

The Senior

Polk County Senior News!



Bulletin

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

Senior Fishing Derby Event News



Staff - Jaime Stevens & Nikki Cockerham greet the fishing enthusiasts at the registration table.

Submitted by Daiynna Brown

The event this year couldn't have been held on a more ideal day, weather-wise and of course the surroundings were picturesque. Unfortunately, some people came down with sinus and allergy related ailments that prevented them from attending, but close to 200 people still were able to make it out to Easter Lake on June 6th, to see if the fish were ready to be caught. Quite a few succeeded. But regardless of whether anything got on the hook or not, everyone enjoyed the fun atmosphere, a chance to be out in the fresh air, enjoy a tasty lunch and win something in the drawing held.

Thanks to those who attended and brought your smiles and jokes to share with others throughout the day. The wonderful group of Principal Volunteers who came to help log catches along with other duties was greatly appreciated, they did an awesome job! And a big thanks goes to Mike Williams, attends West Center, who went around and took photos throughout the morning. We have yet another successful year and good memories in the books. I look forward to this event each year, seeing everyone, and it is truly a pleasure to be a part of. Already can't wait until next year's event.

Senior Fishing Derby photospread on page 8!



Big Catch of the Day

Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (July 5th), we hold a Potluck lunch.

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



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

Potluck & Dance Event

The Eastside Senior Center is hosting a Potluck & Dance on Friday, July 18th, from 5:00 - 7:30 p.m. Dinner will be served at 5:00 p.m. Bring a ready to serve dish to share.

Dance starts at 6:00 p.m. Music provided by Don DeCamp. Admission is \$3.00 per person. Any questions call Ranae or Kris at 265-8461.



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 September 2013 to May 2014. More information about this event can be found at senior center locations or in upcoming Senior Bulletin Issues.



Urbandale Senior Recreation Center News

A **Trash to Treasure Sale** will be held on Thursday, July 3, 9:00 a.m.-1:00 p.m. at the Urbandale Senior Recreation Center, 7305 Aurora Avenue.

Find a treasure trove of crafts, collectibles, and can't-do-without items at this annual fund-raising event.

Doors open at 9:00 a.m. Bring your friends and neighbors!



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



"Everything that is really great and inspiring is created by the individual who can labor in freedom." ~ Albert Einstein



- 7/4 - Independence Day - All Site's Closed;
 - National Blueberry Month
 - National Anti-Boredom Month
 - National Hot Dog Month
 - National Ice Cream Month
- Source: www.HolidayInsights.com



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.

Upcoming Travel Opportunity Available

Submitted by: Iowa Girl Tours, LLC
Jane Hartman & Amy Keiderling
PO Box 361
Waukee, Iowa 50263
IowaGirlTours@gmail.com
Phone: 515-216-1223
November 13th – November 16th, 2014

Branson For The Holidays - Save The Date: Save the date as we head to Branson for the holidays. It's not too early to get your name on the list. We will be seeing the brand new "Jonah" at the Sight & Sounds Theater, Daniel O'Donnell, as well as other wonderful holiday shows! We are currently working on other fun filled day trips this coming summer and fall. Email us to be added to our email list or calling tree at IowaGirlTours@gmail.com or #515-216-1223.



Heritage of America Tour & Italy Trip

Submitted by Gary & Jan Busby

There are two trips primarily for adults offered through Collette Vacation Travel being planned.



The first is a 10 day trip called **Heritage of America** on September 12th, 2014. This trip includes: New York, Philadelphia, Lancaster, Gettysburg, Shenandoah Valley, Charlottesville, Williamsburg, Mt. Vernon and Washington D.C. The second trip is a 13 day **Trip to Italy**, on April 18th, 2015.

If you are interested and would like to know more details and have information sent to you, please send us an e-mail message to yellowswan@mchsi.com. Please include your name, residential address, e-mail address and phone number. Please feel free to share this information with family and friends that may be interested.

