

The Senior

Polk County Senior News!

June Bulletin

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

The 1st Annual Northside Senior Center Wii Bowling Tournament



JOIN US FOR A FUN DAY OF WII BOWLING!

JUNE 20TH 8 a.m. to 4 p.m.

LOCATION: 100 EUCLID (Park Fair Mall)

- 32 (2) person teams-no handicap-60 years or older
- 16 First round winners will go to championship bracket
- All other teams go to consolation bracket
- Lunch available for \$5.00
- MC announcing game play, results and prize winners
- Random prizes drawn throughout the day
- Trophies awarded to top 4 places of both brackets
- Medals awarded to all participants
- Register by June 12th - 4 p.m.
- **TEAM ENTRIES ARE LIMITED TO 32 TEAMS, SO REGISTER EARLY!!**
- Registration Forms are available from your Site Manager.



Need more info? Call 288-1524!



JUNE EVENTS

South Senior Center Potluck

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

On the 1st Saturday of this month (June 6th), 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.

Eastside Senior Center Potluck and Dance

The Eastside Senior Center is hosting a Potluck and Dance on Friday, June 12, from 5:00 - 7:00 p.m. Music will be provided by Ron Muhlenberg. Dinner will be served at 5:00 p.m. Bring a ready to serve dish to share. Dance starts at 6:00 p.m. Admission is \$3.00 per person. Any questions call Kris or Ranae at 265-8461.



Save the Date: Next Potluck and Dance will be Friday, July 10.

CHECKITOUT! NEWACTIVITY!

Please join us for the very first ACTIVE ADULTS EXERCISE classes for 8 weeks starting on June 15th.

Classes are FREE and open to those 60 and over.

Active Adults Exercise will be on Monday, Wednesday and Friday, at 12:30 p.m. And held at the WESTSIDE Community Center located at 134 - 6th Street in Valley Junction, West Des Moines.



The class will be focusing on resistance training, flexibility and maintaining independence while having fun and accommodating all levels of fitness. If you are interested please contact the site staff at 515-274-0373.

Just A Reminder!!



If you plan to attend the Senior Fishing Derby, at Easter Lake, on Friday, June 5th. You need to call and register by Tuesday, June 3rd.

After this date, lunches will not be guaranteed and subject to availability. Call 286-3536.



Eastside Senior Center Ice Cream Social - OPEN HOUSE

1231 E. 26th Street

Wednesday, June 17th, at 2:00 - 4:00 p.m.

Music by: Brian Hutzell at 3:00 p.m.

(Freelance Musician: Keyboard & Vocals)



Come and find out what we're all about!

Important Dates

- 6/14 - Flag Day
- 6/21 - Father's Day
- 6/21 - Summer Begins

Month:

- Zoo & Aquarium Month
- Candy Month
- Dairy Month
- National Accordion Awareness Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month

Source: www.HolidayInsights.com



Polk Safety Officials Introduce Smart911

Submitted by: **Samantha Brear**
Polk County E911 Coordinator

Public safety officials in the Polk County E911 service area that includes the communities of **Alleman-Altoona-Ankeny-Bondurant-Clive-Des Moines-Elkhart-Grimes-Johnston-Mitchellville-Norwalk-Pleasant Hill-Polk City-Runnells-Urbandale-West Des Moines-Windsor Heights** announced that they have taken a step forward in public safety with the addition of Smart911, a free service now available to all citizens. Smart911 is a national service that allows citizens to create a free Safety Profile for their household that includes any information they want 9-1-1 and first responders to have in the event of an emergency. If that citizen needs to dial 9-1-1, their Safety Profile will immediately display on the call taker's screen, saving seconds and even minutes in response to the emergency.

Citizens can visit www.smart911.com to sign up and create a free Safety Profile for their household. Smart911 is private and secure, and is only made available to 9-1-1 when an emergency call is made. Examples of situations in which Smart911 can assist include:

Medical Conditions

For citizens who are affected by epilepsy, diabetes, Alzheimer's, allergies or other medical conditions Smart911 can inform responders of their condition as well as medications and emergency contacts.

