# The Senior May Bulletin

**Polk County Senior News!**

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

## Senior Fest & Health Fair

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

**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!

**Contact**

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

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

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

**Polk County Senior Services – Senior Fishing Derby (Age 55+)**

Don't FORGET!

**Friday, June 3rd, at Easter Lake – Shelter # 2**
**9:00 a.m. to 1:30 p.m. – FREE** (donations are accepted)

**Worms Provided. Fishing Poles Available**
**Coffee, Morning Snack Provided.**

**MUST R.S.V.P. for event and to ensure a lunch is ordered**
**Call 286-3536 to R.S.V.P. by Tuesday, May 31st**

Contests w/ Prizes and Giveaways
Bring own lawn chair or stool to sit on. Advise bringing extra drinking water, hat/umbrella, sun lotion.
No fishing license needed June 3rd – 5th

**Questions? Call 515-286-3536**

## 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 (**May 7th**), 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.

# Ahh-MAY-zing Meals

## Scampi on Couscous

Total Time: 40 min
Prep: 10 min
Cook: 30 min
Yield: 4 servings
Level: Intermediate

**Ingredients**

· 1/2 cup plus 2 tablespoons extra-virgin olive oil
· 1 small onion, chopped
· 1 carrot, chopped
· 1 garlic clove, peeled and smashed, plus 2 garlic cloves minced
· 2 (8 ounce) cans chopped tomatoes in their juice
· 1 (8ounce) bottle clam juice
· 1/4 cup dry white wine
· 1 cup water
· 2 cups plain couscous
· 2 pounds large shrimp, peeled and deveined
· 1 lemon, juiced
· 1 tablespoon red pepper flakes
· Chopped parsley leaves, for garnish

**Directions**

In a large pot, heat 1/4 cup olive oil. When almost smoking, add onion, carrot and 1 clove smashed garlic and saute until vegetables are soft, about 5 minutes. Add the canned tomatoes and their juice, clam juice and white wine. Bring to a boil and simmer on medium heat for 10 minutes, uncovered. Remove from heat and allow to cool slightly. Carefully pour tomato mixture in the bowl of a food processor and puree. Add a couple of tablespoons of water if needed - you want to end up with a broth. Check for seasoning.

Return broth to the pot. Add 1 cup of water and 2 tablespoons extra-virgin olive oil and bring to a boil. Reduce heat and add 2 cups couscous. Cover pot and remove from heat. Let rest for 10 minutes, allowing the couscous to absorb all the liquid. Fluff with a fork and season with salt and pepper.

In a large skillet, add the remaining 1/4 cup oil and the 2 cloves of minced garlic. Heat the oil, making sure not to burn the garlic. When the oil is hot, add the shrimp and stirring occasionally, cook the shrimp until they start to turn pink, about 5 minutes. Be careful not to overcook the shrimp or they will become tough. Remove from heat and add the lemon juice, red pepper and chopped parsley. Check for seasoning.

To serve, mound the couscous in the center of a platter and top with the shrimp.

Recipe courtesy of Giada De Laurentiis/ www.foodnetwork.com

## Salmon Baked in Foil

Total Time: 40 min
Prep: 15 min
Cook: 25 min
Yield: 4 servings
Level: Easy

Individual packets of salmon and tomatoes mean fast cooking and clean-up.

**Ingredients**

· 4 (5 ounces each) salmon fillets
· 2 teaspoons olive oil plus 2 tablespoons
· Salt and freshly ground black pepper
· 3 tomatoes, chopped, or 1 (14-ounce) can chopped tomatoes, drained
· 2 chopped shallots
· 2 tablespoons fresh lemon juice
· 1 teaspoon dried oregano
· 1 teaspoon dried thyme

**Directions**

Preheat the oven to 400 degrees F.

Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.

Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Recipe courtesy of Giada De Laurentiis/ www.foodnetwork.com

**May 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 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.

## 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.

## Subscribe Today

If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one year subscription, fill out and mail the form below with $10.00.

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Email: _____

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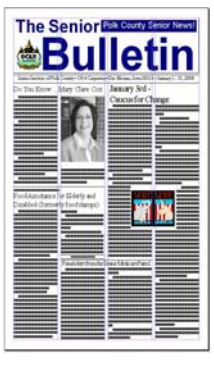
Des Moines, Iowa 50310



# Senior Fishing Derby

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

**Donations Accepted and Appreciated!!!**

## Friday, June 3rd, 2016

## Easter Lake – Shelter # 2 2830 Easter Lake Drive

**(Park Info – 285-7612) Direction/Map will be available to pick up at each Polk County Senior Center)**
**Check ahead of event for any possible construction/road closures or detours)**

## 9:00 a.m. – 1:30 p.m.

Anyone 55+ years of age is eligible to participate

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

**(Call to RSVP @ 515 286 - 3536)**
(we ask that if you make a reservation and if something comes up where you are unable to attend you call and cancel. This will help us to not order more lunches than necessary)

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

* * Coffee, Morning Snack and Lunch will be provided
**(ADULT Children/Others that are under 55, may attend and eat lunch, but must pay $5.00 for cost of lunch) Please no young grandchildren.**

*** * Worms provided**

* * Contests w/ Prizes and Giveaways
(must be present at time of giveaway to win, May win prize in only one contest category, 55+ only eligible)

* * Limited Fishing Poles Available or Bring Your Own

* * Bring own lawn chair or stool to sit on (if desired)

* * Bring own jug/bottle/cooler of water to drink

(if desired) Some drinking water is provided, but goes fast.

* * Hats, Umbrellas and Sunscreen, also advised.

* *No license needed on this day

*** * Donations are welcome and appreciated**
(Monetary – day of event and/or Prize Items of any kind – new or excellent condition, Personal or business donations ($5 to $15 value) need to receive prior to event call number above for more info).

*** * * No Rain Date * * ***

# WANTED

**Bring your boots, your hat & your dancing legs! North Senor Center has openings for more line dancers.**

Whether you're a pro or a beginner we would love for you to join us.

**Come join the fun, every Wednesday, at 12:30 p.m.**

# Senior Fishing Derby

PRIZES **- NEEDED -** PRIZES

## Donated Items for Prizes

sponsored by
**Polk County Senior Services & Recreation Committee**

The Senior Recreation Committee is asking for help in gathering donations for prizes and giveaways to our very popular, highly successful Senior Fishing Derby, to be held on **Friday, June 3rd**.