Travel information provided is not endorsed by Polk County or any of its entities. The sole purpose is to make known the recreational travel services available for older adults in Polk County.

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
- Earning an income at or below \$22,980/individual and \$31,020/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 vacation 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.



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!

558-9957

or email Julia at 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.

Polk County Senior Services & Senior Recreation Committee Members



Would like to acknowledge and thank the following businesses and senior centers for their generous donations, contributions and efforts in helping to make the 2014 Polk County Annual Senior Fishing Derby Event a huge success!

Local Business Donations

- | | |
|----------------------------------|---|
| Johnston Bait n' Tackle | Hy-Vee (SE 14th & Park Ave) |
| Taber Catering | Polk County Conservation Board |
| Walmart – (SE 14 th) | Applebees – (SE 14 th) |
| Toad Valley Golf Course | Baratta's |
| Fridley Theatres | Tumea & Sons |
| Perkins – Merle Hay | B-Bops |
| Sleepy Hollow Sports Park | Montana Mikes Steakhouse |
| Sugar Shack | Buffalo Wild Wings – (SE 14 th) |
| Target | McDonald's |
| China Buffet (Park Fair Mall) | Tasty Tacos |
| IHOPS | Something Italian |
| Subway – (SE 14 th) | Science Center of Iowa |
| Okoboji Grill | Fazoli's |

And the following Senior Centers:

- Ankeny * East * Grimes * Johnston * North * Northwest *
Norwoodville * Pioneer Columbus * Polk City * Runnells *
Scott Four Mile * South * West



DIABETES SUPPORT GROUP



The Euclid Room
2540 E. Euclid Avenue
Des Moines, IA 50317

Please RSVP to:

Cortney Reimer, RD, LD
creimer@hy-vee.com
Euclid Hy-Vee: 515.262.0640
Harding Hills Hy-Vee: 515.255.0007

Courtney Slater, RD, LD, CDE
cslater@hy-vee.com
Des Moines Drugstore: 515.633.8606
West Des Moines Drugstore: 515.440.1481

Third Wednesday of every month
5:30 p.m.—6:30 p.m.

Topics are subject to change

**May 28—Activity and Diabetes (date changed due to scheduling conflict)

- June 18—Preventing Complications
- July 16—Alcohol and Diabetes
- August 20—Open Discussion
- September 17—Pregnancy and Diabetes
- October 15—Americans with Disabilities Act (know your rights!)
- November 19—Healthy Holidays
- December 17—Open Discussion

Delicious Healthy Summer Recipes!

Summer Vegetable Crêpes



Source: EatingWell:

Crêpes aren't just for dessert—they make a quick and savory weeknight dinner. Here they're filled with ricotta cheese, green beans, zucchini and corn and topped with a chive-cream sauce. Don't skip the step of placing a piece of parchment or wax paper under

each crêpe as you fill it—without it, the crêpes are tricky to roll. Serve with: A tossed salad.

Makes: 4 servings

Total Time: 30 minutes

Ingredients

- 1/3 cup reduced-fat sour cream
- 1/2 cup chopped fresh chives, divided, plus more for garnish
- 3 tablespoons low-fat milk
- 2 teaspoons lemon juice
- 3/4 teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil
- 2 cups chopped zucchini
- 1 1/4 cups chopped green beans
- 1 cup fresh corn kernels, (from 1 large ear; see Tip)
- 1 cup part-skim ricotta cheese
- 1/2 cup shredded Monterey Jack cheese
- 1/4 teaspoon freshly ground pepper
- 4 9-inch "ready-to-use" crêpes, (see Tip)

Preparation

1. Stir sour cream, 1/4 cup chives, milk, lemon juice and 1/4 teaspoon salt in a small bowl until combined. Set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add zucchini, green beans and corn and cook, stirring, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, Monterey Jack, the remaining 1/4 cup chives, the remaining 1/2 teaspoon salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat.

