report an IRS scam contact, report it to the U.S. Federal Trade Commission (FTC) through the FTC Complaint Assistant at www.ftccomplaintassistant.gov.

Bogus Tax Relief Claims

Some companies claim that they have special methods that enable them to "wipe away" tax debts or settle them for "pennies on the dollar." These companies likely charge significant up-front fees. Unfortunately, there's a good chance they will deliver poor or even no results. And only the IRS can address tax debts and administer tax relief programs.

If you owe money to the IRS, contact the IRS first. You may qualify for certain tax relief programs that may include payment installment options, tax debt settlements or, in very limited circumstances, penalty or interest abatement. An independent organization within the IRS, called the Taxpayer Advocate Service, may be able to help. For more information, go to www.irs.gov/advocate or call (toll-free) 1-877-777-4778.

Professional Tax Preparers

When seeking help from a professional tax preparer, remember that you are ultimately responsible for the accuracy of your own tax returns. Anyone who charges to prepare or assist in preparing federal tax returns must have a valid IRS Preparer Tax Identification Number (PTIN). Is the tax preparer a certified public accountant? It's not required, but it might make sense if your return is more complicated. Check with the Better Business Bureau for complaints against the tax preparer. Be sure you know the exact fee for a preparer's services and insist on a date by which your return will be filed with the IRS. Confirm the basis for all tax deductions the tax preparer claims on their returns. And make sure the business is open year-round in the event you have follow-up questions about your tax return.

Consumer Protection Division "Hoover Building" Des Moines, IA 50319 " 515-281-5926 " 1-888-777-4590 " www.IowaAttorneyGeneral.gov

Inclement Weather Policy for Polk County Senior Services

During the winter months, it is the intention of Polk County Senior Services to open and operate its centers as scheduled. However, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.

When this occurs, announcements will be made. As a rule, when the Des Moines Public Schools are closed, due to inclement winter weather, so are the Polk County Senior Centers.

There are several ways seniors can find out if sites are closed:

- Go to www.polkcountyiowa.gov. Scroll down the left hand column to the Polk County Updates header. Click on the Polk County Sr. Svcs link to find the info.
- Listen/watch for the school closing announcements on local television stations. If still unsure:
- Call your senior center and listen to the recorded message for updates and directions.
- Call the administrative office at 286-3679 for information.