



Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • August 1 - 31, 2014



New Drug Drop Off Boxes Across Polk County



The Polk County Sheriff's Office along with local city Governments are offering residents a new way to help dispose of unwanted prescription medications that could otherwise end up in the wrong hands or in local landfills, or being flushed down toilets.

Prescription drug drop offs give people an easy way to keep drugs out of the hands of those that should not have them. It is more secure than disposing of them in the trash or flushing them down the toilet. These methods raise concerns because people who are desperate enough can go through people's garbage for drugs, and flushing drugs down the toilet can contaminate the water supply.

The City of Bondurant will have a new drop off box placed in the Bondurant City Hall lobby

The City of Grimes will also have a new drop off box placed in the Grimes City Hall lobby.

The Polk County Sheriff's Office will offer a centralized location at our Field Headquarters lobby at 6023 NE 14th Street in Des Moines, with a new drop off box as well.

The Polk County Sheriff's Office will ensure that all accepted items will be properly disposed of.

Items that are acceptable are prescription medications in the form of pills, tablets, ointments, creams, powders, inhalers, nebulizer solutions, liquid medications, vitamins and supplements, and pet medications. All items must be placed into a sealed zip up

baggie prior to dropping them into the containers.

Items that are unacceptable for drop off are sharp objects, syringes with needles, thermometers, bloody or infectious waste, aerosol cans, Hydrogen Peroxide or Rubbing Alcohol.

The service will be available at all locations weekdays from 8:00 a.m. to 4:00 p.m.

We would like to thank the following businesses for their contributions in making the drop boxes possible- The U.S. Postal Service, ACME Signs, and Ted's Body Shop.

Submitted by the Polk County Sheriff's Office - Sheriff Bill McCarthy for more information contact Lieutenant Brent Long or goto: www.polkcountyiowa.gov/sheriff.
000

Announcements and Upcoming Events

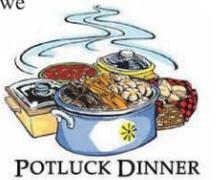
South Senior Center Potluck

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

On the 1st Saturday of this month (August 2nd), we hold a Potluck lunch.

Just bring a dish to share. Doors open at 10:30 a.m. Eat lunch at noon and stay in the afternoon to play cards, bingo, etc. Table service is provided along with coffee and tea. Come join us for good food and fun.

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



POTLUCK DINNER

Polk County's Annual Volunteer Recognition Dinner



Mark Your Calendars! The event will be held at Veteran's Memorial - Community Choice Credit Union Convention Center on Tuesday, September 16th, 2014.

This invite-only dinner is to recognize and show appreciation to those who have met eligibility requirements and regularly volunteer within a department of Polk County, from the time period of July 2013 to June 2014. More information about this event can be found at senior center locations or in upcoming Senior Bulletin Issues.

NEW!! Norwoodville Quilter's Guild



This new group is looking for anyone interested to come participate and share talents and skills to create beautiful pieces from hand. They plan to donate/share within the surrounding community, where items are useful and needed.

Meets at the Norwoodville Community Center, every Tuesday, at 10:15 a.m.

Stop in and enjoy some quilting, good company, morning goodies & hot coffee.

For more information call Dan or Krystal @ 515-266-5794

Recognition Ceremonies Held for Foster Grandparents

Submitted by Traci Bittner Dragoo • Publications Specialist • HCI Care Services | Visiting Nurse Services of Iowa

VNS of Iowa's Foster Grandparent Program in Boone, Dallas, Marshall and Story Counties recently held its first recognition ceremony. With more than 25 grandparents in attendance at the beautiful location of the Reiman Gardens in Ames, the event was a hit.

Vice president of organizational integrity Denise Hotopp was the guest speaker for the event. Foster Grandparents were presented with their certificates by Karen Sullivan, Foster Grandparent, Senior Companion and Navigator director, along with a meaningful quote from their site supervisors.

Following the ceremony, the Foster Grandparents were invited to walk about Reiman Gardens and explore the beautiful flowers.

"The event was a success!" Foster Grandparent manager Anna Vaughn said. "I am blessed to have the joy to work with these great people!"

In Polk County...

On May 20, VNS of Iowa held its annual recognition event for its Foster Grandparent Program at the Holiday Inn Downtown in Des Moines. Forty-seven Foster Grandparent volunteers were honored for their commitment and years of service to children in Polk County.

Keynote speakers Norene Mostkoff, president and CEO of HCI Care Services and VNS of Iowa; and Renita Lord, Principal from Garton Elementary thanked the volunteers for their dedicated service. Amy Beller with Senator Harkin's office offered praise to the volunteers.

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.

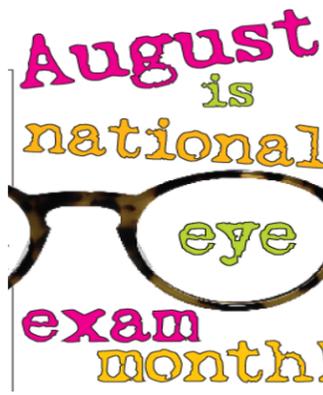


- 8/7 to 8/17 - Iowa State Fair
- Admit You're Happy Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- National Picnic Month

Source: www.HolidayInsights.com



National Picnic Month!