3. To roll crêpes, place one on a piece of parchment or wax paper (or leave it on the piece of plastic separating the crêpes in the package). Spoon one-fourth of the vegetable-cheese mixture (about 3/4 cup) down the center of the crêpe. Use the paper (or plastic) to help you gently roll the crêpe around

the filling. Place the crêpe seam-side down on a dinner plate. Repeat with the remaining crêpes and filling. Serve each crêpe topped with 2 tablespoons of the reserved sauce and more chives, if desired.

Tips & Notes

- **Tips:** To remove kernels, stand a cob on its stem end in a bowl and slice them off with a sharp, thin-bladed knife.
- "Ready-to-use" crêpes are fast and convenient. Look for them in the produce section of the market or near refrigerated tortillas.

Nutrition Per serving: 302 calories; 17 g fat (8 g sat, 6 g mono); 46 mg cholesterol; 25 g carbohydrates; 15 g protein; 3 g fiber; 687 mg sodium; 485 mg potassium.

Tropical Cucumber Salad



Combine cucumber, avocado and mango with a salty-sweet dressing for a taste of the tropics.

Makes: 4 servings, about 1 cup each

Total Time: 15 minutes

Ingredients

- 3-5 teaspoons fish sauce, (see Shopping Tip)
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- 1/4 teaspoon crushed red pepper
- 1 medium English cucumber, cut into 3/4-inch dice
- 1 avocado, cut into 3/4-inch dice
- 1 mango, cut into 3/4-inch dice (see Kitchen Tip)
- 1/4 cup chopped fresh cilantro

Preparation

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 hour.
- **Shopping Tip:** Fish sauce is a pungent Southeast Asian

Summer Recipes: Continued on page 10



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or July 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 July Pie Menu

July 3rd
Pumpkin Pie

July 10th
Boston Crème Pie

July 17th
Blueberry Pie

July 17th
Pecan Pie

July 26th
Fruit Forest Pie



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for June. 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.



Ask the Naturalist

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

Q. The 17 year cicadas are all over my yard!

Tell me more about them. 17 years seems like such an interesting, random amount of time.

What do scientists believe makes this number rather than any other?

Trena

A. The 17 year life span makes periodical cicada the longest-lived insect in North America. Trying to understand the complex life cycle of the periodical cicada is a challenging problem for scientists. Because they only emerge once every 17 years, there isn't a specialized predator for periodical cicadas that can synchro-

nize with its life cycle. However there are many birds, spiders, and reptiles that take advantage of the smorgasbord of cicadas when they do appear. When there are a million and a half cicadas per acre, predators can eat their fill and not make a huge impact on the population.

Periodical cicadas spend all but a few weeks of those 17 years as a nymph underground feeding on sap from tree roots. Each nymph develops very slowly and at their own rate. After 17 years they are all fully developed and start digging out of the soil. What's amazing is that they all emerge within a day or two! The cicada nymphs emerge from underground and climb up tree trunks or other objects. The



nymphs molt their skin and the winged adults emerge. Each adult may live for five or six weeks. During that time, the adults mate and the eggs are laid into small tree branches. The eggs hatch six to seven weeks later and the newly hatched nymphs drop from the trees and burrow underground until they find a tree root to feed on. Enjoy witnessing this spectacular event now because your next chance won't be until the year 2031!

