

# The Senior

Polk County Senior News!

# September Bulletin

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



## Way to Go! 35 Years of Service!

Ranae Nerem, Site Supervisor and Joy Ihle, Program Administrator, join the senior's of the Eastside Senior Center in congratulating Kris McCaughey on 35 years of service to Polk County! Thanks for your many years of dedication and hard work!



## Polk County River Place Food Pantry

Polk County and the Des Moines Area Religious Council (DMARC) have partnered to open the Polk County River Place Food Pantry located at 2309 Euclid Avenue.

Once per calendar month, individuals and families in Polk County can go to the food pantry to receive **\*a three-day supply** of healthy, nutritional food and other non-essential non-food items.

In an effort to better meet 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 solely to those in need without income being a consideration.

Food Pantry Hours are Monday through Friday, 8:00 a.m. to 5:00 p.m. If you have questions or to inquire about volunteer opportunities call 515-286-3695.

If interested in donating food items or make an online monetary donation, please visit the website to see what is needed immediately. <https://www.dmarcunited.org/movethefood/>

Attention those who have extra vegetation from their gardens, DMARC would gladly accept any overage you would like to share.

\*due to increased demand and limitations of incoming supplies, as of August 1, 2015, the new daily supply amount available has decreased.

Mark Your Calendars

## UPCOMING EVENTS

## South Senior Center Potluck

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

On the 1st Saturday of this month (September 5th), 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.



## Runnells Farmer's Market

The Runnells Farmer's Market will be held in Downtown Runnells from 4:00 to 6:00 p.m., on September 1st and September 15th. Stop by and check it out!



KEEP AN EYE OUT for  
**Westside Community Center Raffle Fundraiser**  
tickets to be available for sale late Sept. & early October

For those not aware ... this Raffle is stocked big and plentiful with wonderful prizes! You don't want to miss out on a chance to win!

More information in next month's issue or call Mary Clare or Linda @ 274-0373.



- 7<sup>th</sup> - Labor Day - SITES CLOSED
- 11<sup>th</sup> - Patriot Day
- 13<sup>th</sup> - Pet Memorial Day
- 13<sup>th</sup> - Grandparent's Day
- 17<sup>th</sup> - Citizenship Day
- 23<sup>rd</sup> - Autumn Begins

- Month:**
- Classical Music Month
  - Hispanic Heritage Month
  - Fall Hat Month
  - International Square Dancing Month
  - National Blueberry Popsicle Month
  - National Courtesy Month
  - National Piano Month
  - Chicken Month Honey Month
  - Self Improvement Month
  - Better Breakfast Month
- Source: [www.HolidayInsights.com](http://www.HolidayInsights.com)





# Iowa Food Share

www.SHAREiowa.com.

For Ordering info or site pick up locations, visit the website at <http://shareiowa.com/>

## September Menu

There are a lot of great options for September. Don't forget to get to enter the CHERRYMAC contest!

When placing your September order don't forget to refer a friend, neighbor, co-worker, family for a chance to win...**1- Cherry Pie and 2- a 6 lb tray of Macaroni and Cheese!**

After you and your referral place your September orders email [shareiowa2@mahaska.org](mailto:shareiowa2@mahaska.org) with your names and pickup location for your chance to win.

Remember the best way for SHARE to grow is with your help, spread the word. The more people that order the better savings we can pass on. Happy Shopping!

### SHARE

"Great Food at Affordable Prices"

September Packages Available - Purchase one, all or any combination

Order before September 11<sup>th</sup>, 2015

Food Pickup September 25<sup>th</sup> or 26<sup>th</sup> depending upon location

#### A. Best Value Package \$25.00 "Save up to 50% on your groceries"

- 1 lb 85% Lean Ground Beef
- 1.4 lb Chicken Thighs
- 1 lb Boneless Center Cut Pork Chops made by Farmland
- 2- 10 inch Pepperoni & Pesto Thin Crust Pizzas
- 16 oz Sara Lee All Butter Pound Cake
- 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 fruit and vegetables"

- Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)
- 16 oz Sara Lee All Butter Pound Cake

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

- 1 lb 85% Lean Ground Beef
- 1.4 lb Chicken Thighs
- 1 lb Boneless Center Cut Pork Chops made by Farmland
- 2- 10 inch Pepperoni & Pesto Thin Crust Pizzas

#### D. Sirloin Steak Box \$16.50 "Still time to grill"

- 5- 7 oz Choice Sirloin Steaks, Individually wrapped for your convenience

#### E. Breakfast Flatbreads \$18.50 "Convenient for on the go"

- 24 - 2.4 oz Sausage, Egg and Cheese on Flatbread

#### F. Frozen Vegetable Box \$14.50 "Stock up the freezer for fall & winter"

- 2 - 1 lb Bags California Blend
- 2 - 1 lb Bags Broccoli Cuts
- 2 - 1 lb Bags Cauliflower
- 2 - 1 lb Bags Florentine Blend

#### G. Breaded Chicken Box \$23.00 "Purchase with the mac & cheese for a family chicken dinner"

- 9 lb Box, Fully Cooked Breaded Chicken, 24 portions/ same as 3 whole chickens
- 6 Bone in Breast                      6 Bone in Thigh
- 6 Drum Sticks                          6 Wings

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/ Macaroni and Cheese \$9.00 "Don't Leave it for the Colonel"

- 6 lb Tray Macaroni and Cheese, Made for famous restaurant chain.

