

# The Senior

Polk County Senior News!

# March Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • March 1 - 31, 2015

March is  
Irish-American  
Heritage Month



A time to honor the achievements of our Irish immigrants and their descendants living in America.



## Announcements and Upcoming Events

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

On the 1st Saturday of this month (March 7<sup>th</sup>), 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.

## Johnston "Silver Sneakers"

Submitted by Caroline VerSchuer  
**JOIN THE MOVEMENT!**

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible with Silver Sneakers. This class is now being offered at the Johnston Senior Center every Wednesday from 10:15 to 11:00 a.m. Silver Sneakers classes are total-body conditioning classes designed to increase muscular strength, endurance, range of movement, flexibility, balance, agility and coordination. Classes typically involve the use of hand-held weights, elastic tubing with handles and a small exercise ball. A chair is

available for seating or additional support.

The class is being taught by Andi Cameron, who has special training in leading a fitness program for aging Boomers and Senior's. She brings a lot of energy and enthusiasm to the class encouraging every one of various skill levels. The class is a "free will donation" to help offset expenses. No pre-registration is required. Come join the fun and make new friends.

Call 251-3707 Johnston/Polk County Senior Center for questions.

Source for some information mentioned above obtained from <https://www.silversneakers.com>



- 3/8 - Daylight Savings time begins (Spring Forward)
- 3/15 - Ides of March
- 3/17 - St. Patrick's Day
- 3/20 - Spring Begins
- 3/29 - Palm Sunday

- Month:
- March Madness
  - Irish American Month
  - National Craft Month
  - National Nutrition Month
  - National Women's History Month
  - Red Cross Month
- Source: [www.HolidayInsights.com](http://www.HolidayInsights.com)



# Social Security News: Q & A

By Derek Nichols

Acting Assistant District Manager  
Des Moines

[www.ssa.gov](http://www.ssa.gov) Check out the Benefits.

**Question:** I'm gathering everything I'll need to file my taxes this month. Do I have to pay taxes on Social Security benefits? Also, where can I get a replacement 1099?

**Answer:** Some people who get Social Security must pay federal income taxes on their benefits. Still, no one pays taxes on more than 85 percent of their Social Security benefits.

You must pay taxes on some portion of your benefits if you file an individual federal tax return and your combined income exceeds \$25,000. If you file a joint return, you must pay taxes if you and your spouse have combined income of more than \$32,000. If you are married and file a separate return, you probably will have to pay taxes on your benefits. You can read more about tax preparation in relation to Social Security at [www.socialsecurity.gov/planners/taxes.htm](http://www.socialsecurity.gov/planners/taxes.htm). Social Security benefits include monthly retirement, survivor, and disability benefits. They don't include Supplemental Security Income (SSI) payments, which are not taxable. You can also get a replacement 1099 or 1042S when you open your own personal *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

**Question:** I know I shouldn't carry my Social Security card with me, and I always keep it in a safe place. Somehow, I lost it. How do I get a replacement card?

**Answer:** As long as you know your Social Security number, you probably don't need a replacement. For most purposes, your number *is* your card. If you do need to get a replacement, you can do so for free. Although you can't apply for a card online, you can learn what identification documents you'll need, and you can fill out the replacement card application at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

**Question:** I recently retired and am approaching the age when I can start receiving Medicare. What is the monthly premium for Medicare Part B?

**Answer:** The standard Medicare Part B premium for medical insurance is currently \$104.90 per month. Since 2007, some people with higher incomes must pay a higher monthly premium for their Medicare coverage. You can get details at [www.medicare.gov](http://www.medicare.gov) or by calling 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).

**Question:** I've been planning my retirement throughout my career, and I'm finally nearing the age when I can stop working. What is the earliest age I can start receiving Social Security retirement benefits?

**Answer:** You can receive Social Security retirement benefits as early as age 62. Keep in mind that if you retire at age 62, we'll reduce your benefits by as much as 30 percent of what you'd get if you wait until your full retirement age. If you wait until your full retirement age (66 for people born between 1943 and 1954), you'll get your full benefit. You can also wait until age 70 to start your benefits. Then, we'll increase your benefit because you earned delayed retirement credits.

When you're ready to apply for retirement benefits, use our online retirement application, the quickest, easiest, and most convenient way to apply. Visit [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline).

Treat everyone with politeness even those who are rude to you not because they are not nice but because YOU are nice.



# March



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



Basketball  
 Celtic  
 Clovers  
 Crafts  
 Daylight Savings  
 Green  
 Health  
 Ides of March  
 Ireland  
 Irish

Kites  
 Leprechaun  
 Limerick  
 Luck  
 March  
 March Madness  
 Nutrition  
 Palm Sunday  
 Parade  
 Pot Of Gold

Rainbow  
 Red Cross  
 Saints  
 Silver Sneakers  
 Spring  
 St Patricks Day  
 Wellness  
 Wind  
 Wish  
 Womens History

# Think Green & Healthy for St. Patrick's Day

Source of these recipes: [www.popstar.com/food](http://www.popstar.com/food)

## Avo Spinach Panini



Never think to put avocado on a hot sandwich, but it held up well in the heat and added a deliciously creamy texture. Astounded at how much spinach was piled onto the massive sourdough slices — seriously, like a cup of spinach — but after a few minutes in the press, the spinach had wilted and the bread had flattened so that the sandwich was very compact and manageable. The contrast between the earthy greens and smooth avocado make for a delectable combo.

### Ingredients

- 2 thick slices of sourdough bread
- 1 teaspoon aioli or mayonnaise
- 1 slice of pepperjack cheese
- 1 cup fresh spinach
- 1/4 cup diced tomato
- 1/4 of an avocado, cut into slices

### Directions

1. Spread aioli or mayonnaise on one slice of sourdough. Top with pepperjack cheese.
2. Arrange the spinach leaves evenly over the cheese. Top with diced tomato.
3. Cover the spinach and tomato with sliced avocado and second slice of sourdough.
4. In a panini press or grill pan, cook the panini until the bread is lightly browned and crisp. Slice in half and serve. Makes 1 sandwich

## Crostini With Zucchini Pesto

Zucchini Pesto Is Like Italian Salsa

By **Anna Monette Roberts** 8/18/14

Adapted slightly from **Ken Oringer**, Tasting Table



OK, crusty bread, are you ready to meet your match made in heaven? What was once a pasta sauce is now a scoopable salsa-like appetizer. This zucchini pesto features all the usual pesto suspects, except for two major differences: Marcona almonds and zucchini star.

I came across an ultrafresh loaf of bread so opted not to toast it. Feel free to do the same.

