

# The Senior

Polk County Senior News!

# November Bulletin

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

## HOLIDAY PARTY

Scott Four Mile Community Center - 3711 Easton Blvd

Come and celebrate the season with friends old and new, an entertaining Senior Variety Show, Holiday Sing-a-longs, Special Celebrity Guests, including the Man of the Season—SANTA! And, of course.....FOOD!

**Wednesday, December 14<sup>th</sup>**  
9:00 a.m. to 12:30 p.m.



**Senior Variety Show begins at 10 a.m.**

**Lunch served approx. 11:15**

**MUST PRE-REGISTER TO ATTEND!!**

Call 515-265-9977.

If reach voice mail, leave a message with your name & phone number.

Hours of Site Operation are 9:30 a.m. to 1:30 p.m.

**REGISTRATION DEADLINE**

**Monday, December 5th**

With the large crowd expected this day, carpooling with friends might be a good idea! ☺ **All Seniors 60+ Welcome!!**

Are you the Des Moines Area's next great talent?  
Do you have a specific entertaining skill, talent or trick???

Then come share your flair and register for the:  
**Polk County Senior Meals/Des Moines Park & Recreation**  
**Senior Variety Show & Holiday Party**  
Wednesday, December 14<sup>th</sup>, 9:00 a.m. – 12:30 p.m.  
@ Four Mile Community Center – 3711 Easton Blvd.

**For more information or for Talent Registration - call 248-6315**

**Talent deadline is Friday, December 2<sup>nd</sup>, by 4:00 p.m.**

Variety Show, Holiday Party & Meals intended for those 60 years of age or older.



Scott Four Mile Community Center – 3711 Easton Blvd



**★ ★ Special Edition ★ ★**

Please enjoy this Special 16-page Edition full of additional information, events, fundraisers and more!!



Southside Senior Center  
100 Payton Ave.

Saturday, November 5th

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

Just bring a dish to share.

Doors open at 10:30 a.m. Eat at noon, then stay in the afternoon to play cards, bingo, dominoes, etc. Table Service is provided, along with with coffee and tea.

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



## ALL DAY FUNDRAISING EVENT

## **NORWOODVILLE COMMUNITY CENTER**

**TUESDAY, NOVEMBER 8<sup>TH</sup>**  
**7AM-7PM**

**STOP ON BY FOR A HOT BREAKFAST, BAKED SALE ITEMS, OR A QUICK BITE TO EAT WITH THE FAMILY**

**~\$ 5.00 ALL YOU CAN EAT BISCUITS & GRAVY 7AM-10AM**

**~ALL DAY BAKE SALE- LOTS OF GOODS ALL MARKED TO SELL 7AM- 7PM**

**~HOT DOG DINNER (HOT DOG, CHIPS, DRINK) \$3.00 4PM-7PM**

For more information, contact Dan OR Krystal 515-266-5794





## Mobile Food Pantry Locations & Schedule

<https://www.dmarcunited.org/food/mobile/>

### John R. Grubb YMCA

1611-11th Street  
Des Moines, IA 50314  
515-246-0791  
Wednesday 9:00 a.m. – 12:00 p.m.

### South Suburban YMCA

401 E Army Post Road  
Des Moines, IA 50315  
515-285-0444  
Wednesday 2:30 – 6:00 p.m.

### Norwoodville Community Center

3077 NE 46th Avenue  
Des Moines, IA 50317  
515-266-5794  
Thursday 1:00 – 4:00 p.m.

### Clive Community Services

2190 NW 82nd Street  
Clive, IA 50325  
Phone: TBA  
Friday 3:00 – 6:00 p.m.

### What Can I Receive?

- Once per calendar month, you may receive a 3-day supply of food, measured by family size.
- Our food follows a healthy food guideline.
- Select which food items you want with our choice pantry service model.
- Daily food items are available to anyone, any time the pantry is open.

### How Do I Get Help?

- There are no income requirements.
- Bring a photo ID for every adult member of your household, and some other form of ID for all children in the household.
- At the mobile food pantry, you will go through a short intake process.

### Volunteer

We are currently looking for ride-along mobile pantry volunteers available approximately 3.5 hours every week on a regular schedule. If interested, please contact Joe Dolack at [jdolack@dmarcunited.org](mailto:jdolack@dmarcunited.org) or 515-282-2026.

### About the Mobile Food Pantry

The DMARC Mobile Food Pantry was made possible by the Polk County Board of Supervisors and the Partnership for a Hunger-Free Polk County. Special thanks to Stivers Ford Lincoln, Schneider Graphics, Snappy's Trailer Store, H & H Trailers, and two individual bequests.

## Health Department Kicks Off 2016 Mitten Tree Project



With the colder weather moving in and the holidays fast approaching, the Polk County Health Department is continuing the tradition since 2007 of collecting donations of new or "gently used" mittens, gloves, hats, and scarves to distribute to their clients of all ages. Last year over 330 items were collected to keep children and families safe and warm during the winter season.

If you wish to participate in the Mitten Tree Project, simply drop off your donated items at the Polk County Health Department, 1907 Carpenter Avenue, Des Moines, IA 50314.

Please contact Nola Aigner at (515) 286-3848 with any questions!

We greatly appreciate your generosity and support to this project and helping spread the warmth to others!

OUR DEBT TO THE  
HEROIC MEN AND VALIANT  
WOMEN IN THE SERVICE  
OF OUR COUNTRY CAN  
NEVER BE REPAID. THEY  
HAVE EARNED OUR  
UNDYING GRATITUDE.  
AMERICA WILL NEVER  
FORGET THEIR SACRIFICES.

PRESIDENT HARRY S TRUMAN

## 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.

## Editor's Blurb



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

business itself), contact the editor for more details on this.

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



Home of the free,  
because of the brave.



## WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-068-5-13

## Subscribe Today

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

- New Subscription
- Renewal Subscription

### Don't miss a single issue!

Checks/Money Orders made payable to:  
Polk County Treasurer

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

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.





IOWA SMP

**Iowa Senior Medicare Patrol (SMP)**  
 A Project of Aging Resources of Central Iowa  
 (515) 255-1310 • 5835 Grand Avenue, Suite 106, Des Moines, Iowa 50312-1444



### Medicare Fraud Schemes



Getting a phone call offering items for free may sound great, but it's just one example of how fraudsters steal tax payer dollars from the federal healthcare system. Scam artists often offer 'free' back/knee braces, glucose monitors, scooters, or diabetic supplies. They always say it's free, and they always ask for your Medicare number! Don't give them your number! Medicare is not free. Medicare is insurance paid by taxpayer dollars, and it's important to protect your benefits and money.

- Never accept free items or services from strangers who call or come to your door.
- Never give out your Medicare number to strangers - including to people at health fairs providing 'free' services like health exams, blood pressure/cholesterol checks, etc.
- Review your Medicare Summary Notices for any suspicious charges or items that have been double billed.
- Report any suspected fraud to the Iowa Senior Medicare Patrol at (800) 423-2449.



### Stop Robocalls

*Let voicemail and caller-id do all the work!*

If you have caller-ID, don't answer calls coming from phone numbers you don't recognize. If it's a legitimate call, they will leave a message. If you do happen to answer a sales-telemarketing robocall (those prerecorded, unsolicited annoyances that are invading homes every day) hang up immediately; don't press any number option. If you press any button, you're signaling that you're a live human being at a working number, which may result in more, never ending robocalls!

### Looking for Volunteers!

The Iowa SMP is hoping to find more volunteers in the following counties: Boone, Jasper, Madison, Story and Warren. If you or someone you know are interested in learning more about volunteering with the SMP program, please give Jane a call at (515) 633-9514.



**For More Information on SMP Please Contact:**

Jane Moore, SMP Coordinator, Aging Resources of Central Iowa  
 E-mail: jane.moore@agingresources.com  
 Phone: (515) 633-9514 or (800) 747-5352

Permission granted to AAAs to reprint these articles with credit given to Iowa SMP. This document was supported, in part, by Grant #90MPO200-01-00, from the Administration for Community Living/Administration on Aging, Department of Health and Human Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.



Check out the new and different ways you can now obtain hard or electronic copies of the Senior Bulletin and/or other Polk County publications. Share with your friends, neighbors, etc.!

