

The Senior

Polk County Senior News!

April Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • April 1 - 30, 2015

Elderly Refugee Program



Signing up for upcoming craft project!

Sam McCrorey shows the group some stretching moves.

Future Wii Bowlers

It is all about the technique.

Elderly Refugee Program – Introduced to Central

In efforts to provide a learning space and to help integrate the program's current participants/graduates with the many useful resources available at the Central Senior Center, Lutheran Services of Iowa, Aging Resources and Polk County Senior Services have committed to a community partnership.

The Elderly Refuge Program is individuals, from across the world, whom are taking classes to become American citizens. Central Senior Center will be their hosting site for the group to have

their classes on Tuesdays for a couple hours. In addition, it is hopeful that this also will be a place where they can integrate themselves and come to socialize, converse and participate in the fellowship, services and activities that are offered there and make it their own.

On March 10th, Central Senior Center welcomed the Elderly Refugee Program participant's field trip to the site for the first time. The trip was a fabulous success! Everyone had fun learning a new bus route and seeing the new

classroom space.

Sam McCrorey and Sara Baratta, who staff the Senior Center, gave everyone tours and showed them how to use some of the resources they have there. Sam was great about making everyone feel at ease and comfortable. He even got them all up and stretching right away. They also learned how to Wii Bowl, play some pool and were able to sign up for a craft project for next time they are there.

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Announcements and Upcoming Events

South Senior Center Potluck

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

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

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

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



POTLUCK DINNER

COMING SOON

Polk County Senior Fest & Health FAIR

Wednesday, May 13th, 2015

Varied Industries Building

@ Iowa State Fairgrounds

Look for more information/details

in upcoming issues!



Fun for Seniors



Important Dates

- 4/1 – April Fools' Day
- 4/3 – Good Friday
- 4/3 – Passover Begins
- 4/5 – Easter
- 4/15 – Tax Day
- 4/16 – Holocaust Remembrance Day
- 4/22 – Earth Day & Administrative Professionals Day

Month:

- National Humor Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Poetry Month
- National Pecan Month
- Stress Awareness Month
- Sexual Assault Awareness Month

Source: www.HolidayInsights.com



Social Security Q & A

By Derek Nichols

Social Security Acting Assistant District Manager in Des Moines

Question: Someone stole my Social Security number, and it's being used repeatedly. Does Social Security issue new Social Security numbers to victims of repeated identity theft?

Answer: Identity theft is one of the fastest growing crimes in America, so you aren't alone. If you've done all you can to identify and fix the problem, including contacting the Federal Trade Commission, but someone is still using your number, Social Security may assign you a new number. If you decide to apply for a new number, you'll need to prove your identity, age, and U.S. citizenship or immigration status. You'll also need to provide evidence you're having ongoing problems because of the misuse of your current Social Security number. You can read more about identity theft at www.socialsecurity.gov/pubs.

Question: Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

Answer: Possibly. And, you can get Social Security retirement or survivors benefits and work at the same time. Each year, we review the records for all working Social Security recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and pay the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at www.socialsecurity.gov/pubs.

Question: I have been collecting disability benefits for a few years, but I'm getting healthy enough to work again. Can I return to work while getting Social Security disability benefits?

Answer: Yes, you can return to work while receiving Social Security disability benefits. We have special rules to help you get back to work without lowering your initial benefits. You may be able to have a trial work period for nine months to test whether you can work. If you get disability benefits and your condition improves or you return to work, you must report these changes to us. Call us at 1-800-772-1213 (TTY 1-800-325-0778) or contact your local Social Security office. You can find your local office by visiting www.socialsecurity.gov/locator.

Question: I need proof that I receive Medicare benefits. Where can I get a letter proving that?

Answer: If you need proof that you get Social Security benefits, Supplemental Security Income, or Medicare, get an instant benefit verification letter online by using your personal *my Social Security* account. If you don't receive benefits, your letter will serve as proof that you don't receive benefits. If you recently applied for benefits, the letter will make that clear as well. The information on your benefit verification letter will include information that applies to your situation. You can set up your secure, personal *my Social Security* account at www.socialsecurity.gov/myaccount.

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



St...Arters



Take a careful look at the diagram below and see how many 6-letter words that begin with **ST** you can find.

There has been one word started for you.

ST_ABLE_____	ST_____	ST_____
ST_____	ST_____	ST_____

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

Source: Brain Games Series

The "Tiny Talk" puzzle can be found on page 8.

Wren	Pin Head	Kid	Grain of Salt
Termite	Peep Hole	Islet	Germ
Teardrop	Pebble	Iota	Flea
Splinter	Owlet	Instant	Dram
Speck	Molecule	Infant	Chick
Silver	Miniature	Hummingbird	Bonsai
Rice	Mince	Gram	Bantam
Raindrop	Kitten	Grain of Sugar	Baby

Tiny Talk - Answer Key

EGGstra Special Recipes

Eggs are practically synonymous with Easter—but these versatile, protein-packed staples cook up into a perfect meal any time of year.