Don't have an event coming up? Here's the even greater part about this recipe: You can spiralize the zucchini into "noodles" and toss them in the nutty, cheesy, pesto for a light, gluten-free dinner. Oh yeah, we just went there.

### Ingredients

- 3 medium zucchini (about 1 pound)
- 2 teaspoons salt, plus more to taste
- 2 garlic cloves, minced
- 1/4 cup shredded basil
- 1/2 cup Marcona almonds, finely chopped
- 1 tablespoon thyme leaves, chopped
- 1/2 cup grated parmesan cheese
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon finely grated lemon zest

- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground black pepper
- 1 loaf fresh, crusty bread, cut into 1/4-inch-thick slices

### Directions

1. Using a box grater, coarsely grate the zucchini. Place the shredded zucchini in the middle of a clean kitchen towel, and sprinkle with the 2 teaspoons of salt. Let sit for 5 minutes, then squeeze the towel to remove excess moisture. Repeat until as much liquid as possible has been released, then transfer the zucchini to a bowl.
2. Add the garlic, basil, almonds, thyme, parmesan, lemon juice, lemon zest, and 3 tablespoons of the olive oil to the zucchini; toss to combine. Season to taste with salt and pepper, and refrigerate for an hour.
3. Just before serving, drizzle the remaining 1 tablespoon of olive oil over the bread and grill or broil the bread until toasted, then let cool.
4. Top each slice of bread with about a tablespoon of the zucchini pesto, and serve immediately.



## Avocado and Pear Smoothie

Great way to boost your breakfast. This power smoothie, green concoction is wholesome and tasty;

it's a mixture of silken tofu, avocado, honey, and pear juice.

If you want to get healthy in the New Year but still follow your resolution to cook on a budget, here's my advice: be sure to begin each day with a wholesome breakfast that starts at home. It's all too easy to fall into the routine of buying smoothies, but they're so uncomplicated and economical to make at home. For a refreshing departure from the iconic blend of berries and bananas, opt for a creamy avocado-pear mixture that's so vividly green in color, you know it's got to be good for you! Indeed, it is: This recipe, which comes courtesy of the new book Power Foods, is chock-full of folic acid, soluble fiber, and monounsaturated fatty acids.

Boost your breakfast when you read on.

From Power Foods: 150 Delicious Recipes With the 38 Healthiest Ingredients

By the Editors of Whole Living Magazine

### Ingredients

- 1 ripe, firm Hass avocado
- 1/2 cup (about 4 ounces) drained silken tofu
- 1 cup unsweetened pear juice
- 2 tablespoons honey
- 1/2 teaspoon pure vanilla extract
- 2 cups ice cubes

### Directions

1. Cut avocado in half lengthwise; remove pit, then score flesh into cubes. With a large spoon, scrape flesh into a blender.
2. Add tofu, pear juice, honey, and vanilla, and puree until smooth. Add ice; blend until smooth.
3. Divide among four glasses, and serve.

Serves 4. **Nutritional information per serving:** 164 calories, 1.1 g saturated fat; 5.8 g unsaturated fat; 0 mg cholesterol; 23.3 g carbohydrates; 2.3 g protein; 6.5 mg sodium; 3.8 g fiber.



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 3<sup>rd</sup> 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 March. Should this change, members will be contacted directly. Any questions, please call Daiynna @ 286-3536.

## Polk County March Pie Menu

March 5th  
Dutch Apple Pie

March 12th  
Pecan Pie

March 19th  
Chocolate Crème Pie

March 26th  
Peach Pie



## Be a Senior Companion



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

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

Join the Senior Companion Program if you are:

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

### The Benefits of the Program

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



Contact Julia today at  
**515-558-9957**  
or at [juliat@vnsia.org](mailto:juliat@vnsia.org).



## WesleyLife HOME-DELIVERED MEALS

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

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

Roast beef

Lemon pepper fish

Country herb chicken

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

1700-968-5-13

## Subscribe Today

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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# 101 Years Of Crossword Puzzles

By Derek Nichols

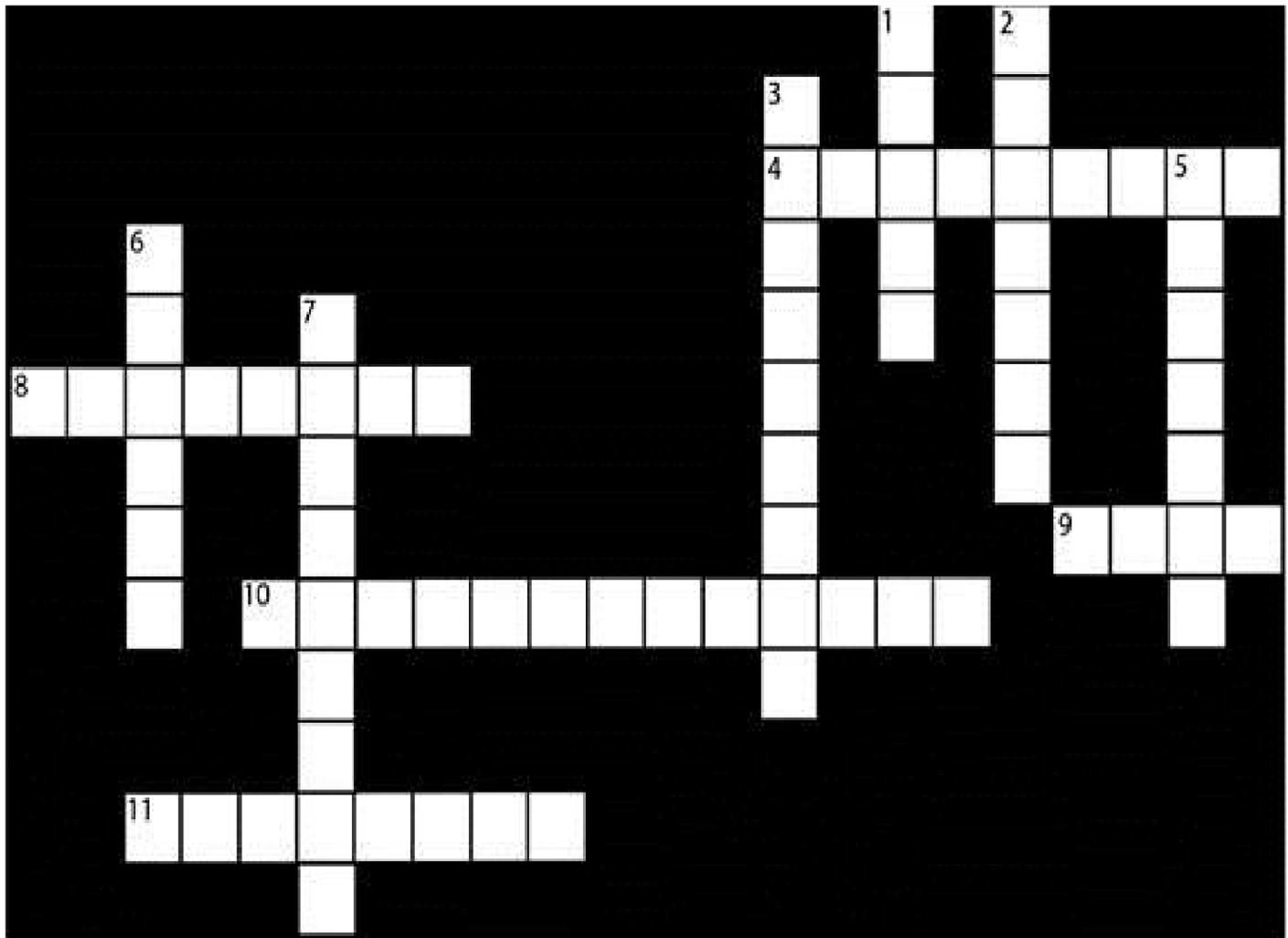
Social Security Acting Assistant District Manager in Des Moines