1. Pick Up Senior Bulletin hard copy at any Polk County Senior/Community Center.
2. Yearly Subscription (form found in each Bulletin) for \$10.00  
 Send check, payable to: Polk County Treasurer  
 Senior Services of Polk County  
 c/o Senior Bulletin Subscription  
 2309 Euclid Ave - River Place West  
 Des Moines, Iowa 50310-5703
3. Go to County webpage. Direct Link <http://www.polkcountyiowa.gov/CFYS/> **NEW!!**  
 You can access information about:
  - Senior Services or other divisions within the Community, Family & Youth Department
  - Past/Current issues of The Senior Bulletin & Supplemental Food News
  - News & Announcements on upcoming Special Events/Activities
4. Can sign up to have The Senior Bulletin and/or other Polk County newsletters/publications emailed directly to you each month. **NEW!**
  - Located on webpage link above. In Left Column - "Newsletter Sign Up"
  - Enter your email. You will be sent an email to activate your email subscription.
  - You will also be able to choose which Polk County email subscriptions you would like to receive. When those publications are available, they will be sent directly to you through electronic mail.
  - You can make changes or unsubscribe at any time.

With these new options available, it is our hope to reach a more broad-based group of individuals while providing a more eco-friendly way for information to be shared about the Senior/Community Centers, activities and programs available. For any questions please call any of the Polk County Senior/Community Centers or 515-286-3536.

## 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, Nov 7, 1:00 p.m.

Join us for a discussion of *The Girl on the Train* by Paula Hawkins. Copies of the book are available at the Information Desk. All are welcome.

### Franklin Evening Book Discussion

Tuesday, Nov 8, 6:30 p.m.

Join us for a discussion of *Mister Owita's Guide to Gardening* by Carol Wall. Copies of the book are available at the Information Desk. All are welcome.

### Closed for Veterans Day

Friday, Nov 11, All Day

All branches of the Des Moines Public Library will be closed in observance of Veterans Day on Friday, November 11.

### Dogs Who Serve Our Military Veterans

Tuesday, Nov 15, 6:30 p.m.

Puppy Jake Foundation is dedicated to providing well bred, socialized and professionally trained service dogs to wounded military veterans. A dog in training will be present during the evening and a handler will answer questions about service dogs and Puppy Jake's role in providing these canine companions.

### Free Advice for Your Device

Saturday, Nov 19, 10:00 a.m.

Get the lowdown on your library's downloadables. Bring your mobile device (smartphone, tablet, or e-reader) to one of our classes to get advice and help on 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. Class size is limited so that we can give one-on-one attention, so please pre-register.

### Closed for the Thanksgiving Holiday

Thursday, Nov 24 and Friday, Nov 25 - All Day

All branches of the Des Moines Public Library will be closed in celebration of the Thanksgiving Day holiday on Thursday, November 24 and Friday, November 25.

## North Side Library News

Submitted by Laura Walth, Adult Programming Librarian  
 North Side Library • 3516 5<sup>th</sup> Avenue • DSM, IA 50313

### Adult Coloring Time!

Tuesdays, November 1, 8, 22, and 29

Time: 2:00 - 3:00 p.m.

Description: Join us for some calming coloring time at the North Side Library, 3516 5th Avenue, every Tuesday except the third Tuesday. We provide coloring materials and coloring sheets, but you can also bring your own sheets, colored pencils, markers, or crayons. Meet some new people and de-stress while coloring with us!

### North Side Book Discussion

Tuesday November 15

Time: 2:00 - 3:00 p.m.

Description: We will be discussing *This Dark Road to Mercy*, by Wiley Cash. Copies of the book may be picked up at the library.

### Conrad Nagel: Highland Park's Gift to Hollywood!

Saturday, November 5

Time: 2:00 - 3:00 p.m.

Description: Tom Longden, retired Des Moines Register copy editor who wrote the Famous Iowans column, will share some insight into the role that famous movie star Conrad Nagel, who grew up on the North Side of Des Moines, played in the early days of Hollywood.

### The Magic of Our Memories with Mary Kay Shanley

Saturday November 12

Time: 2:00 - 3:00 p.m.

Description: Humanities Iowa Speaker, Mary Kay Shanley Will discuss the importance of our memories — our memories have shaped us into who we are today. We'll also talk about ways of interpreting the past — oral histories, storytelling and journaling. Space is limited so please preregister at [www.dmpl.org](http://www.dmpl.org) or call 515-283-4152; press 3.

### Chili and a Silent Film

Saturday November 19

Time: 1:00 - 3:00 p.m.

Description: Step back in time to experience this mysterious silent film featuring a lady actress, Greta Garbo, deceiving Actor Conrad Nagel, Highland Park's gift to Hollywood. It's Free!



"Not flesh of my flesh,  
 nor bone or my bone.  
 Never forget for a single minute,  
 you didn't grow under  
 my heart, but in it."

- Unknown



November 17<sup>th</sup>

The goal of this special day is quite obvious: to get people to quit smoking, resulting in fewer health problems, and less cancer and emphysema deaths resulting from smoking and secondary smoke.

Quitting smoking is not an easy task. Often (usually), it takes repeated efforts. That's okay, as long as you keep trying until you finally succeed. The health benefits, and the prospect of a longer life are crystal clear.

The American Cancer Society encourages all smokers to give up the "butt" today. Join millions of other Americans today and take a big step to a happier, healthier, longer life.

# Ask the Naturalist

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

**Question:** Squirrels are snipping branches (3-10 leaves each) from my hard maple tree with their rodent teeth. My yard is littered with these branches each morning and this has been going on for about a month. I can literally see the thinning damage when I look up at my tree. What can I do to protect it? This is not the only squirrel misfortune I am suffering from but it is of the most concern right now. Please help!



- Kay

**Answer:** Squirrels are nipping off the ends of the branches to make their nests for winter. Even though it looks as though your tree is getting thinned out, the tree's overall health is not impacted by this trimming.

## Senior Companion Program

### FREE Right Here in Polk County!

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

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

#### Do you have a regular weekly need?

Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

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



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

## Be a Senior Companion



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

- Earn extra income while visiting homebound individuals, helping them maintain a happy, healthy life at home.
- The stipend is considered non-taxable income and does not impact your ability to receive housing/medical/food assistance or social security disability.

Join the Senior Companion Program if you are:

- 55 years old or older
- Able to serve a minimum of 15 hours a week
- Open to providing friendly one-on-one visits to homebound individuals in your community
- Able to provide transportation to appointments and errands
- Earning an income at or below \$23,540/individual and \$31,860/couple (after out-of-pocket medical expenses)

The Benefits of the Program

- A tax-free hourly stipend (\$2.65 per hr.)\*
- Meal reimbursement (\$1.50 per meal)
- Transportation reimbursement (.40 cents per mile)
- Holiday and leave pay
- Ongoing training and supervision
- An annual physical
- Supplemental accident/liability insurance while on duty



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

# OPEN HOUSE

**Southside Senior Center**

**THURSDAY, NOVEMBER 17<sup>th</sup>**  
**@ 9:30 am**

**100 Payton Ave.**  
**Des Moines, Iowa**

Please join us for a special celebration of our center, and stay for a wonderful Thanksgiving meal.

Call 287-0092 by Tuesday, November 15<sup>th</sup> to sign up for a meal.

Rick and Beth from the RBJ Trio will be here to entertain at 10:30.

## FREE DIABETES COMMUNITY EVENT & WALK

# American Diabetes Association®

**Saturday, November 12, 2016**  
**Knapp Center at Drake University**  
**9am-12noon**



The American Diabetes Association of Central Iowa invites you to the 2016 Diabetes Community Event. Take part in this free educational experience by visiting the exhibitors at the Wellness Expo, listen and ask questions during the diabetes education presentations, participate in the walk, have fun at the Kids Zone, and enjoy a Healthy Tailgate lunch provided by Hy-Vee.

Also, hear Jay Hewitt's motivational story about living with Type 1 Diabetes and becoming a Team USA Triathlete!

**Pre-Register at [diabetes.org/walkdsm](http://diabetes.org/walkdsm)**

**9am: Check in/Registration**  
**9am - 11am: Wellness Expo**  
**10am: Walk to Stop Diabetes®**  
**10:30am - 11am: Meet and Greet with Jay Hewitt**  
**11am: Healthy Lunch provided by Hy-Vee**  
**11am: Jay Hewitt, Type 1 Diabetes Triathlete**

For more information, visit [diabetes.org/walkdsm](http://diabetes.org/walkdsm), or call 515.276.2237 x6865

# Social Security News

Supporting Our Wounded Warriors  
By Derek Nichols



Social Security Assistant District Manager in Des Moines

Every Veterans Day, the nation honors the brave men and women who risk their lives to protect our country and the freedoms we cherish. Social Security honors veterans and active duty members of the military every day by giving them the support they deserve. A vital part of that is administering the Social Security disability program.

For those who return home with injuries, Social Security is a resource they can turn to for disability benefits. Social Security's Wounded Warriors website is at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors).