Eating eggs might give your meal more staying power too. A recent study found that when people ate a scrambled-egg-and-toast breakfast, they felt more satisfied—and ate less at lunch—than when they ate a bagel (that supplied the same number of calories) another day. The combination of high protein and moderate fat in eggs might make them especially filling, say experts. Even if you're watching your cholesterol, a daily egg can likely fit into your eating plans.

Egg-in-a-Hole with Spinach & Bacon

Source: EatingWell: [March/April 2015](#)



When you make this cute breakfast-for-dinner recipe, also known as toad-in-a-hole or a one-eyed jack, you can vary it by using kale or even Swiss chard in place of the spinach.

Makes: 4 servings

Serving Size: 1 open-face sandwich

Active Time: 30 minutes

Total Time: 40 minutes

Ingredients

- 3 slices center-cut bacon
- 1 tablespoon extra-virgin olive oil, plus more if needed
- 3 large cloves garlic, minced
- 1 pound spinach (about 16 cups), tough stems removed
- 1 teaspoon red-wine vinegar
- 1/2 teaspoon ground pepper, divided
- 1/4 teaspoon salt
- 4 large slices country-style whole-wheat bread (3/4-1 inch thick)
- 4 large eggs

Preparation

1. Preheat oven to 425°F. Coat a large baking sheet with cooking spray.
2. Cook bacon in a large cast-iron skillet over medium heat until crisp, 7 to 9 minutes. Drain on paper towels. Pour the bacon fat into a small heatproof bowl. If necessary, add oil to make 2 tablespoons.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add garlic and cook, stirring, about 30 seconds. Add spinach by the handful and cook, stirring, until wilted, about 5 minutes. Transfer to a colander; press out excess liquid. Return the spinach to the pan and season with vinegar, 1/4 teaspoon pepper and salt.
4. Cut a 3 1/2-inch hole in the middle of each slice of bread. (Save the rounds for another use, if desired.) Heat 1 tablespoon of the reserved bacon fat in the skillet over medium-high heat. Cook 2 slices of bread, pressing with a spatula, until lightly browned, 1 to 3 minutes per side. Transfer to the prepared baking sheet. Repeat with the remaining fat and bread. Fill each hole with spinach. Make a deep well in the spinach and break an egg into each well.
5. Bake, rotating the baking sheet 180 degrees about halfway through, 10 to 14 minutes for soft-set yolks. Serve sprinkled with crumbled bacon and the remaining 1/4 teaspoon pepper.

Nutrition

Per serving: 299 calories; 13 g fat (3 g sat, 6 g mono); 191 mg cholesterol; 29 g carbohydrates; 3 g added sugars; 4 g total sugars; 19 g protein; 6 g fiber; 615 mg sodium; 883 mg potassium.



Artichoke-Scrambled Eggs Benedict

Source: EatingWell: [March/April 2008](#)

Roasted artichoke bottoms stand in for English muffins in this quick yet elegant supper. Substitute roasted mushrooms for the pancetta for a vegetarian option. Serve with roasted new potatoes or a tossed salad.

Makes: 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 8 canned artichoke bottoms, (1 1/2 cans), rinsed (see Shopping Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 3 teaspoons chopped fresh oregano, divided, plus 4 sprigs for garnish
- 1/3 cup chopped pancetta
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons lemon juice
- 1 teaspoon water
- 6 large eggs
- 4 large egg whites
- 2 tablespoons reduced-fat cream cheese, (Neufchâtel)
- 1/4 teaspoon salt

Preparation

1. Preheat oven to 425°F.
2. Toss artichoke bottoms with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the artichokes are just beginning to brown and the pancetta is crispy, 12 to 14 minutes.
3. Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth. Beat eggs and egg whites in a large bowl.
4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.
5. To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.

Tips & Notes

- **Shopping tip:** Artichoke bottoms can be purchased in 14-ounce cans—found near other canned vegetables. If unavailable, substitute two 14-ounce cans rinsed and halved artichoke hearts.

Nutrition

Per serving: 282 calories; 19 g fat (6 g sat, 7 g mono); 333 mg cholesterol; 9 g carbohydrates; 17 g protein; 3 g fiber; 737 mg sodium; 171 mg potassium.

EGGstra Special Recipes: Continued on page 10

Spring is nature's way of saying, 'Let's party!' ~ Robin Williams



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; 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 April. Should this change, members will be contacted directly.

There will be a meeting scheduled in early May, to discuss/plan for the Senior Fishing Derby. Date for this will soon be determined and posted in next month's issue. Members will be contacted directly with meeting date.

Any questions, please call Daiynna @ 286-3536.

Polk County April Pie Menu

April 2nd
Fruit Forest Pie

April 9th
Strawberry Crème Pie

April 16th
Lemon Meringue Pie

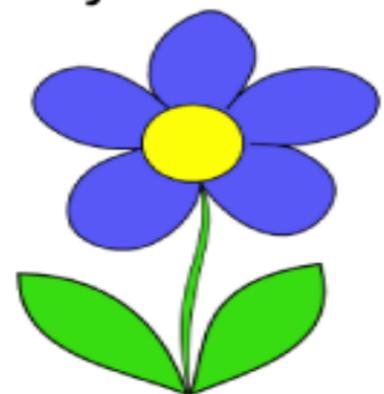
April 23rd
Pumpkin Pie

April 30th
Peach Pie



Save the Date

The annual Mother's Day Tea will be held at the Southside Senior Center Mon. May 4th at 1:00. Check the May bulletin for more detail and sign up information.