Did you know that crossword puzzles are the most popular and wide-spread word game in the world?

No wonder we have three days in March (27-29) dedicated to these tricky grids of elusive answers. Arthur Wynne, who immigrated to the United States from Liverpool, England at the age of 19, is credited with creating the first published crossword puzzle, dating back to December 21, 1913.

If Social Security created a crossword puzzle of every question we've ever been asked, it might take another hundred years for someone to solve. That's why we've collected the best of them to commemorate the Crossword Puzzle Days of March.

We've also put the puzzle together in crossword form below. Take out your pencil and match the blank to one of the words in the right column.



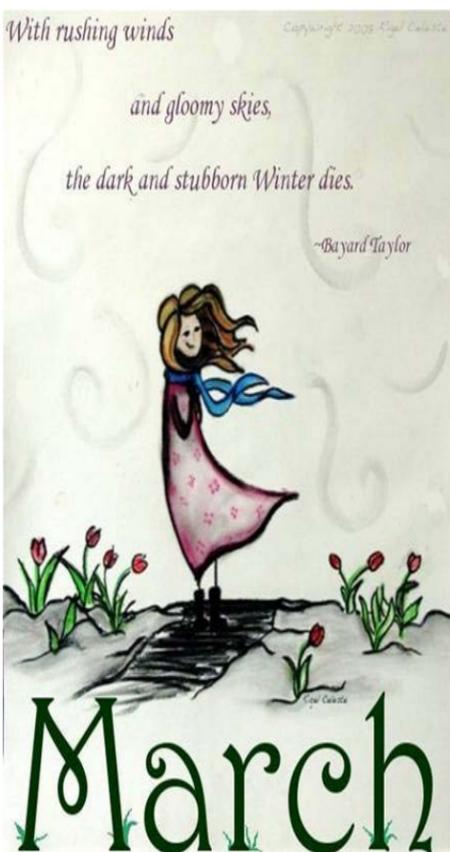
**ACROSS**

- 4- About 47 percent of \_\_\_\_\_ persons rely on Social Security for 90 percent or more of their income.
- 8- The average age of disabled-worker beneficiaries in current-payment status has \_\_\_\_\_ substantially since 1960
- 9- 67 years old is the \_\_\_\_\_ retirement age of a person born after 1960
- 10- There were 63 million Social Security \_\_\_\_\_ in 2013
- 11- 9 out of ten individuals age 65 and older receive Social Security \_\_\_\_\_

**DOWN**

- 1 - 55 percent of Social Security beneficiaries were \_\_\_\_\_ in 2013
- 2 - 165 million \_\_\_\_\_ are covered under Social Security
- 3 - One 5th of all beneficiaries in 2013 were \_\_\_\_\_ or the spouses and children of retired or disabled workers
- 5 - Social Security benefits represent about 38 percent of the income of the \_\_\_\_\_
- 6 - Supplemental Security \_\_\_\_\_ (SSI)
- 7 - Benefits to retired workers has \_\_\_\_\_ in the past 40 years

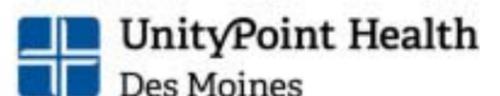
Answers found on Page 10



EastSide Sr. Center/Community Blood Profiles  
 Payments Accepted: Cash or Check (payable to UnityPoint)



- Blood Chemistry Profile \$33**  
 This profile measures 25 components in the blood. Includes lipid profile, glucose, liver functions, kidney functions, iron, sodium, potassium, etc. 12 hour fast.
- Hemoglobin A1C (HbA1C) \$23**  
 A1C indicates how well diabetes has been controlled by providing a picture of the average amount of glucose in the blood over 2-3 months.
- Highly Sensitive C-Reactive Protein (CRP) \$33**  
 CRP is an inflammatory marker. CRP is widely reported as a possible key indicator of heart health and may help physicians predict a patient's long-term risk of a cardiovascular event. Do not participate if you have tissue injury, infection or general inflammation. Individuals with arthritis should not be measured.
- PSA (Prostate Specific Antigen) \$33**  
 PSA helps detect prostate cancer and is approved along with a digital rectal exam in men age 50 and older.
- TSH (Thyroid-Stimulating Hormone) & Free T4 \$33**  
 TSH is used to screen adults for thyroid disorders and aids in the diagnosis of hypothyroidism or hyperthyroidism.
- CBC (Complete Blood Count) \$19**  
 The CBC is a group of tests used to screen for a wide variety of diseases. CBC includes the following tests: white blood cells (WBC), red blood cells (RBC), hemoglobin (Hgb), hematocrit (Hct), platelets, mean cell volume (MVC), mean cell hemoglobin concentration (MCHC), neutrophils, lymphocytes, monocytes, eosinophils and basophils.
- FSH (Follicle Stimulating Hormone) \$33**  
 FSH is used to help women determine if they are in menopause or have gone through menopause. The test is for women age 45 and older; women who have had a hysterectomy and did not have their ovaries removed; women who are experiencing changes in their normal cycle, are having irregular cycles or are experiencing hot flashes. This test is not valid if the woman is on any form of estrogen or progesterone.
- Vitamin D - 25 Hydroxy \$39**  
 The measurement of 25-OH Vitamin D concentration in the serum or plasma is the best indicator of Vitamin D nutritional status. Vitamin D is synthesized in the skin in response to sunlight. The best nutritional sources of Vitamin D are oily fish - primarily salmon and mackerel - some vegetables, yeast and fungi.
- Vitamin B12 \$35**  
 Vitamin B12 (also known as cobalamin) is a vitamin required for neurologic function, DNA synthesis, and production of blood cells. The major dietary sources are meat, fish, and dairy products.