#### I. \*Choice Item/ Pizza Patties \$10.00

- 2 lbs 100% Beef Pizza Patties w/ Mozzarella Cheese in the Middle

#### J. \*Choice Item/ Cheese Pack \$14.00

- 8 oz Block Colby Jack Cheese    8 oz Block Mild Cheddar Cheese
- 8 oz Mild Cheddar Shredded Cheese    8 oz Mozzarella Shredded Cheese
- 8 oz Parmesan Shaker                      12 oz American Singles

#### K. \*Choice Item/ Boneless Pork Loin \$12.00

- Approx. 4 lb Farmland Boneless Pork Loin

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

### Buying is Easy



- 1 Select your food packages
- 2 Process and submit your order
- 3 Pickup your order
- 4 Find time to give back a little

# Consumer Focus

By Attorney General Tom Miller

## Service Contracts and Extended Warranties

When you pay for an extended service contract, you and the contract provider are essentially making a bet. You are betting that it's worth paying extra for the peace of mind knowing that, if a product you purchased needs maintenance or repair down the road, it'll be covered. The contract provider is betting on making money—that it can charge more for the service contract than it will cost to provide future covered maintenance or repair work.

While a warranty is included in the price of an item, a service contract (or "extended warranty") costs extra. That extra cost may be worth it or may even be worth little or nothing, depending on several factors.

### Is the Item Worth Covering?

Is the product likely to need repairs? If it's a relatively inexpensive item, is it worth the cost of a service contract? Does the service plan cost as much or nearly as much you'd expect to pay if you needed repairs? Would you be better off putting the money you would set aside for a service contract in a savings account and having it available if something goes wrong?

### The Warranty and Service Contract—What Do They Cover and When does the Coverage Begin and End?

• **Duration:** Before you consider buying a service contract, find out the duration of the regular warranty and what it does and does not cover. When does the extended warranty period begin and end?

• **Coverage:** What does the service contract cover and what is not included? Does the service contract cover all parts or just some parts? Does it include labor? What if you caused the problem either through damage—even if it was an accident—or improper maintenance? *Make sure all terms, conditions and promises are in writing. Save the written terms and conditions, as well as receipts for the item and extended service plan.*

• **Service requirements:** Are you required to file a claim? Do you return the product to the retailer or a designated service center? Do you get a replacement product? Does the agreement include in-home service? If so, when is the service available? What if you move? What happens if the service company goes out of business? What is the reputation of the service contract provider and also the repair provider, if they are separate?

• **Additional costs:** Do you have to pay a deductible for service? What about shipping or handling fees?

### Who Else Provides Coverage?

Does your credit card company provide an extended warranty if you pay for the product with that credit card? Does your homeowner policy cover personal property damage or loss?

While there may be third-party service contract providers, will they be around if you have a problem? If you purchase the plan from the seller or manufacturer, chances are you'll know where to find them.

### Disputes

If you are having trouble getting service through a service contract or extended warranty, be sure to review the written terms of the agreement. If you believe that the company responsible for repairs is not properly honoring the service contract, contact the retailer who sold you the product. Also consider contacting the manufacturer.

If you still believe the service contract provider is not honoring the terms of the contract, you can file a complaint with the Consumer Protection Division. You can also seek to resolve your dispute in court, though the service contract may first require dispute resolution procedures before going to court.

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](mailto:consumer@iowa.gov)



### September Pie Menu

- Sept. 3<sup>rd</sup> Peach Pie
- Sept. 10<sup>th</sup> Cherry Pie
- Sept. 17<sup>th</sup> Coconut Crème Pie
- Sept. 24<sup>th</sup> Boston Crème Pie



# Attention: Wii Bowlers Coming Soon! Wii Tournament

## Tournament:

The 7<sup>th</sup> Annual Senior Helpers and Urbandale Senior Center Wii Bowling Tournament will be held on Friday September 11<sup>th</sup>, at the Urbandale Senior Center (7305 Aurora Ave.) from 8:30 a.m. to 4:00 p.m.

- 28 teams
- 4 per team (55 years or older)
- 2 qualifying rounds in the morning – best scores advance
- 7 Wii Stations w/ 32" screens or larger
- Two division, 16 team afternoon bracket play, means more winners.
- Each participant will receive a goodie bag
- Lunch available for \$5
- MC announcing game play and results
- Random Prizes Drawn throughout day
- Trophies/Medals awarded to top 4 places
- Register ASAP, no later than September 2<sup>nd</sup> (subject to availability)

Details and registration forms will be distributed and available at each Polk County Senior/Community/Congregate Meal Center. Registration forms are also available at Senior Helpers – 8401 Douglas Ave. Suite 7 in Urbandale or at the Urbandale Senior Center. For more information, contact Senior Helper's at 251-7444.

Get your registration in early!

Tournament will be limited to the first 28 teams to send in their registration forms.



## Ask the Naturalist

Submitted by Heidi Anderson  
Polk County Conservation Naturalist  
[www.leadingyououtdoors.org](http://www.leadingyououtdoors.org)



**Question:** I was out pruning and thinning some pine trees on some property that I recently moved to and ran across a very unusual plant and berry that I cannot identify. The plant is approximately 12" tall having 2 stalks, one has 3 large leaves and the other has a vertical Christmas tree shaped pod of red berries about 2 – 3" tall. Is this a poisonous plant to humans or animals?