It's State Fair Time !!



O P Q V X S T X B O O T H S T A O J O G Q Y Z Y N E U B A F E O E A Y H
 I E E D A N O M E L S G O S W L T W D S G E L Y E K R U T E N V Q F Q U
 Z U C J S R O D N E V H N C Z U I S W A R I D E P A S S X P T C B O Q Z
 C O A S Z O I S C T W G H G J W L C W H N R E M D X D T T B E C V R A Y
 T T T R L G T T T Y M Z X B H F T Y O A I C H T H H O X O F R S L H Q T
 S V T J I O V U D A V D A L S N A T A G T S E D G R A N D S T A N D S I
 L S L I O A O N E I T R A H C I W N Y E V E T R G N P M O G A H D L C Y
 H T E Z N T H A X S Q E E Q E H H T F M A P R F S E A U C T I O N E A L
 T E W S T S J E A Q U E F C P E I P C W I S U S A I N S G R N J Z K V B
 Q K Q I A B N P U S P F P A L W R U N C W E F A L R W I K Q M Y F G S Y
 U C Z H M A O D G E G V I O I A L G W D U N P Z B I C C U H E W N K T B
 J I C K E N F E J S A F Y H V R J Z N X E O T M E U D I O L N I L M E D
 K T O G R N X T K R R U D D I C D B S A S C B L D L L E D C T M I X D Z
 J D M X F J V S W O T R A C T O R P U L L W W J M T A R O N S G G U Y Y
 B R E T H G U A L H B U M P E R C A R S R O N F S O V R I N A F J S R V
 G A U G U S T O P U V K R J S E K A C L E N N U F M N A W F J H U J P U
 S G S M R C U R G N I W E S P Y S M O I Z S S K V D P O D J Y D M Q K D
 L C O M P E T I T I O N S X S E I H P O R T C B O E L F D K E N O E O A
 A H S T A O B E L D D A P R L L U Y K B J O S G C C R J U A P Q Z Z V U
 M R U J C M R Q H L K U S E G A T S Y P T D S A I M O P R E S E R V E S
 I R C H A I R L I F T P E S S E C A R S O B F G I C F N L Z A K C R G U
 N G H N F M L M S G L H F U E M F D E O L E A E K T I W C R U O B H E P
 A V G Y M J W T L R W S E Z I R P V G R C E V R I G L B C E T X H G T G
 D S E I L I M A F S J I J T L C I D B S U F S F N S K A P T R B L C A K
 E K O B L T S E I R O M E M A L E S T E N T X U U Z D P O Z S T A I B A
 F B E H Z X S R B J U D G E S K N N U D S M L Q O E G N E R N K S Q L K
 F H L F F H R N F L L H Q S A R F O U I Q T V U S R C O E I E W I Z E K
 U U U J U E Y V H P Q K J B U R A I V R M G I Z C A A L T K E A X C S B
 T U L V F F J Y V P S Z C L N O I S V E I S L B N I G C S N U U Z H J U
 S Z R E T S A O C R E L L O R D R S P I D I K D I G R S K S Q I I I E O
 X O D S E R U T C I P B V C P E Q E L D W L Y Y U H O G D Y Y P R C Z L
 G H L 4 K U D H E C U D O R P O U C O D A I P J R T X A A O R H J K B D
 J G U L F B F A R M I Q G R D S E N G I Y T F M N I T E G T I A Z E K M
 E J A U P C C W G P Y B H O S B E O F K I O U I D N D D L L A B Y N Z I
 Y Z Y S N O B B I R E U L B A N N C U E J X O H L A X E X P D F J S S L
 J Z P M D X R L H I C E C R E A M L U P C A R N I V A L C P U U A M O F

4-H
 AGRICULTURE
 ARCADES
 AUCTION
 AUGUST
 BAKED GOODS
 BARN
 BLUE RIBBON
 BOOTHS
 BUMPER CARS
 CARNIVAL
 CAROUSEL
 CATTLE
 CHAIR LIFT
 CHICKENS
 CLOWNS
 COIN TOSS
 COMPETITIONS
 CONCERTS

CONCESSIONS
 CORN DOGS
 COTTON CANDY
 DAIRY QUEEN
 DANCERS
 ENTERTAINMENT
 EXHIBITS
 FACE PAINTING
 FAIR QUEEN
 FAMILIES
 FARM
 FERRIS WHEEL
 FUNNEL CAKES
 GOATS
 GRANDSTANDS
 HANDICRAFTS
 HORSES
 ICE CREAM
 JUDGES

JUGGLERS
 KIDDIE RIDES
 LAUGHTER
 LEMONADE
 LION TAMER
 LIVESTOCK
 MEMORIES
 MIDWAY
 MUSIC
 OLD MILL
 PADDLE BOATS
 PICTURES
 PIGS
 PRESERVES
 PRIZES
 PRODUCE
 QUILTS
 RACES
 RIDE PASS

ROASTED PEANUTS
 RODEOS
 ROLLER COASTER
 SEWING
 SHEEP
 SKY RIDE
 SNOW CONES
 STAGES
 STATE FAIR
 STUFFED ANIMALS
 TICKETS
 TILT A WHIRL
 TOYS
 TRACTOR PULL
 TROPHIES
 TURKEY LEGS
 VEGETABLES
 VENDORS
 WATER SLIDE

Delicious Healthy Summer Recipes!