The Wounded Warriors website has answers to many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different from those available from the Department of Veterans Affairs and require a separate application.

The expedited process is available to military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security.

Learn more by visiting [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors).

With over 80 years of experience and compassionate service, Social Security is proud to support our veterans and active duty members of the military. Let these heroes know they can count on us when they need to take advantage of their earned benefits, today and tomorrow.

## Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

**Question:** Is it true I can save about \$4,000 per year if I qualify for Social Security's *Extra Help* with the Medicare prescription drug program?

**Answer:** Yes. If your income and resources meet the requirements, you can save nearly \$4,000 in prescription costs each year. Resource limits for 2016 are \$13,640 (or \$27,250 if you are married and living with your spouse). Income limits are \$17,820 (or \$24,030 if you are married and living with your spouse). If your income or resources are just a bit higher, you might be eligible for some help with prescription drug costs. To learn more, visit [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

**Question:** I'm creating my budget for next year. How much will my benefit increase at the beginning of the year?

**Answer:** The annual cost-of-living adjustment (COLA) is tied to the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. In the years when a COLA is due, you can enjoy your COLA starting in January. Please visit our website at [www.socialsecurity.gov/OACT/COLA/latestCOLA.html](http://www.socialsecurity.gov/OACT/COLA/latestCOLA.html) to see if a COLA is in effect for this year.

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

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

**Question:** I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

**Answer:** You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline). This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!

## 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.

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



\*\* Tuesday, November 15<sup>th</sup>, 12:30 to 1:30 p.m. \*\*

at the Polk County North Senior Center

Topic: "Feeling Sad or Blue"

Presented by: DM/Mental Health,  
Mental Health Professional

### Interested in Volunteering at the Food Pantry?



The River Place Food Pantry is open Monday through Friday from 8:00 a.m. to 5:00 p.m. Volunteers at the Food Pantry will help clients with selecting a 3 day supply of healthy, nutritious food. Volunteers are asked to work a 2-3 hour shift.

Food Pantry 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, fill out the *Volunteer Forms* below and **E-Mail** or mail them to Paulette Stodgel at the River Place Food Pantry, 2309 Euclid Avenue, Des Moines, IA 50310. For more information, contact Paulette at 515-286-3780.

Polk County River Place Food Pantry / 2309 Euclid Ave / Des Moines, IA 50310 / 515-286-3695

## SUPPLEMENTAL FOOD PROGRAM FOR SENIORS – 2016 GUIDELINES

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 following income eligibility guidelines established by the United States Department of Agriculture as follows:

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

\*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"

## BINGO BINGO BINGO

### Polk County Senior/Community Center Bingo Schedule

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

## BINGO BINGO BINGO



## Thanksgiving Puzzle



1	2	3	4	5		6	7	8		9	10	11		
12						13				14				
15						16				17			18	
		19			20			21			22			
23	24				25		26		27		28			
29			30	31			32	33			34			
35						36				37		38	39	
40						41				42		43		
44			45		46					47				
		48			49				50					
51	52			53			54	55			56			
57				58		59		60		61	62			
63			64				65			66			67	68
	69					70				71				
	72					73				74				

Across

Down

- 1. \* \_\_\_ Thanksgiving Day!!!
- 6. "Friend" in France
- 9. Word meaning, for short
- 12. Solid Shelter of Snow
- 13. Sign on a door of a store
- 14. Mature
- 15. How a fox exists
- 16. \* Item seen on a dining room table at Thanksgiving
- 19. Part of MTM
- 21. \* A man may choose to wear one to a formal Thanksgiving Dinner
- 22. School of thought
- 23. Prefix that means "Mountain"
- 25. Latin for "in the age of"
- 27. \* They are made by Family and Friends at Thanksgiving
- 29. \* In 1941, Congress passed a joint resolution decreeing that the legal holiday of Thanksgiving be celebrated on the \_\_\_ Thursday of November
- 32. Hawaiian guitar, for short
- 34. The thing named
- 35. After school student
- 36. \* They are nutritious parts of Thanksgiving Dinners
- 38. He (initials) co-starred with Suzanne Pleshette on his popular self-named sitcom
- 40. Hawke the Actor
- 41. Barely get by
- 42. Frances Fuller Flick: "Elmer and \_\_\_" (1934)
- 44. The highest point: \_\_\_ plus ultra
- 45. Many people are allergic to it
- 47. Davis or Midler
- 48. The 17th letter of the Hebrew alphabet
- 49. Suffix to "Personal"
- 50. Published
- 51. \* Every year, one Thanksgiving Bird will receive a Presidential \_\_\_, and then be sent off to Kidwell Farm, a petting zoo at Frying Pan Park in Herndon, Virginia
- 54. Scale Syllable
- 56. Cook on a hot surface
- 57. Toothpaste tube letters
- 58. \* It chills a Thanksgiving Beverage
- 60. Distant
- 63. \* The Pilgrims (who were the first to celebrate Thanksgiving) crossed the Atlantic Ocean from England to New England on the what, in 1620?
- 66. Continued to provide
- 69. Leguminous plant
- 70. Permits
- 71. Hue
- 72. Taste
- 73. Chuck's org.
- 74. State of Some Salads

- 1. In memoriam: \_\_\_ jacet
- 2. In the past
- 3. \* With the Wampanoag people, the Pilgrim colonists first celebrated Thanksgiving here, in 1621
- 4. Sport played by Prince Charles
- 5. Fun toy
- 6. Spring mo.
- 7. \* Heard at a Thanksgiving Dinner: "I'll just have white \_\_\_, please."
- 8. \* Friend or Relative in attendance of a Thanksgiving Dinner
- 9. Apply lightly
- 10. Self-centered person
- 11. \* Word with Thanksgiving
- 13. S-shaped curved
- 17. A petty officer in the U.S. Navy
- 18. Company symbols, for short
- 20. Cheerleader's Cheer
- 23. Frequently
- 24. Line of travel
- 26. \* Thanksgiving Treats
- 28. Movie House passages
- 30. \* At Thanksgiving, thanks is given to God, health and all the food that has been \_\_\_
- 31. Sinewy start to "tomy"
- 33. Sharply Sensitive
- 36. Money, slangily
- 37. Bird Beaks
- 38. An unruly dog may be a what?
- 39. \* Thanksgiving is a time to help those who may be \_\_\_
- 43. \* One of the Trimmings at Thanksgiving
- 46. \* President Washington proclaimed the first national Thanksgiving Day of November 26th, 1789. It grew in popularity when this President revived the celebration of the thankful day, in 1863. (See #29A for a Related Clue!)
- 48. \* Before digging into a Thanksgiving Meal, some will say a what?
- 50. Sick
- 51. Dawber the Actress
- 52. Conform
- 53. \* It's used to make the dressing of a Thanksgiving Salad
- 55. Paddles
- 59. Decorative pitcher
- 61. Makes a choice
- 62. Hodgepodge
- 64. Wray of the Silver Screen
- 65. \* Abbreviation on airport Flight Schedules (Something of great interest during the hectic time of Thanksgiving!)
- 67. Baby chicken in a shell
- 68. "L.A. Law" (TV) name

Thanksgiving Puzzle Answers: See Page 11

## Gluten-Free Pumpkin Oatmeal Pancakes

Author: Cookie and Kate  
(www.cookieandkate.com)

Recipe type: Breakfast  
Prep time: 15 mins  
Cook time: 10 mins  
Total time: 25 mins  
Serves: 2 to 4

These fluffy, healthy pumpkin pancakes are laced with hearty oats and warming spices. Since they are made with oat flour, they are gluten free! Note that these pancakes should be cooked low and slow—use a lower temperature than you would with other pancakes so that the insides of the thick batter get nice and fluffy, but the outsides don't get overdone. Recipe yields 7 to 8 medium-sized pancakes.