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



1700-968-513

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Des Moines, Iowa 50310

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Senior Companions Program In-Service

Submitted by Katie McIntyre • Community Relations Coordinator

From L to R: Sharon Langworthy, Marj Johnston, Randy Brown, John Franklin, Chico Aguiniga, and Eddie Fabray enjoyed socializing, learning new information and sharing their experiences during this month's Senior Companion program in-service, which was held on March 5th at Redeemer Lutheran Church.

Senior Companions serve 15 or more hours a week visiting elders in their communities who need extra social support and transportation

to stay independent and in their own homes. Senior Companions earn a tax-free hourly stipend and other benefits, including mileage and holiday pay. Those ages 55 years and older who would like to serve as a Senior Companion are encouraged to contact Julia T. at 558-9957. The Senior Companions program is a service through Visiting Nurse Services of Iowa. More information about the program is available at www.vnsia.org.

Social Security News

A Greener Way To Do Business

By Derek Nichols

Earth Day is April 22, a great time to recommit to going green. More than one billion people will celebrate Earth Day this year. Saving energy, conserving water, and using less gas are just a few ways to go green (and save the earth).

At Social Security, we strive to have a positive impact on the environment and community. By visiting www.socialsecurity.gov, you can handle much of your Social Security business quickly and securely from your home or office.

Whether you want to get an estimate of your future retirement benefits, request a replacement Medicare card, report a change of address, or take charge of your retirement planning, our online services help meet your Social Security needs while saving you time. The best part is there's no need for paper, printing, and postage.

Visiting www.socialsecurity.gov is also the cleanest and greenest way to do business with Social Security. Going online saves you a trip to our office and reduces emissions.

If the time comes, however, when you need to come into one of our offices, we have locations across the nation.

At Social Security, we have buildings that use high-efficiency lighting, high-performance windows, solar hot water heating systems, chilled water system improvements, and improved heating and air conditioning systems. Efficient solar lighting even illuminates some of our parking lots. Simply put, we serve the earth while serving you.

Do you need to make a call instead? If so, you can reach us toll-free at 1-800-772-1213. All calls are confidential. Our helpful and knowledgeable staff is available to answer specific questions from 7 a.m. to 7 p.m. Monday through Friday. We provide information by automated phone service 24 hours a day. And, if you are deaf or hard of hearing, you can call our TTY number, 1-800-325-0778.

If you prefer to communicate by social media, we can meet you there, too. At the bottom of www.socialsecurity.gov, you'll find icons to Twitter, Facebook, Google Plus, YouTube, and Pinterest. If you have a question, you may first want to see our Frequently Asked Questions page at www.socialsecurity.gov/faq. No matter how you choose to contact us, Social Security is here to assist you.

Commit to go green! You can start by viewing a complete list of our online services at www.socialsecurity.gov/onlineservices.

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



Be a Senior Companion

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

This wonderful program is in urgent need of people to help volunteer.

Please share with anyone 55+ who you may know wishes to earn extra tax-free money each month while helping others in the community stay independent.

This income is considered a tax-free stipend and will not decrease any housing, food, social security or other benefits they may receive.

- 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
- Able to provide transportation to appointments and errands
- 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 leave 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.



Visiting Nurse Services of Iowa (VNS of Iowa) partners with our community to promote health, education and well-being for a lifetime. VNS of Iowa is a proud partner of HCl Care Services (formerly Hospice of Central Iowa).



KEEP CALM
BECAUSE
IT'S ALMOST
TIME 2 GO
FISHING

Senior Fishing Derby

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



Friday, June 5th, 2015
Easter Lake – Shelter # 2
2830 Easter Lake Drive

Check ahead of event for any possible construction/road closures or detours!

Pre-register by June 1st
(after that date, not guaranteed a lunch)

(Call to RSVP @ 515 286 - 3536)

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

Anyone 55+ years of age is eligible to participate

9:00 a.m. – 1:30 p.m.

Look for more detailed information
in next month's issue.

** No license needed on this day ** Worms Provided



What are your
OPTIONS?

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/>
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.
 - 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.

Consumer Focus: Beware!

Submitted by Attorney General Tom Miller
Grandparent Scam

It's one of the most heartbreaking scams that Iowans report to the Consumer Protection Division. A criminal exploits an elderly person's unwavering love, caring and instinct to help a grandchild or young relative in need. By claiming that he is a grandchild or a relative in serious trouble and needing immediate financial help, the caller tricks his elderly victim into letting down his or her guard. The Grandparent Scam has been around for several years but continues to target older people across Iowa and across the country. Some victims have lost tens of thousands of dollars.