Grilled Shrimp Panzanella

Makes: 10 servings
Yield: 16 cups
Prep: 40 mins
Grill: 14 mins
Chill: 1 hr to 2 hrs



- 761 mg sodium,
- 29 g carb.,
- 2 g fiber,
- 6 g sugar,
- 14 g pro.
- Percent Daily Values are based on a 2,000 calorie diet

Summer Vegetable Potato Salad

Makes: 8 servings
Prep: 30 mins
Cook: 5 mins

Ingredients

- 1 pound small yellow or red **new potatoes**, sliced
- 2 ears of fresh sweet corn, cooked, or 1 cup frozen whole kernel corn, thawed
- 4 roma tomatoes, sliced or cut into thin wedges
- ¼ cup **fresh basil** leaves, torn
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon finely chopped shallot or **red onion**
- 1/2 teaspoon Dijon-style mustard
- 1/4 teaspoon sugar
- Salt
- Ground black pepper
- 1/2 cup crumbled feta cheese
- Fresh basil** leaves



Directions

1. In a medium saucepan cook potatoes, covered, in enough boiling salted water to cover for 5 minutes or until just tender. Drain and cool. **Cut corn from cobs.** On a large serving platter arrange potatoes and tomatoes. Sprinkle with corn and the 1/4 cup basil.
2. For dressing, in a screw-top jar combine oil, vinegar, shallot, mustard, sugar, and salt and pepper to taste. Cover and shake well. Pour dressing over potato mixture. Sprinkle salad with feta cheese and basil leaves.

Nutrition Facts

- Per serving:
- 163 cal.,
 - 9 g fat
 - (2 g sat. fat,
 - 1 g polyunsaturated fat,
 - 5 g monounsaturated fat),
 - 8 mg chol.,
 - 195 mg sodium,
 - 18 g carb.,
 - 2 g fiber,
 - 4 g sugar,
 - 4 g pro.
 - Percent Daily Values are based on a 2,000 calorie diet

It is health that is real wealth and not pieces of gold and silver.

~ Mahatma Gandhi

Ingredients

- 1 1/2 pound large fresh or frozen shrimp with tails, **peeled and deveined**
- 3/4 cup olive oil
- 1/2 cup white balsamic vinegar or balsamic vinegar
- 3 tablespoons lemon juice
- 2 **cloves garlic**, minced
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 2 large red and/or yellow sweet peppers, halved and seeded
- 2 medium **zucchini**, halved lengthwise
- 1 pound loaf ciabatta bread, cut into 1-inch-thick slices
- 4 roma tomatoes, halved
- 1/2 cup coarsely chopped **fresh basil** (optional)
- 1/2 cup coarsely chopped **fresh parsley** (optional)
- 1/2 cup **Kalamata olives**, pitted and halved (optional)

Directions

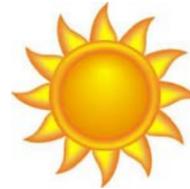
1. Thaw shrimp, if frozen. In a medium bowl combine oil, vinegar, lemon juice, garlic, salt, and black pepper. Thread shrimp onto six 12-inch wooden skewers.* Brush shrimp with about 3 tablespoons of the oil mixture, reserving the remaining mixture.
2. For a charcoal or gas grill, grease grill rack. Place skewers on the grill rack directly over medium heat. Cover and grill for 4 minutes or until shrimp are opaque, turning once halfway through grilling. Remove from grill; set aside on a large baking sheet.
3. Brush sweet peppers and zucchini with oil mixture. Add to grill. Cover and grill about 8 minutes or until crisp-tender and lightly charred, turning once halfway through grilling. Remove from grill; set aside on a large baking sheet.
4. Brush bread slices and tomatoes with some of the reserved oil mixture. Add to grill. Cover and grill about 2 minutes or until bread is lightly toasted and tomatoes are softened, turning once halfway through grilling.
5. Remove shrimp from skewers and transfer to a very large bowl. Cut sweet peppers, zucchini, and bread into 1-inch pieces; add to bowl. Drizzle with any remaining oil mixture. If desired, add basil, parsley, and olives; toss to combine.
6. Serve salad immediately or chill for up to 2 hours.

From the Test Kitchen *Tip:

Soak wooden skewers in water for at least 30 minutes before using.

Nutrition Facts

- Per serving:
- 331 cal.,
 - 18 g fat
 - (3 g sat. fat,
 - 2 g polyunsaturated fat,
 - 12 g monounsaturated fat),
 - 88 mg chol.,



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or August 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.



Polk County August Pie Menu

August 7th
Cherry Pie

August 14th
Pecan Pie

August 21st
Boston Crème Pie

August 28th
Strawberry Rhubarb Pie



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for August. Should this change, members will be contacted directly. If you would like to attend a meeting or see about joining the committee, please contact Daiynna @ 286-3536.