Seniors & Elderly Care

A Safety Profile can provide peace of mind that in the event of an emergency 9-1-1 would have details on their home and medical needs. For caretakers, they can be assured that if the person they care for needs to dial 9-1-1 when they are alone, their details are available and the caretaker can be listed as an emergency contact.

General Emergencies

For all citizens, there is always the risk of unplanned accidents or events. Whether in a vehicle or in your home, even the most basic details such as the address association with a mobile phone can be available to 9-1-1 and response teams to send help fast.

Physical Disabilities

For those who have a physical disability or mobility restrictions, it is vital for responders to know about the person, their disability and what type of assistance or special equipment they may need to evacuate their home or receive transport.

Service Animals

For owners of a service animal, you can alert responders that your animal needs to be transported with you.



Smart911 has been adopted in 38 states and over 1,000 communities. Your Smart911 profile will work in any of these locations if you call 9-1-1. It has been credited with positively impacting emergency situations and saving lives across the U.S.

Smart 9-1-1 YouTube Video Link: <https://www.youtube.com/watch?v=enooWY8AnXc>

Senior Advisory Council



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

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

Happiness is not something readymade. It comes from your own actions.
 - Dalai Lama



Janice Washington

Senior Services of Polk County is happy to announce the winner of the 2015 Health Fair vendor drawing. **Janice Washington, from East Senior Center, won the \$100 Hy-Vee Gift Card for her participation with 10+ Health Fair vendors, that made her eligible for the drawing.**







BOOK MARK



The words in the following grid are all classic books vo words in the title. Just for kicks. See if you can match the two halves. The two word book title are not together in the puzzle

ADAM	DAVID	HEIGHTS	PICKWICK
ANIMAL	DICK	HOUSE	SILAS
BEAUTY	EXPECTATIONS	JANE	TIMES
BEDE	EYRE	JIM	TOM
BILLY	FAIR	JONES	TRAVELS
BLACK	FARM	LITTLE	VANITY
BLEAK	FRENCHMENS	LUCKY	WOMEN
BUDD	GREAT	MARNER	WUTHERING
COPPERFIELD	GULLIVERS	MOBY	
CREEK	HARD	PAPERS	

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

Social Security Question & Answer

Submitted by Derek Nichols

Question: Can I refuse to give my Social Security number to a private business?

Answer: Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Question: How can I check the status of a pending application for retirement benefits?

Answer: If you applied for retirement or disability benefits online, you can check the status of your application at www.socialsecurity.gov by selecting "Benefits" and "Check Application Status" under "Apply." You will need to enter your Social Security number and the confirmation code you received when you filed online.

Your application status will show:

- The date we received your application;
- Any requests for additional documents;

· The address of the office processing your application; and
 · If a decision has been made.

Question: What is the maximum Social Security retirement benefit?

Answer: The maximum benefit depends on the age you retire. For example, if you retire at full retirement age in 2015, your maximum monthly benefit would be \$2,663. However, if you retire at age 62 in 2015, your maximum monthly benefit would be only \$2,025. If you retire at age 70 in 2015, your maximum monthly benefit would be \$3,501. To get a better idea of what your benefit might be, visit our online *Retirement Estimator* at www.socialsecurity.gov/retire/estimator.html.

Question: How can I become a representative payee?

Answer: If you know someone who receives Social Security or Supplemental Security Income (SSI), and who needs assistance managing his or her payments, contact your local Social Security office about becoming his or her representative payee. Go to www.socialsecurity.gov/payee for more information.

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Social Security Column: Communicating Effectively For Your Benefit

Submitted by Derek Nichols

Good communication is about more than just promptly taking a customer's phone call or directing them to a helpful website. It includes providing useful information in a clear and easy-to-understand way, in writing, on the web, and over the phone. June is National Effective Communications Month, but at Social Security, we're at the forefront of clear, concise communications all the time.

Our efforts to better serve and clearly communicate with the American public are paying off, and people like you are reaping the benefits. We're proud of our consistently high ratings in customer satisfaction and usability.

In the most recent ForSee E-Government Satisfaction survey, Social Security's website outranks the customer satisfaction ratings of the private sector websites of icons like Amazon, LL Bean, and Apple. Out of the top-ranked government websites, five of our sites were ranked in the top six, including the *Retirement Estimator*, Business Services Online, *my Social Security*, and our online benefit application sites.