The Surprise Call

You answer the phone to a distraught-sounding caller who refers to you as "Grandma" or "Grandpa." Unsure who it is, you respond with the name of your grandson, and the caller tries to convince you that it's really him. Or maybe the caller already knew your grandchild's name because he found it posted on a Facebook page or somewhere online.

The Surprise Claim

The "grandson" claims he's in another country and has landed in some sort of trouble. The story can include a car accident, an arrest, a mugging, or an emergency medical situation. The caller may even put others on the line who identify themselves as law enforcement officers, attorneys, bail bondsmen or medical professionals.

Not a Surprise: The Caller Wants Money Now

A Grandparent Scam caller always claims an emergency need for money, insists that you need to act quickly, and pressures you to keep it quiet.

The criminal will try to convince you to wire the funds or deposit money into a prepaid money card account. That enables him to almost instantaneously receive a large amount of cash anywhere in the world, and the transaction may be impossible to stop or trace. He'll want you to act quickly so you don't take time to check out the story. And he'll insist that you keep this situation to yourself or might give you suggested responses should someone ask about the large transaction. The criminal knows that anyone who learns about the circumstance will try to stop it.

The Best Prevention is Communication

If a caller claims he needs emergency money—no matter who you think it is and what he tells you—do not act immediately to acquire and send money, do not be ashamed about asking questions, and do not keep it a secret. If the caller claims he is your grandson, ask him a personal question that only he would know (for example, ask about a pet, a previous vacation or an allergy). Ask the caller for his contact information, or better yet a public number like a police station, hospital or hotel, and let him know that you will get back to him soon. If it's truly your grandson, he'll provide you needed contact information. If it's someone else on the phone, he or she should be able to provide a number you can find listed on the Internet. Call your local police department or sheriff's office, as law enforcement can verify the story. Contact another family member (such as a parent or sibling of the grandchild) or someone you trust, and ask that person to help you.

If you have an older relative who could fall victim to the Grandparent Scam, discuss it with them. Make sure they have your current contact information and inform them if you travel abroad. Be sure they understand the pitfalls of posting personal information online.

If You've Been Scammed

Unfortunately, these scams almost always lead to unrecoverable losses because wiring money is like sending cash. If you think you've been victimized by a wire fraud, contact the wire transfer company immediately. If the criminal has not yet picked up the cash, it may be possible to stop the transaction. Report the incident to your local law enforcement agency. You can file a report with the federal Internet Crime Complaint Center at www.ic3.gov, and you can also report it to the Attorney General's Consumer Protection Division.

Consumer Protection Division
 1305 E Walnut St.
 Hoover Building
 Des Moines, IA 50319
 Phone: 515-281-5926
 Toll Free: 888-777-4590 (Outside Des Moines Area)
consumer@iowa.gov

"Always laugh
when you can.
It's cheap
medicine."
-Lord Byron



FLOWERS POPPING BIRDS NESTING
 Bees Buzzing
 APRIL SHOWERS MAY FLOWERS
SPRING
 LIFE IN FULL BLOOM!
 ☀️ warm sunshine
 LIFE GROWING BLUE SKIES
 RAIN AND PUDDLES
 SPRING HAS SPRUNG

BINGO BINGO BINGO

Polk County Senior/Community Center Bingo Schedule

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

Learn to live FREELY with diabetes

ARE YOU A MEDICARE PATIENT LIVING WITH DIABETES OR KNOW SOMEONE WHO IS?

Everyone with Diabetes Counts can help you or your loved one live a healthier life. Our program offers **FREE** diabetes education classes. You will learn about:

- How to control your blood sugar levels
- Low cost healthy meals
- Becoming more active
- How to manage medications
- Answers to your questions and support for your concerns

When: Tuesdays from 1:00 – 3:00 p.m. May 5th - June 9th, 2015

Where: Eastside Senior Center 1231 E. 26th Street

Call 265-8461 to Register

This material was prepared by Telligen, Medicare Quality Innovation Network Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 1250W-QIH-C3-02/15-028



Everyone with Diabetes Counts



Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
 CENTERS FOR MEDICARE & MEDICAID SERVICES



Telligen

M

T

W

Th

F

got milk?

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



1
Chicken Tortellini Soup
Broccoli
Pears
Frosted Pumpkin Bar

78
587

1
*** Flex Meal Option**
Bratwurst w/sauerkraut
Broccoli
Pears
WW Bun
Frosted Pumpkin Bar

