

The Senior

Polk County Senior News!

APRIL Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • April 1 - 30, 2016

A GREAT DAY!

Learn about Community Resources from over 70 local vendors!

Join adults 60 yrs and older from across Polk County on **MAY 18th, 2016** 9:00 a.m. – 1:30 p.m. at the **Varied Industries Bldg on the Iowa State Fair Grounds**

Lunch provided for those 60 yrs and older 11:30 a.m. Reservations Required by May 6th

Senior Fest & Health Fair

HEALTH SCREENINGS

Blood pressure, Bone density, cholesterol, blood glucose, fall assessments, carotid screenings for the first 60 participants, blood chemistry for the first 35 fasting, massage, reflexology and more!

Line Dancing, Bingo, Photo Booth, Games, Fellowship and FUN!

Contact

Your local Polk County Senior Center/ Congregate Meal Site or you may call 286-3679 Reservations due prior to May 6th!

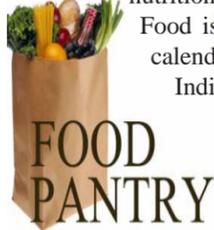
Sponsored by Polk County Senior Services and The Polk County Board of Supervisors.




Upcoming Events!

Polk County River Place Food Pantry Need Food?

The Polk County River Place Food Pantry, located at 2309 Euclid Avenue, offers individuals and families a three-day supply of healthy, nutritional food and other non-essential non-food items. Food is distributed solely to those in need, once per calendar month, without income being a consideration. Individuals/families seeking assistance should bring photo identification with them each time they visit the Food Pantry. Other forms of identification such as a social security card, medical card, school i.d., etc. will be accepted for children. Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.



Interested in Helping Others?

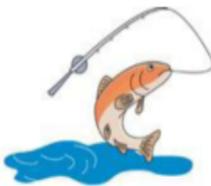
The River Place Food Pantry located at 2309 Euclid Avenue is in need of volunteers. Volunteers assist clients with selecting a 3 day supply of healthy, nutritious foods. Individuals wishing to volunteer are asked to commit to a 2-3 hour shift. Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Volunteers should be at least 18 years of age and able to pass a criminal and child and dependent adult registry check. The Food Pantry also welcomes corporate/church groups wishing to volunteer. Due to the size of the pantry, we ask that groups limit their size to 3-4 individuals per shift. If you are interested in volunteering, please visit our website at <http://www.polkcountyiowa.gov/cfys/services/river-place-food-pantry/> to complete the volunteer paperwork. For more information email Paulette Stodgel at paulette.stodgel@polkcountyiowa.gov or call her at 515-286-3780.

South Senior Center Potluck

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

On the 1st Saturday of this month (April 2nd), 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.

KEEP CALM BECAUSE IT'S ALMOST TIME 2 GO FISHING

Senior Fishing Derby

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

Friday, June 3rd, 2016
Easter Lake – Shelter # 2
2830 Easter Lake Drive

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

FREE Pre-register by May 27th (after that date, not guaranteed a lunch)

(Call to RSVP @ 515 286 - 3536)

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

Anyone 55+ years of age is eligible to participate

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

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




Submitted by Joy Talmon | RSVP 55+ Initiative Director
United Way of Central Iowa | 1111 Ninth Street, Suite 100
Des Moines, IA 50314 | www.unitedwaydm.org

Volunteer Income Tax Assistance, a United Way of Central Iowa Service: If you earned \$58,000 or less in 2015, you may be eligible to receive FREE tax preparation. You also may be eligible for the Earned Income Tax Credit (EITC) or Child Care Tax Credits. This is your money to keep and save. Tax sites are currently open and will stay open until April 18th. Sites are available in Des Moines, Ankeny, Indianola, and Perry. Call 2-1-1 for more information. 2-1-1 is available 24/7 and is FREE!

Consumer Focus: Credit Report and Identity Theft Monitoring

By Attorney General Tom Miller

Anyone who has a credit history or plans to establish one should have an interest in what appears on their credit report.

Your credit report includes information about your identity, detailed credit history, and other information about you, including court judgments. Your credit report can affect your ability to get a credit card or loan, how much interest you pay, your insurance rates, and can even impact where you can live and work.

Because so much rides on what is in your report, it's important to know about any negative information that might appear, and whether it's correct. You may also be concerned about threats from data breaches and identity thefts, as a criminal could use your name and good reputation to obtain funds, new credit and loans, utilities, or even pretend to be you.

That's why some turn to credit or identity theft monitoring services. For a monthly or annual fee, these services may offer to help you track or monitor your financial account activity, history, and personal information. Many consumers who subscribe to these services may find it convenient that the services take responsibility for regularly monitoring credit or taking steps to address a data breach or identity theft.

However, monitoring service providers may charge \$10-\$30 per month for some services that are available for free or at a low cost, or may not provide the level of protection that they may imply or you expect. Before subscribing to a credit report or identity theft monitoring service, be sure you understand what you are paying for, as well as what you can already do for free or at a low cost.

For example:

- **Credit Reports:** Some services may advertise that their fees include providing a copy of your credit report at no additional cost. Keep in mind that federal law entitles you to receive one free credit report per year from each of the three major credit bureaus (Equifax, Experian and TransUnion). The only authorized site for these free annual reports is www.annualcreditreport.com. (Tip: You can get free year-round protection when you stagger and rotate your requests by seeking a report from one of the three bureaus every four months.)

- **Fraud Alert:** A fraud alert, which is available for free, requires a lender to take certain measures to verify your identity before opening credit in your name, and the alert may make it harder for identity thieves to open accounts in your name. A credit reporting bureau that receives a request for fraud alert

must notify the other two bureaus. The alert lasts 90 days, but you can renew it.

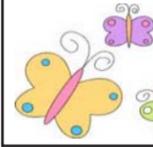
- **Security Freeze/Credit Freeze:**

A security freeze, also called a credit freeze, helps prevent others from opening new credit under your name, or making changes to your existing accounts. A credit freeze restricts access to your credit report. A credit freeze is free to identity theft victims, and otherwise costs \$10 per credit report. It stays in place until the consumer requests to lift it. A temporary lift costs \$12, and permanently removing the freeze costs \$10 (the fees are waived for identity theft victims).

There are services that offer additional options, such as access to your credit score, credit activity notifications, identity theft response assistance, and credit record rebuilding support.

Services that offer you a free credit score in exchange for your credit card number generally enroll you in a monthly service that carries with it monthly charges.

One of the best ways to protect yourself from financial fraud on existing accounts is to review your financial account statements, and periodically review your credit reports. One of the best ways to protect yourself from others opening new accounts under your name is through a security freeze.



Recreation Committee

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

Ask the Naturalist

By Heidi Anderson

Polk County Conservation Naturalist

www.leadingyououtdoors.org



Question: Recently during the early morning hour, the parking staff at the Iowa Events Center observed a beaver making its way across the parking lot entrance of the Iowa Hall of Pride and the Hy-Vee Hall parking lot at 3rd and Center Street. It emerged from

an adjacent planting area, ambulated under a vehicle and proceeded moving west into another planting area to disappear in the urban landscape. What would prompt a beaver to habituate and/or transit such an area, albeit briefly, approximately two city blocks from the Des Moines River?