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?



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

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



(515) 558-9975 • www.vnsia.org



“State Fair” (based on a family’s Iowa State Fair adventures) is a 1945 American film directed by Walter Lang and is a musical adaptation of the 1933 film of the same name, with original music by Rodgers and Hammerstein. The film stars Jeanne Crain, Dana Andrews, Dick Haymes, Vivian Blaine, Fay Bainter, and Charles Winninger. State Fair was remade in 1962, that time starring Pat Boone and Ann-Margret.

WesleyLife HOME-DELIVERED MEALS

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

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



Roast beef



Lemon pepper fish



Country herb chicken



WesleyLife MEALS ON WHEELS

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




1700-988-513

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



M

T

W

Th

F



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

Questions? Call the site nearest you!

1
Baked Cod
Key Largo Vegetables
Lettuce Salad
Pineapple Tidbits
Grape Juice
Rye Bread

72
496

4
Hamburger Cabbage
Casserole
Peas
Tropical Fruit Salad
Wheat Bread
Peach Crisp

118
938

5
Apple Pork Chops
Carrots
Potato Salad
Strawberries
Wheat Bread
Sponge Cake

90
647

6
Chef Salad w/tomato
Wedge
Baby Potatoes
Fresh Banana
Bran Muffin

107
777

6
Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Fresh Banana
Bran Muffin

119
802

7
Shredded Pork
Cucumber Salad
Garlic Mashed Potatoes
Fresh Apple
WW Bun
Mandarin Oranges

97
700

8
Tuna Salad
WG Crackers
Minestrone Soup
Cooked Cabbage
Orange Juice
Trail Mix

101
765

11
Beef Chili
Squash
Mixed Melon
Wheat Bread
Mango Crisp

111
734

12
Beef Meatball Sub w/
cheese
Tomato Sauce
Peas
Applesauce
WW Bun
Fresh Orange

92
803

13
Chicken Burger
Lettuce/tomato/onion
Broccoli
Fresh Banana
WW Bun
Birthday Cake

114
718

13
Flex Meal Option
BBQRiblet
Lettuce/tomato/onion
Broccoli
Fresh Banana
WW Bun
Birthday Cake

127
909

14
Pork Roast w/gravy
Mashed Potatoes
Spinach
Orange Juice
WW Dinner Roll
Pineapple

94
607

15
Tuna Noodle Casserole
Key Largo Vegetables
Lettuce Salad
Raisins
WW Dinner Roll

94
608

18
Chicken Tortellini Soup
Green Beans w/almonds
Fresh Plum
Pears
Pumpkin Apple Muffin

102
680

19
Cali Burger
Lettuce/tomato/onion
Valley Salad
Berry Blend
WW Bun
Warm Cinnamon Apples

89
731

20
Pork Ham Slice
Copper Penny Salad
Spinach
Banana
Raisin Bread
Strawberries

94
561

20
Flex Meal Option
Chicken Caesar Salad
Banana
Raisin Bread
Strawberries

84
718

21
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

89
723

22
Turkey Sandwich
Broccoli Cheese Soup
LS V8 Juice
Tropical Fruit
Cherry Almond Crisp

111
814

25
Baked Chicken
Party Potatoes
Broccoli
Fresh Orange
Wheat Bread
Pears

87
675

26
Walking Chicken Taco
Lettuce w/diced tomatoes
Salad Dressing
Green Beans
Pears
WG Tortilla Chips
Fresh Orange

86
706



27
Shepherd's Pie
Spinach
Craisins
Wheat Bread
Blueberry Crisp

159
947

27
Flex Meal Option
Turkey Burger
Lettuce/tomato/onion
Spinach
Craisins
WW Bun
Blueberry Crisp

150
894

28
Meatloaf
Sweet Potatoes
Brussels Sprouts
Banana
WW Dinner Roll

101
820

29
Hearty Italian Vegetable
Beef Soup
Peas
Orange Juice
WG Blueberry Muffin
Peaches

104
794

STRETCH Your Food Dollars
It's As Easy As...

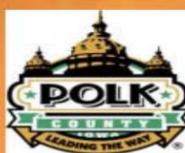
For Older Adults 60+
Women, Infants
And Children



Monthly Packages Include:

- Canned Meat
- Canned Vegetables
- Hot & Cold Cereal
- 100% Fruit Juice
- Canned Fruit
- Cheese
- And More...

Commodity Supplemental Food Program
2309 Euclid Avenue
Des Moines, IA 50310
Call Toll Free: 1-877-288-3655
www.polkcountyia.gov



All menus have been verified to meet the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board of the Nutrition Research Council of The National Academy of Science. Serving size: 3 oz. meat/alternative, 2 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.

Top # = Carbohydrates

Bottom # = Calories

Salt Shaker = Higher Sodium Menu



I love summertime more than anything else in the world. That is the only thing that gets me through the winter, knowing that summer is going to be there.

~ Jack McBrayer

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: Theresa Webb
 Serving time: 11:30 a.m.