# Beware Tax Season Scams

Submitted by Nancy G. Anderson  
**Tax Season Scams**

The FTC has warnings out that IRS imposter scams have shot up over the last year by almost 50,000 complaints.

**HOW THE SCAM WORKS:**

1. You get a call: (a) the caller ID might show it's the IRS calling; (b) the caller might give a badge number and know the last four digits of your Social Security number.
2. You are told: (a) you owe money; (b) you better pay now or you'll be arrested (c) to put money on a prepaid debit card or wire it to us.
3. If you pay: (a) you find out it wasn't the IRS. It was a scam – *The Money is Gone!*

**WARNING SIGNS:**

1. The IRS will not contact you by telephone, only by mail.
2. The IRS will not ask for a specific type of payment.

**IF YOU GET A CALL:**

1. Don't give the caller any information.
2. Write down details (number and name of caller).
3. Hang Up!
4. Contact IRS directly at **800-829-1040** or go to [irs.gov](http://irs.gov).
5. Report the call to Treasury Inspector General for Tax Administration ([tigta.gov](http://tigta.gov) or **800-366-4484**).
6. Warn friends and family.

**Does Medicare Cover Genetic Testing or is it Fraud?**

Have you seen or heard of any ice cream socials and cheek swab events? I know, it may sound odd, but there have been reports of a scam where people are going to apartment complexes and senior centers offering an ice cream social...and doing a cheek swab test to see what medications you genetically can or cannot take. They advertise that Medicare covers this test and that it serves as a blue print of what doctors can reliably prescribe you. The people promoting genetic testing to Medicare beneficiaries could be using this test to commit Medicare fraud and abuse. Medicare does NOT cover this. (California SMP-Jan. 22, 2015)

If you see or hear of any such events, call Iowa Senior Medicare Patrol at 1-800-423-2449.

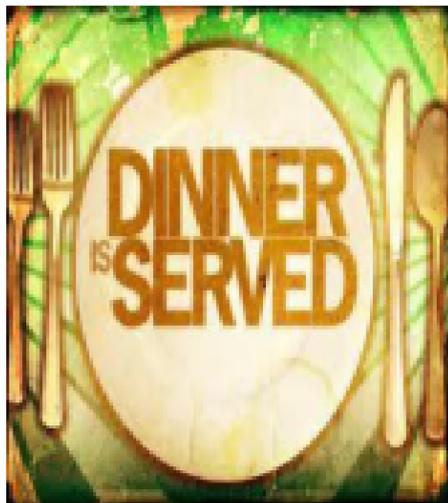
**Be Aware:**

- **Never** give your Medicare number to strangers.
  - **Never** give your Medicare number to anyone offering a "free" service.
  - **Never** accept medical supplies or equipment from a door-to-door salesperson.
  - **Never** provide information to someone on the telephone claiming to be from Medicare. Medicare does not call beneficiaries unless you call Medicare first.
  - **Never** keep mail in your mailbox. People can steal your personal information right from your mailbox.
  - **Always** review your Medicare Summary Notice – most healthcare fraud involves billing for services not provided and double billing.
  - **Always** shred your Medicare, healthcare and other important documents before throwing them away.
  - **Always** keep a record of your doctors' visits and medical tests. Compare your record to your Medicare Summary Notices. Contact Iowa SMP for your free record keeping Personal Health Care Journal.
  - **Always** count your pills after you have picked up your prescription. If you are short pills, complain to your pharmacist.
  - **Always** report possible fraud.
- If you identify or suspect fraud, errors or abuse, call the Iowa SMP at 1-800-423-2449.**

Nancy G. Anderson is the SMP Coordinator for Aging Resources of Central Iowa. The Iowa Senior Medicare Patrol (SMP) a project of Aging Resources of Central Iowa, 5835 Grand Avenue, Suite 106, Des Moines, Iowa 50312.

## Free Community Dinner Meals Offered

(No Age Requirement)



Locations –

Norwoodville Community Center  
 3077 N.E. 46<sup>th</sup> 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 4:00 to 4:30 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

# Blood Chemistry Profile

WELLNESS SERVICES



Blood Profiles are scheduled for:

**East Senior Center**  
**Tuesday, March 24<sup>th</sup>**  
**8:00 – 10:00 a.m.**

Register for your Blood Chemistry Profile today!

To register, contact:

#515-241-8604

Registration deadline is:

None/Walk ins Welcome

**The Blood Chemistry Profile Includes:**

- **Blood Profile** (Venous draw from the arm measures 25 components in the blood, including total cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides, Glucose, Electrolytes, Liver and Kidney Functions.)

**The screening will take 10 minutes to complete. All results are confidential and will be returned to the individual within seven working days.**



 **UnityPoint Health**  
 Des Moines

M

T

W

Th

F

2  
Hearty Italian Vegetable  
Beef Soup  
Peas  
Apple Juice  
Pumpkin Apple Muffin  
  
74  
605

3  
Sloppy Joe  
Spinach  
Diced Potatoes  
Craisins  
WW Bun  
  
116  
795

4  
Chef Salad w/tomato  
wedge  
Baby Potatoes  
Banana  
Bran Muffin  
  
107  
777

4  
**\*FLEXMEALOPTION**  
Liver n' Onions  
Baby Potatoes  
Lettuce Salad  
Banana  
Bran Muffin  
  
119  
802

5  
Salisbury Steak  
Broccoli  
Mashed Potatoes  
Fresh Apple  
WW Dinner Roll  
  
77  
669

6  
Egg Salad on a Bun  
Vegetable Soup  
Lettuce Salad  
Fresh Orange  
**Chocolate Milk**  
  
90  
684

9  
Beef Stew  
Broccoli  
Mandarin Oranges  
Peach Crisp  
WW Dinner Roll  
  
101  
775

10  
Pork chops w/pineapple  
Carrots  
Potato Salad  
Strawberries  
Sponge Cake  
  
84  
648

11  
Beef Taco  
Mexicali Corn  
Lettuce/cheese  
Orange  
WW Taco Shell  
  
85  
736

11  
**\*FLEXMEALOPTION**  
Hot Dog on a Bun  
Mexicali Corn  
Orange Juice  
  
78  
484

12  
BBQ Chicken Sandwich  
Sweet Potatoes  
Brussels Sprouts  
WW Bun  
Banana  
  
111  
750

13  
Baked Cod  
Stewed Tomatoes  
Creamy Coleslaw  
Fresh Orange  
Rye Bread  
Butterscotch Pudding  
**Chocolate Milk**  
  