~Tom

Answer: It seems very odd that a beaver would be sighted in that parking lot. In fact odd enough that I think it was most likely a woodchuck. They are nearly the same size and coloring of beavers, with the exception of the tail being different. Woodchucks are much more common and can be found even in extremely urban landscapes. A beaver could swim down the Des Moines River and pop up on land somewhere, but with all the concrete along the riverbank downtown I'm not sure where it would get out of the river? Plus they generally don't stray too far from the water. Never say never, but I think it's highly unlikely it was a beaver.

All 50 States Capitols

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SAINT PAUL
SALEM
SALT LAKE CITY
SANTA FE
SPRINGFIELD
TALLAHASSEE
TOPEKA
TRENTON

All 50 State Capitols Answers: See page 5

Social Security News

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Taking Stock During Financial Literacy Month

April is Financial Literacy Month, which is a perfect time to take stock (pun intended) of your retirement savings. Social Security is there to help secure your future, but savings should be the foundation of a bigger retirement plan.

Have you ever done business online? The convenience and safety of doing business online is another way we're meeting the changing needs and lifestyles of our customers. You can open your own personal *my Social Security* account within a matter of minutes and have access to your information at any time of day, from the comfort of your home or office.

With a *my Social Security* account, you can:

- Keep track of your earnings and verify them every year, which is important because we use your earnings, along with other information, to help determine your benefit amount and eligibility;
- Get an estimate of your future benefits, if you are still working;
- Get a letter with proof of your benefits, if you currently receive them;

- and
- o Manage your benefits;
 - o Change your address;
 - o Start or change your direct deposit;
 - o Get a replacement Medicare card; and
 - o Get a replacement SSA-1099 or SSA-1042S for tax season.

If you live in the District of Columbia, Michigan, Nebraska, Washington, or Wisconsin, you may be able to replace your Social Security card online using *my Social Security*. It's an easy, convenient, and secure way to request a replacement card online.

To take advantage of this new service option, you must:

- Have or create a *my Social Security* account;
- Have a valid driver's license in a participating state or the District of Columbia (or a state-issued identification card in some states);
- Be age 18 or older and a United States citizen with a domestic U.S. mailing address (this includes APO, FPO, and DPO addresses); and
- Not be requesting a name change or any other changes to your card.

We plan to add more states, so we encourage you to check www.socialsecurity.gov/ssnumber throughout the year.

In April, Social Security celebrates National *my Social Security* Week. The biggest day in that week is "Check Your Statement Day." It's important that you check your *Social Security Statement* every year since we base your future benefits on your earnings record. Your *Statement* can help you plan for your financial future. We encourage you to go online to *my Social Security* to access your *Statement* whenever you wish to verify your earnings history or check your estimated future benefits.

One sure way to stay on top of your financial future: you can join the more than 23 million people who have opened their own *my Social Security* account at www.socialsecurity.gov/myaccount.

April Recipes

A Lil' Bit Of This...and A Lil' Bit Of That!

Beefy Rice Skillet



4 PrepTime - 10 min.
 Total Time - 30 min.
 Number of Ingredients - 7
 Servings - 6

Easy dinner recipe using lean ground beef, brown rice, vegetables and juicy tomatoes for a delicious one-skillet dish

Ingredients

- 1 pound lean ground beef (93% lean)
- 3/4 cup frozen chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 can (14 oz each) beef broth
- 1 can (14.5 oz each) Hunt's® Petite Diced Tomatoes, undrained
- 2 cups frozen mixed vegetables
- 1-1/2 cups instant brown rice, uncooked

Directions

1. Place beef, onion, salt and garlic powder in deep 12-inch skillet; cook over medium-high heat until beef is crumbled and no longer pink. Add all remaining ingredients to skillet. Stir to combine.
2. Bring to a boil. Cover and reduce heat to medium-low. Cook 10 minutes or until rice is tender and mixture is of desired consistency.

Cook's Tips

A large saucepan or Dutch oven may be substituted for the deep skillet. For gluten free preparation, confirm all recipe ingredients are gluten free by reading product labels each time you make this recipe.

Nutrition Information

Calories: 227 per 1 1/3 cup serving
 Source: www.readyseteat.com

Chicken with Brussels Sprouts and Mustard Sauce



A zesty mustard sauce dresses chicken breasts and sautéed Brussels sprouts. Paired with Rosemary Potatoes, Chicken with Brussels Sprouts and Mustard Sauce will be one of your go-to meals for busy weeknights.

Yield: Serves 4
 (serving size: 1 chicken breast half, 2/3 cup brussels sprouts and 2 tablespoons sauce)
 Total time: 40 Minutes
 Recipe Time: Total: 40 Minutes

Ingredients

- 2 tablespoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/8 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup fat-free, lower-sodium chicken broth, divided
- 1/4 cup unfiltered apple cider
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons butter, divided
- 1 tablespoon chopped fresh flat-leaf parsley
- 12 ounces Brussels sprouts, trimmed and halved

Preparation

1. Preheat oven to 450°.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.
3. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

Nutrition Information

Calories: 355
 Source: Robin Bashinsky, Cooking Light December 2011 www.myrecipes.com

Garbanzo Bean-Veggie Pitas with Creamy Avocado Dressing



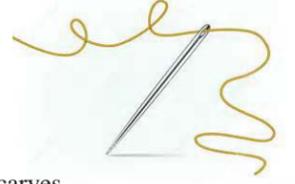
Dry garbanzo beans are one of the cheapest sources of protein. Prepare more than you need when you cook this recipe and use them in multiple meals.

Makes: 8 servings
 Prep: 20 mins
 Slow Cook: 8 hrs to 9 hrs (low) or 4 to 4 1/2 hours (high)

April Recipes: Continued on page 5

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 winter 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.

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.

Editor's Blurb



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or may be of interest to older adults. We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

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



PIE MENU

APRIL 7th PUMPKIN PIE

APRIL 14th PECAN PIE

APRIL 21st DUTCH APPLE PIE

APRIL 28th CHOCOLATE CRÈME PIE



WesleyLife HOME-DELIVERED MEALS

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

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



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

Roast beef



Lemon pepper fish



Country herb chicken



1700-DEB-5-13

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Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Question: What is a *Social Security Statement*, and how can I get a copy?

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 you and your family may be eligible for. You can get your personal *Statement* online by using your own *my Social Security* account. If you don't yet have an account, you can easily create one.

To set up or use your account to get your online *Statement*, go to www.socialsecurity.gov/myaccount.

We also mail *Statements* to workers attaining ages 25, 30, 35, 40, 45, 50, 55, 60 and older, three months prior to their birthday, if they don't receive Social Security benefits and don't have a *my Social Security* account. If you don't want to wait for your *Statement*, you can access it online, whatever time of year you need it.

Question: My wife didn't work enough to earn 40 credits to qualify for Social Security retirement benefits. Can she qualify on my record?