- Scott

**Answer:** Sounds like a jack in the pulpit plant to me. The mature fruit of the plant is a cluster of red berries that appears in late summer. There is some known toxicity to the berries, leaves, and roots that causes a burning sensation in the mouth and throat if swallowed. So don't eat any part of this plant! Interestingly Native Americans would eat the roots only after they were dried and cooked to eliminate the toxins. Some birds will eat the berries of this plant. Jack in the pulpit is a native woodland plant found throughout Iowa and eastern North America.



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or Augustbe 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 of any material submitted. Deadline is usually the 3<sup>rd</sup> Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



## Franklin Ave. Library Adult Classes/Programs

Submitted by Kevin Kretschmer  
Adult Programming Librarian  
Franklin Avenue Library (DMPL)  
5000 Franklin Avenue  
Des Moines, IA 50310

### Franklin Evening Book Discussion

Tue, Sep 8, 6:30 p.m.

We will discuss *Someone Else's Love Story* by Joshilyn Jackson. Copies of the book are available at the Information Desk.

### Franklin Afternoon Book Discussion

Mon, Sep 14, 1:00 p.m.

We will discuss *The Light Between Oceans* by M. L. Stedman. Copies of the book are available at the Information Desk.

### Free Device for Your Device

Tue, Sep 22, 12:30 a.m.

Get the lowdown on your library's downloadables! Bring your mobile device (smartphone, tablet or e-reader) to one of our classes and get some advice and help installing the library's apps for e-books, downloadable audiobooks and e-magazines. Classes and apps are all free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged and know the basics) as a prerequisite to this class. You will need your library card and PIN, and you may need the password for your App Store on your device. Pre-register as class size is limited so we can give one-on-one attention.

### The Monarch Butterfly Migration

Tue, Sep 22, 6:30 p.m.

Joel Van Roekel, Supervisor of Environmental Education, Des Moines Parks and Recreation, will examine the life of the Monarch butterfly, explaining how it survives in this increasingly hostile world. He will discuss some efforts that are being made to help the Monarch, including things that you can do to help out the Monarch, as well as other pollinators. Circumstances permitting, he will bring some live Monarchs on site that will be tagged and released to continue their incredible journey.



## Amateur Artists Wanted

The Southside Senior Center is starting an Amateur Art Group on Friday afternoons. Please bring your own supplies. Call the center for more info. 287-0092



**Property Taxes are DUE in September**

## Subscribe Today

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_ Zip : \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

- New Subscription
- Renewal Subscription

### Don't miss a single issue!

Checks/Money Orders made payable to:  
Polk County Treasurer

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



## WesleyLife HOME-DELIVERED MEALS

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

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



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



# Diabetic Therapy Group

Choice Therapy Services, LLC  
 Brenda Wood-Calark  
 Licensed Mental Health Therapist  
 Diabetic of over 30 years

## 10 Week Group Topics

- Week 1: There are no vacations from diabetes
- Week 2: Effects of diabetes on mental health
- Week 3: Denial-Ignoring isn't a choice
- Week 4: Identify – you are more than a disease
- Week 5: Fear: Long-term complications
- Week 6: Social Aspects-Effects on relationships
- Week 7: Stress and self-care
- Week 8: Another appointment> The role of your health care team
- Week 9: Supports-Developing a Diabetic Community
- Week 10: Where do I go from here? Wrap up

**About the Facilitator:**

Brenda is a licensed mental health therapist, as well as a diabetic of over 30 years. She knows living with diabetes can be both frustrating and overwhelming at times. There are no vacations from this disease and it often takes a toll on us both physically and emotionally. If you or someone you know may be suffering with depression or anxiety due to living with diabetes...help is available. You don't have to feel alone living with diabetes.

**Call for more information or to register @ 641-745-0499**

(Medicaid, Blue Cross & Self Pay Accepted)

**Group 1**

**Group 2**

**Group 3**

<b>Type 1 Diabetes</b> Tuesday Evenings 6 to 7 p.m. @ West Glen Town Center 5550 Wildrose Lane Suite 400 West Des Moines, IA 50266 10 weeks on the following dates:	<b>Type 2 Diabetes</b> Wednesday Mornings 10 to 11 a.m. @ Hub Tower 699 Walnut Street Suite 400 Des Moines, IA 50309 10 weeks on the following dates:	<b>Type 2 Diabetes</b> Thursday Evenings 6 to 7 p.m. @ Foxboro Square 6165 NW 86 <sup>th</sup> Street, 2 <sup>nd</sup> Floor Johnston, IA 50131 10 weeks on the following dates:
September 15	September 16	September 17
September 22	September 23	September 24
September 29	September 30	October 1
October 6	October 7	October 8
October 13	October 14	October 15
October 20	October 21	October 22
October 27	October 28	October 29
November 2	November 3	November 4
November 9	November 10	November 11
November 16	November 17	November 18

## Iowa Senior Medicare Patrol (SMP) a Project of Aging Resources Of Central Iowa

### 2015 September Newsletter Scams, Fraud and Errors Recently Reported to Iowa Senior Medicare Patrol

- Beneficiary received a scam letter congratulating him on winning \$300,000 from the consumer's sweepstakes lottery. Beneficiary did not reply.
- Lady reviewed her Medicare Summary Notice and realized she was being billed from a medical facility that she did not receive services from. Iowa SMP is working on this.
- Individual received a call regarding a computer problem and repair scam. Did not have a computer and hung up!
- Medical alert necklace scam, everything was "free"! Too good to be true and hung up!
- Grandparent scam; beneficiary lost almost \$5,000.
- Received an email that a friend was robbed in another country and requested \$1,650 to help pay for hotel and outstanding bills. Friend's email had been hacked.