99  
707

16  
Pork Ham Slice  
Harvard Beets  
Cheesy Hashbrowns  
Fresh Apple  
Strawberries  
  
81  
602

17  
Beef Meatballs  
Tomato Sauce  
Peas  
Fresh Orange  
WG Penne Pasta  
  
77  
669

18  
Orange Chicken  
Mixed Vegetables  
Rosy Applesauce  
Brown Rice  
Birthday Cake  
  
119  
878

18  
**\*FLEXMEALOPTION**  
7 Layer Salad  
Rosy Applesauce  
Birthday Cake  
WW Dinner Roll  
  
87  
594

19  
Shredded Pork  
Germany Vegetable Blend  
Garlic Potatoes  
WW Bun  
Fruit Cocktail  
  
99  
706

20  
Breakfast Bake  
Spinach  
Banana  
Blueberry Muffin  
**Chocolate Milk**  
  
100  
779

23  
Turkey Ham n' Bean Soup  
Brussels Sprouts  
Grape Juice  
Cornbread  
  
98  
649

24  
Shepherd's Pie  
Glazed Carrots  
Apricots  
Bread Pudding  
  
70  
662

25  
Turkey Burger  
Lettuce/Tomato/Onion  
Copper Penny Salad  
Tropical Fruit Salad  
WW Bun  
  
83  
790

25  
**\*FLEXMEALOPTION**  
BBQ Riblet  
Lettuce/Tomato/Onion  
Copper Penny Salad  
Tropical Fruit Salad  
WW Bun  
  
102  
777

26  
Beef Pepper Steak  
Tomato Sauce  
Mixed Vegetables  
Applesauce  
Brown Rice  
Fresh Orange  
  
100  
704

27  
Tuna Noodle Casserole  
Corn  
Lettuce Salad  
Banana  
**Chocolate Milk**  
  
86  
629

30  
Pizza Bake  
Green Beans  
Berry Blend  
Breadstick  
  
87  
672

31  
Cali Burger  
Lettuce/tomato/onion  
Valley Salad  
WW Bun  
Warm Cinnamon Apples  
  
57  
569

**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!



CAME THE SPRING  
WITH *all its splendor.*  
ALL ITS BIRDS AND  
*all its blossoms.* ALL ITS FLOWERS  
AND LEAVES AND GRASSES.  
Henry Wadsworth Longfellow

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 **with the EXCEPTION of Wednesday \*FLEX MEAL menu.**  
Serving size: 3 oz. meat/alternative, 2 ½ c servings of vegetables, ½ c fruit, ½ 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

<p><b>Altoona</b> 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.</p> <p><b>Ankeny</b> 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.</p> <p><b>Central</b> 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.</p> <p><b>Deaf (Norwoodville)</b> 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.</p> <p><b>East</b> 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.</p> <p><b>Grimes</b> 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.</p> <p><b>Johnston</b> 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</p> <p><b>MLK, Jr.</b> 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.</p> <p><b>North</b> Open 8:00 a.m. - 5:00 p.m. 2nd &amp; Euclid - Park Fair Mall Des Moines 50313 Phone: 288-1524 Site Supervisor: Diana Savage Program Aide: Nicole Ledvina Serving time: 11:30 a.m.</p>	<p><b>Northwest</b> 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.</p> <p><b>Norwoodville</b> 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.</p> <p><b>Pioneer Columbus</b> 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.</p> <p><b>Polk City</b> 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.</p> <p><b>Runnells</b> 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.</p> <p><b>Scott Four-Mile</b> 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.</p> <p><b>South</b> 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.</p> <p><b>Westside Community Center</b> 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.</p>
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### 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

##### Book Club

Northwest.....Mondays @ 10:00 p.m.

##### 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.  
Westside .....Mondays@10:00 a.m.

#### Crafts: (Craft classes run 1 hour to 1.5 hours)

**Due to different projects being done at different sites - dates/times/duration to complete may change.**

**• Check with individual sites on specific class dates/times for any upcoming projects**

Ankeny.....3rd & 4th Wednesdays@ 10:00 a.m.  
Central.....Thursdays@ 10:00 a.m.  
East.....Tuesdays@ 9:00 a.m.  
Grimes.....2nd Thursday @ 12:15 p.m. **New Time!**  
MLK.....Mondays@ 10:00 a.m.  
North.....Thursdays@ 9:30 a.m.  
Northwest.....Mondays@ 10:00 a.m.  
Norwoodville.....2nd Wednesday @ 9:00 a.m.  
Pioneer Columbus.....3rd & 4th Tuesday @ 10:00 a.m.  
Runnells.....Fridays@ 10:00 a.m.  
Scott Four Mile.....1st & 2nd Wednesdays@ 10:00 a.m.  
South.....Thursdays@ 10:00 a.m.  
Westside .....2nd & 3rd Wednesday @ 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.....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.  
South.....Thursdays @ 12:30 p.m.

##### Mah Jongg

Johnston.....Tuesdays@ 9:30 a.m. to 3:00 p.m.

##### Movie & Popcorn Day

Norwoodville.....Tuesdays@ 9:00 a.m.

##### Pokeno

East.....Mondays & Fridays @ 10:30 a.m.

##### Pool/Billiards

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.  
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.

##### Puzzles

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.  
MLK.....Daily @ 9:00 - 3:00 p.m.  
Northwest.....Daily @ 8:00 a.m. to 5:00 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

Johnston .....Tuesdays @ 9:30 to 10:45 a.m.

##### Zumba Gold

Johnston .....Thursdays @ 9:00 a.m.

## March Tournaments

#### 8 Ball Pool Tournament

13<sup>th</sup> @ North – 9:00 a.m.  
27<sup>th</sup> @ North – 9:00 a.m.

#### 9 Ball Pool Tournament

6<sup>th</sup> @ North – 9:00 a.m.  
20<sup>th</sup> @ North – 9:00 a.m.

#### 10 Point Pitch

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

#### 65

4<sup>th</sup> @ South – 12:30 p.m.  
11<sup>th</sup> @ South – 12:30 p.m..  
18<sup>th</sup> @ South – 12:30 p.m..  
25<sup>th</sup> @ South – 12:30 p.m..

#### 500 - Closed 2/16

2<sup>nd</sup> @ N'ville – 12:30 p.m.  
2<sup>nd</sup> @ South – 12:30 p.m.

9<sup>th</sup> @ N'ville – 12:30 p.m.

9<sup>th</sup> @ South – 12:30 p.m.

16<sup>th</sup> @ N'ville – 12:30 p.m.

16<sup>th</sup> @ South – 12:30 p.m.

23<sup>rd</sup> @ N'ville – 12:30 p.m.

23<sup>rd</sup> @ South – 12:30 p.m.