Answer: Even if your wife has never worked under Social Security, she may be able to get benefits if she is at least 62 years of age and you are receiving or eligible for retirement or disability benefits. If your wife qualifies on her own record, we will pay that amount first. If the benefit on your record is higher, she will get an additional amount on your record so that the combination of benefits equals that higher amount. The same is true for any spouse, regardless of their sex. To learn more about spouse benefits go to www.socialsecurity.gov/planners/retire/yoursouse.html.

Question: I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

Answer: You'll receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication, *Disability Benefits*, at www.socialsecurity.gov/pubs/10029.html.

Question: Is it true that if you have low income you can get help paying your Medicare premiums?

Answer: Yes, you can get help. If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or health and human services office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs.

If you have limited income and resources, you also may be able to get *Extra Help* paying for prescription drug coverage under Medicare Part D. If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

Also, see our publication, *Medicare* (Publication 10043), at www.socialsecurity.gov/pubs. For even more information, visit our website at www.socialsecurity.gov.

Franklin Avenue Library News

Submitted by Kevin C. Kretschmer

Adult Services Librarian
5000 Franklin Avenue
DSM, IA 50310
Ph: 515-248-6271

Franklin Afternoon Book Discussion

Monday, April 4th, 1:00 p.m.
We will discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. Copies of the book are available at the Information Desk.

Move Over, Sister! Bringing *Sister Act* to the Stage

Tuesday, April 5, 6:30 p.m.
Des Moines Playhouse Executive Director John Viars will discuss turning film favorite *Sister Act* into a stage staple. Also on hand will be members of the cast presenting song selections from the production.

Franklin Evening Book Discussion

Tuesday, April 12, 6:30 p.m.
We will discuss *Everything I Never Told You* by Celeste Ng. Copies of the book are available at the Information Desk.

Free Advice for Your Device

Saturday, April 19th, 10:00 a.m. - 12:00 p.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.

Iowa's Hidden Treasures

Tuesday, April 19th, 6:30 p.m.
Dan Kaercher, retired founding editor-in-chief of Midwest Living magazine and Iowa Public Television host, spent years traveling in almost every one of Iowa's ninety-nine counties in search of close-to-home attractions and getaways to share with his loyal readers and viewers. You'll be amazed to learn what surprises await you right in your own backyard - Iowa.

Candy from the 50's, 60's, and 70's

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| 12 | B | A | U | Y | H | W | K | S | A | D | N | I | B | O | U | L | E | A | C | Z | S | E | Y | E | O | R |
| 13 | S | W | C | T | S | I | L | N | K | O | E | L | B | H | N | H | E | Y | H | E | E | B | R | C | T | O |
| 14 | D | O | K | I | G | R | A | M | T | G | E | S | B | U | C | H | K | J | L | C | A | P | Q | A | N | O |
| 15 | A | N | E | T | X | B | C | S | M | B | O | N | I | R | B | C | E | Z | O | S | T | C | G | P | O | T |
| 16 | E | N | Y | E | R | T | E | J | U | P | T | O | E | S | O | B | Z | A | L | R | R | A | B | S | M | B |
| 17 | H | K | E | J | A | L | E | B | Y | C | S | L | D | R | P | A | L | C | D | Q | N | A | H | W | A | E |
| 18 | E | R | S | N | R | E | B | I | E | R | R | E | S | A | R | O | D | I | H | S | Z | N | G | W | N | E |
| 19 | L | U | K | A | U | L | W | Z | L | Y | U | M | A | M | N | O | P | W | C | I | X | O | Y | S | N | R |
| 20 | P | S | H | Z | E | W | N | E | B | H | B | R | B | L | A | D | C | G | A | I | C | U | T | W | I | B |
| 21 | P | C | T | K | Q | D | T | D | B | I | R | E | Z | Y | D | R | F | K | N | Y | O | L | G | Z | C | A |
| 22 | A | B | I | G | R | E | D | G | U | M | A | T | F | P | C | P | T | R | Y | I | R | U | E | E | M | R |
| 23 | M | R | O | L | O | X | B | D | B | K | T | A | I | N | O | H | O | I | U | R | R | O | S | T | N | R |
| 24 | S | W | E | E | T | A | R | T | S | A | S | W | F | P | T | L | A | X | E | I | O | K | L | V | S | E |
| 25 | F | B | V | C | A | S | T | R | O | P | O | P | S | Y | L | V | T | D | S | S | T | A | V | L | H | L |
| 26 | S | S | E | C | I | L | S | E | G | N | A | R | O | D | L | O | G | O | P | U | C | Y | D | S | S | S |

| | | |
|---------------------|------------------|-------------------|
| APPLEHEADS | CURLY WURLY | POP ROCKS |
| ASTRO POPS | DUBBLE BUBBLE | RAZZLES |
| ATOMIC FIREBALLS | FIZZIES | RING POPS |
| BANANA SPLITS | FRUIT STRIPE GUM | ROCKY CANDY |
| BIG RED GUM | GOBSTOPPER | ROCKY ROAD |
| BLOW POPS | GOOD AND FRUITY | ROLO |
| BOTTLE CAPS | HUBBA BUBBA | ROOT BEER BARRELS |
| BROADWAY ROLLS | JELLY BELLY | SHERBERT MINTS |
| BUBBLE YUM | LAFFY TAFFY | SMARTIES |
| BUBBLICIOUS | LEMONHEADS | STARBURST |
| BUCKEYES | LONGBOYS | SWEETARTS |
| CANDY NECKLACE | MINT JULEPS | WATERMELON SLICES |
| CHARLESTON CHEW | NOW AND LATER | WAX BOTTLES |
| CHERRYHEADS | ORANGE SLICES | WHATCHAMACALLIT |
| CHICLETS | PEANUT PATTIES | ZOTZ |
| CINNAMON TOOTHPICKS | PEZ | |
| CUP O GOLD | PIXY STIX | |

Candys from the 50s, 60s, and 70s Answers: See page 11

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 | Tues. & Thurs. | 10:00 a.m. |

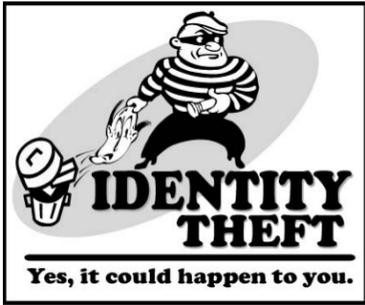
Scams and Identity Theft

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

Common Scams

Be suspicious of doctors, health care providers, or suppliers who:

- Ask for your Medicare number:
 - o In exchange for free equipment or services
 - o For “record keeping purposes”
- Tell you that tests become cheaper as more of them are provided
- Advertise “free” consultations to people with Medicare



- Call or visit you and say they represent Medicare or the federal government
- Use telephone or door-to-door selling techniques
- Use pressure or scare tactics to sell you expensive medical services or diagnostic tests
- Bill Medicare for services you never received or a diagnosis you do not have
- Offer non-medical transportation or housekeeping as Medicare-approved services
- Bill home health services for patients who are not confined to their home, or for patients who still drive
- Bill Medicare for medical equipment for people in nursing homes
- Bill Medicare for tests you received as a hospital inpatient or within 72 hours of admission or discharge
- Bill Medicare for a power wheelchair or scooter when you don't meet Medicare's qualifications

Identity Theft

Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes your name, Social Security, Medicare, or credit card numbers.