### Help Prevent Healthcare Fraud

- Never give out your Medicare, Medicaid or Social

Security numbers to a stranger.

- Don't carry your Medicare card unless you will need it.
  - Remember, Medicare doesn't call, email or visit to sell you anything.
  - If it's too good to be true? It's a SCAM! Nothing is ever "free".
  - It's okay to be rude, HANG UP!
  - Record doctor visits, tests and procedures in your personal health care journal.
  - Review your Medicare Summary Notice carefully for errors.
  - Report suspected instances of Medicare fraud, errors or abuse to Iowa SMP.
- Don't Be a Target of Healthcare Fraud. Protect, Detect and Report.
- If you experience Healthcare Fraud or other scams and need assistance in resolving contact Nancy G. Anderson at 515-633-9514 or [nancyanderson@agingresources.com](mailto:nancyanderson@agingresources.com).
- You can also contact Iowa Senior Medicare Patrol at 1-800-423-2449.

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### 10 Things the Federal Government Could Pay for with the \$60 Billion Wasted in Medicare in 2014

1. Repair the 18,000 dams in the U.S. considered high-hazard or deficient, 3 times over.
2. Fund the Marine Corps' entire budget for two and a half years.
3. Finance universal preschool for all 3 and 4-year-olds for 10 months.
4. Educate military veterans through the GI bill for six years.
5. Offer two-year college tuition in the U.S. for 10 years for free.
6. End world hunger for at least two years.
7. Give \$188 back to every person living in the United States.
8. Build 100 Long Range Strike Bombers.
9. Pay the interest on the federal debt for three months in fiscal year 2015.
10. Refund people who paid the estate tax, the estate and trust income tax, unemployment insurance tax and the gift tax for a year.

(dailycaller.com; Kathryn Watson)

## 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.

## 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](mailto:jullat@vnsia.org).

# NORTHWEST COMMUNITY CENTER RUMMAGE & BAKE SALE

**WHEN:** Friday, September 18<sup>th</sup>, 2015

10:00 a.m. – 3:00 p.m.

**WHERE:** NW Community Center  
5110 Franklin Ave.  
Des Moines, Iowa

**QUESTIONS:** Please call Theresa or Kristi @ 279-2767



Bake Sale

All proceeds go back to the Community Center to help fund our special projects and special events.



M

T

W

Th

F



1  
Gyro Sandwich  
Diced Tomato/onions  
Diced Potatoes  
Spinach  
Fresh Orange  
Baklava  
118  
949

2  
Pork Chops w/gravy  
Carrots  
Mashed Potatoes  
Strawberries  
Sponge Cake  
69  
554

2  
**FLEXMEAL OPTION**  
7 Layer Salad  
Strawberries  
Sponge Cake  
103  
660

3  
Beef Pepper Steak  
Tomato Sauce  
Mixed Vegetables  
Apple Juice  
Brown Rice  
83  
729

4  
Pizza Bake  
Green Beans  
Lettuce Salad  
Breadstick  
Pineapple Tidbits  
Chocolate Milk  
98  
717



7 **Closed**  
8  
Beef Taco Salad  
Mexicali Corn  
Lettuce/cheese  
Fresh Orange  
WG Taco Tub  
65  
674

9  
Chef Salad w/ Tomato Wedge  
Baby Potatoes  
Banana  
Bran Muffin  
107  
777

9  
**FLEXMEAL OPTION**  
Liver N Onions  
Baby Potatoes  
Lettuce Salad  
Banana  
Bran Muffin  
119  
802

10  
Pork Roast w/ Gravy  
Mashed Potatoes  
Broccoli  
WW Dinner Roll  
Pineapple  
154  
977

11  
Tuna Noodle Casserole  
Corn  
Lettuce Salad  
Applesauce  
Lemon Bar  
Chocolate Milk  
94  
676

14  
Hearty Italian Vegetable  
Beef Soup  
Peas  
Apple Juice  
Pumpkin Apple Muffin  
74  
605

15  
Italian Chicken  
Squash  
Pasta Salad  
Tropical Fruit  
Rice Crispy Treat  
116  
815

16  
Sweet N Sour Meatballs  
Mixed Vegetables  
Banana  
Brown Rice  
Birthday Cake  
133  
941

16  
**FLEXMEAL OPTION**  
Hot Dog  
Mixed Vegetables  
Banana  
Birthday Cake  
93  
575