30<sup>th</sup> @ N'ville – 12:30 p.m.

30<sup>th</sup> @ South – 12:30 p.m.

#### Cribbage

1<sup>st</sup> Friday @ North – 12:30 p.m.  
2<sup>nd</sup> Friday @ South – 12:30 p.m.  
3<sup>rd</sup> Friday @ Northwest – 12:30 p.m.  
4<sup>th</sup> Friday @ South – 12:30 p.m.  
5<sup>th</sup> Friday @ North – 12:30 p.m.  
(when applicable)

#### Player's Choice for Cards

6<sup>th</sup> @ South – 12:30 p.m.  
13<sup>th</sup> @ South – 12:30 p.m.

20<sup>th</sup> @ South – 12:30 p.m.

27<sup>th</sup> @ South – 12:30 p.m.

#### Pinochle

4<sup>th</sup> @ N'ville – 12:30 p.m.

11<sup>th</sup> @ N'ville – 12:30 p.m.

18<sup>th</sup> @ N'ville – 12:30 p.m.

25<sup>th</sup> @ N'ville – 12:30 p.m.

#### Double Pinochle

5<sup>th</sup> @ South – 12:30 p.m.

12<sup>th</sup> @ South – 12:30 p.m.

19<sup>th</sup> @ South – 12:30 p.m.

26<sup>th</sup> @ South – 12:30 p.m.

#### Shanghai - Closed 1/1

5<sup>th</sup> @ South – 12:30 p.m.

12<sup>th</sup> @ South – 12:30 p.m.

19<sup>th</sup> @ South – 12:30 p.m.

26<sup>th</sup> @ South – 12:30 p.m.

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

## March Social Card/Domino Parties

#### Mondays -

Social Bridge @ North @ 12:30 p.m.  
Social Canasta @ Altoona @ 12:15 p.m.  
Pokeno @ East @ 10:30 a.m.  
Player's Choice @ South @ 12:30 p.m.

#### Tuesdays -

Duplicate Bridge @ North @ 12:30 p.m.  
Hand & Foot @ NW @ 12:00 p.m.  
Hand & Foot/Group Choice @ East @ 12:30 p.m.  
Player's Choice @ South @ 12:30 p.m.

#### Wednesdays -

500 @ Ankeny @ 12:30 p.m.  
Social 10 pt. Pitch @ NW @ 12:00 p.m.  
(except 3<sup>rd</sup> Wednesday)  
Bridge @ Johnston @ 11:30 a.m.  
Player's Choice @South @ 12:30 p.m.

#### Thursdays -

Social Cribbage @ North @ 12:30 p.m.  
Hand & Foot/Group Choice @ East @ 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.  
Player's Choice @ South @ 12:30 p.m.



# Information

## Free Tax Preparation

2-1-1 is free and available 24/7 - United Way  
**Convenient!                      Accurate!                      No-Stress!**

### Do I Qualify?

You may qualify if you made \$58,000 or less in 2014

### What to Bring:

- Social Security Cards and/or SSN verification letter administered by SSA for you, your spouse and dependents
- Birth dates for you, your spouse and dependents on the tax return
- Current year's tax package if you received one
- Wage and earnings statement (s) form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Form 1099)
- Copy of last year's Federal and State Returns
- Bank Routing Numbers and Account Numbers for Direct Deposit. Blank Check or deposit required.
- To file electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

### Ankeny Sites

**DMACC, Ankeny Campus**  
 2006 S. Ankeny Blvd.  
**Tues. & Thurs. 1 – 4**

#### Neveln Center

406 S.W. School St.  
 By Appointment; call 2-1-1 to schedule  
**Tues. 9 – 2; Wed. 5 – 8; Thurs. 9 – 2; Sat. 9 – 2**

### Des Moines Sites

**Polk County River Place**  
 2309 Euclid Ave., Room 3 A  
**Mon. & Wed. 9 – 2; Tues. & Thurs. 5 – 8; Sat. 9 – 2**

#### DMACC Southridge Mall

1111 E. Army Post Road  
**Tues. 5-8; Thurs., Fri. & Sat. 9 - 2**

#### United Way of Central Iowa

1111 9<sup>th</sup> St. Room  
**Mon. & Wed. 5 – 8; Tues. & Fri. 9 – 2; Sat. 9 – 2**  
*(German and Bosnian available on Monday evenings and Spanish on Saturdays)*

\*\*\*This list is subject to change. Please call 2-1-1 for most current information.

**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!**

# Tax Season Arrives!

Tax season is upon us. Depending on your knowledge and comfort level with preparing taxes, you may need to contact a tax professional for assistance. Whether you or someone else prepares your taxes, here are some things to consider:

Did you know there is a higher standard deduction for those who are blind and/or over the age of 65?

Did you know there are free programs offering counseling and assistance with tax preparation for those who qualify?

### The Internal Revenue Service's (IRS) website states: Higher Standard Deduction for Blindness

If you are blind on the last day of the year and you do not itemize deductions, you are entitled to a higher standard deduction.

### Not Totally Blind

If you are not totally blind, you must get a certified statement from an eye doctor (ophthalmologist or optometrist) that:

- o You cannot see better than 20/200 in the better eye with glasses or contact lenses, or
- o Your field of vision is 20 degrees or less.

If your eye condition is not likely to improve beyond these limits, the statement should include this fact. You must keep the statement in your records.

### Spouse 65 or Older or Blind

You can take the higher standard deduction if your spouse is age 65 or older or blind and:

- o You file a joint return, or
- o You file a separate return and can claim an exemption for your spouse because your spouse had no gross income and cannot be claimed as a dependent by another taxpayer.

For more information: <http://www.irs.gov/publications/p17/ch20.html>

### The IRS also states:

Your standard deduction is increased by the following amount if, at the end of 2014, you are:

- An unmarried individual (single or head of household) and are:  
 65 or older or blind ..... \$1,550  
 65 or older and blind ..... \$3,100

A married individual (filing jointly or separately) or a qualifying widow(er) and are:

- 65 or older or blind ..... \$1,200
- 65 or older and blind ..... \$2,400
- Both spouses 65 or older ..... \$2,400\*
- Both spouses 65 or older and blind ..... \$4,800\*

\* If married filing separately, these amounts apply only if you can claim an exemption for your spouse.

Your standard deduction is zero if (a) your spouse itemizes on a separate return, or (b) you were a dual-status alien and you do not elect to be taxed as a resident alien for 2014.