The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make—or until you're contacted by a debt collector.

Protect yourself. Keep your personal information safe. Don't give your information out over the Internet, or to anyone who comes to your home (or calls you) uninvited. Give personal information only to doctors or other Medicare approved providers.

To see if a provider is Medicare approved, call: 800-MEDICARE (800-633-4227)

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

S.A.L.T (Seniors and Law-Enforcement Together) Meeting :



April 19th, 2016 @ 12:30 p.m., at North Senior Center:

Topic: Senior Self Defense

presented by the Peggy Whorton with ARCI

ANNUAL PANCAKE BREAKFAST FUNDRAISER

NORTH SENIOR CENTER
PARK FAIR MALL

SATURDAY, APRIL 23rd
8:00 to 11:00 a.m.

\$7.00 ADULTS
\$5.00 CHILDREN 10 & UNDER



***** M E N U *****

PANCAKES - ALL YOU CAN EAT
SAUSAGE * EGGS *
MILK * JUICE * COFFEE
(ADDITIONAL SAUSAGE AND EGGS
AVAILABLE FOR PURCHASE)

QUESTIONS? CALL 288-1524

April Recipes: Continued from page 3

Ingredients

- 2 ½ cups dry Garbanzo Beans (chickpeas) (20 ounces)
- 7 cups water
- 1 large onion, quartered
- 4 cloves garlic, crushed
- ¾ salt
- ½ medium avocado, peeled and chopped
- ½ cup plain fat-free Greek yogurt
- 1 teaspoon red wine vinegar
- ½ cup snipped fresh basil
- ¼ cups snipped fresh spinach
- 1 cup halved cherry or grape tomatoes
- 1 cup sliced green onions (8)
- 4 pita bread rounds, halved crosswise and warmed

Directions

Rinse garbanzo beans; drain. Place beans in a 3 1/2- or 4-quart slow cooker. Stir in the water, onion, 3 of the garlic cloves, and the salt. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4 1/2 hours or until tender. Drain and rinse beans; cool. Discard solids. Reserve half of the cooked garbanzo beans for another use.*

1. For dressing, in a food processor combine the remaining garlic clove, avocado, yogurt, and vinegar. Cover and process until smooth. Add basil and chives. Cover and process with on/off pulses just until combined.

2. In a large bowl combine the remaining cooked garbanzo beans, spinach, tomatoes, and green onions. Spoon bean mixture into pita bread halves. Add dressing.

From the Test Kitchen

*Tip: To freeze cooked garbanzo beans, scatter loosely in a baking pan and freeze until firm. Transfer to a re-sealable freezer bag. Seal and freeze for up to 3 months. (This method prevents them from sticking together and makes it easy to reach in and grab a handful or two when you need them.)

Nutrition Information

Calories: 220 per serving
Source: www.bhg.com (Better Homes Garden)

All 50 State Capitols Puzzle: See page 2

Capitols Word Search Answer/Hints

The words below are listed with their starting row and column numbers to help you locate them on the actual puzzle

| | | |
|-------------------|--------------------|---------------------|
| ALBANY 4:21 | DOVER 19:19 | OKLAHOMA CITY 17:14 |
| ANNAPOLIS 24:11 | FRANKFORT 3:11 | OLYMPIA 19:18 |
| ATLANTA 17:11 | HARRISBURG 24:8 | PHOENIX 18:10 |
| AUGUSTA 22:4 | HARTFORD 1:24 | PIERRE 7:17 |
| AUSTIN 18:22 | HELENA 8:19 | PROVIDENCE 23:1 |
| BATON ROUGE 6:20 | HONOLULU 8:15 | RALEIGH 3:2 |
| BISMARCK 24:13 | INDIANAPOLIS 12:3 | RICHMOND 16:17 |
| BOISE 5:17 | JACKSON 21:12 | SACRAMENTO 12:1 |
| BOSTON 1:19 | JEFFERSON CITY 7:4 | SAINT PAUL 20:24 |
| CARSON CITY 19:22 | JUNEAU 13:8 | SALEM 24:19 |
| CHARLESTON 4:23 | LANSING 2:13 | SALT LAKE CITY 17:5 |
| CHEYENNE 15:20 | LINCOLN 2:11 | SANTA FE 24:6 |
| COLUMBIA 16:24 | LITTLE ROCK 15:7 | SPRINGFIELD 20:2 |
| COLUMBUS 9:5 | MADISON 11:10 | TALLAHASSEE 1:11 |
| CONCORD 4:9 | MONTGOMERY 21:15 | TOPEKA 23:24 |
| DENVER 22:14 | MONTPELIER 18:15 | TRENTON 18:16 |
| DES MOINES 15:8 | NASHVILLE 18:23 | |



Norwoodville Community Center



Dan Sauser, Site Supervisor

You will find the Norwoodville Community Center located on the northeast side of Des Moines, in a little town called Norwoodville.



Krystal Simonson, Program Aide

Our Community Center is unique from other centers in Des Moines. It has a ten acre park with full park amenities, 1/8th of a mile paved,

walking path, full playground, basketball courts, ball field, sand volleyball pit and two gazebo's. Inside the main building there is a craft room, exercise room with equipment, Nintendo Wii, fully equipped kitchen, puzzle area, health clinic and seating for 80 people.

Norwoodville Seniors' pride themselves on being laid back, friendly folks offering a very welcoming environment. We offer activities every day, such as Crafts, Bingo, Card Tournaments, Chair Exercise Class, Wii Games, Board Games, Movies and Arthritis Exercise Class. The Center also offers monthly Foot Care Clinics, Blood Pressure Checks, Senior Counseling, and Nutrition Education.

There are special activities throughout the year: Seasonal parties (who doesn't like to have a party), such as Super Bowl, Valentine's Day, Halloween, Christmas, St. Patrick's Day are to name a few.

We also offer community fundraising events such as our famous Biscuits and Gravy Breakfast, Bake Sales, and Snow Cone Tuesday's during our warmer months. You may also catch a magic show from time to time with the famous magician Jonathan May. He

will be sure to have you laughing with all the humor and tricks up his sleeve.

During the summer months, our center has a lot of extra activity going on. We offer a Summer Day Camp for children between the ages of 5 and 13. Camp runs from the first of June to early August. You will find the park filled with children playing, reading, eating lunch and in the afternoons getting ready to head out for daily field trips. There is so much excitement going on around that time.

A definite event both the younger and older generation look forward to at the end of each camp season, is the children's talent show. The campers come up with songs, dances, comedy acts, skits and other skills and talent to showcase in front of the Norwoodville Seniors. Everyone has fun, good laughs and enjoys this immensely.