Ankeny
 Open 9:30 a.m. to 1:30 p.m.
 406 S.W. School Street, Suite 104
 Ankeny 50021
 Phone: 963-0527
 FT Site Coordinator: Maureen Schaefer
 PT Site Coordinator: Mary Scaglione
 Serving time: 11:30 a.m.

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: Eliz Rockwell
 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.

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.

Westside Community Center
 Open 8:00 a.m. - 5:00 p.m.
 134 - 6th Street
 West Des Moines 50265
 Phone: 274-0373
 Site Supervisor: Mary Clare
 Program Aide: Linda Mason
 Serving Time: 11:30 a.m.

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.



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

Ceramics
 Central.....Mon./Fri. 12:30 p.m.
 East.....Thursdays@ 9:00 a.m.
 Norwoodville.....Thursdays@ 12:30 p.m.
 Pioneer Columbus.....Thursdays@ 12:30 p.m.
 South.....Mondays@ 12:30 p.m.
 WestsideMondays@10:00 a.m.

Crafts: (Craft classes run approximately 1 hour)
 Altoona.....Mondays@ 10:00 a.m.
 Ankeny.....Tuesdays@ 10:15 a.m.
 Central.....Thursdays@ 10:00 a.m.
 East.....Tuesdays@ 9:30 a.m.
 MLK.....Mondays@ 9:30 a.m.
 North.....Thursdays@ 9:30 a.m.
 Northwest.....Mondays@ 10:00 a.m.
 Norwoodville.....Wednesdays@ 10:00 a.m.
 Polk City.....Tuesdays (except 2nd Tues.) @ 9:30 a.m.
 Runnells.....Fridays@ 10:15 a.m.
 Scott Four Mile.....Wednesdays@ 10:00 a.m.
 South.....Thursdays@ 10:00 a.m.
 WestsideTuesdays@ 9:00 a.m.

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

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

Golden Thread Society: (Quilting, Crocheting & Knitting)
 South.....1st & 3rd Wednesdays@ 2:00 - 4:00 p.m.

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

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

Line Dancing
 North.....Wednesdays@ 12:30 p.m.
 Polk City.....Thursdays @ 10:30 p.m.
 South.....Tues @ 10:00 a.m. and Thurs@ 12:30 p.m.

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

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

Pool/Billiards
 Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.

Puzzles
 Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
 MLK.....Daily @ 9:00 - 3:00 p.m.
 Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Scrapbooking
 South.....Mondays@ 9:30 - 11:30 a.m.
 with Bev Collogan

"Sew-cial": Quilting/N'point (no plastic canvas) Group
 Johnston.....2nd & 4th Wednesdays @ 10:00 - 3:00 p.m.

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

Wii
 Johnston.....Mondays @ 11:00 a.m.
 Johnston.....Tuesdays @ 1:00 p.m.
 MLK.....Daily @ 12:30 p.m.
 North.....Daily @ All Day

Yoga
 JohnstonMondays @ 9:00 & 10:45 a.m.

Zumba Gold
 JohnstonTuesdays @ 1:00 p.m.



August Tournaments

18th @ South - 12:30 p.m.
 25th @ N'ville - 12:30 p.m.
 25th @ South - 12:30 p.m.

20th @ N'ville - 12:30 p.m.
 27th @ N'ville - 12:30 p.m.

Double Pinochle
 7th @ South - 12:30 p.m.
 14th @ South - 12:30 p.m.
 21st @ South - 12:30 p.m.
 28th @ South - 12:30 p.m.

Shanghai
 7th @ South - 12:30 p.m.
 14th @ South - 12:30 p.m.
 21st @ South - 12:30 p.m.
 28th @ South - 12:30 p.m.

Group Choice for Cards
 1st @ South - 12:30 p.m.
 8th @ South - 12:30 p.m.
 15th @ South - 12:30 p.m.
 22nd @ South - 12:30 p.m.
 29th @ South - 12:30 p.m.

8 Ball Pool Tournament
 1st @ North - 9:00 a.m.
 15th @ North - 9:00 a.m.
 29th @ North - 9:00 a.m.

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

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

August Social Card/Domino Parties

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

Tuesdays -
 Duplicate Bridge @ North @ 12:30 p.m.
 Hand & Foot @ NW @ 12:00 p.m.
 Dominoes @ East @ 12:30 p.m.
 Hand & Foot or Spite and Malice @ East @ 12:30 p.m.
 Jailhouse Rummy @ South @ 12:30 p.m.

Wednesdays -
 500 @ Ankeny @ 12:30 p.m.
 Social 10 pt. Pitch @ NW @ 12:00 p.m.
 (except 3rd Wednesday)

Bridge @ Johnston @ 11:30 a.m.
 65 @ South @ 12:30 p.m.

Thursdays -
 Social Cribbage @ North @ 12:30 p.m.
 Pitch @ Johnston @ 1:00 p.m.
 Social Canasta @ Altoona @ 12:15 p.m.
 Double Pinochle @ NW @ Noon
 Shanghai @ South @ 12:30 p.m.

Fridays -
 Bridge @ Ankeny @ 12:30 p.m.
 Social Bridge @ NW @ 1:00
 Social Hand & Foot @ NW @ 1:00 p.m.
 Pokeno @ East @ 10:30 a.m.
 Group Choice @ South @ 12:30 p.m.



Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language.

~ Henry James

Polk Senior Services Administrative Staff

Program Administrator - Joy Ihle
 Program Manager - Joyce Webb
 Program Specialist/Editor - Daiyanna Brown
 Program Specialist/PEER Advocate/SHIIP - Jaime Stevens
 Administrative Office - 286-3679



State Treasurer of Iowa
Michael L. Fitzgerald

Recent News

A News Brief From The State Treasurer of Iowa

Visit Us at the State Fair!

State Treasurer Michael L. Fitzgerald wants to encourage everyone to visit Great Iowa Treasure Hunt and College Savings Iowa at the Iowa State Fair this year.

A stop at the Great Iowa Treasure Hunt booth might be worthwhile, as fair goers could find their names among the hundreds of thousands of individuals with unclaimed property. "Over the years we have had tremendous success in reuniting people with their lost treasures," said Fitzgerald. "Last year, over 8,500 people were successful in finding their name or that of someone they knew." The booth will have computers set up for people to search for their names or for someone they know. "Staff will be available to answer questions and to help treasure hunters print claim forms," Fitzgerald added.

Visit the Great Iowa Treasure Hunt booth at the Iowa State Fair, August 7-17 in the Varied Industries Building. The building will be open from 9 a.m. to 9 p.m. daily. To learn more about the programs visit greatiowatreasurehunt.com.

More Names Added to the Great Iowa Treasure Hunt

State Treasurer Michael L. Fitzgerald has wrapped up his spring publication. But it is never too late to check for your name. "Simply go to greatiowatreasurehunt.com to start your search. I encourage everyone to take a few minutes and look for their name," Fitzgerald said.

Thousands of individual names with unclaimed prop-

erty have been received in the last year. "New unclaimed property is added every year, so even if you have made a claim in the past, it could be worth your time to search greatiowatreasurehunt.com and see if there is new property waiting for you." The Great Iowa Treasure Hunt is currently holding more than \$275 million for over one million accounts.

Search the unclaimed property database to see if the state treasurer has property belonging to you at greatiowatreasurehunt.com.

Economic Update

Iowa's economy continued to experience improvement throughout early 2014. The state's unemployment rate remained low in May at 4.4%, national rate was 6.3%, ranking Iowa as the seventh lowest in the nation. Boosting Iowa's total employment level to an all-time high was the increased hiring in the sectors of financial services, professional and business services, health care, and leisure and hospitality. The manufacturing sector experienced gains in employment for the first time since December 2013, ending its longest period of consecutive monthly job losses since the recession ended. With the effects of the drought mostly diminished in Iowa, current prices for some agricultural commodities are trending downward. Despite Iowa's diversified economy, these lower prices could possibly decrease the future growth of the agriculture sector and Iowa's economy.

ooo

Do You Have Diabetes?

Taking Control of Your Diabetes – Conference & Health Fair One Day Can Change Your Life

Saturday, September 27th, 2014
HyVee Hall, Des Moines, Iowa
9:00 a.m. – 5:00 p.m.



Be Empowered...Be Inspired!

TCOYD has assembled an all-star cast of diabetes experts for a day that will ignite motivation, offer hope and change your life with diabetes forever!

Learn from leading experts in diabetes care the latest information and technology. One-on-one consultations with specialists. Fitness Sessions. Motivational speakers. Health Fair Screenings. Eye Care Specialists. Cooking Demos. Lunch Provided. All for one low price. Financial Aid available for those in need.

Fees (Registration fee includes all materials, screenings and lunch)

Early-Bird Registration Fee

Early-bird registrations will be taken by phone, fax or online through, Wednesday, September 24th.

Registrations sent through the mail must be postmarked by Friday, September 19, 2014.

\$25 per person (\$20 per person for 2 or more registering together) additional \$5 off registration fee with membership.

No refunds after Friday, September 19, 2014

Day-Of On-Site Registration Fee

\$30 per person

Secure Online Registration

www.tcoyd.org

Financial Aid

Financial aid is available for those in need. Ask your caregiver or call TCOYD at 800.998.2693.

Parking

Parking is \$7.00. Parking is available north of the Iowa Events Center

Iowa Events Center HyVee Hall

730 Third Street, Des Moines, IA 50309

515.564.8000

Registration & Information

Call the TCOYD office: 800.998.2693 or 858.755.5683

FAX 858.755.6854

Look for us on the internet: www.tcoyd.org

If you have special needs, call 800.998.2693

Why is the registration fee to attend this conference so low?

While we charge only \$20-\$30 per person in registration fees, it costs TCOYD \$125-175 per person for these conferences. We make up the cost difference by raising funds from our generous donors as well as educational

grants. TCOYD is a 501(c)3 not-for-profit charitable educational organization.

All donations directly support TCOYD, are tax deductible and greatly appreciated.

National Catfish Month



Contrary to slanderous Eastern opinion, much of Iowa is not flat, but rolling hills country with a lot of timber, a handsome and imaginative landscape, crowded with constant small changes of scene and full of little creeks winding with pools where shiners, crappies and catfish hover.