### Ingredients

- 1 cup pumpkin puree
- ¼ cup milk of choice
- 2 tablespoons coconut oil (or butter), melted
- 1 tablespoon lemon juice (about 1 small lemon, juiced)
- 1 teaspoon maple syrup (or honey)
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup oat flour (see notes for how to make your own oat flour out of old-fashioned oats)
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves or allspice

### Instructions

1. In a small mixing bowl, stir together the pumpkin puree, milk, coconut oil (or butter), lemon juice and maple syrup (or honey). Beat in the eggs. (If your coconut oil goes back to its solid state like mine did at this point, just warm the mixture for short 20 second bursts in the microwave, stirring between each, until it is melted again.)
2. In a medium bowl, whisk together the oat flour, baking soda, salt and spices.
3. Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened. Do not overmix! Let the batter sit for 10 minutes.
4. Heat a heavy cast iron skillet/non-stick pan over medium-low heat, or heat an electric griddle to 350 degrees Fahrenheit. Lightly oil the surface of your pan with coconut oil, butter or cooking spray. If you're using a non-stick electric griddle like mine, you might not need any oil at all.
5. Once the surface of the pan is hot enough that a drop of water sizzles on it, pour ¼ cup of batter onto the pan. Let the pancake cook for about 3 minutes, until bubbles begin to form around the edges of the cake.
6. Once the underside is lightly golden, flip it with a spatula and cook for another 90 seconds or so, until golden brown on both sides. You may need to adjust the heat up or down at this point.
7. Serve the pancakes immediately or keep warm in a 200 degree Fahrenheit oven.

### Notes

- Recipe adapted from my banana oat pancakes recipe.*
- GLUTEN-FREE OATS: Be sure to purchase certified gluten-free oat flour or certified gluten-free old-fashioned oats if you need these pancakes to be gluten free.
- TO MAKE OAT FLOUR: Pour one cup of old-fashioned oats (do not use quick cooking oats!) into a food processor and process until it is ground well. One cup before and after grinding measures just about the same, believe it or not! That's a fun little tip I picked up from the King Arthur cookbook.
- PREPARATION TIPS: This whole grain batter is thicker than most, so it's more difficult to gauge when the pancakes are ready to flip. I learned that it's easier to go by the timer: set it for 3 minutes for the first side, then flip and wait another 90 seconds for the other side to finish. The time will vary depending on your temperature setting, but that's about the time it should take for pancakes that are fully cooked and golden on each side.
- FREEZE IT: These pancakes freeze well. (I've never met a pancake that doesn't.)
- Update 10/6/13: Thanks to your feedback, I have reduced the amount of pumpkin from 1¼ cups to 1 cup. My pancakes came out great with the initial amount, but I've tried it again with the reduced amount and believe that it will yield more consistent results.





## Veteran's Word Search



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

- |             |          |           |         |
|-------------|----------|-----------|---------|
| anniversary | defend   | memorial  | soldier |
| armistice   | fighting | navy      | tribute |
| army        | flag     | observe   | troop   |
| battle      | freedom  | peace     | valor   |
| bravery     | guard    | poppies   | veteran |
| cemetery    | honor    | protect   | war     |
| ceremony    | infantry | remember  | weapon  |
| commando    | liberty  | sacrifice | wreath  |
| courage     | medal    | silence   |         |

Veteran's Day Word Search Answers: See Page 10



## Understanding Medicare Advantage As a Choice

Iowans on Medicare are in the middle of the annual Medicare open enrollment period (October 15- December 7). One of the choices they have is enrolling in a Medicare Advantage plan for 2017. Before making this choice it is important to understand how these plans work.

The first key to understanding Medicare Advantage plans is to know what they are NOT. They are NOT Medicare supplement insurance. They ARE a way to get Medicare Part A and B benefits from private insurance companies, rather than directly from the federal government.

While Medicare Advantage plans must provide almost all of the benefits offered by "Original" Medicare, there are important differences to understand before deciding which option is best for you.

First, Medicare Advantage plans must follow rules set by Medicare, however they can charge different out-of-pocket costs. You cannot buy supplemental insurance to pay these out-of-pocket costs. Unlike Original Medicare they have an annual out-of-pocket maximum which limits your potential costs for a year. You will continue to pay your Part B premium along with any premium the Medicare Advantage plan may charge.

Some plans offer additional benefits such as limited dental and vision coverage, annual physicals or health club memberships. Many include Medicare Part D drug coverage.

Medicare Advantage plans use provider networks to manage your care. It is important to know

if your medical providers are in a plan's network to assure that you get the maximum benefit from your plan. If you go to a doctor, other health care provider, facility or supplier that doesn't belong to the plan's network, your services may not be covered, or your costs could be higher. Be sure to check that your providers are "in-network" before enrolling in a plan. Providers can join or leave a plan's network anytime during the year. Plans can also change the providers in their network anytime during the year.

Medicare Advantage plans are available to anyone who has Medicare Part A and Part B and does not have end stage renal disease. You cannot be turned down for coverage except for end-stage renal disease. You must live in the plan's service area to enroll. Service areas are county based.

Plans have a one year contract with Medicare. You can change plans or go back to Original Medicare each year during the annual open enrollment period. The plan you choose will be in effect for the next calendar year, with few exceptions. Study your options carefully before making a choice.

For more information about the Medicare Advantage plans available in Iowa call SHIIP at 1-800351-4664 (TTY 1-800-735-2942). The 2017 Medicare Advantage Plans in Iowa guide is now available online at [www.therightcalliowa.gov](http://www.therightcalliowa.gov) or by calling SHIIP. Local SHIIP counselors are also available to explain the plans. Call the SHIIP 800# for the site nearest you. SHIIP services are free, confidential and objective.

### NOVEMBER PIE MENU

NOV. 3 <sup>rd</sup>	APPLE PIE (3)*
NOV. 10 <sup>th</sup>	BOSTON CREAM PIE ( 2.5)*
NOV. 17 <sup>th</sup>	PUMPKIN PIE (3)*
NOV. 24 <sup>th</sup>	SITE'S CLOSED

\* denotes Carb Count

"THE HOLIDAY SEASON  
 IS A PERFECT TIME  
 TO REFLECT ON OUR BLESSINGS  
 AND SEEK OUT WAYS TO  
 MAKE LIFE BETTER  
 FOR THOSE AROUND US."

-TERRI MARSHALL



# East Senior Center



Submitted by Ranae Nerem  
Site Supervisor

The Eastside Senior Center, 1231 E. 26<sup>th</sup> Street, is located just north of University Avenue and to the west of the Iowa State Fairgrounds. Our center is open Monday – Friday from 8:00 a.m. – 5:00 p.m. Lunch is served daily at 11:30 a.m. Reservations can be made by calling 265-8461.

Keeping seniors healthy and connected is an important part of what we do. We have a variety of activities to offer our participants. In addition to Bingo on Tuesdays, we have Pokeno, which is similar to Bingo, on Mondays and Fridays. Crafts are where it is at on Tuesdays. Instructed by Kris, our very own crafty and creative genius, this fun group gets together to make the latest nifty craft idea/project, Kris has come up with. On Thursdays, we offer ceramics, but you will find our talented seniors working on projects all during the week. It's a great way to enjoy good conversation while being creative. Pool tables are available and you can always find a game of Rummikub or cards to join in the main dining area. We also have a bike and treadmill available in our craft/exercise/computer room.

Seniors have the opportunity to take part in our monthly blood pressure checks, foot care clinics, health education and senior counseling presentations. You can get your flu shots in the fall and we've offered blood profiles for the community twice a year.

Staying active is so important to living an independent lifestyle. We have a wonderful Active Adult Class, that meets on Monday, Wednesday and Friday from 12:30 – 1:30. This class will not only get your heart rate up, it will also improve your flexibility and balance. Our instructor, Kim Slycord with Live 2B Healty, does an excellent job of keeping everyone motivated and helping everyone achieve their fitness goals.

On Wednesday mornings, Kris McCaughey, our Program Aide, leads an Arthritis Exercise class. This class focuses on moving and stretching the joints. Everyone will find this class beneficial, even if you don't have arthritis. Plus, there's always a lot of laughter in this class, which is always good for what ails you. We occasionally offer Tai Chi, which is a slow, meditative exercise that is good for balance, stress and endurance.

The first Wednesday of the month we offer Fresh Conversations. This program, led by a licensed dietician, discusses the importance of nutrition. You'll get information about nutrients, vitamins and easy recipes that are tasty and healthy. A favorite part of the class is the samples that allow you to try something new.

Our seniors love to have fun. Our special celebrations and parties are second to none. Our seniors are such good sports—from playing baseball to participating in "The Olympics", they are always eager to join in and have a great time doing so. They even wore mustaches for our "Mustache Bash" to celebrate Father's Day! In addition to holiday celebrations and special music, our Potluck and Dances are a popular evening event. We're always looking for a reason to celebrate.