17  
Salisbury Steak  
Brussels Sprouts  
Mashed Potatoes  
Mandarin Oranges  
WW Dinner Roll  
74  
733

18  
Sloppy Joe  
Cooked Cabbage  
Diced Potatoes  
Craisins  
WW Bun  
Chocolate Milk  
114  
792

21  
Chicken Supreme  
Spinach  
Mixed Melon  
Bread Pudding  
61  
561

22  
Shepherd's Pie  
Lettuce Salad  
Glazed Carrots  
Berry Blend  
60  
586

23  
Baked Cod  
Stewed Tomatoes  
Creamy Coleslaw  
Fresh Orange  
Brownie  
82  
682

23  
**FLEXMEAL OPTION**  
Chicken Caesar Salad  
Fresh Orange  
Brownie  
80  
813

24  
Meatloaf  
Sweet Potatoes  
Green Beans  
Banana  
WW Dinner Roll  
100  
809

25  
Ham Sandwich  
Broccoli Cheese Soup  
Corn  
Fresh Apple  
Cherry Almond Crisp  
Chocolate Milk  
113  
832

28  
Baked Chicken  
Party Potatoes  
Orange Juice  
WW Dinner Roll  
Cookie  
77  
650

29  
Cali Burger  
Lettuce/tomato/onion  
Valley Salad  
WW Bun  
Warm Cinnamon Apples  
57  
569

30  
Chicken Stew  
Cooked Cabbage  
Tropical Fruit Salad  
WW Bread  
81  
683

30  
**FLEXMEAL OPTION**  
Sweet Spinach Salad  
Tropical Fruit  
WW Bread  
77  
743

**got milk?**

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

**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.

**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

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

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

- Due to different projects being done at different sites - dates/times/duration to complete August change.
- Check with individual sites on specific class dates/times for any upcoming projects

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

#### Crochet Club

North.....Wednesdays @ 12:30 p.m.

#### Dominoes

Johnston.....Wednesdays and Thursdays @ 1:00 p.m.  
MLK.....Daily @ 10:30 a.m.  
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m

**Golden Thread Society:** (Quilting, Crocheting & Knitting)  
South.....Wednesdays@ 2:00 - 4:00 p.m.

#### Jam Sessions

North.....Fridays @ 12:30 p.m.

#### Knitting, Crocheting & Quilting

Johnston.....1st and 3rd Mondays @ 1:00 p.m.  
Crochet Club @ North.....Wednesdays @ 12:30 p.m.  
Quilting @ Norwoodville.....Tuesdays @ 10:15 a.m.

#### Line Dancing

North.....Wednesdays@ 12:30 p.m.  
South.....Thursdays @ 12:30 p.m.

#### Mah Jongg

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

#### Movie & Popcorn Day

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

#### Pokeno

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

#### Pool/Billiards

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

#### Puzzles

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.  
MLK.....Daily @ 9:00 - 3:00 p.m.  
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.  
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

#### “Sew-cial”:Quilting/N’point (no plastic canvas) Group

Johnston.....2nd & 4th Wednesdays @ 10:00 - 3:00 p.m.

#### Skip Bo

Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

#### Wii

Johnston.....Mondays @ 11:00 a.m.  
Johnston.....Tuesdays @ 1:00 p.m.  
MLK.....Daily@ 12:30 p.m.  
North.....Daily@ All Day  
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

#### Yoga

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

#### Zumba Gold

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

## September Tournaments

### 8 Ball Pool Tournament

11<sup>th</sup> @ North – 9:00 a.m.  
25<sup>th</sup> @ North – 9:00 a.m.

### 9 Ball Pool Tournament

4<sup>th</sup> @ North – 9:00 a.m.  
18<sup>th</sup> @ North – 9:00 a.m.

### 10 Point Pitch

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

### 65

2<sup>nd</sup> @ South – 12:30 p.m..  
9<sup>th</sup> @ South – 12:30 p.m..  
16<sup>th</sup> @ South – 12:30 p.m..  
23<sup>rd</sup> @ South – 12:30 p.m..  
30<sup>th</sup> @ South – 12:30 p.m..

### 500 - Closed Labor Day - 9/7

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

14<sup>th</sup> @ South – 12:30 p.m.  
21<sup>st</sup> @ N’ville – 12:30 p.m.  
21<sup>st</sup> @ South – 12:30 p.m.  
28<sup>th</sup> @ N’ville – 12:30 p.m.  
28<sup>th</sup> @ South – 12:30 p.m.

### Cribbage

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

### Player's Choice for Cards

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

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

### Pinochle

2<sup>nd</sup> @ N’ville – 12:30 p.m.  
9<sup>th</sup> @ N’ville – 12:30 p.m.  
16<sup>th</sup> @ N’ville – 12:30 p.m.  
23<sup>rd</sup> @ N’ville – 12:30 p.m.  
30<sup>th</sup> @ N’ville – 12:30 p.m.

### Double Pinochle

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

### Shanghai

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

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

## September Social Card/Domino Parties

### Mondays - Closed Labor Day - 9/7

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.  
Double Pinochle @ West @ 12:30 p.m. - NEW!

### Wednesdays

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

Phase 10 @ Scott Four Mile @ Noon

### 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.  
4 Point Pitch @ West @ 12:30 p.m. - NEW!  
Double Pinochle @ West @ 12:30 p.m. - NEW!

### Fridays: Closed 7/3 - Holiday

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.

## Labor Day Isn't Your Only Reward For Hard Work

By Derek Nichols

Social Security Operations Supervisor in Des Moines

On Labor Day, many Americans enjoy a long weekend to commemorate the hard work they do the rest of the year, as well as those who support working people. With barbecues and ballgames, beach trips and fireworks, this annual holiday often marks the unofficial end of summer. Established in 1882, Labor Day has become a timeless American tradition that many look forward to all summer.