~ Paul Engle

Free Community Dinner Meal Offered

(No Age Requirement)



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

Monday – Thursday 2:15 to 3:15 p.m.
(or as long as food lasts)

Eat In or Carry Out –
* Must bring own carry out containers. *

No Reservation Needed / First Come- First Served

Ran by Nancy Gilbreth/Sponsored by Central Iowa Shelters

Ask The Naturalist

By Heidi Anderson

Polk County Conservation Boardalist

www.leadingyououtdoors.org

Question. Every time I go out into my yard during the evening hours, I get bitten alive by mosquitoes. How can I get rid of them?

Ben, Johnston



Answer. There are some simple things you can do around your home, but it may not reduce the number of mosquitoes or their biting activity.

The most common species of mosquitoes can travel several miles from where it developed. The best option for reducing mosquitoes is to direct your efforts at the larval stage. Any area or object that can hold water for a period of one week should be filled, drained, or discarded. It only takes seven days for a mosquito to go from egg to adult.

Here are some other ideas to reduce the number of mosquitoes in your yard:

1. Eliminate unnecessary water holding containers, especially tires, large cans and bottles.
2. Keep water clean in children's wading pool and drain when not in use.
3. Keep ditches free of grass clippings, garbage, and other debris, which will obstruct the natural flow of the water.
4. Keep weeds and grass cut short during the summer months, mosquitoes love to hide in tall grass.
5. Change water in birdbaths, fountains and troughs weekly.
6. Clean roof gutters.

AARP Driver Safety Course Offered

Submitted by Mary Kay Dial

AARP will hold Safe Drive courses the 2nd Monday of each month. They will be held at the AARP Iowa office located at 600 E. Court Ave. Suite #100 in Des Moines. Class time is from 8:30 a.m. to 12:30 p.m.

The cost of the course is \$15 for AARP members and \$20 for Non-members. You August also go on line: www.aarp.org/drive.

Class dates are August 11th, September 8th, October 13th, November 10th, December 8th. Please call: (515) 697-1021 to reserve your place.



Exercise Classes Offered

ANKENY

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

CENTRAL

FRIDAYS 10:00 A.M.

INSTRUCTOR - SARA BARATTA

EAST

ENHANCE FITNESS

MON., WED. & FRI. 12:30 - 1:30 P.M.

INSTRUCTOR - AMBER WILLIAMS

ARTHRITIS EXERCISE

WEDNESDAYS 10:00 A.M.

INSTRUCTOR - KRIS MCCAUGHEY

JOHNSTON

WEDNESDAYS 10:00 A.M.

MLK

ARTHRITIS EXERCISE

MONDAYS 10:30 - 11:00 A.M.

INSTRUCTOR - NICOLE LEDVINA

NORTH

ENHANCE FITNESS

MON., WED. & FRI. 10:00 - 11:00 A.M.

INSTRUCTOR - AMBER WILLIAMS

ARTHRITIS EXERCISE

TUESDAYS 10:00 - 11:00 A.M.

NORTHWEST

ARTHRITIS EXERCISE

WED. AND FRI. AT 9:45 A.M.

INSTRUCTOR - DOROTHY McCLATCHEY

NORWOODVILLE

MON., WED. & FRIDAYS 9:00 A.M.

INSTRUCTOR - VIDEOS

PIONEER COLUMBUS

MONDAYS & WEDNESDAYS 10:00 A.M.

INSTRUCTOR - GLORIA ANNETT

EXERCISE ROOM WITH NEW EQUIPMENT

AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.

POLK CITY

TUESDAYS 12:30 P.M.

SOUTH

ARTHRITIS EXERCISE

TUESDAY & THURSDAY 9:30 A.M.

INSTRUCTOR - JANEIL LONG

WESTSIDE COMMUNITY CENTER

CHAIR EXERCISES

MONDAYS & WEDNESDAYS 11:15 A.M.

INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER

ARTHRITIS EXERCISE

TUESDAYS 10:00 - 11:00 A.M.

"Take care of your body. It's the only place you have to live." — John Rohn



There will be No NEW Craft Projects planned during the months of August, (possibly September) ** and December.

**Do some restructuring of the craft classes, please contact site staff on when class will be held at the site you participate (or would like to participate in).

Sites can use this time to catch up on existing projects, can come up with some projects on their own to do or be used for reorganization and break.

Always check the Senior Bulletin or individual sites for upcoming projects and how to sign up for each project and when specific classes are held.

Volunteers Needed Urgently!

Submitted by Linda Clauson
Business & Development Director
HCI-VNSCare Services



The HCI Giving Tree, a non-profit thrift store in Urbandale, is in desperate need of volunteers who can help sort donations and assist customers.

All proceeds from store sales go toward quality of life programs assisting patients and families served by HCI Hospice Care Services (formerly Hospice of Central Iowa). Those interested in volunteering should contact Katie Gosselink, kgosselink@hci-vns.org, or call Katie at (515) 270-2414.