This year, for the second year in a row, we received confirmation that we're doing a great job of explaining our programs and services to the American public in our written products. We scored an "A" on the 2014 Federal Plain Language Report Card from the Center for Plain Language. This grade means we're exceeding the standards of the Plain

Writing Act of 2010, which requires federal agencies to communicate clearly with the public. We're the only federal agency to earn this honor for two consecutive years!

Not only is our website simple to navigate and understand, our publications and Frequently Asked Questions (FAQ) are easy to read and understand as well. You can browse through our collection of publications at www.socialsecurity.gov/pubs to learn about Social Security, our programs, and what they mean to you and your family. Many publications are available in up to 17 different languages, and they're written in plain language. If you prefer a printed copy of a publication, you can call us at 410-965-2039, and we'll mail you a copy.

Our online FAQs provide quick and accurate answers about our programs for millions of people every year. Recently, we streamlined and consolidated our FAQs so you can find answers easily and efficiently. You can visit www.socialsecurity.gov/faq for accurate information at your convenience.

Nothing is more important to us than meeting the needs of those we serve. We thank you, our customers, for your valuable feedback and vote of confidence. Our customers continue to express their satisfaction because of our effective communication, and we remain committed to maintaining these high standards.

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



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or June be of interest to older adults.

We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Senior Bulletin reserves the right to decide to publish or not; as well as determine whether to publish all or part of any material submitted. Deadline is usually around the 3rd Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



Recreation Committee

There will be no Recreation meeting in June. Any questions, please call Daiynna @ 286-3536.

Polk County Pie Menu



June 4
Fruit Forest Pie

June 11
Cherry Pie

June 18
Pumpkin Pie

June 25
Dutch Apple Pie



"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

~ Maud Hart Lovelace, *Betsy-Tacy and Tib*

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
- Able to provide transportation to appointments and errands
- Earning an income at or below \$23,540/individual and \$31,860/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 jullat@vnsia.org.



June is National Accordion Awareness Month



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.

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

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Renewal Subscription

Don't miss a single issue!

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 Mail to: River Place West - Senior Services of Polk County
 Senior Bulletin Subscription
 2309 Euclid Avenue
 Des Moines, Iowa 50310

If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one year subscription, fill out and mail the form below with

M

T

W

Th

F

1
Beef Stew
Broccoli
Mandarin Oranges
Peach Crisp
WW Dinner Roll

101
775

2
Pork Chops w/apples
Carrots
Potato Salad
Strawberries
Sponge Cake

79
557

3
Chicken Tortellini Soup
Broccoli
Pears
Frosted Pumpkin Bar

78
587

3
Flex Meal Option
Hot Dog
Broccoli
Pears
Frosted Pumpkin Bar
WW Bun

108
758

4
Meatloaf
Sweet Potatoes
Brussels Sprouts
Banana
WW Dinner Roll

101
820

5
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Rye Bread
Tapioca Pudding
Chocolate Milk
99
707