We are looking for new or gently used items and/or gift certificates. The items can be for either male or female and DOES NOT have to be camping/fishing/outdoor related.

**If interested in donating, please drop off items at the nearest senior/community center to Senior Services Staff and they can get them to me, or you can drop off to Daiynna at River Place West (2309 Euclid Ave. – the old Target Bldg). Thanks in Advance!**

**Any questions, please call 286-3679**

**Please have Donated Items dropped off by Friday, May 27th.**

# Recreation Committee

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

# Ask the Naturalist

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

Question: I heard about a pair of wild turkeys that were attacking cars in Des Moines last week. One woman couldn't even get out of her car! I always thought turkeys were skittish, so why on earth would they be aggressive towards vehicles and people?

Answer: While this behavior is not unheard of, it is certainly strange indeed! Wild turkeys are social birds in an urban area and view humans as part of their natural pecking order. Yearling male turkeys (jakes) are most likely to act aggressive towards people and vehicles in an attempt to dominate you as they would another turkey.

This kind of behavior should never be tolerated. If you see a turkey acting bold or aggressive, try making loud noises, swat it with a broom or spray water on it from a hose. A dog on a leash also works to scare them away.

To help prevent wild turkeys from becoming a nuisance, do not feed them in your yard and keep areas under your birdfeeders clean. Once a turkey establishes this behavior, it's very difficult to change. It's important to be bold around turkeys when they first show up in the area and talk to your neighbors and encourage them to do the same.

# North Side Library News

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

**Big Book Sale Blowout!**
Age Group(s): All Ages
Event Date: Week of May 3 - 7
Event Time: 10:00 a.m. During library hours
Description: Come and experience the explosion of titles: books, magazines, media and more.

**Celebrating DMPL's 150th Anniversary!**
Age Group: All Ages
Location: North Side Library
Event Date: Thursday, May 5
Event Time: 10:30 a.m. – 12:00 p.m.
Description: Join us as we celebrate DMPL's 150th anniversary! The party will kick off with illustrator Tim Read, who works with the audience to tell interactive stories. There will also be treats, crafts (while supplies last), and a photo booth.

**Adult Coloring Time!**
Age Group: Adults
Location: North Side Library Meeting Room
Event Dates: Tuesdays, May 10, 24, and 31
Event Time: 2:00 p.m.
Description: Join us for some calming coloring time. Use some of our coloring sheets or bring your own. We provide coloring materials or you can bring your own colored pencils, markers, or crayons. Meet some new people and de-stress while coloring with us!

**Book Discussion**
Age Group(s): Adults
Location: North Side Library Meeting Room
Event Date: Tuesday, May 17
Event Time: 2:00 p.m.
Description: We will be discussing The Rosie Project, by Graeme Simsion. Copies of the book may be picked up at the library.

**Get to Know the Highland Park Garden Club**
Age Group: Adults
Location: North Side Library Meeting Room
Event Date: Wednesday, May 18
Event Time: 1:00 p.m.
Description: Following a brief history of the Highland Park Garden Club join in for an open discussion with members of the garden club.

**Free Family Movie**
Age Group(s): All Ages
Event Date: Friday, May 20
Event Time: 4:00 -6:00 p.m.
Description: Join us for a movie (PG) about Peter, a mischievous boy, and his adventures in Neverland. Popcorn provided while supplies last. You may bring a drink (with lid).

**A Promise Called Iowa**
**IPTV Documentary with Guest Moderator Kim Poam Logan**
Special Event for DMPL's 150th Anniversary Age Group: Adults
Location: North Side Library Meeting Room
Event Date: Saturday, May 21
Event Time: 2:00 – 4:00 p.m.
Description: A Promise Called Iowa, documents how Iowa became a place of refuge and freedom for many Southeast Asians. In 1975, Governor Robert D. Ray opened Iowa's doors to people fleeing from Vietnam, Laos and Cambodia. This documentary retraces their journey from Indochina to the Midwest and tells the moving story of how Southeast Asian refugees became Iowans. An open discussion will follow the documentary with Kim Poam Logan, founder of the Iowa Asian Alliance, as the moderator.

# 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**
Mon, May 2, 1:00 p.m.
We will discuss *Elizabeth Is Missing* by Emma Healy. Copies of the book are available at the Information Desk.

**Remembering the Holocaust**
Tuesday, May 3, 6:30 p.m.
Dr. Stephen J. Gaies will employ a multi-media approach to discussing the Jewish Holocaust on the eve of Holocaust Remembrance Day. Dr. Gaies is a professor in the Department of Languages and Literatures at the University of Northern Iowa and is the director of UNI's Center for Holocaust and Genocide Education. He has been the principal organizer of the interfaith, community-wide Holocaust Remembrance Ceremony in the Cedar Valley, which has taken place each year since 2007.

**Celebrations in the City - 150 Years**
Wednesday, May 4, 3:30 p.m.
Join us as we celebrate DMPL's 150th anniversary! The party will kick off with illustrator Tim Read, who works with the audience to tell interactive stories. There will also be treats, crafts (while supplies last), and a photo booth.

**Franklin Evening Book Discussion**
Tuesday, May 10, 6:30 p.m.
We will discuss *The Goldfinch* by Donna Tart. Copies of the book are available at the Information Desk.

**Free Advice for Your Device**
Saturday, May 14, 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.

**Closed for Memorial Day Holiday**
Saturday, May 28 – Monday, May 30
All branches of the Des Moines Public Library will be closed during the Memorial Day holiday weekend.

# Top Ten Scams Targeting Seniors

**Submitted by Nancy G. Anderson, SMP Coordinator**

1. Medicare/Health Insurance

Perpetrators may pose as a Medicare representative to get older people to give them their personal information. They will use the personal information to bill Medicare and pocket the money.

2. Counterfeit Prescription Drugs

Most counterfeit drug scams are on the internet. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict harm.

3. Funeral & Cemetery

Scammers read obituaries and call or attend the funeral service of a complete stranger. They will claim the deceased had an outstanding debt and try to get the money from the grieving family.

4. Fraudulent Anti-Aging Products

People seek out treatments and medications to maintain a youthful and healthy appearance. There are many advertised remedies that do absolutely nothing for our appearance or health.