77
799

2
Meatloaf
Sweet Potatoes
Brussels Sprouts
Banana
WW Dinner Roll

101
820

3
Shaker
Baked Fish
Diced Potatoes
Lettuce Salad
Fresh Orange
Chocolate Milk!

80
588



6
Hamburger Cabbage Casserole
Peas
Mixed Melon
Bread Pudding

61
642

7
Pork Chops w/apples
Carrots
Potato Salad
Strawberries
Sponge Cake

79
557

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

107
777

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

119
802

9
Shredded Pork
Creamy Cucumber Salad
Dutchess Potatoes
WW Bun
Mandarin Oranges

70
590

10
Stuffed Pepper Soup
Corn
Fresh Apple
Rye Bread
Chocolate Milk!

84
707

13
Pork Ham Slice
Texas Style Cheesy Hashbrowns
Broccoli
Orange Juice
Strawberries

73
600

14
Chicken Meatballs w/cheese
Tomato Sauce
Spinach
Applesauce
WW Bun
Rice Crispy Treat

75
750

15
Swiss Steak
Key Largo Veggies
Banana
Brown Rice
Birthday Cake

124
819

15
*** Flex Meal Option**
Harvest Chicken Salad
Banana
Birthday Cake

93
796

16
Roast Beef w/ Gravy
Mashed Potatoes
Brussels Sprouts
Apricots
WW Dinner Roll
Cranberry Salad

134
960



17
Tuna Salad Sandwich
Minestrone Soup
Cooked Cabbage
Fresh Orange
Chocolate Milk!

84
614

20
Goulash
Carrots
Tropical Fruit Salad
WW Bread

94
821

21
Beef Chili
Squash
Pineapple Tidbits
Cornbread

86
587

22
Chicken Burger
Lettuce/tomato/onion
Diced Potatoes
Fresh Orange
WW Bun
Mango Crisp

123
793

22
*** Flex Meal Option**
BBQ Riblet
Lettuce/tomato/onion
Diced Potatoes
Fresh Orange
WW Bun
Mango Crisp

137
984

23
Salisbury Steak
Broccoli
Mashed Potatoes
Fresh Apple
WW Dinner Roll

77
669

24
Ham Sandwich
Broccoli Cheese Soup
Corn
Fresh Apple
Cherry Almond Crisp
Chocolate Milk!

113
832

27
Baked Chicken
Party Potatoes
LS V8 Juice
Orange Jell-O
WW Dinner Roll

66
581

28
Cali Burger
Lettuce/tomato/onion
Valley Salad
WW Bun
Warm Cinnamon Apples

57
569

29
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Brownie

82
682

29
*** Flex Meal Option**
Hot Dog
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Brownie
WW Bun

108
758

30
Beef Pepper Steak
Tomato Sauce
Mixed Vegetables
Apple Juice
Brown Rice

83
729



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 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

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



Meals served at the centers are for those 60 years and older and spouse. Contributions are optional.

Questions? Call the site nearest you!

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

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.
WestsideMondays@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.
Westside2nd & 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

JohnstonTuesdays @ 9:30 to 10:45 a.m.

Zumba Gold

JohnstonThursdays @ 9:00 a.m.

April Tournaments

8 Ball Pool Tournament

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

9 Ball Pool Tournament

3rd @ North – 9:00 a.m.
17th @ North – 9:00 a.m.

10 Point Pitch

7th @ South – 12:30 p.m.
14th @ South – 12:30 p.m.
21st @ South – 12:30 p.m.
28th @ South – 12:30 p.m.

65

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

500

6th @ N'ville – 12:30 p.m.
6th @ South – 12:30 p.m.

13th @ N'ville – 12:30 p.m.

13th @ South – 12:30 p.m.

20th @ N'ville – 12:30 p.m.

20th @ South – 12:30 p.m.

27th @ N'ville – 12:30 p.m.

27th @ South – 12:30 p.m.

Cribbage

1st Friday @ North – 12:30 p.m.
1st Friday @ South – 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)

Player's Choice for Cards

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

Pinochle

1st @ N'ville – 12:30 p.m.

8th @ N'ville – 12:30 p.m.

15th @ N'ville – 12:30 p.m.

22nd @ N'ville – 12:30 p.m.

29th @ N'ville – 12:30 p.m.

Double Pinochle

2nd @ South – 12:30 p.m.

9th @ South – 12:30 p.m.

16th @ South – 12:30 p.m.

23rd @ South – 12:30 p.m.

30th @ South – 12:30 p.m.

Shanghai

2nd @ South – 12:30 p.m.

9th @ South – 12:30 p.m.

16th @ South – 12:30 p.m.

23rd @ South – 12:30 p.m.

30th @ South – 12:30 p.m.

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

April 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 3rd Wednesday)
Bridge @ Johnston @ 11:30 a.m.
Player's Choice @South @ 12:30 p.m.

Phase 10 @ Scott Four Mile @ Noon – NEW!

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 9th 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 Assistance!

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

ANNUAL PANCAKE BREAKFAST FUNDRAISER

**NORTH SENIOR CENTER
 PARK FAIR MALL**

**SATURDAY, APRIL 11TH
 8:00 - 11:00 a.m.**

**\$6.00 ADULTS
 \$4.00 CHILDREN 10 & UNDER**

MENU

- * PANCAKES - ALL YOU CAN EAT
- * SAUSAGE * EGGS
- * MILK * JUICE * COFFEE

(ADDITIONAL SAUSAGE AND EGGS AVAILABLE FOR PURCHASE)

QUESTIONS? CALL 288-1524



COMMUNITY, FAMILY
 & YOUTH SERVICES



DO YOU QUALIFY FOR RENT REIMBURSEMENT?