### Accessible Tax Related Documents

For those who use assistive technology (i.e. screen reader, refreshable Braille display or voice recognition software), the Internal Revenue Service offers Accessible formats include text-only, Braille ready files, browser-friendly HTML, accessible PDF, and large print. <http://www.irs.gov/Forms-%26-Pubs/Accessible-Products/Accessible-IRS-Tax-Products>

### Volunteer Income Tax Assistance (VITA) Program

IRS-certified volunteers assist persons with disabilities, the elderly and limited English speaking taxpayers with preparing basic tax returns to those who qualify.

### Tax Counseling for the Elderly (TCE) Program

Volunteers (IRS-certified) who specialize in issues related to pensions and retirement. This tax counseling is free to all taxpayers.

VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations. To locate a VITA and TCE site near you, call 800-906-9887.

### AARP Foundation Tax-Aide Program

Free tax assistance and preparation provided by volunteers. To learn more, find a location near you, submit a tax question, or get answers to some frequently asked questions about federal taxes.

### Contact AARP Foundation Tax-Aide at:

taxaide@aarp.org,  
 Toll free: 888-687-2277,  
 Toll-free TTY: 877-434-7598



COMMUNITY, FAMILY  
YOUTH SERVICES



**DO YOU QUALIFY FOR RENT REIMBURSEMENT?**

- ❖ Are you an Iowa resident?
- ❖ Are you 65 or older as of March 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



Foster Grandparents



Give back to your community!

- Do you enjoy working with kids?
- Are you over the age of 55?
- Can you serve 15-40 hours a week?

As a Foster Grandparent, you help teachers while making a difference in children's lives!

- Earn a tax-free hourly stipend
- Get reimbursed for your travel
- Receive ongoing training



(515) 558-9975 • [www.vnsia.org](http://www.vnsia.org)



Senior Companion Program

**FREE Right Here in Polk County!**

We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

**Do you have a regular weekly need?**

Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

**558-9957**

or email Julia at [juliat@vnsia.org](mailto: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.

Coming Soon!



**Polk County Senior Fest &**



Wednesday, May 13<sup>th</sup>, 2015

Varied Industries Building

@ Iowa State Fairgrounds

Look for more information/details in upcoming issues!



Fun for Seniors

**OPEN HOUSE**  
*Southside Senior Center*

**Wednesday, March 25<sup>th</sup>**  
**4:00 to 6:00 p.m.**

100 Payton Ave  
Des Moines  
287-0092

Please join us as we showcase our wonderful center and all of the activities and services that we offer.

RBI Trio – will entertain at 5:15

**We will be serving Chili and Potato Soup**  
**Desserts and Drinks**

## AARP Driver Safety Course Offered

Submitted by Mary Kay Dial

**NOTICE OF CHANGE**—Classes at the main state office will now be held only every other month (even number), rather than every month.

Thursday, March 19<sup>th</sup>, 1:00 p.m. to 5:00 p.m., at the Eastside Senior Center, 1231 East 26th Street. To register, phone: 515-277-0969.

Tuesday, March 24<sup>th</sup>, 12:30 p.m. to 4:30 p.m., at the Urbandale Senior Center, 7305 Aurora Ave. To register, phone: 515-278-3907.



## March Blood Pressure Checks

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

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

Dates Subject to Change.



## 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.



## Taking Control of Your Diabetes (TCOYD)

Submitted by Susan Freeman, RN, BSN, CDE

Supervisor - Diabetes Education Center

Unity Point Health

TCOYD will be within 2-3 hours driving distance twice in 2015.

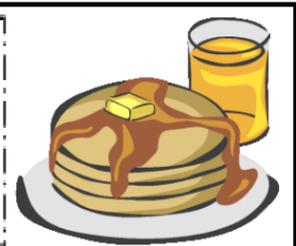
If you have been unable to attend a conference in Des Moines in the past 10 years, you might want to plan a road trip this year.

For more information you can Google "TCOYD" and look at more details.

### 2015 TCOYD Conferences

May 16<sup>th</sup> Kansas City, KS - Overland Park Convention Center

October 17<sup>th</sup> Omaha, NE - Century Link Center



## S & S Central Café

Central Senior Center - 2008 Forest Ave.

Looking to have breakfast before hitting your center for the day?

**Tuesdays & Fridays from 8:30 to 10:00 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.

**Friday Egg Special** – Choice of a 2 egg ham and cheese omelets with your choice of white/wheat toast, or a 2 egg, a choice of sausage or bacon omelet, white/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.

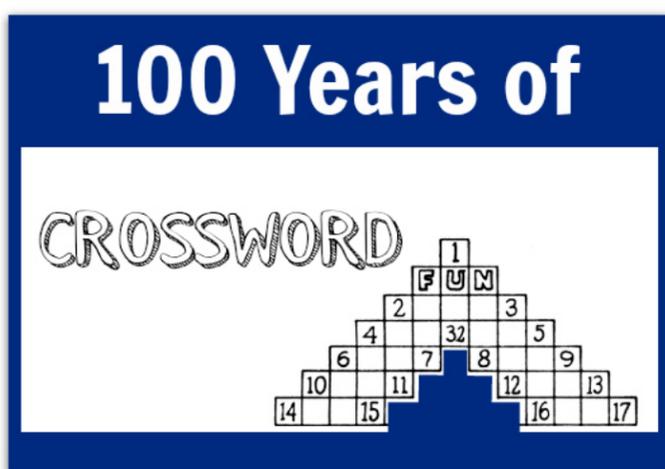
## Crossword ANSWERS from page 4

### ACROSS

- 4- unmarried
- 8- declined
- 9- full
- 10- beneficiaries
- 11- benefits

### DOWN

- 1- women
- 2- workers
- 3- survivors
- 5- elderly
- 6- income
- 7- increased



That wasn't too tough, was it? Arthur Wynne, inventor of the crossword puzzle, is said to have died penniless, but if he were alive today, he would be one of the millions of Social Security beneficiaries. If you are interested in more facts about Social Security, you can visit [www.socialsecurity.gov/news/press/factsfig.html](http://www.socialsecurity.gov/news/press/factsfig.html).

## Exercise Classes Offered

### ANKENY

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

### CENTRAL

ARTHRITIS EXERCISE  
FRIDAYS 10:00 A.M.  
INSTRUCTOR - SARA BARATTA

### EAST

ENHANCED FITNESS  
MON., WED. & FRI. 12:30 - 1:30 P.M.  
INSTRUCTOR - AMBER WILLIAMS

### ARTHUR EXERCISE

WEDNESDAYS 10:00 A.M.  
INSTRUCTOR - KRIS MCCAUGHEY

### JOHNSTON

"SILVER SNEAKERS"  
WEDNESDAYS 10:15 A.M. - 11:00 A.M.