5. Telemarketing

With phone calls there is no face-to-face interaction and no paper trail, making these scams hard to trace. Once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly

6. Internet Fraud

You may receive an email message that appears to be from a legitimate company or institution asking you to "update" or "verify" your personal information. Messages could appear to be from the IRS, your bank or a computer repair company.

7. Investment Schemes

A number of investment schemes have been targeted at seniors looking to safeguard their cash for later years. These may be pyramid schemes, inheritance schemes or complex financial products

8. Homeowner/reverse mortgage scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the dollar value of a scam. The reverse mortgage scam has mushroomed in recent years. As opposed to the official refinancing schemes a scammer may charge exorbitant fees and an unsecured reverse mortgage may lead owners to lose their home.

9. Sweepstakes & Lottery

Scammers tell their victim they have won a lottery or a sweepstakes and need to make some sort of payment to unlock the supposed prize. The criminals will collect the fee or tax on the prize and the victim never receives the prize.

10. The Grandparent Scam

Scammers will place a call pretending to be a grandchild. They will usually claim they are in financial trouble, i.e., car trouble or jailed for something they did not do, and then ask that money be sent to help solve the problem. They frequently ask that you not tell the parents as it would mean more trouble for the caller. The money must be sent via Western Union or Moneygram which is instant cash to the recipient and instant loss to the sender.

Keep handy the phone numbers and resources you can turn to including the local police and your bank.

If Medicare Fraud is involved call SMP at 1-800-423-2449

Source of information from National Council on Aging: https://www.ncoa.org

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 :

* * * No Meeting in May!! * * *

Come check out our booth at the
Senior Fest & Health Fair on Wednesday, May 18th,
at the Varied Industries Bldg, Iowa State Fairgrounds

**See ya next month!!**

South Senior Center presents...

## Those Good Old School Days

*Brought to you by the Slater Area Historical Association – Barb Mallon*

*Mother's Day Tea*
*Wednesday, May 11th*
*1:00 p.m.*

Join us for an afternoon of sharing stories, photos and reminiscing about the "Good Old School Days."

Including the Iowa Tradition of the One Room Country School.

*We will be serving flavored teas, coffee and an assortment of desserts.*

**Call to make your reservation, by Friday, May 6th.**

**515-287-0092**

100 Payton Ave. Dsm

## 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) | 1st & 3rd Tues. | 12:30 p.m. |
| → SUPER Bingo | Last Wednesday Only | 10:30 a.m. |
| Polk City | Thursday | 2:00 p.m. |
| Runnells | 2nd & 4th 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. |

# Social Security Q & A's

**Submitted by Derek Nichols**
**Social Security Assistant District Manager in Des Moines**

**Question:** How do I report a lost Social Security card?

**Answer:** You don't have to report a lost Social Security card. In fact, reporting a lost or stolen card to Social Security won't prevent misuse of your Social Security number. You should let us know if someone is using your number to work (call 1-800-772-1213; TTY 1-800-325-0778).

If you think someone is using your number, there are several other actions you should take:

· Contact the Federal Trade Commission online at www.ftc.gov/bcdp/edu/microsites/idtheft or call 1-877-ID-THEFT (1-877-438-4338);

· File an online complaint with the Internet Crime Complaint Center at www.ic3.gov;

· Contact the IRS Identity Protection Specialized Unit by calling 1-800-908-4490, Monday – Friday, 8 a.m. – 8 p.m.; and

· Monitor your credit report.

**Question:** I work in retirement. How much can I earn and still collect full Social Security retirement benefits?

**Answer:** Social Security uses the formulas below, depending on your age, to determine how much you can earn before we must reduce your benefit:

· **If you are younger than full retirement age:** $1 in benefits will be deducted for each $2 you earn above the annual limit. For 2016, that limit is $15,720.

· **In the year you reach your full retirement age:** $1 in benefits will be deducted for each $3 you earn above a different limit, but we count only earnings before the month you reach full retirement age. For 2016, this limit is $41,880.

· **Starting with the month you reach full retirement age:** you will get your benefits with no limit on your earnings.

Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm.

**Question:** I was wounded while on military service overseas. What are the benefits for wounded warriors, and how can I apply?

**Answer:** Through the Wounded Warrior program, Social Security expedites processing of disability claims of current military service members or veterans disabled while on active duty on or after October 1, 2001. Also, service members and veterans who have a Veterans Administration compensation rating of 100% Permanent and Total (P&T) may receive expedited processing of applications for Social Security disability benefits. Keep in mind, this expedited process applies to only the application process. To be eligible for benefits, you must meet Social Security's strict definition of "disability," which means:

· You must be unable to do substantial work because of your medical condition(s); and

· Your medical condition(s) must have lasted, or be expected to last, at least one year or to result in death.

You can apply online at www.socialsecurity.gov/applyfordisability or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

You can find more information for veterans at www.socialsecurity.gov/people/veterans.

**Question**: How do I get a copy of the form, *Application for Help with Medicare Prescription Drug Plan Costs?*

**Answer:** If you wish to apply for *Extra Help* with Medicare prescription drug plan costs, we recommend you use our online application at www.socialsecurity.gov/i1020/. Meanwhile, you can view a sample at www.socialsecurity.gov/prescriptionhelp. There, you can also find instruction sheets in many different languages to help you understand the English application. Soon, the online application also will be available in Spanish.

If you prefer not to fill out this application on the Internet, you can call our toll-free number, 1-800-772-1213, to ask for a paper application. Also, you can make an appointment at your local Social Security office to apply for *Extra Help* with Medicare prescription drug plan costs. If you are deaf or hard of hearing, call our toll-free TTY number, 1-800-325-0778. Representatives are available Monday through Friday from 7 a.m. to 7 p.m.

# Social Security News

**News For Same-sex Couples About Social Security**
**Submitted by Derek Nichols**
**Social Security Assistant District Manager in Des Moines**

Last year, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, Social Security recognizes more same-sex couples as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments. We recently updated instructions for employees to process claims and appeals when a determination of marital status is necessary.

As part of the new instructions, we have:

· Removed from our policy any mention or consideration of the dates when states first recognized same-sex marriages from other states. These dates are no longer relevant.

· Added the dates when some foreign jurisdictions allowed same-sex marriage, thereby eliminating the need for a case-specific legal review in many foreign same sex marriage claims.

· Updated and simplified our procedures for processing claims involving a transgendered or intersex person, allowing these individuals to self-identify as members of a same or opposite-sex marriage.