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



Senior Companion Program

FREE Right Here in Polk County!

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

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

Do you have a regular weekly need? Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

558-9957

or email Julia at juliat@vnsia.org



**This program is free to those over the age of 21, regardless of income, except in cases where the client has Elderly Waiver funding.*



Welcome to Medicare

A free seminar offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) and the Northwest Senior Center

"Welcome to Medicare" will cover:

- Medicare Parts A & B benefits
- Prescription Drug Benefits (Part D)
- Medicare Advantage Plans, and
- Medicare Supplement Insurance

Thursday, April 30, 2015 – 6:00 p.m.

Northwest Senior Center
5110 Franklin Avenue, Des Moines 50312

Registration required by April 27
call (800) 351-4664



You are cordially invited to a
Open House

on
April 23rd
4:00 p.m. to 6:00 p.m.
at the

Northwest Community Center

5110 Franklin Ave. Des Moines, IA 50310
Directly west of the Franklin Ave. Library

Questions: (515) 279-2767



"Tiny" Talk

Find the "small" items hidden in the grid.

There is one entry given for you and provided are the **first letters** of the remaining words.



ATOM _____	H _____	P _____
B _____	I _____	P _____
B _____	I _____	P _____
B _____	I _____	R _____
C _____	I _____	R _____
D _____	K _____	S _____
F _____	K _____	S _____
G _____	M _____	S _____
G _____	M _____	T _____
G _____	M _____	T _____
G _____	O _____	W _____

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

Source: Brain Games Series

The "St. Arters" puzzle can be found on page 2.

Strong	Stitch	Strain	Stereo
Stroke	Strice	Stille	String
Streak	Stance	Street	Strait
Static	Stucco	Strict	Studio
Status	Strike	Stream	Steady
Staples	Stride	Stormy	Stream
			Strand
			Stolen

St. Arters - Answer Key

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.

Friday, April 10th, 8:30 a.m. to 12:30 p.m., at the Urbandale Senior Center, 7305 Aurora Ave. Urbandale.

To register, phone: 515-278-3907.

Monday, April 13th, 8:30 a.m. to 12:30 p.m., at the Iowa AARP State Office, 600 East Court Av. Suite 100, Des Moines.

To register, phone: 515-697-1021.

Tuesday, April 21st, 12:30 p.m. to 4:30 p.m., at the Osceola Clark County Hospital, 800 Fillmore St. Osceola, IA.

To register, phone: 641-342-5458.



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.

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.

Laughter is an instant vacation.

~ Milton Berle

Scott Four Mile Community Center

We are adding new, fun things to our activity calendar each month.

One of our new activities is an afternoon of cards each Wednesday, starting at noon. Free of charge! Phase 10 is a preferred choice with the group, but whether you play some old favorites or learn some new ones, a good time is sure to be had.

In addition to the activities and lunch offered at the site, there is also a gym or a nice park-like area outside to walk around, a computer lab and more that is available.

Lunch is served Monday - Friday at 11:30 a.m. If you'd like to join us for lunch please call to make a reservation one business day in advance by noon. **For more information call the meal site at 265-9977.**

Meet for Breakfast

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.

EGGStra Special Recipes: Continued from page 3

Mini Mushroom-&-Sausage Quiches

Source: From EatingWell: [April/May 2005](#)



These crustless mini quiches are like portable omelets. Turkey sausage and sauteed mushrooms keep them light and savory. Small and satisfying, they're also a good finger food for a get together.

Makes: 1 dozen mini quiches

Active Time: 30 minutes

Total Time: 1 hour

Ingredients

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- 1/4 cup sliced scallions
- 1/4 cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

Preparation

1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously

with cooking spray (see Tip).

2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.

3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.

4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Tips & Notes

· **Make Ahead Tip:** Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

· A good-quality nonstick muffin tin works best for this recipe. If you don't have one, line a regular muffin tin with foil baking cups.

Nutrition

Per quiche: 90 calories; 5 g fat (2 g sat, 1 g mono); 105 mg cholesterol; 3 g carbohydrates; 0 g added sugars; 9 g protein; 0 g fiber; 217 mg sodium; 108 mg potassium.

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

ARTHRITIS 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

ARTHRITIS 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 & 3RD
THURSDAY 9:00 A.M. - 10:00 A.M.
INSTRUCTOR NOREEN GOSCH

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

KEEP AMERICA BEAUTIFUL
GREAT AMERICAN CLEANUP

rhyme stanza april
poetry feeling free verse mood
poetry month limerick concrete poem
haiku verse words



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 these 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.

April Blood Pressure Checks

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

- 1st Central
- 2nd North
- 7th Norwoodville
- 8th NW
- 9th Polk City
- 10th Scott Four Mile
- 13th East
- 14th MLK, Jr.
- 15th Pioneer Columbus
- 16th Central
- 17th Altoona
- 20th West
- 21st South
- 22nd Calvary at Norwoodville
- 23rd Runnells
- 24th North
- 28th Johnston



Dates Subject to Change.