But with all these wonderful things, our seniors are the best part of our center. Making visitors feel welcome is what they do best. When you join us, you will likely be greeted by one of our friendly seniors. They will extend an invitation to participate in our activities and will be sure to say hello the next time you join us. We can't say enough about our seniors and our center. We hope you'll join us



*This poem by one of our seniors says it all:*

*The Senior Center  
The Eastside Senior Center  
Gives me cause;  
To get up in the morning,  
Greet the New day and move.  
A place to play Scrabble  
With Seniors  
Twenty years older than I.*

*Lunch at 11:30  
Best of all—fellowship  
That connects Senior  
Citizens  
With activities, exercise,  
special music.  
And a continuing sense of  
Family*

*-Martha Dalke Hindman-*

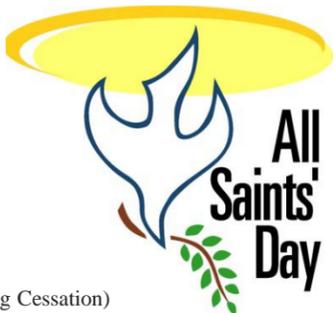


- 1<sup>st</sup> – All Saints Day
- 2<sup>nd</sup> – All Souls Day
- 6<sup>th</sup> – Daylight Savings Time Ends
- 8<sup>th</sup> Election Day
- 11<sup>th</sup> – Veteran's Day
- 17<sup>th</sup> – Great American Smokeout (Smoking Cessation)
- 24<sup>th</sup> – Thanksgiving Day; SITE'S CLOSED
- 25<sup>th</sup> – Thanksgiving Holiday – SITE'S CLOSED

**Month:**

- Aviation History Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Novel Writing Month
- Native American Heritage Month
- National Peanut Butter Lovers Month
- National Sleep Comfort Month
- National Adopt-A-Senior-Dog Month

Source: [www.HolidayInsights.com](http://www.HolidayInsights.com)





Ivan Brush – Chili Cook-off Champ

**Norwoodville News: Blast from the Past**

On October 19<sup>th</sup>, the Norwoodville Community Center held a Chili Cook-Off competition. There were several entries from both senior participants and site staff. Each of the chili entries were enjoyed and judged by the large group in attendance that day.

Participants and winners were, Karen Woods, Linda Sholley, Tom Stifel (Wilbur), Mike Anderson, Sherry Palmer, Natalie Olson, Adie Hiatt.

Though all the entries were very tasty our top three winners were:  
3rd Place - Dan Sauser, 2nd Place - Krystal Simonson and The Norwoodville Chili Cook-off Champion was Ivan Brush.

**Polk County Health Offers Flu Shots**

Walk-ins for flu shots are welcome at the Polk County Health Department, 1907 Carpenter Ave, from 9:00 a.m. to 4:30 p.m. Monday- Friday and Tuesdays from 9:00 a.m. to 6:30 p.m. through the end of flu season.

For more information goto: [www.https://www.polkcountyiowa.gov/health/programs/clinical-services/seasonal-flu/](http://www.https://www.polkcountyiowa.gov/health/programs/clinical-services/seasonal-flu/)



**Homemade Home and Holiday Crafts And Bake Sale**

November 5<sup>th</sup> 10:00 – 6:00

AHEPA 192 Apartments 6190 NW 59<sup>th</sup> Court Johnston, IA

Hot Dogs and Beverages will be available.



# November Recipes

## Pumpkin Cream Cheese Cake Balls

Posted by **JESSACA CHELETTE**  
Source: [chelettesdecorandmore.com](http://chelettesdecorandmore.com)

**Moist, Delicious And Full Of Fall Goodness.**

This recipe is **QUICK, EASY**, and only requires a **FEW** ingredients, but the taste is phenomenal!

**Ingredients:**

- Pillsbury Perfectly Pumpkin Cake Mix
- 1 Tub of Cream Cheese Icing
- 1 Pack Vanilla Almond Bark

**Directions:**

Just follow the instructions on the box, and once baked crumble cake in a large bowl and mix with about 1/2 - 3/4 of the jar of frosting. Roll into balls and coat with vanilla almond bark. If you want to make them look fancier, sprinkle with crumbled graham crack crumbs.

\*We have added DETAILED, STEP-BY-STEP instructions for actually making the cake balls below:

After baking, let the cake cool for a couple minutes, but not completely. Start breaking up cake and transferring to a large bowl with a spoon. With two forks crumble the cake until you are left with ultra-fine crumbs. The finer the better. Start with the center of the cake and slowly work my way outwards. Try to avoid using the harder, crispier edges because it creates lumps in your cake balls when you roll them.

Next it's time to mix the cake crumbs with about 3/4 jar of frosting to form the "dough". It is helpful to refrigerate the dough for a little bit before rolling so it doesn't get quite as messy. Chill them until they're firm. This will make the Almond Bark coating much easier.

Now, microwave Almond Bark for 30 seconds to start. It can be quite finicky, and there is no way to revive overcooked chocolate so after the first 30 seconds increase in 10-15 second increments. Be sure to stir chocolate each time to avoid overheating since it holds its shape even when warm.

Next, remove your cake balls from the fridge or freezer and pour a small amount of Almond Bark over each one (enough to fully coat). Or, you can place Popsicle sticks into each one and dip them into the melted Almond Bark.

**COOL** until the outer layer has hardened, and **EAT!**



## Pumpkin Cheesecake Snickerdoodles



**Prep time** 30 mins  
**Cook time** 12 mins  
**Total time** 42 mins

Delicious soft and puffy pumpkin snickerdoodles with a surprise cream cheese center.

Serves: 24

Recipe Source [Bakeaholic Mama/ www.therecipecritic.com](http://Bakeaholic Mama/ www.therecipecritic.com)

**Ingredients**

- 3¾ cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ tsp. freshly-ground ground nutmeg
- 1 cup unsalted butter, at room temperature
- 1 cup granulated sugar
- ½ cup light brown sugar
- ¾ cup pumpkin puree
- 1 large egg
- 2 tsp. vanilla extract

**Filling Ingredients**

- 8 ounces cream cheese, softened
- ¼ cup sugar
- 2 teaspoons vanilla extract

**Cinnamon-sugar coating:**

- ½ cup granulated sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- Dash of allspice

**Instructions**

1. In a medium bowl, whisk the flour, baking powder, salt, cinnamon, and nutmeg together. Set aside.
2. In a kitchenaid mixer with a paddle attachment, beat together the butter and sugars on medium high speed until fluffy about 2-3 minutes.
3. Blend in pumpkin puree, beat in egg and then add vanilla. Slowly add dry ingredients on low speed just until combined. Cover and chill dough for an hour.
4. To make the cream cheese filling, blend cream cheese, sugar and vanilla together. Chill for an hour.
5. Preheat oven to 350 and line your baking sheets with parchment paper. In a small bowl, combine the sugar and spices for the coating and set aside.
6. To make the cookies, take a tablespoon of the cookie batter. Flatten it like a pancake and place a teaspoon of the cream cheese in center. Form another tablespoon of the cookie batter into a flat pancake shape and place on top of the cream cheese. Pinch the edges together sealing in the cream cheese and roll into a ball. Roll in the cinnamon sugar coating and place on the prepared baking sheet 2 inches apart.
7. Repeat until the dough is gone and flatten the cookie dough balls with a heavy bottomed glass or measuring cup.
8. Bake the cookies for 10-15 minutes or until the tops start to crack. Let cool on the baking sheet for 5 minutes and transfer to a wire rack. Enjoy!

**I am grateful for what I am and have. My thanksgiving is perpetual.**

*Henry David Thoreau*



# A History of Veteran's Day



On the 11<sup>th</sup> Day, of the 11<sup>th</sup> month, in the 11<sup>th</sup> hour in 1918 hostilities in World War I came to an end. A year later President Woodrow Wilson proclaimed November 11 Armistice Day. In his Proclamation he stated:

“To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations.”

On June 4, 1926, Congress passed a concurrent resolution asking President Calvin Coolidge to issue a Proclamation declaring November 11, Armistice Day. On May 13, 1938, Congress finally made Armistice Day a permanent legal holiday.

In 1945 Raymond Weeks, a WWII veteran, proposed expanding the celebration to honor all veterans, an idea embraced by Gen. Dwight Eisenhower, an advocate for a National Veterans Day.

On June 1, 1954, Congress replaced Armistice Day with Veterans Day and Raymond Weeks, who led the first national celebration in 1947 continued in that role until his death in 1985.



It is the VETERAN, not the preacher,  
who has given us freedom of religion.

It is the VETERAN, not the reporter,  
who has given us freedom of the press.

It is the VETERAN, not the poet,  
who has given us freedom of speech.

It is the VETERAN, not the campus organizer,  
who has given us freedom to assemble.

It is the VETERAN, not the lawyer,  
who has given us the right to a fair trial.