· Streamlined and clarified the policy instructions, addressing questions raised by advocates and employees.

We encourage anyone who believes they may be eligible for benefits to apply now. Learn more at www.socialsecurity.gov/same-sexcouples.

# Supplemental Food Program For Seniors – 2016 Guidelines

| FAMILY SIZE | GROSS ANNUAL | GROSS MONTHLY* |
|---|---|---|
| 1 | $15, 444 | $1,287 |
| 2 | $20,826 | $1,736 |
| 3 | $26,208 | $2,184 |
| Additional member add: | +5,408 | +451 |

The Elderly Commodity Food Program serves persons **60 years of age or older**. This does not include handicapped people under 60 years of age. A person must reside within the geographical boundaries of **Polk, Warren, Jasper, Dallas, Story and Boone Counties.**

A person must meet the above income eligibility guidelines established by the United States Department of Agriculture.

*Use net amounts on Social Security Income, gross amounts on all other forms of income.

**FOODS RECEIVED:** Shelf stable milk; non-fat dry milk; rice, macaroni or spaghetti; ready-to-eat cereal, farina, or oatmeal; peanut butter or dry beans; canned meats; canned juices, fruits, and vegetables; and cheese.

**POLK, DALLAS, JASPER, WARREN, STORY AND BOONE COUNTIES**

Applications are taken at the location listed below. For those who are unable to come to the office, call to have an application sent to you. Proof of age and income are required. Volunteer delivery is available for those who have no other way.

**LOCATION:** 2309 Euclid Ave., Des Moines, IA 50310.

**DAYS OPEN:** Monday through Friday.

**Closed** the last two working days of every month, weekends, and County Holidays.

**HOURS:** 8:00 am to 5:00 pm

**PHONE:** 515-286-3655 or Toll Free at 1-877-288-3655.

"A Service of the Polk County Department of Community, Family & Youth Services"

"The USDA is an equal opportunity provider and employer"

# Volunteer With Your Iowa Senior Medicare Patrol Be a Part of the Solution to Stop Medicare Fraud

You've probably heard tales of Medicare fraud: scam artists asking for your Medicare card, providers charging for procedures you never had, or charging Medicare Beneficiaries higher rates. Thankfully, in Iowa, there are seniors on patrol.

This isn't your typical neighborhood crime watch. Instead, it's a statewide network of volunteers charged with helping older adults avoid Medicare fraud and abuse. They are called the Senior Medicare Patrol (SMP), and they want to save you from Medicare and Medicaid scams.

Nationwide, it's estimated that Medicare and Medicaid fraud and abuse costs taxpayers $60 billion a year, so the work SMP not only helps seniors, but also taxpayers who eventually shoulder the burden of these expenses.

**As a volunteer, you may:**

- Distribute information to local seniors, community centers and health care facilities
- Educate seniors about Medicare fraud
- Present information in your community about Senior Medicare Patrol
- Connect victims of fraud to the appropriate resource for help

Most SMP volunteers are retired Medicare beneficiaries and thus well-positioned to assist peers. Their primary goal is to teach beneficiaries how to protect their personal identity, identify and report errors in health care bills, and spot deceptive health care practices.

If you suspect that you are a victim of fraud, contact Iowa SMP by calling 800-423-2449. SMP will help you take action to prevent, detect or report the situation.

If you are interested in training and becoming an SMP volunteer, call 800-423-2449 and begin the process today. Make a difference, one person at a time.

## May Recipes: Continued from page 3

# Barbecued Chinese Chicken Lettuce Wraps

Total Time: 25 min
Prep: 15 min
Cook: 10 min
Yield: 4 servings
Level: Easy

Rachael's Chinese chicken lettuce wraps are low carb but full of flavor.

**Ingredients**

· 2 cups, 4 handfuls, fresh shiitake mushrooms

· 1 1/3 to 1 1/2 pounds thin cut chicken breast or chicken tenders

· 2 tablespoons light colored oil, such as vegetable oil or peanut oil

· Coarse salt and coarse black pepper

· 3 cloves garlic, chopped

· 1 inch ginger root, finely chopped or grated, optional

· 1 orange, zested

· 1/2 red bell pepper, diced small

· 1 small tin, 6 to 8 ounces, sliced water chestnuts, drained and chopped

· 3 scallions, chopped

· 3 tablespoons hoisin, Chinese barbecue sauce, available on Asian foods aisle of market

· 1/2 large head iceberg lettuce, core removed, head quartered

· Wedges of navel orange — platter garnish

**Directions**

Remove tough stems from mushrooms and brush with damp towel to clean, Slice mushrooms. Chop chicken into small pieces.

Preheat a large skillet or wok to high.

Add oil to hot pan. Add chicken to the pan and sear meat by stir frying a minute or 2. Add mushrooms and cook another minute or two. Add salt and pepper to season, then garlic and ginger. Cook a minute more. Grate zest into pan, add bell pepper bits, chopped water chestnuts and scallions. Cook another minute, continuing to stir fry mixture. Add Hoisin Chinese barbecue sauce and toss to coat the mixture evenly. Transfer the hot chopped barbecued chicken to serving platter and pile the quartered wedges of crisp iceberg lettuce along side. Add wedged oranges to platter to garnish. To eat, pile spoonfuls into lettuce leaves, wrapping lettuce around fillings and squeeze an orange wedge over.

Recipe courtesy of Rachael Ray/ www.foodnetwork.com

SHOW: 30 Minute Meals

EPISODE: Low-Carb, Not No-Carb

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In the Spotlight

# Ankeny Congregate Meal Site

**Submitted by Maureen Schaefer, Site Coordinator**

We want you…. Ankeny Seniors!

Ankeny Neveln Center, located at 406 SW School Street, is bustling with fun, informative and developmental activities every day. Our Senior Center is fortunate to share this Ankeny Historical Society building,that was built in 1919, with many other resource or outreach programs ranging from Paul's Place to Head Start Pre-school.

Our senior center is open Monday through Friday, from 9:30 – 1:30 p.m. We are considered a part-time Polk County Congregate Senior Meal Site, but you will be surprised to know that we have attendance of 60 to 70 wonderful seniors daily.

Our center has been run by Maureen Schaefer for the past four years. The center is also thankful to have Mary Scaglione to help with the week's activities and duties.