<http://www.hospiceofcentraliowa.org/asp/page.aspx?cpid=8>

August Blood Pressure Checks

Submitted by Jeanette Luthringer, Community Health Director
Services provided by Visiting Nurse Services of Iowa
(check specific center for time of clinic)

- 5th Norwoodville
 - 6th Central
 - 7th North
 - 11th East
 - 12th MLK, Jr.
 - 13th NW
 - 14th Polk City
 - 15th Scott Four Mile
 - 18th West
 - 19th South
 - 20th Pioneer Columbus
 - 21st Central
 - 22nd Altoona
 - 26th Johnston
 - 27th Calvary at Norwoodville
 - 28th Runnells
 - 29th North
- Dates Subject to Change.



Biscuit & Gravy Breakfast Fundraiser

All-U-Can-Eat ☺

Norwoodville Community Center
3077 N.E. 46th Ave (Broadway)
266-5794

7:00 to 10:00 a.m.
Or while supplies last

Thursday, August 28th
\$3.00 per person

"Luau Party"

South Senior Center
100 Payton DSM
Friday, August 22nd
9:30 a.m.





Wear your Hawaiian best !!

Call 287-0092 by August 20 if you would like to join us for lunch.

BIG SALE

**Pioneer Columbus
ANNUAL FUNDRAISER SALE**

Join us on
Thursday, August 28th and Friday, August 29th 1:00 to 5:00 p.m.

All Proceeds go to the Pioneer Columbus Senior Center ☺

LET'S GET HEALTHY



PUT SOME MUSCLE INTO IT.

Be active daily.
It can keep you healthy while building up your strength and endurance. By staying active, you can lower your risk for heart disease and stroke, and it can be fun! So, put some muscle into it and take care of your health. *Let's get healthy.*

LOWA COMMUNITY TRANSFORMATION

Made possible with funding from the Centers for Disease Control and Prevention.

Polk County Senior/Community Center Bingo Schedule

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

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

North News – Pot-A-Posie

Submitted by Diana Savage
Site Supervisor

Here is a picture from our pot-a-posie day which was May 22nd. Every year Jennie Clay, from the Highland Park Garden Club, will bring in posies for the seniors who want them. She also brought in some tomato plants and other starters this year. Most items she uses are donated or Jennie buys for the group. The idea is for those who are now living in apartments, or smaller homes to still enjoy growing plants. We would like to thank Jennie and the Highland Park Garden Club for all they do for us.

Pictured – L to R are Margaret Rokes, Linda Knoop, Instructor Jennie Clay and Joan Shrader.



A garden requires patient labor and attention. Plants do not grow merely to satisfy ambitions or to fulfill good intentions.

They thrive because someone expended effort on them.

~Liberty Hyde Bailey

Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.

~ Luther Burbank

Johnston News: Johnson Quilters Make Presentation To Vets

Quilts of Valor Foundation began in 2004 in Seaford, Delaware, by Catherine Roberts. A mom of an Iraq veteran. Since then, it has become a national grassroots community service effort, connecting the home-front with our wounded combat warriors and veterans. QOV's are stitched with love, prayers and healing thoughts. Our

troops who have been wounded or touched by war are awarded this tangible token of appreciation that unequivocally says, "Thank you for your service, sacrifice and valor."

The Johnston/Polk County Quilters presented a quilt to Iraq veteran Kevin Reisetter, on July 9th, 2014. WWII Veteran, Richard Peterson was presented with a quilted table mat. Both

gentlemen shared a brief story of their service. The Presentation included a sing-along of patriotic songs led by Wes Davey; followed with refreshments, and sharing gratitude to all veterans attending the event. (Information regarding QOV was obtained from: www.qovf.org)

ooo



Quilters left to right: Donna Adams, Jeanette Carper, Pat Lengeman, Ellen Sychowski



Veterans Attending: Back row: (L to R) Wayne Reisetter, Jerry Esser, Carl Lock, Gary Adams, Kevin Reisetter. Front row: (L to R) Jule Hanus, Ed Jones, Richard Peterson

Polk County Senior Volunteer Receives Award From Lt. Governor

Submitted by Katie McIntyre
Community Relations Director
HCI-VNS Care Services

Lt. Gov. Kim Reynolds recently presented a Governor's Volunteer Award to Erma Conder, a volunteer with Visiting Nurse Services of Iowa's (VNS of Iowa) Senior Companion program. The ceremony was held on June 18th, at Southeast Polk High School in Pleasant Hill.

Conder has been a volunteer with VNS of Iowa's Senior Companion program since 2006. In her role, she makes weekly visits and offers support to more than 100 homebound seniors, providing companionship and assistance.

"Over the past eight years, Erma has helped her homebound peers fight depression and loneliness by proving a stable

support system and friendship," says Julia Tiedeman, Senior Companion program director with VNS of Iowa.

The Governor's Volunteer Awards program was created in 1982. Recipients of the Governor's Volunteer Award provide service to benefit Iowans or Iowa organizations. Award criteria include an individual or group who has demonstrated exceptional commitment to volunteerism by helping with a special project or ongoing activities; demonstrated exemplary leadership, creativity, cooperation and hard work in their service to others, and; made an outstanding contribution to state or community through volunteer service.

For information about becoming a Senior Companion volunteer with VNS of Iowa, contact Julia Tiedeman at (515) 558-9957.