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

WesleyLife HOME-DELIVERED MEALS

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

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

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

1700-988-5-13

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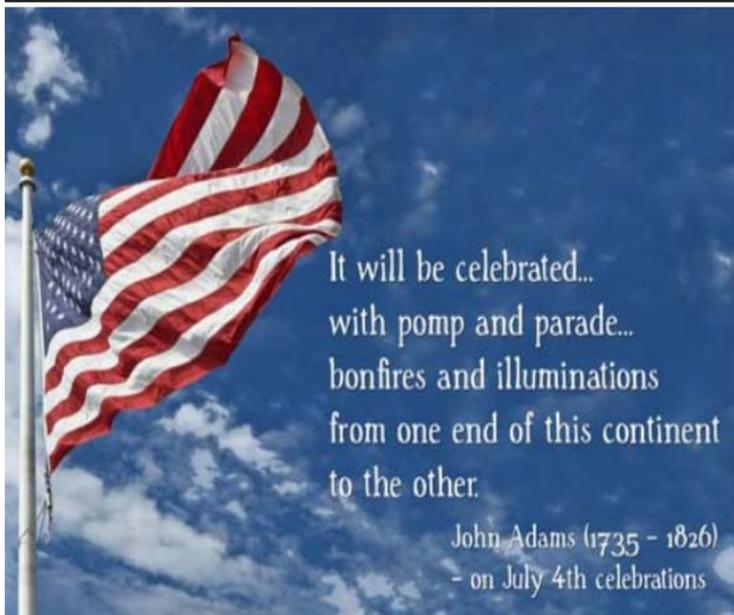
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Des Moines, Iowa 50310

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.




DO YOU QUALIFY FOR RENT REIMBURSEMENT?

- ◆ Are you an Iowa resident?
- ◆ Are you 65 or older as of December 31, 2012?
- ◆ Is your annual household income less than **\$21,698**?
- ◆ Do you pay rent?
- ◆ Does the place you live pay property tax?

If you answered **YES** to all these questions, you may qualify for an **Iowa Rent Reimbursement** of as much as **\$1,000**.

Let us help you fill out your claim.

For assistance, please contact:

Peer Advocate Program, Senior Services of Polk County
 Phone: 515-286-2112
 2309 Euclid Ave
 Des Moines, IA 50310

“I WILL PROTECT MY HEART.”

Get your blood pressure checked.

Make a pledge to do the right thing for your heart. You can begin by eating healthy, being more active, eliminating stress and getting your blood pressure checked. Start a healthier lifestyle today. And let's get healthy.



LET'S GET HEALTHY



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

Outdoor Fun is for Everyone!



Just about everyone loves to be outdoors in the fresh air, including people with vision loss. Easy adaptations to everyday activities make the fun enjoyable to all, including those with vision loss.

- Want to shoot some hoops? Attach an auditory device such as a luggage locator to the target. With the push of a button, the locator makes a sound to identify the location of the target—in this case, the basketball hoop. This method can also be used for pitching horseshoes, tossing beanbags, crochet and much more.

- Tandem bicycles allow two people to take a leisurely ride through the park or to get a workout on an outdoor trail.

- Nine or eighteen holes? People around the world are playing golf with little or no vision. With the help of a sighted friend, the blind or visually impaired golfer gathers information to make the shots, such as the terrain, the distance from

the ball to the hole, and other details needed to play the game.

- If you love to fish, a couple things to consider:

- o Loosely wrap the line around your finger after you cast your line. When you feel the line tighten, you know a fish is biting.

- o Use a floss threader to thread your fish hook. It is piece of stiff dental floss with a large loop at the end. Place your fishing line through the loop, feed the stiff piece through the hook, and pull it through the other side. As you do this, it pulls the fishing line through the hook for you. Note: to get the stiff piece through the hook easier, place the eye of the needle flat against your finger with enough pressure so you may feel where it is and more accurately aim for the eye. This may make it easier to feel where the target is and to feel when you have gotten the floss threader through the hole.

- Use balls (i.e. soccer, football, and basketballs) with bells inside in order to hear where the ball is. With a simple internet search, you can easily locate options.

- Explore other recreational possibilities available through the Iowa Sports Foundation, Adaptive Sports Iowa and the Iowa Reapers beep baseball team.

The activities to enjoy outside are almost endless. If you enjoy activities but vision loss has made them difficult, give us a call. We may be able to help you find a solution.

For more information mail: 524 Fourth Street, Des Moines, IA, 50309-2364; email: information@blind.state.ia.us; phone 515-281-1333 Toll Free (in Iowa): 800-362-2587; or goto: website: www.idbonline.org.