Our mornings normally start out with coffee, conversations with old and new friends, donuts and maybe a few games of Wii Bowling. Our center is full of activities for our seniors to enjoy. We have a billiard room, computer stations, exercise equipment, BINGO on Mondays is always a treat, Mah Jongg, crafts, puzzles, card games and we just started Line Dancing, which is great exercise and very entertaining.

We offer delicious daily lunches, beverages and desserts that are prepared especially for us by Taher Food Service located in Slater.

Need help getting to our center? We are able to schedule Dart Bus Services to pick up our seniors at their home to the center and back home after a full day of fun activities and bellies.

Wait there is more – We have Blood Pressure, readings the first Monday of the Month, Outreach Counselors, the first Wednesday of the month and the ever popular Tim the Foot Nurse, on the fourth Friday of the month.

We are eager to get more Ankeny Seniors to the Neveln to give it a try. I like to say "Give me a week and I will do my best to keep you coming back!"

We would love to hear from you and more importantly see you at the Neveln soon. Please contact us with any questions at 963-0327 or 963-0527.

## Important Dates

5/1 – May Day
5/5 – Cinco De Mayo
5/8 – Mother's Day
5/13 – Friday the 13th (only one in 2016)
5/18 – Sites Closed – Senior Fest & Health Fair
5/21 – Armed Forces Day
5/30 – Memorial Day – ALL SITES CLOSED

**Month:**
· National Barbecue Month
· National Bike Month
· National Blood Pressure Month
· National Hamburger Month
· National Photograph Month
· National Salad Month
· Older Americans Month

**Weekly Celebrations:**
· Wildflower Week - week two
· National Bike Week - third week
Source: www.HolidayInsights.com

# Polk City Congregate Meal Site

In the Spotlight

**Submitted by Mary Scaglione, Site Coordinator**

The Polk City Senior Center is the only center that is open just two days a week —-Tuesdays and Thursdays.

Don't let our limited availability stop you from giving us a try! As well as a tasty lunch served each day at 11:30, we offer a senior counselor the first Tuesday of every month, blood pressure clinics on the second Thursday and the ever popular foot nurse, who is available every other month on the third Thursday.

Although we are not a site big in numbers, we manage to have a lot of fun. Last month we played St. Patrick's Day trivia and to celebrate Easter, we had an Easter Bonnet parade. All the ladies that participated are to be commended for their originality, and of course the winner of the best bonnet, received a prize. We have occasional speakers that come out occasionally about a special topic or interest, last month was a presentation on JFK.

So you see, we have a lot more to offer you than a well-balanced lunch. I urge you to come and give us a try. We are located at 309 Van Dorn in the Polk City Community Center. Come and make some new friends or maybe reconnect with some old ones. Hope to see you soon.

# Pioneer Would Like To Say "Congrats": Wii Glory Moment

**Submitted by Ray Ann Scione**

Pioneer would like to say "CONGRATS" on the great job of bowling by our players throughout the years. Lots of ribbons, trophies and medals have been won. All the fun, laughter and many memories that have come from it have been AWESOME!! And a BIG thank you for the entertainment provided to the center participants while bowling has taken place. Just goes to show you that practice, pays off. This group and others enjoy the Wii daily at the center. Very proud of my group here.

| M | T | W | Th | F |
|---|---|---|---|---|
| 2<br>Turkey Ham N Bean Soup<br>Brussels Sprouts<br>Orange Juice<br>Cornbread<br>Trail Mix<br>98<br>649 | 3<br>Tuna Noodle Casserole<br>Peas<br>Three Bean Salad<br>Grape Juice<br>74<br>577 | 4<br>Orange Chicken<br>Mixed Vegetables<br>Fresh Apple<br>Coleslaw<br>Brown Rice<br>Brownie<br>143<br>952 | 4<br>**FLEX MEAL OPTION**<br>Tuna Pasta Salad<br>Fresh Apple<br>Brownie<br>100<br>645 | 5<br>Shredded Pork<br>Corn<br>Garlic Mashed Potatoes<br>Fruit Cocktail<br>WW Bun<br>84<br>668 | 6<br>Beef Taco<br>Spanish Rice<br>Lettuce/cheese<br>Fresh Orange<br>Taco Shell<br>Churro<br>Chocolate Milk<br>115<br>795 |
| 9<br>Shepherd's Pie<br>Lettuce Salad<br>Broccoli<br>Apricots<br>65<br>601 | 10<br>Hearty Italian Vegetable Beef Soup<br>Peas<br>Pears<br>Apple Crisp<br>127<br>828 | 11<br>Chef Salad w/ tomato wedge<br>Baby Potatoes<br>Banana<br>Pumpkin Apple Muffin<br>81<br>620 | 11<br>**FLEX MEAL OPTION**<br>Liver n' Onions<br>Baby Potatoes<br>Lettuce Salad<br>Banana<br>Pumpkin Apple Muffin<br>93<br>644 | 12<br>Pork Ham Slice<br>Party Potatoes<br>Peas N Carrots<br>Dinner Roll<br>Peaches<br>73<br>540 | 13<br>Sloppy Joe<br>Cooked Cabbage<br>Potatoes O'Brien<br>Craisins<br>WW Bun<br>Chocolate Milk<br>107<br>758 |
| 16<br>White Chicken Chili<br>Root Vegetable Blend<br>Corn Bread<br>Berry Blend<br>90<br>657 | 17<br>Cali Burger<br>Lettuce/tomato/onion<br>Coleslaw<br>WW Bun<br>Warm Cinnamon Apples<br>60<br>602 | 18 **SENIOR FEST**<br>**SITES CLOSED** | 18 **SENIOR FEST**<br>**SITES CLOSED** | 19<br>Meatloaf<br>Sweet Potatoes<br>Green Beans<br>Banana<br>Dinner Roll<br>100<br>809 | 20<br>Tuna Salad on a Bun<br>Vegetable Barley Soup<br>Pears<br>Blueberry Muffin<br>Chocolate Milk<br>106<br>794 |
| 23<br>Chicken Ala King<br>LS V8 Juice<br>Cooked Cabbage<br>Fresh Orange<br>Biscuit<br>78<br>690 | 24<br>Pizza Bake<br>Green Beans<br>Lettuce Salad<br>Breadstick<br>Pineapple Tidbits<br>98<br>717 | 25<br>Pork Chops w/ Pineapple<br>Carrots<br>Potato Salad<br>Banana<br>Birthday Cake<br>121<br>756 | 25<br>**FLEX MEAL OPTION**<br>Cobb Salad<br>Banana<br>Birthday Cake<br>133<br>902 | 26<br>Salisbury Steak<br>Brussels Sprouts<br>Mashed Potatoes<br>Raisins<br>Dinner Roll<br>106<br>779 | 27<br>Ham Sandwich<br>Broccoli Cheese Soup<br>Corn<br>Fresh Apple<br>Chocolate Chip Cookie<br>Chocolate Milk<br>91<br>680 |
| 30 **MEMORIAL DAY**<br>**SITE CLOSED** | 31<br>Baked Cod<br>Stewed Tomatoes<br>Creamy Coleslaw<br>Fresh Orange<br>53<br>439 | | | | |