If a laid back atmosphere and good company is what you seek, than Norwoodville Community Center would love to have you stop by and say hello. Or call 266-5794 and make a reservation to join us for lunch one day. And see what we are all about!

000



- 4/1 - April Fool's Day
- 4/18 - Tax Deadline
- 4/22 - Passover Begins
- 4/22 - Earth Day
- 4/27 - Administrative Professional's Day
- 4/30 - Arbor Day

Month:

- National Humor Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Poetry Month
- National Pecan Month
- Records & Information Management Month
- Stress Awareness Month
- Sexual Assault Awareness Month
- Donate Life Awareness Month

Source: www.HolidayInsights.com



Altoona Congregate Meal Site



Natalie Olson, Site Coordinator

The Altoona Senior Meal Site is nestled in Lions Park surrounded by acres of grass, vast trees, walking paths and a community garden down the way. Our camaraderie plus hospitality along with the seasonal and holiday décor provides a genuine welcoming environment. We are a smaller site serving on average a group of thirty. The site is open Monday through Friday from 9:30 a.m. to 1:30 p.m. We have a lobby area where our seniors play dominos, Wii bowling, canasta and cribbage. We also offer a craft class twice a month. Our dining room is where lunch is served at 11:30 a.m.

The Altoona Senior Meal Site has a wonderful group of volunteers. Our seniors assist with all of the daily responsibilities. These duties range from helping

serve and deliver the meals, refilling others' beverages, cleaning tables to calling our weekly game of bingo. Our annual garage sale and bake sale fundraiser would not be possible without the seniors donating items and their time. Our site is fortunate to have such a great group of volunteers and participants. They are truly what make our site extraordinary.

The Altoona Senior Meal Site not only wants to keep the seniors well nourished, but also in good health. We offer a variety of health clinics monthly. One of our most desired clinics is the podiatrist, Tim, who comes the third Tuesday of each month. We also offer blood pressure checks the third Friday of each month and a senior counselor is available the fourth Friday of each month too. We also like to keep our group up to date with

the latest technology. On March 31st we paired with Prairie Vista Village and hosted Technology & Learning. This class helped seniors with their questions regarding their ipads, facebook accounts and cell phones.

We like to have fun at the Altoona Senior Meal Site. We enjoy celebrating holidays with our holiday festivities and entertainment. Birthdays don't go unnoted and are honored with a group sing along of "Happy Birthday" topped off with the occasional birthday treat. We like to sweeten Thursday's pie day with a scoop of vanilla ice cream and our morning coffee wouldn't be the same without our daily donated sweets. If you would like to join in on our fun, please call 515-967-1853. We would gladly welcome you to the site.



Scott Four Mile News

Submitted by Kathy Gates
Site Coordinator

With springtime soon approaching, the group at Four Mile was feeling a little bubbly. So our group celebrated National Bubble Week on March 8th. With everyone's participation, the center had many bubbles burbling about.

Pictured left is Janet Rounds. Pictured right is Carolyn Lorenz.



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

M

T

W

Th

F

got milk?



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



1
 Chicken Tortellini Soup
 Winter Squash
 Banana
 Oatmeal Raisin Cookie
 Chocolate Milk
 104
 697

4
 Turkey Ham n Bean Soup
 Brussels Sprouts
 Orange Juice
 Cornbread
 70
 452

5
 BBQ Chicken Sandwich
 Peas and Carrots
 Harvard Beets
 Raisins
 WW Bun
 115
 695

6
 Baked Cod
 Spinach
 Creamy Coleslaw
 Orange Jello w/Diced Pears
 55
 451

6
FLEX MEAL OPTION
 Hot Dog
 Creamy Coleslaw
 Orange Jello w/Diced Pears
 WW Bun
 74
 480

7
 Shredded Pork
 Baked Beans
 Potato Salad
 WW Bun
 Fruit Cocktail
 90
 681

8
 Tuna Noodle Casserole
 Corn
 Lettuce Salad
 Mixed Melon
 Chocolate Milk
 67
 509

11
 Hearty Italian Vegetable Beef Soup
 Peas
 Apple Juice
 Frosted Pumpkin Bar
 77
 631

12
 Beef Meatballs
 Tomato Sauce
 Spinach
 Fresh Orange
 WG Penne Pasta
 71
 647

13
 Chef Salad w/ Tomato Wedge
 Baby Potatoes
 Banana
 Bran Muffin
 107
 777

13
FLEX MEAL OPTION
 Liver n' Onions
 Baby Potatoes
 Lettuce Salad
 Banana
 Bran Muffin
 119
 802

14
 Scalloped Ham
 Buttered Noodles
 Peas n Carrots
 Peaches
 68
 499



15
 Sloppy Joe
 Cooked Cabbage
 Diced Potatoes
 Craisins
 WW Bun
 Chocolate Milk
 114
 792

18
 Beef N Noodles
 Mashed Potatoes
 Broccoli
 Grape Juice
 66
 557

19
 Cali Burger
 WW Bun
 Lettuce/tomato/onion
 Coleslaw
 Warm Cinnamon Apples
 60
 602

20
 Teriyaki Chicken
 Cali Blend
 Rosy Applesauce
 Brown Rice
 Birthday Cake
 108
 692

20
FLEX MEAL OPTION
 7 Layer Salad
 Rosy Applesauce
 Birthday Cake
 WW Dinner Roll
 87
 594

21
 Meatloaf
 Sweet Potatoes
 Green Beans
 Banana
 WW Dinner Roll
 100
 809

22
 Stuffed Pepper Soup
 Corn
 Orange
 WW Dinner Roll
 Chocolate Milk
 89
 679

25
 Pizza Bake
 Green Beans
 Lettuce Salad
 Breadstick
 Pineapple Tidbits
 98
 717

26
 Shepherd's Pie
 Wheat Bread
 Broccoli
 Apricots
 79
 692

27
 Pork Chops w/gravy
 Carrots
 Potato Salad
 Strawberries
 Sponge Cake
 69
 563

27
FLEX MEAL OPTION
 Sweet Spinach Salad
 Strawberries
 Sponge Cake
 133
 902

28
 Salisbury Steak
 Brussels Sprouts
 Mashed Potatoes
 Raisins
 WW Dinner Roll
 106
 779

29
 Chicken Salad
 WW Bun
 Corn Chowder
 Fresh Apple
 Lettuce Salad
 Chocolate Milk
 67
 667




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

SENIOR SERVICES OF POLK COUNTY
 Menus, with the exception of the optional Wednesday Flex Meal, have been verified to meet the Dietary Reference Intake (DRIs) established by the Food and Nutrition Council. All menus are subject to change.
 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
 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:
 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
 Open 8:00 a.m. - 5:00 p.m.
 134 - 6th Street
 West Des Moines 50265
 Phone: 274-0373
 Site Supervisor: Mary Clare Cox
 Program Aide: Linda Mason
 Serving Time: 11:30 a.m.