Live Healthy, Cook Healthy, Be Healthy!

Submitted by Stacey Clough, B.S.
 Program Coordinator
 Better Choices, Better Health
 Mercy Medical Center – Des Moines
www.mercydesmoines.org



Need some help getting motivated to change your lifestyle?
 Want to get "healthier," but have no clue where to start?
 Whatever your goal—we can help!

Free Healthy Living Classes

Are you currently living with a chronic condition such as diabetes, arthritis, cancer, or COPD? Do you have chronic pains that make daily life challenging? Do you have a loved one who is dealing with a chronic condition?

The Better Choices, Better Health program is a FREE 6 week workshop designed to help you learn how to self-manage your condition. Each week is focused on a different aspect of self-care such as dealing with difficult emotions, healthy eating and weight management, and pain management. It is an evidence-based program written by Stanford and offered to you for FREE by Mercy Medical Center. It has been proven to help participants with health conditions feel empowered and in control of their lives. What are you waiting for?

Hurry! Classes will soon begin.

Sign up today by emailing Stacey Clough at sclough@mercydesmoines.org or calling 515-643-8632!

WHERE: North Senior Center, Park Fair Mall, 100 Euclid Ave & 2nd Avenue, Des Moines, IA 50313

WHEN: Starts on: Tuesday, April 7, 2015 (last day is May 12th)

TIME: 12:30 p.m. to 3:00 p.m.

COST: FREE!



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 16th Kansas City, KS - Overland Park Convention Center

October 17th Omaha, NE – Century Link Center



"Great Food at Affordable Prices"

If you have any questions, please don't hesitate to call us at 673-4000 or toll free at (800)-344-1107
www.SHAREiowa.com

April Packages Available - Purchase one, all or any combination

Order before April 10th, 2015

Food Pickup April 24th or 25th depending upon location

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

18 oz Farmland Original Flavor Pork Tenderloin, 12 oz Beef and Pork Meatballs, 9 oz Kroger Deli Roast Beef, 1 lb Jumbo All Beef Franks, 16 oz Spaghetti, 26 oz Pasta Sauce, Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)

(B) **Grocery Package \$13.50** "Purchase with an (A) to double your fruits and vegetables"

Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)
 16 oz Spaghetti, 26 oz Pasta Sauce

(C) **Meat Only Package \$13.50** "Purchase with an (A) package to double your meat"

18 oz Farmland Original Flavor Pork Tenderloin, 12 oz Beef and Pork Meatballs, 9 oz Kroger Deli Roast Beef, 1 lb Jumbo All Beef Franks

(D) **Breakfast Box \$ 21.00** "A Little Something for Everyone"

- 2 lb French Toast Sticks
- 3.5 lb Hash Browns
- 1 lb Bacon
- 13 oz Sausage Patties
- 4- Individually Wrapped Egg, Sausage, Cheese Flatbreads
- 4- Individually Wrapped Honey Buns

(E) **Meat Bundle \$28.00** "For Graduation Parties, Summer Picnics, or Stock your Freezer"

- 1.25 lb Perdue Boneless Skinless Chicken Breast
- 1.3 lb Antibiotic Free Chicken Drumsticks
- 1.2 lb Boneless Skinless Turkey Breasts
- 2 lb Holten Thick -n- Juicy Beef Burgers
- 3-1 lb Jumbo All Beef Franks
- 9 oz Kroger Deli Roast Beef
- 9 oz Kroger Deli Thin Sliced Black Forest Ham
- 9 oz Kroger Deli Oven Roasted Turkey

(F) **Salmon Fillets \$20.00**

5 lb. Individually Quick Frozen, Wild Caught Salmon Fillets

(G) **Beef Patty Box \$26.00**

8 lb Seasoned Thick -n- Juicy Holten Beef Patties

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



(H) ***Choice Item/ Cornish Hens \$8.50**

4 – 1.5 lb Boneless Cornish Hens with Wild Rice Stuffing

(I) ***Choice Item/ Shullsburg Cheese Pack \$13.50**

- 8 oz Block Mild Cheddar
- 8 oz Grated Parmesan Shaker
- 8 oz Block Colby Jack
- 8 oz Shredded Colby Jack
- 8 oz Block Colby
- 8 oz Shredded Mozzarella

(J) ***Choice Item/ Frozen Strawberries \$10.00**

4 – 12 oz Bags Frozen Strawberries

(K) ***Choice Item/ Snack Combo \$13.00** "Both items are all time favorites"

- 2 lb Bag Chicken Breast Chunks
- 2.5 lb Bag Onion Rings

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



Johnston Crown Point Center Has A New View

By Caroline Ver Schuer, Site Coordinator

Spring Is In The Air. Look what's going on out in Johnston. The Terra Lake Project is adjacent to Crown Point Community Center where the Boomers and Senior's gather daily Monday through Friday. It is located at 6300 Pioneer Parkway in Johnston. The lake is now full of water and will eventually be home to various types of fish. With the return of the "Snow Birds", activities such as pickle ball, tennis, walking and bicycling will resume. Along with the year round activities: Yoga, ZUMBA Gold, Silver Sneakers, Quilt-

ing, Mahjong, Bridge, games, etc.