8
Hamburger Cabbage
Casserole
Peas
Tropical Fruit Salad
Bread Pudding

77
702

9
Macaroni N Cheese
Green Beans w/almonds
LS V8 Juice
Banana
Blueberry Crisp

133
685

10
Chef Salad w/ Tomato
Wedge
Baby Potatoes
Fresh Orange
Bran Muffin

84
662

10
Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Fresh Orange
Bran Muffin

91
765

11
BBQ Chicken Sandwich
Peas N Carrots
Dutchess Potatoes
Fresh Plum
WW Bun

118
742

12
Stuffed Pepper Soup
Corn
Apple Juice
WW Dinner Roll
Chocolate Milk

84
707

15
Goulash
Glazed Carrots
Mixed Melon
WW Bread

78
761

16
Beef Meatballs w/cheese
Tomato Sauce
Spinach
Applesauce
WW Bun
Rice Crispy Treat

75
750

17
Chicken Burger
Lettuce/tomato/onion
3 Bean Salad
Banana
WW Bun
Birthday Cake

147
922

17
Flex Meal Option
BBQ Riblet w/pickles
Lettuce/tomato/onion
3 Bean Salad
Banana
WW Bun
Birthday Cake
139
1003

18
Open Faced Pork Gravy
Sandwich
Mashed Potatoes
Green Beans
Apricots
WW Bread

86
650

19
Tuna Salad Sandwich
Minestrone Soup
Cooked Cabbage
Fresh Orange
Applesauce Bar
Chocolate Milk

106
728

22
Pork Ham Slice
Texas Style Cheesy
Potatoes
Broccoli
Strawberries

73
600

23
Beef Chili
Squash
Raisins
Cornbread

117
702

24
Swiss Steak
Brussels Sprouts
Banana
Brown Rice
Cookie

124
819

24
Flex Meal Option
Harvest Chicken Salad
Banana
Cookie

93
796

25
Swedish Meatballs
Mashed Potatoes
Peas
Peaches
WW Dinner Roll
Fresh Orange

102
850

26
Ham Sandwich
Broccoli Cheese Soup
Mixed Vegetables
Orange Juice
Cherry Almond Crisp
Chocolate Milk

104
786

29
Chicken N Noodles
Mashed Potatoes
LS V8 Juice
Lime Jello w/Pears
WW Dinner Roll

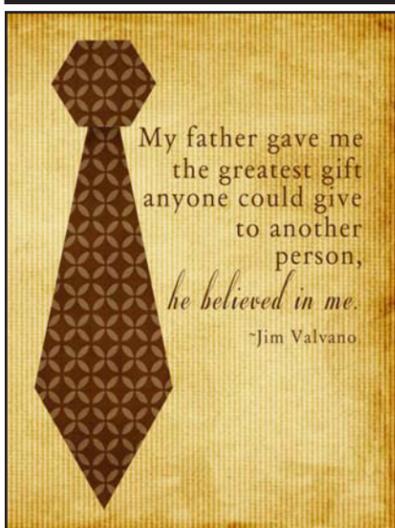
88
726

30
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!

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 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.

Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Menu



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/SHIP – Jaime Stevens
Administrative Office - 286-3679

Monthly Activities At Your Senior Centers & Meal Sites

Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

Schedule of Activities

Book Club

Northwest.....First Monday of the Month @ 10:30 a.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 June 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.

“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.

June Tournaments

8 Ball Pool Tournament

5th @ North – 9:00 a.m.
19th @ North – 9:00 a.m.

9 Ball Pool Tournament

12th @ North – 9:00 a.m.
25th @ North – 9:00 a.m.

10 Point Pitch

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.

65 - No Cards on 5/13

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

500

1st @ N’ville – 12:30 p.m.
1st @ South – 12:30 p.m.
8th @ N’ville – 12:30 p.m.

8th @ South – 12:30 p.m.

15th @ N’ville – 12:30 p.m.

15th @ South – 12:30 p.m.

22nd @ N’ville – 12:30 p.m.

22nd @ South – 12:30 p.m.

29th @ N’ville – 12:30 p.m.

29th @ 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)

5th Friday @ South – 12:30 p.m.

(when applicable)

Player’s Choice for Cards

5th @ South – 12:30 p.m.

12th @ South – 12:30 p.m.

19th @ South – 12:30 p.m.

26th @ South – 12:30 p.m.

Pinochle

3rd @ N’ville – 12:30 p.m.

10th @ N’ville – 12:30 p.m.

17th @ N’ville – 12:30 p.m.

24th @ N’ville – 12:30 p.m.

Double Pinochle

4th @ South – 12:30 p.m.

11th @ South – 12:30 p.m.

18th @ South – 12:30 p.m.

25th @ South – 12:30 p.m.

Shanghai

4th @ South – 12:30 p.m.

11th @ South – 12:30 p.m.

18th @ South – 12:30 p.m.

25th @ South – 12:30 p.m.

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

June Social Card/Domino Parties

Mondays

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

Tuesdays -

Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Jail House Rummy @ South @ 12:30 p.m.

Wednesdays

500 @ Ankeny @ 12:30 p.m.
Social 10 pt. Pitch @ NW @ 12:00 p.m.
(except 3rd Wednesday)
Bridge @ Johnston @ 11:30 a.m.
65 @ South @ 12:30 p.m.