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

Billiards/Pool

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
 Central.....Daily @ 8:00 a.m. to 5:00 p.m.
 East.....Daily @ 8:00 a.m. to 5:00 p.m.
 Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
 North.....Daily @ 8:00 a.m. to 5:00 p.m.
 Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.
 South.....Daily @ 8:00 a.m. to 5:00 p.m.
 Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Puzzles

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
 Central.....Daily @ 8:00 a.m. to 5:00 p.m.
 East.....Daily @ 8:00 a.m. to 5:00 p.m.
 Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.
 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.
 Norwoodville.....Daily @ 8:00 a.m. to 5:00 p.m.
 Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.
 Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Book Club

Northwest.....First Monday of the Month @ 10:00 a.m.

Ceramics

Central.....Mon./Fri. @ 12:30 p.m.
 East.....Thursdays @ 9:00 a.m.
 Pioneer Columbus.....Thursdays @ 12:30 p.m.
 South.....Mondays @ 12:30 p.m.
 WestsideMondays @9:30 a.m.

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

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

Ankeny.....3rd & 4th Wednesdays@ 10:00 a.m.
 Central.....Thursdays@ 10:00 a.m.
 East.....Tuesdays@ 9:30 a.m.
 Grimes.....2nd Thursday @ 12:15 p.m.
 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.

Dominoes

Altoona.....Daily @ 9:30 a.m. - 1:30 p.m.
 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

Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
 Johnston.....Mondays @ 1:00 p.m.
 Northwest.....2nd & 4th Monday @ 12:30 p.m.
 Westside.....Thursdays @ 12:30 p.m.

Line Dancing

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

Mah Jong

Ankeny.....Fridays @ 1:00 p.m. to 3:00 p.m.
 Johnston.....Tuesdays@ 9:30 a.m. to 3:00 p.m.

Movie & Popcorn Day

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

Paper Crafting

Runnells.....1st Thursdays @ 10:30 a.m.

Pokeno

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

Altoona.....Daily @ 9:00 a.m. - 1:30 p.m.
 Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
 Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.
 Johnston.....Daily @ 9:00 a.m. - 1:30 p.m.
 MLK.....Daily @ 12:30 p.m.
 North.....Daily @ 8:00 a.m. - 5:00 p.m.
 Northwest.....Daily @ 8:00 a.m. - 5:00 p.m.
 Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Times may be subject to change. It is advisable if interested in activities listed that you check with that specific site, as hours of operation vary between some of the sites and programming sometimes changes with other events going on throughout the year.

April Tournaments

8 Ball Pool Tournament

8th @ North - 9:00 a.m.
 22nd @ North - 9:00 a.m.

9 Ball Pool Tournament

1st @ North - 9:00 a.m.
 15th @ North - 9:00 a.m.
 30th @ North - 9:00 a.m.

10 Point Pitch

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

500

4th @ N'ville - 12:30 p.m.
 4th @ South - 12:30 p.m.

11th @ N'ville - 12:30 p.m.

11th @ South - 12:30 p.m.

18th @ N'ville - 12:30 p.m.

18th @ South - 12:30 p.m.

25th @ N'ville - 12:30 p.m.

25th @ South - 12:30 p.m.

Cribbage

1st Friday @ North - 12:30 p.m.

5th Friday @ North - 12:30 p.m.

(when applicable)

Every Friday @ South - 12:30 p.m.

Pinochle

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

13th @ N'ville - 12:30 p.m.

20th @ N'ville - 12:30 p.m.

27th @ N'ville - 12:30 p.m.

Double Pinochle

7th @ South - 12:30 p.m.

14th @ South - 12:30 p.m.

21st @ South - 12:30 p.m.

28th @ South - 12:30 p.m.

Shanghai

3rd @ South - 12:30 p.m.

10th @ South - 12:30 p.m.

17th @ South - 12:30 p.m.

24th @ South - 12:30 p.m.

31st @ South - 12:30 p.m.

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

April Social Card/Domino Parties

Mondays

Social Bridge @ North @ 12:30 p.m.
 Social Canasta @ Altoona @ 12:15 p.m.
 Pokeno @ East @ 10:30 a.m.
 Hand & Foot @ South @ 12:30 p.m.
 Cribbage @ Grimes @ 10:00 a.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.

Wednesdays

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

Yahtzee @ Scott Four Mile @ 10:00 a.m.
 Phase 10 @ Scott Four Mile @ 12:15 p.m.

Thursdays

Social Cribbage @ North @ 12:30 p.m.
 Hand & Foot/Group Choice @ East @ 12:30 p.m.
 Pitch @ Johnston @ 1:00 p.m.
 Social Canasta @ Altoona @ 12:15 p.m.
 Double Pinochle @ NW @ 12:00 p.m.
 Shanghai @ South @ 12:30 p.m.
 Bags - @ North @ 12:30 p.m.
 4 Point Pitch @ West @ 12:30 p.m.
 Double Pinochle @ West @ 12:30 p.m.

Fridays

Bridge @ Ankeny @ 12:15 p.m.
 Social Bridge @ NW @ 1:00 p.m.
 Social Hand & Foot @ NW @ 1:00 p.m.
 Pokeno @ East @ 10:30 a.m.
 Player's Choice @ South @ 12:30 p.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

April Showers Bring May Flowers!

CRAFT CLASS PLEASE NOTE!



Each craft instructor comes up with their own projects for the sites that they teach at. The same project/s are no longer done at the sites county-wide.

There will be classes held approximately 5-6 months of the year, with breaks during a couple of selected months and no classes held in summer/early fall months & December.

Please contact site staff on when class will be held at the site you participat (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 for those 60 years of age and older. Donations are accepted/appreciated. Any questions, call a center nearest you to speak with craft instructor.

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 | |

April Blood Pressure Checks

Services provided by VNS of Iowa Nursing Staff
Donna Monson, RN Community Health Nurse
(check specific center for time of clinic)

- 4th Ankeny (provided by Nurse Volunteer)
 - 5th West
 - 6th Ankeny (Health Talk Only)
 - 7th North
 - 8th Scott Four Mile
 - 11th East
 - 12th MLK, Jr.
 - 13th Northwest
 - 14th Polk City
 - 15th Altoona
 - 18th West
 - 19th South
 - 20th Pioneer Columbus
 - 21st Central
 - 22nd North
 - 26th Johnston
 - 27th Norwoodville/Calvary
 - 28th Runnells North
- Dates Subject to Change.



North Side Library News

Submitted by Laura Walth
Adult Programming Librarian
North Side Library
3516 5th Avenue
DSM, IA 50313



Adult coloring time is a favorite activity for area seniors.

Adult Coloring Time!

Tuesdays in April 5, 12, 26, 2:00 – 3:00 p.m.
Join us at the North Side Library on Tuesdays in April, except for April 19, for some calming coloring time! Bring your own coloring sheets or use some of ours. Feel free to use our coloring materials or bring your own markers, crayons and colored pencils. Meet some new people and de-stress while coloring with us!

U.S. SBA Small Business Start-up Tips

Saturday, April 9, 2:00 p.m.
Dave Lentell, Lead Lender Relations Specialist/Public Information Officer from the U.S. Small Business Administration will share tips on how to start a small business in Iowa.