**got milk?**

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

## Free Community Dinner Meals Offered

**(No Age Requirement)**

Locations –

Norwoodville Community Center
3077 N.E. 46th Ave (Broadway)

Monday – Thursday 2:30 to 3:30 p.m.
(or as long as food lasts)
Ran by Barb Houseman

Central Senior Center 2008 Forest Ave.
Monday – Friday 4:00 to 4:30 p.m.
(or as long as food lasts)
Ran by Charlie Lee

Eat In or Carry Out – * Must bring own carry out containers. *
No Reservation Needed / First Come- First Served

Meals Sponsored by Central Iowa Shelters

## 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 ½ c servings of vegetables, ½ c fruit, ½ c dessert, 1 serving bread, fortified margarine, milk and coffee.

**All menus subject to change.**
Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Menu

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

**Questions? Call the site nearest you!**

# Polk County Senior Centers

## Meal Site Locations & Staff

### Altoona
Open 9:30 a.m. to 1:30 p.m.
507-13th Avenue SW
Altoona, 50009
Phone: 967-1853
Site Coordinator: Natalie Olson
Serving time: 11:30 a.m.

### Ankeny
Open 9:30 a.m. to 1:30 p.m.
406 S.W. School Street, Suite 104
Ankeny 50021
Phone: 963-0527
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 Ver Schuer
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.

### 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**

**Adult Coloring Club**
East.....1st Wednesdays of month @ 9:30 a.m.

**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.
Westside ..... Mondays @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 Wednedays@ 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 Wednesays@ 10:00 a.m.
South.....Thursdays@ 10:00 a.m.
Westside .....2nd & 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, Crochetting & Quilting**
Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
Johnston.....Mondays @ 9:00 a.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.

**Pickleball**
Johnston.....Tuesdays & Thursdays @ 10:00 a.m.

**"Sew-cial":Quilting/N'point (no plastic canvas) Group**
Johnston.....Wednesdays @ 10:00 a.m. - 3:00 p.m.

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

**Tennis**
Johnston.....Mondays, Wednesdays & Fridays @ 10:00 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. - 3:00 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.

# May Tournaments

**8 Ball Pool Tournament**
6th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

**9 Ball Pool Tournament**
13th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

**10 Point Pitch**
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.

**500**
2nd @ N'ville – 12:30 p.m.
2nd @ South – 12:30 p.m.
9th @ N'ville – 12:30 p.m.
9th @ South – 12:30 p.m.
16th @ N'ville – 12:30 p.m.
16th @ South – 12:30 p.m.
23rd @ N'ville – 12:30 p.m.
23rd @ 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**
4th @ N'ville – 12:30 p.m.
11th @ N'ville – 12:30 p.m.
25th @ N'ville – 12:30 p.m.

**Double Pinochle**
5th @ South – 12:30 p.m.
12th @ South – 12:30 p.m.
19th @ South – 12:30 p.m.
26th @ 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.**

# May 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 @ 12:30 p.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 @ 12:45 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.
Canasta @ Johnston @ 12:45 p.m.
Hand and Foot @ Johnston @ 12:45 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.

## 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 | |

# May Blood Pressure Checks

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

2nd **Ankeny** *(provided by Nurse Volunteer)*
3rd South
**4th Ankeny (Health Talk Only)**
5th North
9th East
10th Grimes
11th Northwest
12th Polk City
13th Scott Four Mile MLK, Jr.
16th West
17th South
18th Senior Fest – Sites Closed
19th Central
20th Altoona
23rd Pioneer Columbus
24th Johnston
25th Norwoodville/Calvary
26th Runnells
27th North

Dates Subject to Change.


VNS VISITING NURSE SERVICES OF IOWA

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**

SENIOR CORPS

(515) 558-9975 • www.vnsia.org


# Salads - Word Search

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | N | S | T | I | U | R | F | P | X | W | N | B | B | A | C | O | N | P | L |
| 2 | A | E | O | R | O | R | F | A | H | C | N | E | R | F | F | X | Q | O | S |
| 3 | I | E | C | C | O | I | Y | S | R | R | E | G | N | I | G | L | U | T | E |
| 4 | S | D | A | V | J | M | S | T | O | R | R | A | C | P | C | I | O | A | O |
| 5 | S | S | T | L | I | V | A | A | N | O | J | I | D | K | S | Z | S | T | T |
| 6 | U | N | R | D | D | N | L | I | N | D | N | A | S | U | O | H | T | O | A |
| 7 | R | P | C | E | R | H | A | F | N | R | O | L | I | V | E | O | I | L | M |
| 8 | Y | M | A | W | B | C | D | I | E | E | K | Z | E | G | G | P | G | C | O |
| 9 | T | A | G | R | A | M | H | W | G | C | A | P | R | E | S | E | R | O | T |
| 10 | S | Y | T | E | M | U | U | I | B | R | S | Y | D | J | H | E | E | B | U |
| 11 | L | N | S | E | M | E | T | C | S | L | E | P | Z | Y | C | W | E | B | C |
| 12 | G | A | O | M | F | A | S | U | U | R | U | T | I | U | J | L | K | I | M |
| 13 | R | L | U | T | L | M | N | A | G | C | H | E | T | N | N | E | M | E | G |
| 14 | E | S | D | I | U | F | D | R | N | C | M | T | C | E | A | A | I | M | A |
| 15 | B | Q | A | B | L | O | E | N | N | E | E | L | K | H | S | C | T | A | R |
| 16 | E | N | K | O | Q | E | C | A | A | L | I | C | W | L | E | U | H | S | D |
| 17 | C | C | W | Z | N | T | R | T | E | L | I | H | A | Y | N | E | T | E | E |
| 18 | I | E | R | O | N | A | I | S | A | H | S | B | H | A | T | M | S | S | N |
| 19 | R | H | O | N | E | Y | Y | R | C | A | X | I | G | P | J | P | X | E | G |