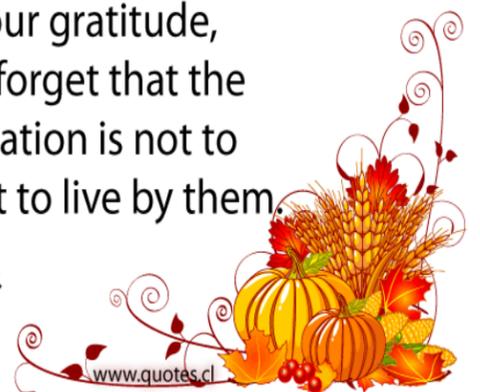
It is the VETERAN, not the politician,  
who has given us the right to vote.



## THANK YOU VETERANS!

As we express our gratitude,  
we must never forget that the  
highest appreciation is not to  
utter words, but to live by them.

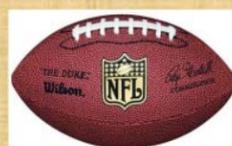
- John Fitzgerald Kennedy.



### Solution for Veteran's Puzzle

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

### NFL Thanksgiving Day Schedule



11:30 a.m.  
 Minnesota Vikings @ Detroit Lions

3:30 p.m.  
 Washington Redskins @ Dallas Cowboys

7:30 p.m.  
 Pittsburgh Steelers @ Indianapolis Colts

\* Times listed above are Central Standard Time



# One Never Knows....

Submitted by **Caroline Ver Schuer**  
Johnston Site Coordinator

Diane Fine and Nick Anderson started coming to the Johnston Crown Point Senior Center not knowing one another.

Their own reason to come to socialize, use the tennis court or other amenities that the center offers didn't lead them to know that they would also meet a life partner in the mix. They met and got to know one another on the Tennis Courts, as they challenged one another to matches. Last year Nick

Anderson proposed to Diane Fine at the Johnston Senior Center on those very tennis courts. They tied the knot this year, at a lovely ceremony, on August 6th. It was a beautiful blending of both families, amongst friends who witnessed this celebration of love.

Just goes to show you, you never know what you might learn or who you might meet when you get involved at a Senior Center.

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# A History of Thanksgiving

In 1621 in Plymouth, Massachusetts a feast of Thanksgiving was held by the "Pilgrims" along with their Wampanoag benefactors. This started our modern tradition of Thanksgiving. In 1870 Thanksgiving became one of the four Federal Holidays created by Congress. Unlike the others – New Year's, Independence Day and Christmas, there was no unique date attached to it.

Despite a uniform national day of Thanksgiving proclaimed by President Lincoln in 1863 the holiday continued to be celebrated on various days in the U.S. until, on December 26, 1941, President Roosevelt signed federal legislation making the fourth Thursday in November the permanent day for celebrating Thanksgiving.

In addition to morning parades

Thanksgiving has become known as Turkey Day and it is the day the National Football League's Detroit Lions and the Dallas Cowboys call their own. Detroit has played football on Thanksgiving since 1934. Infact for more than a dozen years, ending in 1963, the Lions played the Green Bay Packers. The Dallas Cowboys have played on Thanksgiving Day since 1966.

Because Thanksgiving is celebrated on a Thursday most Americans take off Friday, too. As early as midnight the following day Black Friday, the nation's number one shopping day, begins. Friday is also a day for leftovers and the beginning of a two days of college football rivalries concluded with a Sunday of playoff shaping professional football contests.



Crafting Fun for Everyone!

The Four Mile Senior Craft Class, instructed by Daiynna Brown, continues to grow.

Twice a month this group meets to work on various crafting projects. The skill level needed is usually easy to moderate, but the fun and laughs held during class are what

makes it all worthwhile. It is great to see all the new faces joining the class and we look forward to meeting more.

Call Four Mile Senior Center 515-265-9977 for details on class dates/times/upcoming projects.

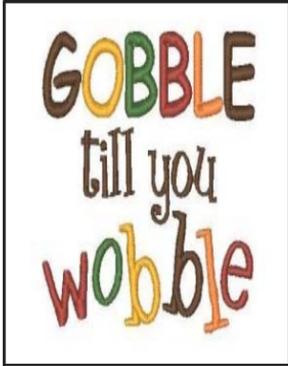
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## Solution

1	H	A	P	P	Y	6	A	M	I	9	D	E	F		
12	I	G	L	O	O	13	O	P	E	N	14	A	G	E	
15	C	O	Y	L	Y	16	G	R	A	V	Y	B	O	A	T
19	M	O	O	R	E	21	T	I	E	22	I	S	M		
23	O	R	O	25	A	E	T	27	T	O	A	S	T	S	
29	F	O	U	R	T	H	32	U	K	E	34	I	T		
35	T	U	T	E	E	36	G	R	E	E	N	S	38	B	N
40	E	T	H	A	N	41	E	K	E	42	E	L	S	I	E
44	N	E	45	P	O	L	L	E	N	47	B	E	T	T	E
46	P	E	49	I	T	Y	50	I	S	S	U	E	D		
51	P	A	R	D	O	N	54	S	O	L	56	F	R	Y	
57	A	D	A	58	I	C	E	60	A	L	O	O	F		
63	M	A	Y	F	L	O	W	E	R	66	P	L	I	E	D
69	P	E	A	70	L	E	T	S	71	T	I	N	G	E	
72	T	R	Y	73	N	R	A	74	S	O	G	G	Y		

**NOVEMBER** IS National **DIABETES** Awareness Month

**FINDING THE CURE** STARTS WITH AWARENESS



1  
Sloppy Joe  
WW Bun (1.75)  
Cooked Cabbage  
Diced Potatoes (1)  
Craisins (3)  
  
114  
792

2  
Chicken Tortellini Soup (1.5)  
Squash (1)  
Apricots (2.5)  
Rye Bread (1)  
  
92  
645

2  
**Flex Meal Option**  
Hot Dog  
WW Bun (1.75)  
Squash (1)  
Apricots (2.5)  
  
76  
494

3  
Swiss Steak (1)  
Mashed Potatoes (1)  
Spinach  
Tropical Fruit Salad (2)  
  
76  
581

4  
Tuna Salad  
WW Bun (1.75)  
Tomato Zucchini Salad (.5)  
Banana (2)  
Pickled Beets (.5)  
Chocolate Milk (1.5)  
  
91  
651

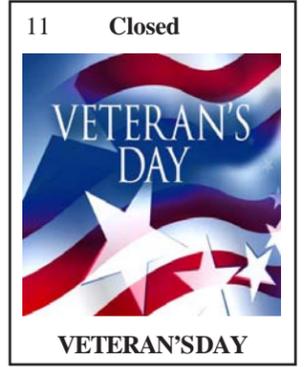
7  
Beef Stew (1)  
Spinach  
Applesauce (1)  
WW Dinner Roll (1)  
Pumpkin Bar (1)  
  
65  
540

8  
BBQ Chicken  
WW Bun (1.75)  
Coleslaw (.5)  
Harvard Beets (1)  
Raisins (3)  
  
110  
663

9  
Chef Salad w/Ranch Dressing  
Baby Potatoes (2)  
Banana (2)  
Dinner Roll (1)  
  
101  
686

9  
**Flex Meal Option**  
Liver and Onions  
Baby Potatoes (2)  
Lettuce Salad w/Ranch Dressing  
Banana (2)  
Dinner Roll (1)  
  
106  
681

10  
Pork Ham Slice  
Dutchess Potatoes (3.5)  
Peas (1)  
Peaches (1)  
Wheat Bread (1)  
  
113  
689



14  
Tator Tot Casserole (1)  
Broccoli  
Fresh Orange (1)  
Bread Pudding (1)  
  
78  
640

15  
Oven Roasted Chicken Breast  
WW Bun (1.75)  
Broccoli Cheese Soup  
Coleslaw (.5)  
Craisins (3)  
  
99  
753

16   
Beef Meatballs w/cheese  
WW Bun (1.75)  
Lettuce Salad w/Italian Dressing  
Banana (2)  
Birthday Cake (2)   
  
102  
848

16  
**Flex Meal Option**  
Chicken Meatballs w/ cheese (.5)  
WW Bun (1.75)  
Lettuce Salad w/Italian Dressing  
Banana (2)  
Birthday Cake (2)  
  
102  
936

17  
Turkey w/ Gravy (.5)  
Mashed Potatoes (1)  
Brussels Sprouts  
Cranberry Salad (2.5)  
WW Dinner Roll (1)  
  
101  
674

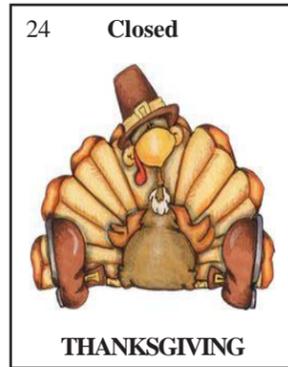
18  
Egg Salad  
WW Bun (1.75)  
Baby Potatoes (2)  
3 Bean Salad (1)  
Fresh Apple (1)  
Chocolate Milk (1.5)  
  