Consumer Advisory by Attorney General Tom Miller



And chances are that free software won't include technical support beyond information posted on a website.

Physically destroying a hard drive is also an option. A common method is to drill four holes through the entire drive, shred it, or pry the internal hard drive platters so they cannot function. Physical destruction is best left to a professional.

Federal law requires that businesses follow data security and disposal requirements in removing business-related personal and financial information from computer equipment.

Flash Drives, DVDs & CDs

A flash drive is another type of storage device. Like with hard drives, deleting a file from a flash drive does not ensure that the data has been permanently erased. To permanently remove data from a flash drive or thoroughly wipe the flash drive, use software that is designed for that purpose. For DVDs and CDs, cut or shred them (many heavy duty paper shredders will work). You can wipe rewritable discs, and there is software you can use to ensure you overwrite them securely.

Wireless Phones

Your wireless phone likely contains sensitive information, such as contacts, voice and text messages, and other personal data. A smartphone may be a gateway into personal and work email accounts, or other accounts that enable the user to make purchases. When trading, selling, donating or disposing of your smartphone, make sure your data doesn't go with it.

Most phones use removable Subscriber Identity Module (SIM) cards to store contact data, and many phones also utilize separate secure digital (SD) cards to store photos, video and other files. Remove the cards and then initiate a factory reset to wipe other sensitive data. As these procedures vary by model, consult the user manual, manufacturer's website, or your wireless carrier for more information. Be sure to check your phone to ensure your contact information and other personal information has been erased. Ask your wireless carrier about transferring your SIM and SD cards to another phone.

Dispose of Electronics Properly

Check with your local waste authority on properly disposing of electronics, as most computer equipment contains hazardous materials that should not go to a landfill. Some businesses collect, refurbish or recycle certain electronic items.

Consumer Protection Division "Hoover Building" Des Moines, IA 50319 "515-281-5926" "1-888-777-4590" www.IowaAttorneyGeneral.gov

Submitted by Debra Moore

The Drive to Destroy

While the word "delete" means "remove," did you know that deleting files from your computer's storage device doesn't generally remove them? That's important, because computer storage devices often store very sensitive data, such as passwords, financial information and personal files. If you're selling, donating or disposing of a computer or data storage device, or you're simply replacing a hard drive, don't take chances by allowing others to retrieve your personal data.

Computers, Tablets & Hard Drives

Deleting a file or reformatting a computer or tablet's hard drive simply removes its indexing information, or road map, that the device uses to locate the raw data. Since the data still exists, someone using data recovery software – some of which is available for free – can retrieve deleted files. The only way to ensure that you have permanently erased data from a hard drive is to thoroughly overwrite it. Wiping a hard drive (using a "thorough" over a "quick" setting, which will repeatedly overwrite a hard drive) will irretrievably erase everything. It is better to overwrite or wipe a hard drive several times (ideally three to seven times), as opposed to once.

You can purchase software to wipe a hard drive or thoroughly erase selected files, and there is also free software that you can download. Before choosing software, be sure to understand its features, including its level of overwriting.

Social Security Information: Q & A

Submitted by Diane Abell, Social Security Assistant District Manager in Des Moines

Question:

I can't find my Social Security card. How can I get a new one?

Answer:

First, consider whether you really need a new card. You only need to apply for a replacement Social Security card if you don't know your Social Security number or if you need to show your card to a new employer or other entity. If you decide that you do need a card, you can replace it for free in three easy steps.

Step 1: Complete an Application For a Social Security Card (Form SS-5).

Step 2: Show us documents proving your:

- Identity; and
- U.S. citizenship or immigration status.

Step 3: Take your completed application and original documents to your local Social Security office or your local Social Security Card Center. You'll receive your replacement card in the mail in about 10 to 15 days.

You can find all the information you need, including what documents you will need to submit at www.socialsecurity.gov/ssnumber.

Question:

How can I calculate my own retirement benefit estimate?