Week of the Young Child—Family Stories

Friday, April 15, 10:00 a.m. - 6:00 p.m.
Celebrate early childhood and your family's story at the library! Stop in anytime to get your family's picture taken and place the photo inside a family book to take home! Craft available while supplies last.

Book Club Discussion

Tuesday, April 19, 2:00 p.m.
We will be discussing Sweetness at the Bottom of the Pie, by Alan Bradley. Copies of the book may be picked up at the library.

Grow Your Own Vegetables

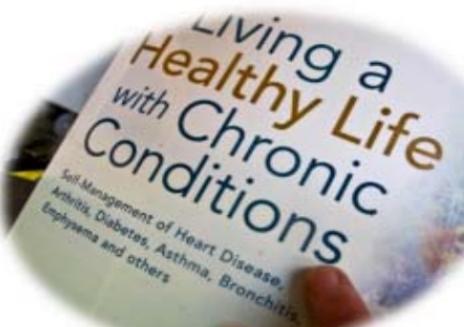
Wednesday April 20, 1:00 p.m.
Mark White, gardener with 60 years' experience, will give a presentation on how to grow your own vegetables.

Trolleying Through Highland Park and Oak Park

Saturday, April 23, 2:00 p.m.
Earl Short will take you back to a time in Highland Park and Oak Park when travel by electric streetcars and buses was the means of transportation for most. Using a PowerPoint presentation, Earl will share information about this forgotten era of transportation and show you how Des Moines has changed over the years.

Free Advice for Your Device

Wednesday, April 27, 10:00 a.m. – 12:00 p.m., North Side Library
Find out what downloadable books, audiobooks, and magazines are available for free from your library, and what apps you need to get right to reading. 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 free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged, and you should 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. Preregister, as class size is limited, so we can give one-on-one attention.



Do you have a chronic health condition that is adversely affecting your life?

Do you have a family member that you assist who might have chronic pain?

Or perhaps, there's something in your life that seems unmanageable and you need some direction to put you on a structured path.

Join Ranae Nerem and Kristi Carman as they guide you through a 6-week, self-management class and see how networking with others can help.

Please call the Northwest Community Center at 279-2767 to sign up for lunch (served at 11:30 a.m.) and afterwards, join us in the classroom for training.

When: Tuesdays beginning April 12th through May 24th (no class on May 17th)

Where: Northwest Community Center Classroom

5110 Franklin Ave., Des Moines, Iowa 50310

Time: 1:30 – 4:00 p.m.

Cost: FREE; materials provided



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

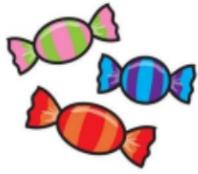
As a Foster Grandparent, you help teachers while making a difference in children's lives!

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



(515) 558-9975 • www.vnsia.org

Candys from the 50s, 60s, and 70s Answers: See page 4



Candy Word Search Answer/Hints

The words below are listed with their starting row and column numbers to help you locate them on the actual puzzle



| | | |
|---------------------------|-----------------------|-------------------------|
| APPLEHEADS 22:1 | CURLY WURLY 1:26 | POP ROCKS 5:8 |
| ASTRO POPS 25:5 | DUBBLE BUBBLE 9:16 | RAZZLES 18:15 |
| ATOMIC FIREBALLS 3:11 | FIZZIES 11:23 | RING POPS 23:21 |
| BANANA SPLITS 15:6 | FRUIT STRIPE GUM 1:20 | ROCKY CANDY 17:14 |
| BIG RED GUM 22:2 | GOBSTOPPER 4:14 | ROCKY ROAD 18:15 |
| BLOW POPS 12:1 | GOOD AND FRUITY 14:10 | ROLO 23:2 |
| BOTTLE CAPS 7:24 | HUBBA BUBBA 13:14 | ROOT BEER BARRELS 12:26 |
| BROADWAY ROLLS 14:13 | JELLY BELLY 14:18 | SHERBERT MINTS 13:5 |
| BUBBLE YUM 23:9 | LAFFY TAFFY 3:4 | SMARTIES 18:13 |
| BUBBLICIOUS 13:13 | LEMONHEADS 9:11 | STARBURST 24:11 |
| BUCKEYES 11:3 | LONGBOYS 11:9 | SWEETARTS 24:1 |
| CANDY NECKLACE 4:7 | MINT JULEPS 10:3 | WATERMELON SLICES 24:12 |
| CHARLESTON CHEW 21:2 | NOW AND LATER 15:2 | WAX BOTTLES 12:6 |
| CHERRYHEADS 14:15 | ORANGE SLICES 26:13 | WHATCHAMACALLIT 18:24 |
| CHICLETS 17:18 | PEANUT PATTIES 2:18 | ZOTZ 18:21 |
| CINNAMON TOOTHPICKS 21:25 | PEZ 14:22 | |
| CUP O GOLD 26:21 | PIXY STIX 11:19 | |



Exercise Classes Offered

| | |
|--|--|
| ANKENY WEDNESDAYS 10:45 - 11:15 A.M. | ACTIVE ADULTS EXERCISE - NEW CLASS * MONDAYS - 8:45-9:45 A.M. TUES-THURS -@ 1:30 P.M. - 2:30 P.M. INSTRUCTOR - DESIREE REICHENBACHER |
| CENTRAL ARTHRITIS EXERCISE FRIDAYS 10:00 A.M. INSTRUCTOR - SARA BARATTA | NORWOODVILLE ARTHRITIS CHAIR EXERCISE 1ST, 3RD & 4TH THURSDAY @ 10:45 A.M. INSTRUCTOR - KRYSTAL SIMONSON |
| EAST ARTHRITIS EXERCISE WEDNESDAYS 10:00 A.M. INSTRUCTOR - KRIS MCCAUGHEY | CHAIR EXERCISES MON., WED. & FRIDAYS 9:00 A.M. INSTRUCTOR - VIDEOS |
| ACTIVE ADULT EXERCISE EAST - 12:30 P.M. M W F INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY | PIONEER COLUMBUS MON., WED. & FRI. 10:30 A.M. INSTRUCTOR - GLORIA ANNETT |
| GRIMES CHAIR YOGA TUESDAYS 10:15 A.M. - 11:00 A.M. | EXERCISE ROOM WITH NEW EQUIPMENT AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M. |
| JOHNSTON "SILVER SNEAKERS" WEDNESDAYS 9:45 A.M. - 10:30 A.M. | SOUTH MWF - ACTIVE ADULT FITNESS @ 8:15 A.M. INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY |
| YOGA TUESDAYS 9:30 A.M. & 10:45 A.M. | TUES - ARTHRITIS CLASS @ 9:30 INSTRUCTOR - JANEIL LONG |
| ZUMBA GOLD THURSDAYS @ 9:00 A.M. | THURSDAY - CHAIR YOGA - 9 TO 10 A.M. DECEMBER 3 RD & 17 TH INSTRUCTOR - NOREEN GOSCH |
| MLK ARTHRITIS EXERCISE MONDAYS 10:30 - 11:00 A.M. INSTRUCTOR - SARA BARATTA | WESTSIDE ACTIVE ADULTS EXERCISE MON., WED. & FRI. 12:30 - 1:30 P.M. INSTRUCTOR - DESIREE REICHENBACHER |
| NORTH ACTIVE ADULTS EXERCISE MON., WED. & FRI. 10:15 - 11:15 A.M. INSTRUCTOR - DESIREE REICHENBACHER | CHAIR EXERCISES MONDAYS & WEDNESDAYS 11:15 A.M. INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER |
| NORTHWEST ARTHRITIS EXERCISE WED. AND FRI. AT 9:45 A.M. INSTRUCTOR - DOROTHY McCLATCHEY | MEDITATION YOGA TUESDAYS 12:30 P.M. |