Labor Day also reminds us that all our hard work is paying off in more ways than one — including paying into a retirement fund that makes you eligible to collect monthly benefits after you reach retirement age. If you work 10 years, and receive four credits each year for a total of 40 credits, you'll enjoy the security of Social Security retirement benefits. Remember, those years don't have to be consecutive. You can check your *Social Security Statement* and make sure you have enough credits by opening a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Credits are the building blocks we use to find out if you have the minimum amount of covered work to qualify for each type of Social Security benefit. If you stop working before you have enough credits to qualify for benefits, your credits will stay on your record. If you return to work later on, those credits will be added so that you can qualify. We pay benefits to anyone who has enough credits.

When a worker files for retirement benefits, the worker's spouse may be eligible for a benefit based on the worker's earnings. Another requirement is that the spouse must be at least age 62 or have a qualifying child in her or his care. By a qualifying child, we mean a child who is under age 16, or who is eligible to receive Social Security disability benefits.

The spousal benefit can be as much as half of the worker's full retirement benefit, depending on the spouse's age at retirement. If the spouse begins receiving benefits before "normal" (or "full") retirement age, the spouse will receive a reduced benefit. However, if a spouse is caring for a qualifying child, we don't reduce the spousal benefit. If a spouse is eligible for a retirement benefit based on his or her own earnings, and if that benefit is higher than the spousal benefit, then we pay the retirement benefit based on the worker's own record. Otherwise, we pay the spousal benefit. In other words, we pay the higher of the two benefit amounts.

The best way to see what those benefits might be is to visit Social Security's *Retirement Estimator* at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). The *Retirement Estimator* is an easy way to get an instant, personalized estimate of future retirement benefits. The *Estimator* uses your actual earnings history to compute a benefit estimate.

In the past, applying for benefits could be laborious, requiring you to drive to a Social Security office, wait, and fill out paperwork. Now, you can visit [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline) to find out everything you need to know about applying online for retirement benefits. And, when you're ready, you can securely file the application online in as little as 15 minutes.

In most cases, after you submit your online application electronically, that's it. There are no additional forms to sign or paperwork to complete. In rare cases, we'll need additional information, and a representative will contact you.

Labor Day might mean something a little different once you're retired, but that's a pretty fair trade off when you're no longer laboring. Spend a few moments considering what your hard work has earned in the form of Social Security protection for you, your family, and working people everywhere.

Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Social Security News: Q & A

Submitted by Derek Nichols

**Question:** I applied for a replacement Social Security card last week but haven't received it yet. When should I expect to receive my new card?

**Answer:** You'll usually receive your replacement card in about 10 days. We work hard to protect you, to prevent identity theft, and to ensure the integrity of your Social Security number. To do that, we have to verify documents you present as proof of identity. In some cases, we must verify the documents before we can issue the card. For more information about your Social Security card and number, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

**Question:** I heard that my future Social Security benefits are based on my earnings, and I want make sure my earnings have been accurately documented. How can I do this?

**Answer:** Your online *Social Security Statement* gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits. Get started at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) by opening your personalized *my Social Security* account.

**Question:** Are Supplemental Security Income (SSI) benefits taxable?

**Answer:** No, SSI payments aren't subject to federal taxes. We will *not* send you an annual form SSA-1099 to report your benefits to the Internal Revenue Service. However, Social Security beneficiaries may have to pay income tax on a portion of their benefits. If so, you may ask Social Security to withhold your federal taxes from your Social Security benefit payments. For more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:** How do I terminate my Medicare Part B (medical insurance)?

**Answer:** You can voluntarily terminate your Medicare Part B (medical insurance). Because this is a serious decision that could have negative ramifications for you in the future, you'll need to have a personal interview with a Social Security representative first. The representative will help you complete Form CMS 1763. This form isn't available online. To schedule your interview, call us at 1-800-772-1213 (TTY: 1-800-325-0778) Monday through Friday from 7:00 a.m. to 7:00 p.m., or contact your nearest Social Security office. For more information, go to [www.medicare.gov](http://www.medicare.gov).



at

**WESTSIDE SENIOR CENTER**

134 - 6<sup>TH</sup> STREET, WEST DES MOINES

(Valley Junction)

September 17<sup>th</sup> - 8:00 a.m. to 7:30 p.m.

September 18<sup>th</sup> - 8:00 a.m. to NOON



Come check out the wonderful bargains!



**Farmer's Market & Ice Cream Social**

Can it get any better than that?!?!

Westside Senior Center  
is hosting an OPEN HOUSE  
on September 24<sup>th</sup>,  
from 3 to 6 p.m.

Come spend the evening at the  
Valley Junction Farmer's Market,  
visit the Westside Senior Center  
(134 - 6<sup>th</sup> Street)  
and top the evening off with  
a yummy ice cream sundae!!!!



**Ice Cream Social**



For those who have Farmer's  
Market Checks, this would be a  
great opportunity to come on out  
and use them.

## September is National Senior Center Month

Join us at the Southside Senior Center for these special activities.