### MLK

ARTHRITIS EXERCISE  
MONDAYS 10:30 - 11:00 A.M.  
INSTRUCTOR - SARA BARATTA

### NORTH

ENHANCED FITNESS  
MON., WED. & FRI. 10:00 - 11:00 A.M.  
INSTRUCTOR - AMBER WILLIAMS

### ARTHUR EXERCISE

TUESDAYS 10:00 - 11:00 A.M.

### NORTHWEST

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

### NORWOODVILLE

ARTHRITIS CHAIR EXERCISE  
1ST, 3RD & 4TH THURSDAY @ 10:45 A.M.  
INSTRUCTOR - KRISTAL SIMONSON

### CHAIR EXERCISES

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.

### SOUTH

CHAIR YOGA 1ST & 4TH  
THURSDAY 9:00 A.M. - 10:00 A.M.  
INSTRUCTOR NOREEN G.

### ENHANCED FITNESS

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

### ARTHUR 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





**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 6 months of the year, with breaks during a few of theselected 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.

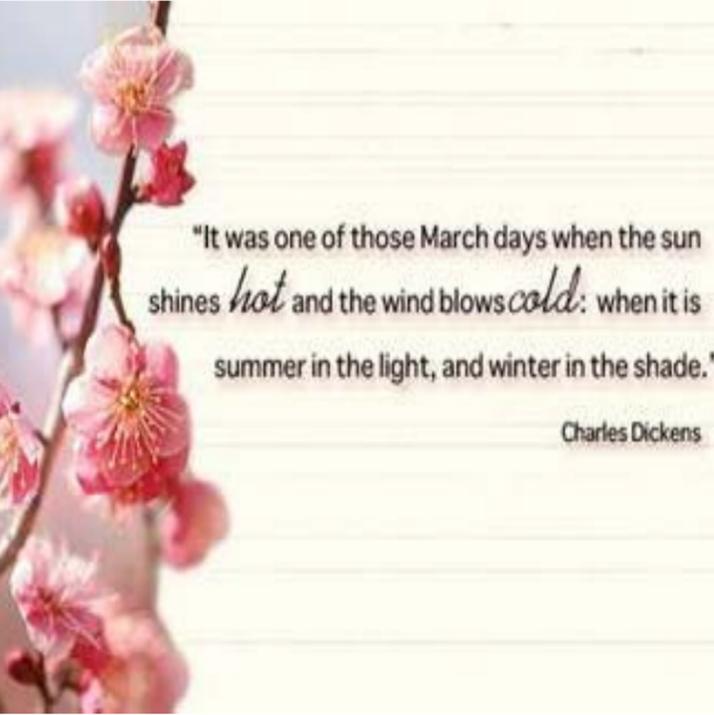


**Yarn Needed!!**

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.



**Live Healthy, Cook Healthy, Be Healthy!**

Submitted by Stacey Clough, B.S.  
Program Coordinator  
Better Choices, Better Health



**Free Healthy Living Classes**

OPEN TO THE PUBLIC

Mercy Weight Loss & Nutrition Center is pleased to offer the following classes to the public (at no cost!), **taught by weight loss and wellness experts.\***

All classes are held at the YMCA Healthy Living Center™.  
12493 University Ave., Ste. 110 / Clive, Iowa 515-358-9400  
Mercydesmoines.org/weightloss

Tues., March 10 <sup>th</sup> @ 5:30 p.m.	Bite Into a Healthy Lifestyle	Diane McIlhon, RD, LD
Tues., March 24 <sup>th</sup> @ 5:30 p.m.	Cooking with Quinoa	Diane McIlhon, RD, LD

\*Remember how in our Better Choices, Better Health workshops we talked about making sure you get your nutrition advice from a Registered Dietitian (RD)? What a great opportunity to work with an RD for free!

**Questions?** Contact Mercy Weight Loss & Nutrition Center at (515) 358-9400.



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

**Polk County Senior/Community Center Bingo Schedule**

Site	Day	Time
Altoona	Friday	Noon
Ankeny	Monday	Noon
Central	Wednesday	12:15 p.m.
East	Tuesday	10:30 a.m.
Grimes	Wednesday	12:30 p.m.
Johnston	Friday	12:45 p.m.
MLK, Jr	Wed & Fri	10:00 a.m.
North	Friday	10:00 a.m.
Northwest	Friday	12:15 p.m.
Norwoodville	M, W & F	10:30 a.m.
Pioneer Columbus	Thursday	10:30 a.m.
→ Late Bingo (for DART Riders)	1 <sup>st</sup> & 3 <sup>rd</sup> Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West	Tues. & Thurs.	10:15 a.m.

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

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

**EAST News:** The Eastside Senior Center celebrated winter with a Blizzard Blast. Seniors enjoyed such games as Shovel the Snow (marshmallows in a cup) and Pass the Snowflake (marshmallow on a spoon). They then enjoyed treats—ice cream blizzards, of course.



Shovel the Snow: Darlene Wiedmann, Pat Grant, Pat Kintz, Joyce Lewis, Helen Schooley, Judy Breese



Pass the Snowflake: (L to R) Nancy Kuenen, Doris Strovers, Nina Hatchitt, Alfreda Emery, Charlotte Hintz, Joyce Lewis, Joann Shelley, Bonnie Brock, Judy Breese, Linda Moore, Linda Nelson



Check out the new and different ways you can now obtain hard or electronic copies of the Senior Bulletin and/or other Polk County publications.  
**Share with your friends, neighbors, etc.!**

1. Pick Up Senior Bulletin hard copy at any Polk County Senior/Community Center.
2. Yearly Subscription (form found in each Bulletin) for \$10.00

Send check, payable to: Polk County Treasurer  
Senior Services of Polk County  
c/o Senior Bulletin Subscription  
2309 Euclid Ave – River Place West  
Des Moines, Iowa 50310-5703

3. Go to County webpage. Direct Link → <http://www.polkcountyIowa.gov/CFYS/> **NEW!!**

You can access information about:

- Senior Services or other divisions within the Community, Family & Youth Department
- Past/Current issues of The Senior Bulletin & Supplemental Food News
- News & Announcements on upcoming Special Events/Activities

4. Can sign up to have The Senior Bulletin and/or other Polk County newsletters/publications emailed directly to you each month. **NEW!**
  - Located on webpage link above. In Left Column – “Newsletter Sign Up”
  - Enter your email. You will be sent an email to activate your email subscription.
  - You will also be able to choose which Polk County email subscriptions you would like to receive. When those publications are available, they will be sent directly to you through electronic mail.
  - You can make changes or unsubscribe at any time.

With these new options available, it is our hope to reach a more broad-based group of individuals while providing a more eco-friendly way for information to be shared about the Senior/Community Centers, activities and programs available. For any questions please call any of the Polk County Senior/Community Centers or 515-286-3536.