## S A L A D S - 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.

| | | |
|---|---|---|
| ASIAN 18:9 | FRUIT 1:7 | PASTA 1:8 |
| BACON 1:13 | GARDEN 13:19 | POTATO 1:18 |
| BALSAMIC 18:12 | GINGER 3:15 | RANCH 17:7 |
| BLUE CHEESE 10:9 | GREEK 8:17 | ROMAINE 2:4 |
| CAESAR 8:6 | GREEN 13:9 | RUSSIAN 7:1 |
| CAPRESE 9:10 | HONEY 19:2 | SALAD 4:7 |
| CARROTS 4:13 | HUMMUS 9:7 | SEEDS 1:2 |
| CHICKEN 19:9 | ICEBERG 18:1 | SESAME 18:18 |
| COBB 8:18 | ISLAND 19:12 | SPINACH 10:11 |
| COUTONS 16:7 | ITALIAN 10:8 | SUNFLOWER 11:9 |
| CUCUMBERS 13:10 | LETTUCE 16:10 | TACO 5:3 |
| DIJON 5:13 | LOUIS 1:19 | THOUSAND 6:17 |
| EGG 8:13 | MEAT 14:11 | TOMATOES 9:19 |
| FETA 12:5 | OLIVE OIL 7:11 | TUNA 15:17 |
| FRENCH 2:14 | PARMESAN 7:2 | VINAIGRETTE 4:4 |

Where can I sign-up for

Tai Chi for Arthritis And Fall Prevention

New Groups Forming NOW

4 Week Program

Space is limited. Register today!

BENEFITS:

- Reduce blood pressure
- Improved strength, conditioning, coordination, and flexibility
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Reduce depression
- Overall greater awareness, calmness, and sense of well-being

For more information please call **515-779-7815**

Tuesdays and Thursdays
(Ongoing class beginning April 18th)

10:15a.m. to 11:00a.m.

$35 for 8-class card or $5.00 per individual class

Tai Chi for Arthritis is easy and enjoyable to learn, bringing with it the many healthy benefits safely and quickly. Medical studies have shown this program help people with arthritis reduce pain and improve on many aspects of health.

This program is based on the Sun style tai chi, chosen because of its healing component.

ARTHRITIS FOUNDATION® Take Control. We Can Help.™

Class held at **Senior Care of Iowa Enrichment Center**
100 Euclid Ave,
Park Fair Mall, Lower-Level Room 150
Des Moines, IA 50313

It's Time to get ready
for the Second Annual
Wii Bowling Tournament at the
North Senior Center

**When: June 25th**
**Time: 9:00 a.m. to 4:00 p.m.**

**Only 32 teams of 2 will be allowed.**

**Need to Sign Up as soon as possible.**

**Call 288-1524 for details or ask staff at your center for sign-up sheets.**

☺ See you in June! ☺

## S & S Central Café

***Central Senior Center - 2008 Forest Ave.***

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

**Each Tuesday & Friday**
**from 9:00 to 10:30 a.m.**

Featured items include:
**3 Pancakes (plain or blueberry),**
**and a choice of sausage or bacon for $1.40 ($1.50 for blueberry pancakes)**
**or 2 Waffles with a choice of sausage or bacon for $1.50.**

We also offer assorted flavor oatmeal, white or wheat toast, fruit juices and milk.

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

Come by and join us for breakfast before you head off to your destination for the day or you could always stay and enjoy our center.

All monies collected will go towards Central's special donations account.

## Need to Know How to Get to the Senior Fishing Event?!?!

### 4 Ways to Arrive at Easter Lake – Shelter # 2

(once in park entrance, veer right at fork in road to get to Shelter 2)

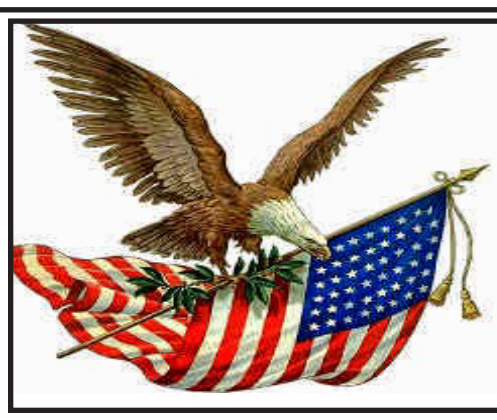
1.) At intersection of S.E. 14th & Army Post Road, head east on Army Post Road. Take left on Indianola Road. Turn right on Easter Lake Drive and left into park entrance.

2.) From 65 bypass, off at Army Post Road exit. West on A.P.R., take a right on E. 36th St., left on Easter Lake Drive, right into park entrance.

3.) Off Indianola Rd. (just south of S.E. 14th intersection). Turn on Evergreen Ave. Follow along the lake, take right on E. 34th St., then right on Easter Lake Drive and right into park entrance.

4.) Coming off S.E. 14th, from the north. Can either go up Indianola Road and follow to Easter Lake Drive, turn left at Watrous Ave. or left on McKinley Ave. and take a right at Indianola Road. Turn left on Easter Park Drive and left into park entrance.

**Park Info. - 285 -7612**



Remember -
our fallen heros.
They are the reason
that we are free.

Are your closets over flowing?? Your storage spaces maxed out?? Does your garage look like a tornado hit it?? Or are you just going with the "Out with the Old, In with the New" mentality???

Let me offer a possible solution to your springtime woes!

Looking for new or gently used items and/or gift certificates for prizes/drawings at the **Senior Fishing Derby, held on June 3rd.**

The items can be for either male or female and DOES NOT have to be camping/fishing/outdoor related.

*** * * NEED DONATIONS BY MAY 25th * * ***

**Items can be dropped off at any Polk County Senior Center, just let staff know what it is for, they have a box for such donations. Or can be dropped off at our Senior Administration Office, located at River Place West – 2309 Euclid Ave. (in between DOT and Food Pantry).**

# Exercise Classes Offered

**Ankeny**
Wednesdays 10:45 - 11:15 a.m.

**Central**
Arthritis Exercise
Fridays 10:00 a.m.
Instructor - Sara Baratta

**East**
Arthritis Exercise
Wednesdays 10:00 a.m.
Instructor - Kris McCaughey

Active Adult Exercise
East - 12:30 p.m. M W F
Instructor – Kim Slycord of Live 2 B Healthy

**Grimes**
Chair Yoga
Tuesdays 10:15 a.m. - 11:00 a.m.

**Johnston**
"Silver Sneakers"
Wednesdays 10:00 a.m.

Yoga
Tuesdays 10:00 a.m. & 11:15 a.m.