**Southside Senior Center**  
**100 Payton Avenue Des Moines**  
**515.287.0092**

**September 10<sup>th</sup> and 17<sup>th</sup> 9:00 a.m. - 10:00 a.m.**  
**Chair Yoga - Noreen Gosch, Instructor**



Chair Yoga is a very safe place to start, both physically and psychologically. A few seated beginning poses can still build strength, increase circulation and oxygenation. Begin to introduce yoga gently; any yoga is better than no yoga at all. Success in yoga isn't measured by the level of ability to perform a pose, but by a positive attitude and experiencing the benefits of doing the pose at an appropriate level for the yoga student. A yoga routine can bring a student to new levels of psychological optimism and physical well-being. Yoga poses can be done gently; just simple stretches along with conscious and deep breathing are effective and powerful. You will feel the results in your own body.



**Tuesday September 22<sup>nd</sup> 5:00 p.m. - 7:30 p.m.**  
**"Let's Celebrate"**



Join us for a Pasta Dinner at 5 p.m., and stay for some wonderful music from the RBJ Trio starting at 6 p.m. Please call 287-0092, by Friday, September 18<sup>th</sup>, to reserve your meal. It will be a fun evening to spend with friends, dance or just enjoy the music.

**Thursday September 24<sup>th</sup> 9:30 a.m. - 10:00 a.m.**  
**"Intro To Tai Chi" Ranae Nerem, Instructor**



Tai Chi is a series of gentle exercises that promote health and well being. By moving slowly into each movement, you become stronger and more focused. It is an excellent exercise for seniors. Tai Chi has a number of health benefits, including helping to relieve the pain of arthritis and helping to improve balance and stability. It can help you sleep better and also helps to relieve stress. Come and find out what Tai Chi is all about. We will be hosting a session of Tai Chi starting in October.

The Southside Senior Center is a great place to stay connected, learn new things, meet friends and have fun. Come join us, we have something for everyone. Please call JaNeil or Carole for more information.

Lunch is served Monday through Friday at 11:30.

If you plan to have lunch with us, please call 24 hours in advance. 287-0092. We can't wait to meet you!

# 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 Mon. - Fri. from 8:00 a.m. - 4:30 p.m.  
Any questions, call 515-286-3679.

# Welcome to Medicare in Ankeny

Submitted by Karen Norton • Ankeny Community Education

Nearing retirement with questions about Medicare? This workshop will help individuals understand

- Medicare coverage
- Medicare Parts A and B
- Medicare supplement plans
- Medicare Advantage plans and Part D

Presented by SHIIP (Senior Health Insurance Information Program), a service of the Iowa State Insurance Division. SHIIP is a free, confidential, volunteer service that does not recommend or endorse any insurance product, company or agent.  
Ankeny Community Education Instructor: SHIIP – Shaw

**How do I get this class FREE?**

Please mention class code 138247 when you pre-register for your FREE class.

**When and Where?**

Thursday, November 12<sup>th</sup>, from 6:30 pm - 8:00 pm

Located in Ankeny at Neveln Center Inc. in Dining Room 106

**How do I register?**

Please pre-register at <http://ankeny.revtrak.net/tek9.asp> OR call Community Education at 289-3960 OR stop by and see us at 306 SW School Street.



## 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!

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



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



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.



Former Polk County Senior Services Program Administrator Barb McClintock working behind the scenes during the Des Moines Playhouse production of “Spam-a-Lot.”

# Exercise Classes Offered

<p><b>ANKENY</b> WEDNESDAYS 10:45 - 11:15 A.M.</p> <p><b>CENTRAL</b> ARTHRITIS EXERCISE FRIDAYS 10:00 A.M. INSTRUCTOR - SARA BARATTA</p> <p><b>EAST</b> ARTHRITIS EXERCISE WEDNESDAYS 10:00 A.M. INSTRUCTOR - KRIS McCAUGHEY</p> <p><b>JOHNSTON</b> “SILVER SNEAKERS” WEDNESDAYS 10:15 A.M. - 11:00 A.M.</p> <p><b>MLK</b> ARTHRITIS EXERCISE MONDAYS 10:30 - 11:00 A.M. INSTRUCTOR - SARA BARATTA</p> <p><b>NORTH</b> ACTIVE ADULTS EXERCISE MON., WED. &amp; FRI. 10:00 - 11:00 A.M. INSTRUCTOR - Desiree Reichenbacher</p> <p>ARTHRITIS EXERCISE TUESDAYS 10:00 - 11:00 A.M.</p> <p><b>NORTHWEST</b> ARTHRITIS EXERCISE WED. AND FRI. AT 9:45 A.M. INSTRUCTOR - DOROTHY McCLATCHY</p>	<p><b>NORWOODVILLE</b> ARTHRITIS CHAIR EXERCISE 1ST, 3RD &amp; 4TH THURSDAY @ 10:45 A.M. INSTRUCTOR - KRystal SIMONSON</p> <p>CHAIR EXERCISES MON., WED. &amp; FRIDAYS 9:00 A.M. INSTRUCTOR - VIDEOS</p> <p><b>PIONEER COLUMBUS</b> MON., WED. &amp; FRI. 10:30 A.M. INSTRUCTOR - GLORIA ANNETT</p> <p>EXERCISE ROOM WITH NEW EQUIPMENT AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.</p> <p><b>SOUTH</b> CHAIR YOGA 1ST &amp; 3RD THURSDAY 9:00 A.M. - 10:00 A.M. INSTRUCTOR NOREEN GOSCH</p> <p>ARTHRITIS EXERCISE TUESDAY &amp; THURSDAY 9:30 A.M. INSTRUCTOR - JANEIL LONG</p> <p><b>WESTSIDE COMMUNITY CENTER</b> ACTIVE ADULTS EXERCISE MON., WED. &amp; FRI. 12:30 - 1:30 P.M. INSTRUCTOR - Desiree Reichenbacher</p> <p><u>CHAIR EXERCISES</u> MONDAYS &amp; WEDNESDAYS 11:15 A.M. INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER</p>
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**“Take care of your body. It’s the only place you have to live.”**  
— John Rohn