111  
796

21  
Tuna and Noodles (1)  
Stewed Tomatoes  
Lettuce Salad w/Ranch Dressing  
Craisins (3)  
Apple Raisin Crisp (3)  
  
171  
979

22  
Cali Burger  
WW Bun (1.75)  
Lettuce/tomato/onion  
Baked Beans (1.5)  
Banana (2)  
  
94  
718

23   
Sausage Patty w/Gravy  
WW Biscuit (1.5)  
Spinach  
Potatoes O'Brien (1)  
Fresh Orange (1.5)  
  
88  
551

23  
**Flex Meal Option**  
Harvest Chicken Salad (1.5)  
WG Biscuit (1.5)  
Fresh Orange (1.5)  
  
88  
614



28  
BBQ Pork Riblet  
WW Bun (1.75)  
Party Potatoes (1)  
Green Beans  
Craisins (3)  
Sugar Cookie (.75)   
  
106  
615

29  
Turkey Ham and Bean Soup (3)  
Broccoli  
Banana (2)  
LS V8 Juice (.5)  
Cornbread (1)  
  
90  
522

30  
Honey Mustard Chicken (.5)  
Spinach  
Pea Salad (1)  
Orange Juice (1)  
WW Dinner Roll (1)  
  
75  
548

30  
**Flex Meal Option**  
Spinach Salad w/Bacon and Eggs  
Orange Juice (1)  
WW Dinner Roll (1)  
  
45  
469

**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

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

Eat In or Carry Out - \* Must bring own carry out containers. \*  
No Reservation Needed / First Come- First Served  
Meals Sponsored by Central Iowa Shelters

**SENIOR SERVICES OF POLK COUNTY**

Menus, with the exception of the optional Wednesday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change.

**\*\* The number in parentheses indicates the carbohydrate exchange. (1)=15 grams**

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 Day 

**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.

**Northwest**  
Open 8:00 a.m. - 5:00 p.m.  
5110 Franklin  
Des Moines 50310  
Phone: 279-2767  
Site Supervisor: Kristi Carman  
Program Aide: Lisa McDonald  
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.

**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.

**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.

**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.

**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.

**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.

**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.

**Runnells**  
Open 9:30 a.m. to 1:30 p.m.  
108 Brown Street  
Runnells 50237  
Phone: 966-2427  
Site Coordinator: Missy Ulmer  
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.

**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.

**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

**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.

**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.



**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.  
South.....Mondays @ 10:00 to 11:00 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 June change. Check with individual sites on specific class dates/times for any upcoming projects  
Ankeny.....3rd & 4th Wednesdays @ 10:00 a.m.  
Central.....Thursdays @ 10:00 a.m.  
East.....Tuesdays @ 9:30 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.  
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, Crocheting & 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.

**Pennies from Heaven**  
West.....Wednesdays @ 12:30 p.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 June 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.

## November Tournaments

<b>Cribbage - Closed 11/11 &amp; 11/25</b>	10 <sup>th</sup> @ South – 12:30 p.m.	21 <sup>st</sup> @ N’ville – 12:30 p.m.
1 <sup>st</sup> Friday @ North – 12:30 p.m.	17 <sup>th</sup> @ South – 12:30 p.m.	21 <sup>st</sup> @ South – 12:30 p.m.
5 <sup>th</sup> Friday @ North – 12:30 p.m.	(when applicable)	28 <sup>th</sup> @ N’ville – 12:30 p.m.
Every Friday @ South – 12:30 p.m.	<b>10 Point Pitch</b>	28 <sup>th</sup> @ South – 12:30 p.m.
<b>Pinochle</b>	1 <sup>st</sup> @ South – 12:30 p.m.	<b>8 Ball Pool Tournament</b>
2 <sup>nd</sup> @ N’ville – 12:30 p.m.	8 <sup>th</sup> @ South – 12:30 p.m.	4 <sup>th</sup> @ North – 9:00 a.m.
9 <sup>th</sup> @ N’ville – 12:30 p.m.	15 <sup>th</sup> @ South – 12:30 p.m.	18 <sup>th</sup> @ North – 9:00 a.m.
16 <sup>th</sup> @ N’ville – 12:30 p.m.	22 <sup>nd</sup> @ South – 12:30 p.m.	<b>9 Ball Pool Tournament</b>
23 <sup>rd</sup> @ N’ville – 12:30 p.m.	29 <sup>th</sup> @ South – 12:30 p.m.	No Tournaments This Month!
30 <sup>th</sup> @ N’ville – 12:30 p.m.	<b>500</b>	<b>Cost \$1.00 per person.</b>
<b>Double Pinochle - Closed 11/24</b>	7 <sup>th</sup> @ N’ville – 12:30 p.m.	<b>Tournaments start at 12:30 p.m.</b>
3 <sup>rd</sup> @ South – 12:30 p.m.	7 <sup>th</sup> @ South – 12:30 p.m.	<b>unless otherwise indicated.</b>
	14 <sup>th</sup> @ N’ville – 12:30 p.m.	
	14 <sup>th</sup> @ South – 12:30 p.m.	

## November 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 3<sup>rd</sup> 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 - Closed 11/24**  
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.

**Fridays - Closed 11/11 & 11/25**  
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.

Pennies From Heaven @ West @ 12:30 p.m.



## Get your free health check-up at the 2016 Senior Health Fair!

**FREE!**

**Free screenings for those 50 and older:**  
Blood glucose, blood pressure, foot health, skin cancer, vision, cholesterol, bone density and more



**Saturday**  
**November 5, 2016**  
8 a.m. – 12 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. This may vary a little from site to site, so if interested, always check with a center for their specific schedule.

Please contact site staff on when class will be held at the site you participate (or would like to participate) in and find out what project will be coming up at that instructor's site/s.

Sign up sheets are located at each site, for each project. Projects are FREE 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	

## November Blood Pressure Checks

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

- 1<sup>st</sup> South
  - 2<sup>nd</sup> Ankeny (Health Talk only)
  - 3<sup>rd</sup> North
  - 7<sup>th</sup> Scott Four Mile
  - 7<sup>th</sup> **Ankeny** (provided by Nurse Volunteer)
  - 8<sup>th</sup> Grimes
  - 9<sup>th</sup> Northwest
  - 10<sup>th</sup> Polk City
  - 14<sup>th</sup> East
  - 15<sup>th</sup> South
  - 16<sup>th</sup> Pioneer Columbus
  - 17<sup>th</sup> Central
  - 18<sup>th</sup> Altoona
  - 21<sup>st</sup> West
  - 22<sup>nd</sup> Johnston
  - 23<sup>rd</sup> Norwoodville/Calvary
  - 30<sup>th</sup> Runnells
- Dates Subject to Change.



# Four Mile Senior Center

Supporting Our Special Donations Activity Account



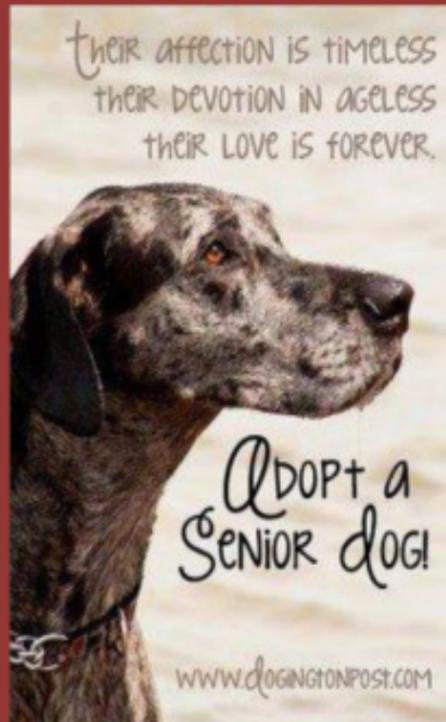
**Tuesday, November 8<sup>th</sup> - 9 a.m. to 5 p.m.**  
**Wednesday, November 9<sup>th</sup> - 9:30 a.m. to Noon**

Questions? Call 4-Mile Senior Center @ 515-265-9977  
3711 Easton Blvd (Parking on East, Enter through North)

## November is Adopt-A-Senior-Dog Month

### Top Ten Reason to Adopt an Older Dog

1. They enjoy a brisk daily walk, but the best part of the day is the nap. They love for you to join them.
2. When you rescue a senior dog, you have a best friend for life.
3. They reward your care with an unwavering devotion.
4. They know that shoes are for walking and bones are for chewing.
5. They know that the great outdoors is for eliminating and the house is for relaxing.
6. They can learn new tricks and they make excellent therapy dogs.
7. Senior Dogs often fit into your household with ease. They find the softest, warmest spot and claim it for their own, but they will share it with you, too.
8. They make excellent companions for everyone, especially older adults.
9. They are content on their own and leave you time for yourself.
10. Adopting a senior dog ...