Zumba Gold
Thursdays @ 9:00 a.m.

**MLK**
Arthritis Exercise
Mondays 10:30 - 11:00 a.m.
Instructor - Sara Baratta

**North**
Active Adults Exercise
Mon., Wed. & Fri. 10:15 - 11:15 a.m.
Instructor - Desiree Reichenbacher

**Northwest**
Arthritis Exercise
Wed. and Fri. at 9:45 a.m.
Instructor - Dorothy McClatchey

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

**Norwoodville**
Arthritis Chair Exercise
1st, 3rd & 4th Thursday @ 10:45 a.m.
Instructor - Krystal Simonson

Chair Exercises
Mon., Wed. & Fridays 9:00 a.m.
Instructor - Videos

**Pioneer Columbus**
Mon., Wed. & Fri. 10:30 a.m.
Instructor - Gloria Annett

Exercise room with new equipment available daily from 9:00 a.m. - 1:00 p.m.

**South**
MWF - Active Adult Fitness @ 8:15 a.m.
Instructor – Kim Slycord of Live 2 B Healthy

Tues – Arthritis Class @ 9:30
Instructor - JaNeil Long

Thursday – Chair Yoga - 9 to 10 a.m.
December 3rd & 17th
Instructor – Noreen Gosch

**Westside**
Active Adults Exercise
Mon., Wed. & Fri. 12:30 - 1:30 p.m.
Instructor - Desiree Reichenbacher

Chair Exercises
Mondays & Wednesdays 11:15 a.m.
Instructors:Maureen Sexton,
Richard Anderson and Fern Parker

Meditation Yoga
Tuesdays 12:30 p.m.

# Blast From The Past – A Look Back At Some Fun Momentous Events/Occurrences At The Senior Sites

## East News: Adult Coloring Class

**Submitted by Ranae Nerem**

The Eastside Senior Center held its first coloring club and it was a great success. Our talented seniors spent the morning creating and conversing. We meet the first Wednesday of the month at 9:30 a.m. Materials are provided or feel free to bring your own. If you have questions, please call Kris or Ranae at 265-8461.

## Pioneer Columbus News: Getting Fit & Havin' Fun

**Submitted by Ray Ann Scione, Site Coordinator**

Instructed by Gloria Annett, this fun group meets on M, W, F @ 10:30 a.m. The class keeps growing as they are finding out how these helpful exercises increase mobility, range of motion and keep them fit.

## These Chips Are Good For You: New Credit and Debit Card Chips

**Consumer Focus by Attorney General Tom Miller**

"Would you like me to swipe your credit card?" is a phrase whose days may be numbered. Major card issuers are adding a small metallic square to new cards, which are computer microchips designed to enhance the cards' security.

This technology is what the electronic payment industry calls EMV, which stands for Europay, MasterCard and Visa. EMV is a global standard that establishes the payment transaction roadmap for cards with chips. Other countries have used this technology for years, but many U.S. consumers are just now seeing it.

And you're seeing it because card issuers and retailers have shifted liability when card fraud occurs. Whichever party has not upgraded to the newer chip technology will be held responsible for losses associated with card fraud. So card issuers are issuing new chip cards and merchants are upgrading their systems to minimize potential card fraud costs.

**New Chip Technology Makes Cards More Secure**

When you use a new generation credit or debit card embedded with a microchip, the chip creates a unique, one-time security code for each transaction. The enhanced security makes it more difficult for criminals to steal your credit card information from point-of-sale terminals.

Over the past several decades, cards have utilized a magnetic stripe on the back of each card. The magnetic stripe contains cardholder,account number and security code data, which always remains the same. A criminal can "skim" this data from point of sale terminals, through a hidden device or software that copies credit or debit card information from the magnetic strip when you swipe the card. With that data, criminals can use the card's information for remote fraudulent transactions or even create a duplicate card and use it just like the original card.

If you are a card user with a chip-enabled card, you'll have to get used to a new routine when paying with plastic at most point-of-sale terminals. Instead of swiping your card, you'll put it into a card reader slot and wait for transaction approval. Depending on your card's verification method, you may have to sign your name or enter a Personal Identification Number (PIN).

What won't change is how you use your card when paying by phone or through a website. That means that cards are still vulnerable if a criminal gets access to the data on your card. You should continue to protect your credit card information and always look for fraudulent activity by reviewing your financial statements.

**Rollout Underway**

It will take time for many retailers to transition to new systems, and most payment system agreements extend the deadline for upgrading gas pumps and automatic teller machines (ATMs) to next year. While the transition is underway, cards will contain both a magnetic stripe and computer chip. Unfortunately, the chip's enhanced security benefits don't factor in when using the traditional magnetic stripe.

Don't worry if you have not yet received a newer generation credit or debit card with a chip. It's possible your card issuer is waiting for your current card to expire, or may not have yet begun its replacement rollout. If you would like to know about the card replacement schedule, contact your issuer.

Whether you're using a credit card's chip or magnetic stripe to complete a transaction, keep in mind that it's still generally safer than paying by cash or check. That's because a credit card offers you certain protections and allows you to dispute a charge if goods or services are unfulfilled, or a charge was fraudulent.

Contact the Consumer Protection Division at 1305 E Walnut Street, Hoover Building, Des Moines, IA 50319; phone 515-281-5926 or toll free 888-777-4590 (outside Des Moines area) or email: consumer@iowa.gov.

## Southside Volunteer Appreciation During National Volunteer Appreciation Month

**Submitted by JaNeil Long,Site Supervisor & Carole Stevenson, Program Aide**

April was National Volunteer Appreciation Month. To recognize and thank our wonderful volunteers, we celebrated with a pizza party on April 12. We all enjoyed a relish tray, cheese and crackers and pizza of course!! Our volunteers are the best and go above and beyond to help us each day. We don't know what we would do without you!

So a big, heartfelt **THANK YOU** goes out to each of our volunteers!