**CRAFT CLASS 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 couple of selected months and no classes held in summer/early fall months & 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/appreciated. Any questions, call a center nearest you to speak with craft instructor.



**Recreation Committee**

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

**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	

**September Blood Pressure Checks**

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

- 1<sup>st</sup> Norwoodville
- 2<sup>nd</sup> Central
- 3<sup>rd</sup> North
- 8<sup>th</sup> Grimes
- 9<sup>th</sup> Northwest
- 10<sup>th</sup> Polk City
- 11<sup>th</sup> Scott Four Mile
- 14<sup>th</sup> East
- 15<sup>th</sup> South
- 16<sup>th</sup> Pioneer Columbus
- 17<sup>th</sup> Central
- 18<sup>th</sup> Altoona
- 21<sup>st</sup> West
- 22<sup>nd</sup> Johnston
- 23<sup>rd</sup> Calvary at Norwoodville
- 25<sup>th</sup> North
- 29<sup>th</sup> Runnells



Dates Subject to Change.

**Annual 50+ Fun Night Tailgate Party**

Wednesday, September 16th,

6:30 - 9:30,

At Crown Point Community Center,  
6300 Pioneer Parkway.



**Wear your favorite team colors.**



Hy-Vee Catering will be grilling hamburgers, with a side of fresh fruit, chips, dessert and beverages.

We will be playing canasta, bridge, dominoes, pool, & shuffleboard for fun prizes.

**RESERVATIONS MUST BE MADE IN ADVANCE**

either by signing up at Crown Point or by calling Carol Briggs at 727-5595 by September 11th.

The \$5.00 fee will be collected at the door the night of the event.

Come support your favorite team, have a burger, play games, and enjoy 50+ Fun Night.

Sponsored by the Johnston Senior Advisory Board.



Submitted by Sue Timms

**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?

**Share Today, Shape Tomorrow**

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

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 <sup>st</sup> & 3 <sup>rd</sup> Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West Des Moines	Tues. & Thurs.	10:15 a.m.

BINGO BINGO BINGO

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

## North Wii Bowling Tournament Results



“A” Bracket winners: Richard Savage and Richard Ristau



“B” Bracket winners: Don Goin and Tom Mattly



A handful of the participants posing with their awards, medals and trophies. **Back (L to R)** – Jim Bolten, Carolyn Roberts, Glenda Bradford, Vernetta Zimmerline, Richard Sargent, Réne Ellingson, Dennis Broadus, Ray Wheeler, Bill Roberts and Frank Wright. **Front (L to R)** – Pat Porter, Kathy Gifford, Rose Oliver, Betty Overton, Richard Ristau, Sheryl Tenikat, Max Nebel and Beulah Fredericks.

On Saturday, June 20<sup>th</sup>, the North Side Senior Center held our 1<sup>st</sup> annual Wii Bowling Tournament. It was a great day filled with fun, friendly competition, food and prizes! We had 54 participants in attendance who made up 27 teams, plus lots of cheerleaders along for the ride! Bowlers came from all over Polk County, including MLK, Ankeny, Pioneer Columbus, Mercy Park, Grimes and of course, North. All participants received a medal and certificate of participation upon arrival and those

who won 1<sup>st</sup> - 4<sup>th</sup> place in both the A and B bracket got to take home a trophy!

**Results: “Bracket A”**

1<sup>st</sup> Place – The Pin Busting Richards – Richard Ristau and Richard Savage, North/MLK; 2<sup>nd</sup> Place – Ten Pinner – Jim Weyer and Gary Osborn, Ankeny; 3<sup>rd</sup> Place – TCB – Glenda Bradford and Richard Sargent, North; 4<sup>th</sup> Place – Lucky Four – Clara Guisinger

and Loretta Johnson, Mercy Park.

**Results: “Bracket B”**

1<sup>st</sup> Place – 6 Pack – Don Goin and Tom Mattly, North; 2<sup>nd</sup> Place – Captain and 1<sup>st</sup> Mate – Paul Baten and Kay Sutton, Grimes; 3<sup>rd</sup> Place – Ken Nivala and Judy Nivala, Ankeny; 4<sup>th</sup> Place – Shake, Bake and Strike – Sheryl Tenikat and Max Nebel, North.



## Iowa’s Foster Grandparents Celebrate 50<sup>th</sup> Anniversary

Forty-three Foster Grandparents from Polk County were honored for their years of service, along with 275 Foster Grandparents from across the state, in a ceremony held in Fort Dodge on August 5<sup>th</sup>.

Polk County Foster Grandparents served 46,860 hours last year mentoring 563 children with special or academic needs in schools and daycare centers.