**SAVES A LIFE!!**





### Des Moines University Adult Older Adult Exercise

Submitted by **Brianne Sanchez**  
Community Relations Manager  
[www.dmu.edu.com](http://www.dmu.edu.com)

An exercise class specially designed for older adults, focused on improving balance, strength and flexibility. Taught by Des Moines University Physical Therapy Clinicians Tuesdays, 9:45-10:30 a.m.  
\$10 per class or 5 classes for \$45  
Des Moines University Clinic – 9th floor  
3200 Grand Avenue, Des Moines  
Call 271-1717 for more information. Some participants may require a physical therapy evaluation prior to the first class.

### Join us for a Special Veteran’s Day Presentation

**Michael Vogt, Curator,**  
Iowa Gold Star Military Museum

Wednesday, November 9<sup>th</sup>,  
10:30 a.m.

Eastside Senior Center  
1231 E. 26<sup>th</sup> Street  
Des Moines, Iowa



Lunch Reservations can be made by calling 265-8461, by Monday, November 7<sup>th</sup>.

## Exercise Classes Offered

**ANKENY**  
WEDNESDAYS 10:45 - 11:15 A.M.

**CENTRAL**  
ARTHRITIS EXERCISE  
FRIDAYS 10:00 A.M.  
INSTRUCTOR - SARA BARATTA

**EAST**  
ACTIVE ADULT EXERCISE  
MON., WED/ & FRI. - 12:30 P.M.  
INSTRUCTOR – KIM SLYCORD OF LIVE 2 B HEALTHY

ARTHRITIS EXERCISE  
WEDNESDAYS 10:00 A.M.  
INSTRUCTOR - KRIS MCCAUGHEY

**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 ADULT EXERCISE  
MON., WED/ & FRI. - 9:15 A.M.

**NORTHWEST**  
ACTIVE ADULT EXERCISE  
MONDAY - 8:15 A.M.  
TUESDAY/THURSDAY - 12:30 P.M.

ARTHRITIS EXERCISE  
WED. AND FRI. AT 9:45 A.M.  
INSTRUCTOR - DOROTHY McCLATCHEY

**NORWOODVILLE**  
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 - JA'NEIL LONG

THURSDAY – CHAIR YOGA - 9 TO 10 A.M.  
DECEMBER 3<sup>RD</sup> & 17<sup>TH</sup>  
INSTRUCTOR – NOREEN GOSCH

**WESTSIDE**  
ACTIVE ADULT EXERCISE  
WEDNESDAYS & FRIDAYS - 12:15 - 1:15 P.M.

CHAIR EXERCISES  
MONDAYS & WEDNESDAYS 11:15 A.M.  
INSTRUCTORS: MAUREEN SEXTON,  
RICHARD ANDERSON AND FERN PARKER

MEDITATION YOGA  
TUESDAYS 12:30 P.M.

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.  
~ Lee Haney, 8 time Mr. Olympia



## SHARE November Menu

Order before November 4th, 2016 for pick-up on the 18th or 19th depending on location  
To order call 800-344-1107 or visit [www.shareiowa.com](http://www.shareiowa.com)

- (A) **Best Value Package \$28.00** *"Save up to 50% on your groceries"*  
1 lb 80% Lean Ground Beef  
4 – 4 oz Pork Chops Made by Omaha Steaks  
3 lb Whole Chicken  
14.4 oz Fully Cooked Turkey Breakfast Sausage Patties  
16 oz Choice Cut Frozen Corn  
8 inch - 22 oz Prebaked Pumpkin Pie  
Russet Potatoes, Sweet Potatoes, Celery, Carrots, Apples, Oranges
- (B) **Grocery Package \$14.50**  
Russet Potatoes, Sweet Potatoes, Celery, Carrots, Apples, Oranges  
16 oz Choice Cut Frozen Corn  
8 inch - 22 oz Prebaked Pumpkin Pie
- (C) **Meat Only Package \$14.50**  
1 lb 80% Lean Ground Beef  
4 – 4 oz Pork Chops Made by Omaha Steaks  
3 lb Whole Chicken  
14.4 oz Fully Cooked Turkey Breakfast Sausage Patties

- (D) **Thanksgiving Dinner \$33.00**  
10 to 12 lb Turkey                      Stuffing Mix  
French Style Green Beans              Baking Mix  
Bonser Homestyle Noodles              Pumpkin Pie  
Potatoes, Sweet Potatoes,  
Celery, Carrots, Apples, Oranges
- (E) **Baking/Pantry Box \$30.00**  
4 lb Granulated Sugar                      2 lb Brown Sugar  
2 lb Powdered Sugar                      5 lb Flour  
5 oz Chopped Walnuts                      6 oz Raisins  
12 oz Real Chocolate Chips                      16.5 oz Baking Mix  
8 oz Vanilla                                      .7 oz Cinnamon  
16 oz Shortening                                      14 oz Oatmeal  
18 oz Peanut Butter                                      5 oz Spray Oil  
10 oz Mini Marshmallows  
32 oz Shelf Stable 2% White Milk
- (F) **Shrimp Box \$23.50** *"Peeled, Deveined, Tail off"*  
4 lb Par - Cooked Shrimp, 2 -2 lb Bags
- (G) **10 lb. Chuck Burgers \$24.00** *"Restaurant Quality"*  
30 - 1/3lb Chuck Burgers, Made with 100% Beef

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

**\*(H) Spiral Ham**

Approx. 7 lb Bone - in Spiral Ham netted w/ spice pack

**\$18**

**\*(I) Cheese Pack**

8 oz Cojack Block Cheese  
9 oz Cheese Curds  
8 oz String Cheese  
7 oz Original Summer Sausage  
8 oz Beef Sticks

**\$17.50**

**\*(J) S'Mores Cake**

8 inch Double Layer Cake, White Marshmallow Icing w/ a Dusting of Graham Cracker Crumbs

**\$9**

**\*(K) Rim Rock Farm's Chicken**

2.5 lb Bag Boneless Skinless Chicken Breast Fillet  
2.5 lb Bag Breaded Chicken Breast Fillets  
3 lb Bag Popcorn Chicken

**\$20.50**

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

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



West Des Moines Seniors with their reading pals from Crossroads Elementary School

## Westside News: Blast from the Past

The Crossroads Elementary 3rd graders visited the West Side Community Center on Friday, October 7th. Each student came to the center with books, interview questions and a hand-made card. The students were paired with a senior buddy and they spent the hour reading and getting to know one another.

All West Des Moines 3rd graders get to participate in the Read-to-Me program which promotes connections between generations and gives both students and seniors an opportunity to grow and learn.

The Read-to-Me program is a West Des Moines School-Community Education program.

A special surprise that happened while the young reader's visited our center is that one of the students kept telling the teacher associate that his grandma was here. She thought he was just telling her there were a lot of "grandmas" here at the center; but lo and behold, his actual grandma was sitting just at the next table. She looked over and was so excited to see him and the feeling was mutual.



Catalina Silva very surprised & happy to see her grandson



Darleen Monahan is enjoying being read stories to by two of the students.



## Senior Companion – 9.11 Food Drive

Pictured L-R: Margaret Scheuermann (Des Moines), Marj Johnston (Des Moines), Debbie Kegley (Des Moines), Dixie Houge (Des Moines), Mary Cason (Des Moines), and front row: Mary Carothers (Indianola).

Each year, the Senior Companion Program recognizes the anniversary of 9-11 by organizing a food-drive. On October 6<sup>th</sup>, 30 Senior Companion volunteers donated 137 food items to the DMARC food pantry.

Visiting Nurse Service of Iowa's Senior Companion Program offers seniors the opportunity to serve other older adults who need assistance to stay independent at home. Senior Companions generally visit each of their clients once a week to provide transportation, social support and respite care.

Senior Companions must be ages 55+. They earn a tax-free hourly stipend, mileage reimbursement, and other benefits for serving 15 or more hours a week.

Those, ages 55+ who are interested in earning \$300+ extra each month by helping others maintain their independence are encouraged to contact Julia T. at 515.558.9957 or at [juliat@vnsia.org](mailto:juliat@vnsia.org).