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.

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.



Ask the Naturalist

Submitted by Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org

Question: I have a purple martin house in my yard that the purple martins have used for several years. There are house sparrows nesting in the martin house before the martins arrive. It appears that the martins have made claim on the house as well as the sparrows. Can they coexist in the same martin house?

Kathy, Polk City

Answer: How wonderful that you are attracting purple martins to your yard! Purple martins have a strong attachment to their nest site where they successfully breed, and will return year after year. House sparrows have been known to poke holes in martin eggs and will even build their nests over the martin eggs and nestlings. House sparrows are not native and there are no laws protecting these birds. You may have to repeatedly lower the nest box to tear out the sparrow nests to discourage them from the site. Allowing the house sparrows to nest in the martin house will reduce martin occupancy and productivity.

Source: The Purple Martin Conservation Association

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.

Visit one of our senior centers and bring a friend!

Diabetic Support Group

Meets – 3rd Wednesday of every month from 6:00 p.m. – 7:00 p.m.

Wednesday, June 17th – Susan Callison, Alzheimer's Association:

Brain Health and Diabetes **A1C screenings at East Euclid Hy-Vee begin at 5:00 p.m.



S & S Central Café

Central Senior Center - 2008 Forest Ave.

*** Runs through June, then will start back up in September ***

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.

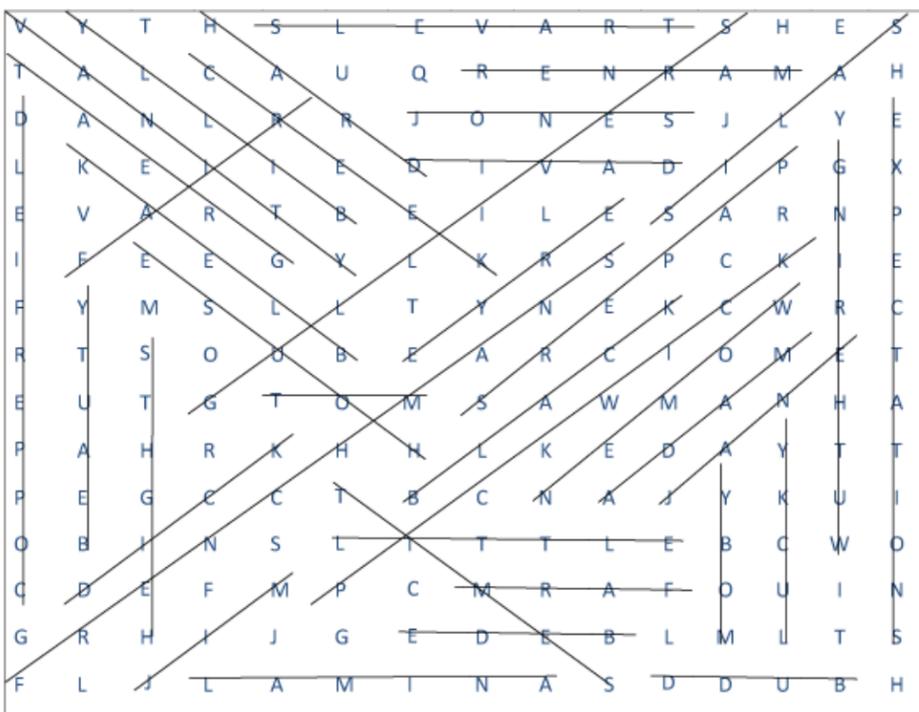
Friday Egg Special – Choice of a 2 egg ham and cheese omelets with your choice of white/wheat toast, or a 2 egg, a choice of sausage or bacon omelet, white/wheat toast, for \$2.50.

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.

BOOK MARK

ANSWER KEY



Adam Bede, Animal Farm, Black Beauty, Billy Budd, Bleak House, David Copperfield, Frenchman's Creek, Moby Dick, Great Expectations, Jane Eyre, Vanity Fair, Gulliver's Travels, Hard Times, Wuthering Heights, Lucky Jim, Tom Jones, Little Women, Silas Marner, Pickwick Papers



NATIONAL FRESH FRUIT & VEGETABLES MONTH

Soplantation & Sweet Tomatoes

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



NEW – CRAFT CLASS NEWS!!!