Stop out and enjoy the view, participate in activities and make new friends. Take time to fill out a brief survey and turn in. We are looking for how we can better serve the 50+ population. Drawings for prizes, for those who turn in surveys will take place at an event scheduled in May. Look for more details in the next bulletin. Lunch is served daily at noon. Call 251-3707 for reservations. We look forward to meeting you.

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Iowa Senior Medicare Patrol: Beware Scams!

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

Scams Reported to Iowa SMP This Month:

- **Knee Brace Scam!** A man from Oskaloosa reported he received a call that Medicare will pay for a \$120.00 knee brace. He received a poor quality knee brace that even his doctor could not get to fit him. The company charged \$664.71 overall with Medicare approving/paying \$465.12 on the claim.
- **IRS IS GOING TO SUE YOU!** A man from Newton reported having this message on his answering machine. He was aware of the scam and did not respond, but did notice the scammers continued to call 10 additional times before they gave up.
- **A Clinton County woman reported a call from a man claiming to represent "VISA/MasterCard".** The scammer knew the woman's husband died two weeks ago and requested her VISA debit card number. The woman knew this was a scam and hung up.
- **A Clinton County woman reported Social Security Administration (SSA) notified her by mail, that someone opened an online SS account in her husband's name.** She checked with SSA and they confirmed someone had opened an online account without his permission. She is waiting to see if his check will get diverted.

Springtime is time for Home Improvement Fraud

This is the time of year when we want to clean up and improve the outside of our homes.

This is also the time of year when we must be aware of how home improvement fraud occurs and how not to let someone take advantage of us. These tips are taken from the Attorney General's Office and the Federal Trade Commission.

• If someone comes to your door and offers immediate service and demands payment upfront, be skeptical. It won't save time or money if you hire someone who lacks the skills, licenses and insurance to legally do the work. Do your research and work with a reputable company.

• Ask if the contractor is registered with the Labor Services Division of Iowa Workforce Development (800-562-4692, ext. 25871) or check online at: www.iowaworkforce.org/labor/contractor.html. Ask for local references and check them out.

• Obtain several estimates and get all estimates in writing. When you select a contractor get the contract in writing and read before signing.

• Never pay large sums in advance. If you have to make a check out in advance for supplies, make the check to the supplier and not the contractor.

• Only pay in full when the work is done and you are satisfied with the work.

Report Your Scam to Iowa SMP! Please contact Iowa Senior Medicare Patrol at 1-515-633-9514, and Iowa SMP can assist you and alert Iowans of scams happening in our state. **SCAMS WILL HAPPEN - BE PREPARED!**

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



Now Open!

Polk County River Place Food Pantry

2309 Euclid Avenue

Polk County and Des Moines Area Religious Council (DMARC) have partnered to open the Polk County River Place Food Pantry.

Once per calendar month, individuals and families in Polk County can go to the food pantry to receive a four-day supply of healthy, nutritional food and other non-essential, non-food items. In an effort to better serve the needs of the population residing in the immediate and surrounding areas of the food pantry, specialty ethnic foods have been identified and will be available. Food is distributed to those seeking assistance at no cost and without age or income being a consideration.

Providing a photo id is the only thing that is needed.

River Place Food Pantry Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Volunteer Opportunity

The Polk County River Place Food Pantry is currently seeking volunteers to fill 3 hour shifts. Food Pantry volunteers will assist customers with selecting food and stocking shelves. If you are interested in volunteering, please contact the food pantry at (515) 286-3695.

If you are wanting to find out more about DMARC, the other food pantry locations in the Des Moines Area, how to hold a Food Drive or want to find out what items (food and non-food) are needed for donations, contact 515-277-6969 or visit <https://www.dmarcunited.org/>

Support the Orange Ribbon for Animals - Against Cruelty



www.orangeribbonforanimals.org

Save. Care. Love.



SAVE lives by adopting from animal shelters and rescue organizations.

CARE for animals' well-being by vaccination & spaying/neutering to reduce homeless and unwanted animal populations.

LOVE and protect your animals for their entire lifetime

Ask the Naturalist

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



Question: Now that the snow has melted, I'm noticing lots of tunnels all over my lawn. What kinds of animals made these tunnels and how do I get rid of them?

Answer: The guilty culprits are voles. Not to be mistaken with moles, but voles are mice size rodents that are dark in color with shorter tails. Voles are plant eaters and munch on roots, grass, bulbs, and even the bark of young trees and shrubs. Voles are food for lots of predators and retreat to taller grass to avoid being seen during the warmer months. However, during winter, voles travel freely underneath the protection of snow cover. While your lawn looks bad now, it will bounce back reasonably well and grass will fill in the tunnels.

To reduce the number of voles in your lawn you can try keeping your lawn mowed short to reduce cover. Voles are less like to come out in the open because it exposes them to predators. Trapping is also very effective. You can use regular sized mouse traps baited with peanut butter and placed at a right angle along their runways.