SHARE April Menu

Order before April 8th, 2016 for pick-up on the 22nd or 23rd depending on location

To order call 800-344-1107 or visit www.shareiowa.com

Jen Gillespie SHARE Iowa / Community Developer



- (A) **Best Value Package \$28.00**
"Save up to 50% on your groceries"
8 oz Tyson Deli Sliced Turkey
1.25 lb Smithfield Ham Steak
1.5 lb Boneless Skinless Chicken Breast
2 lb Fully Cooked H-E-B Juicy & Thick Beef Burgers
1 lb Smithfield Ground Pork
2 lb Crinkle Cut Fries
Fresh Seasonal Produce Assortment
(So fresh you might think we picked them ourselves)
- (B) **Grocery Package \$14.50**
Fresh Seasonal Produce Assortment
(So fresh you might think we picked them ourselves)
2 lb Crinkle Cut Fries
- (C) **Meat Only Package \$14.50**
8 oz Tyson Deli Sliced Turkey
1.25 lb Smithfield Ham Steak
1.5 lb Boneless Skinless Chicken Breast
2 lb Fully Cooked H-E-B Juicy & Thick Beef Burgers
1 lb Smithfield Ground Pork
- (D) **Smart Pick Box \$25.00** *"You've asked, here it is!"*
15 oz Canned Black Beans
15 oz Canned Garbanzo Beans
1 lb Long Grain Brown Rice
2 - 2.1 oz Pouch Tuna
16 oz Whole Wheat Spaghetti
2 - 14.5 oz Low Sodium Dice Tomatoes
12.5 oz All Natural Chunk Chicken Breast
15 oz Fruit Cocktail in Pear Juice
20 oz Crushed Pineapple in Juice
4 - 4 oz Unsweetened Applesauce
1 lb Dry Pinto Beans
1 lb Dry Lentils
12 oz Honey
2-5 oz Can Pink Salmo
6 - 1 oz Box Raisins
- (E) **Steak Box \$18.50**
4 - 12 oz USDA Choice Rib Eye Steaks
- (F) **Pork Chop Box \$22.50**
15 - 6 oz Boneless Pork Chops
- (G) **Seafood Box \$23.00** *"Seafood Delight"*
2 lb Skin on Salmon Fillets
1 lb Tilapia
1 lb Pollock

Choice Items: Must purchase one package A, B, C, D, E, F or G to qualify

| | | | |
|--|---|--|---|
| <p>*(H) Frozen Campbell's Reserve Soups <i>"Retail Price for all 3, \$19.50"</i></p> <p>24 oz Bag Creamy Broccoli & Cheese 24 oz Bag Loaded Baked Potato w/ Bacon 24 oz Bag Rosemary Chicken & Dumplings</p> <p style="text-align: center;">\$13</p> | <p>*(I) Wienerwurst Trio</p> <p>16 oz Bratwurst 19 oz Beer Brats 14 oz Cocktail Smokies</p> <p style="text-align: center;">\$10</p> | <p>*(J) Shullsburg Picnic Pack</p> <p>9 oz Cheese Curds 8 oz String Cheese 3 oz Mini Block Mild Cheddar 3 oz Mini Block Colby Jack 8 oz Honey Ham Sticks 8 oz Beef Bites</p> <p style="text-align: center;">\$17</p> | <p>*(K) Pizza Box</p> <p>24- 7.9 oz Self-Rising Crust Pepperoni Pizza</p> <p style="text-align: center;">\$18</p> |
|--|---|--|---|

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

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



Paul Barton with Dan Norris holding the map of Thailand.



Deb Eikenberry and Paul Barton teach Italian to second graders.

Grimes Seniors Go to Thailand for Spring Break!

Submitted by René Leppert
Site Coordinator

On March 15th, seniors in Grimes had the chance to visit Thailand, and didn't even have to leave their chairs!

Senior, Dan Norris, shared a "Senior Moment" on his favorite "home away from home".....Thailand, with the group. He has visited there many times and lived there for a total of about eight years. While there, he taught classes on Computer Security and Management Information Systems. We learned about the geography and climate of Thailand, as well as interesting facts about the people, their language and culture. So much was learned about Thailand in a short time.

We really enjoy having "Senior Moments" at the Grimes Senior Center. It's just different senior's sharing about something of interest to them, whether it's a hobby, vocation or career they've had, or a place they've visited. We would definitely recommend having "Senior Moments" at your Center.

Grimes Seniors Share the Love of Reading and Italian Language

Submitted by René Leppert
Site Coordinator

Beginning in September, second graders from South Prairie Elementary have visited the Grimes Senior Center once a month to read to the seniors. There are seven classes of second graders at South Prairie and by April, all seven classes will have visited the Senior Center. The students usually walk the three blocks to the Senior Center. However, due to the bitter cold weather, the children rode a school bus in January and February.

When they arrive, the Senior Center Coordinator René Leppert, tells them a bit of the history of the Grimes Community Complex building, where the Senior Center is located. She tells the students why the seniors enjoy coming to the Senior Center and some of the activities they enjoy there. The students sit down at the tables, they share introductions with the seniors and then they read for about 25 minutes.

Senior Paul Barton loves language, and he had the idea to teach the students some Italian. Whenever a class visits for reading, the last 10 minutes they learn some Italian words/phrases taught by senior's Paul Barton and Deb Eikenberry. The children love learning these new words. When it's time for them to go, they get their book bags ready and then wave good bye to the seniors saying "Ciao!" It's so much fun!

NW News: Northwest Seniors Are EGG-CEPTIONAL!

Submitted by Kristi Carman,
Site Supervisor

The Waveland Neighborhood Association dropped by the center recently and asked if our seniors would assist with a project. Several volunteers stepped up to the plate and helped match

approximately 3,000 Easter eggs for the Neighborhood's Easter Egg hunt in March. We even had two Drake pharmacy students who pitched right in! It's all about giving back to the community and we are so very proud of our volunteers over at Northwest. Come see us sometime!

Pictured left: Bob Taylor, Joann Decker, Lois Oertig, Drake Student Austin Brandes and Marilynn Lancaster

Pictured right: Nita Crawford, Drake Student Samantha Renfro, Janice Taylor, Bob Taylor, Joann Decker and Doris Lenihan