CRAFT CLASSES - PLEASE NOTE! During the summer months some sites will NOT be holding craft classes. Sites who will still hold classes are Central, North, East & Norwoodville (June only) and South (June & July only).

Please check with these individual sites that are holding summer classes on their upcoming projects and sign up deadlines, if wanting to participate.

Notification will be posted in the Senior Bulletin as to win classes will start back up in the fall at the sites.

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.

June Blood Pressure Checks

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

- 2nd Norwoodville
- 3rd Central
- 4th North
- 8th East
- 9th MLK, Jr.
- 10th Northwest
- 11th Polk City
- 12th Scott Four Mile
- 15th West
- 16th South
- 17th Pioneer Columbus
- 18th Central
- 19th Altoona
- 23rd Johnston
- 24th Calvary at Norwoodville
- 25th Runnells
- 26th North



Dates Subject to Change.

Age wrinkles the body.
Quitting wrinkles the soul.
- Douglas MacArthur

Better Choices, Better Health

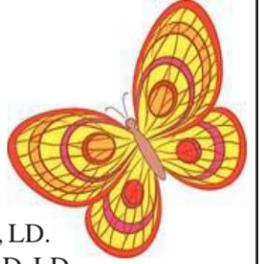
Submitted by Stacey Clough, B.S. • Program Coordinator

FREE! Healthy Living Classes offered by the Mercy Weight Loss & Nutrition Center taught by Weight Loss and Wellness Experts held at the YMCA Healthy Living Center.

The following classes are held on the indicated Tuesdays at 5:30 p.m.:

- June 9th, “Food Safety Tips for Summer” presented by Diane McIlhon, RD, LD.
- June 23rd, “Create Your Own Spring Rolls” presented by Diane McIlhon, RD, LD.

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



Care and comfort at a moment's notice.

Presents...



Teepa Snow

Teepa is a dementia care education specialist with over 31 years of experience in geriatrics. She will have an interactive session providing strategies to improve interactions, reduce conflict and work together with loved ones.

General Public/Families Topics:

8:30 am to 11:45 am (registration at 8:00 am)
Connecting and Communicating
Why Do they Do That?

Care Professionals: (CEU's provided) (registration at 1:00 pm)

1:30 pm to 4:45 pm
Person Centered Care Planning
How Does the Environment Affect Abilities and Behaviors?

Date: August 5, 2015

Location:

West Des Moines Christian Church
4501 Mills Civic Parkway
West Des Moines, IA 50265

Pre-registration required: Register for the desired session(s) by accessing the following link(s) below

Morning session for General Public/Families: No charge
<https://www.regonline.com/desmoines2015>

Afternoon session for Care Professionals: \$15
<https://www.regonline.com/desmoines2015pro>

Donations taken at event to support the Alzheimer's Association of Iowa. Limited seating at both sessions!

**For more information contact Senior Helpers:
515-251-7444**

- SENIOR EXPO -

2015 June Affair

JUNE 18, 2015

12:30 pm to 3:00 pm

PRAIRIE RIDGE MIDDLE SCHOOL

1010 NW Prairie Ridge Drive

Next to Kirkendall Public Library

FEATURING

Quodlibet Barber Shop Quartet

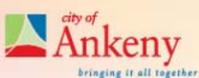
Free Admission • 50+ Exhibitors •

Door Prizes • Snacks

Bring in current medications to be reviewed or disposed of correctly!



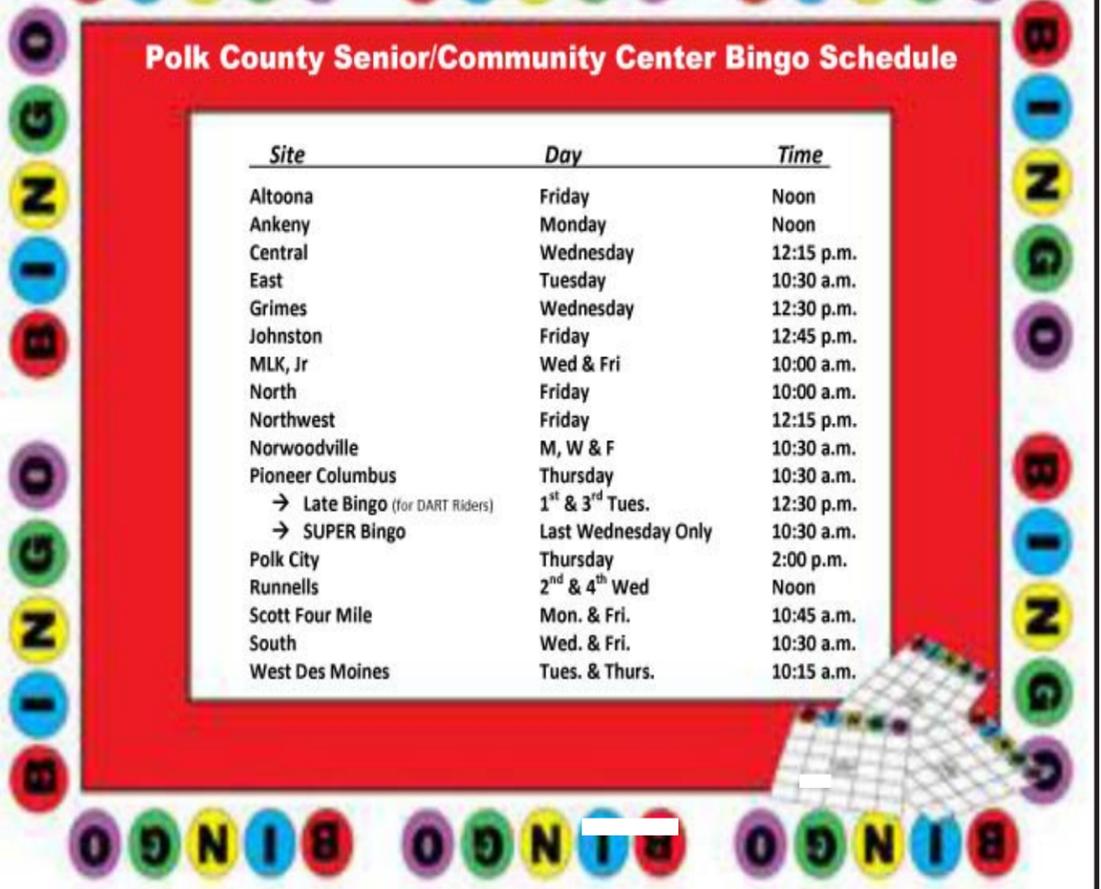
Program Sponsor



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.



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



North Senior Center News – Pot-a-Posies

Submitted by Nicole Ledvina • Program Aid, North Center

Seniors at the North Senior Center participated in a Pot-A-Posie workshop on May 18th. Jennie Clay with the Highland Park Garden Club led the class of 25 as they potted geraniums, cosmos and petunias. This event was made possible by gracious donors from our community. Ace Hardware in Park Fair Mall donated the bags of potting soil, the City of Des Moines Greenhouse donated the flowers and Jennie donated her time to organize the donations and lead the workshop.

Pictured are some of the workshop participants posing with their posies! Left to right: Kay Hummel, Pat Porter, Linda Knoop, Rose Meltesen, Deb Starrett, Jerry Starrett, Jim Bane, Cathy Ristau, Bev Dakovich, Carolyn Roberts, Dick Ristau, Genny Johnson, Diane Fath and Jennie Clay (instructor).



NW Senior Center News - Everything's Coming Up Roses!

Submitted by Kristi Carman

Site Supervisor, NW Community Center

Northwest Senior, Suzi Henkel (past president of the Greater Des Moines Garden Club) along with Senior Charlotte Dozoryst (Ways and Means committee member of the Great Des Moines Garden Club) are working hard to make Northwest Community Center beautiful! Kudos to Suzi for her part in getting the donation from the Garden Club and a round of applause to both ladies in getting senior, Arsen Chantooni, to volunteer to help dig and plant!

Your team effort is to be commended!