Answer:

We suggest you use our Retirement Estimator at www.socialsecurity.gov/estimator. Our Retirement Estimator produces estimates based on your actual Social Security earnings record, so it's a personalized, instant picture of your future estimated benefit. Also, you can use it to test different retirement scenarios based on what age you decide to start benefits. For example, you can find out your estimated monthly payments if you retire at age 62, 70, or anytime in between.

Visit www.socialsecurity.gov/estimator.

Question:

I am applying for Extra Help with Medicare prescription drug

costs. Can state agencies help with my Medicare costs?

Answer:

When you file your application for Extra Help with Medicare prescription drug costs, you can start your application process for the Medicare Savings Programs — state programs that provide help with other Medicare costs. When you apply for Extra Help, Social Security will send information to your state unless you tell us not to on the application. Your state will contact you to help you apply for a Medicare Savings Program. Learn more about how Social Security can provide Extra Help with your Medicare prescription drug costs by visiting www.socialsecurity.gov/prescriptionhelp.

Question:

What information do I need to apply for Supplemental Security Income (SSI)?

Answer:

Here are some of the things we will ask for when you apply for SSI. Even if you do not have all of the things listed below, apply anyway. The people in the Social Security office can help you. But keep in mind that the more information you can provide, the faster the decision process will be. You will need:

- Your Social Security number;
- Your birth certificate or other proof of your age;
- Information about the home where you live, such as your mortgage or your lease and landlord's name;
- Payroll slips, bank statements, insurance policies, burial fund records, and other information about your income and the things you own;
- The names, addresses and telephone numbers of doctors, hospitals, and clinics that you have been to, if you are applying for SSI because you are disabled or blind; and
- Proof of U.S. citizenship or eligible noncitizen status.



If you have a bank or financial institution account, you should have the account number available so we can deposit your benefits directly into your account. Learn more about SSI by reading our online publication, Supplemental Security Income (SSI), available at www.socialsecurity.gov/pubs.

Question:

My application for Supplemental Security Income (SSI) based on my disability was recently denied. Can I appeal the decision?

Answer:

Yes, if you disagree with a disability decision made on your claim, you can appeal it. The steps you can take are explained in our online publication, Your Right To Question A Decision Made On Your Supplemental Security Income (SSI) Claim, available at www.socialsecurity.gov/pubs. Also, you have the right to be represented by an attorney or other qualified person of your choice. You can request your appeal online. Simply visit the online services page at www.socialsecurity.gov/onlineservices. Then select the "Appeal a decision" link and follow the simple instructions. To learn more, read our online publication, Your Right To Representation, available at www.socialsecurity.gov/pubs.

Medicare Is Here To Stay

Submitted by Diane Abell

Medicare went into effect 48 years ago on July 1, 1966. Earlier that same year, Medicare workers went door to door trying to get seniors to sign up. Medicare was not the cornerstone then that it is today and people did not know whether it was going to work for the long haul.

Now, nearly half a century later, Medicare remains one of the most popular government programs in the nation.

We can't see the future, but one thing's for sure: Medicare is here to stay. Medicare provides health insurance to more than 50 million Americans. Forty-two million are people age 65 and older and the other 8 million are younger and have disabilities.

Most people first become eligible for Medicare at age 65.

The four parts of Medicare are parts A, B, C, and D.

· Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.

· Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. In 2014, the premium for most people is \$104.90, the same as it was in 2013. Some high-income individuals pay more than the standard premium. Your Medicare Part B premium also can be higher if you do not enroll when you are first eligible, also known as your initial enrollment period. There also is a Medicare Part B deductible of \$147 in 2014.

· Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes



Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A and Part B to enroll in Part C. Monthly premiums vary depending on your state, private insurer, and whether you select a health maintenance organization or a preferred provider organization.

· Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for extra help from Social Security to pay the premium and deductible.

To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Will you be age 65 soon? Even if you decide not to retire, you should consider applying for Medicare. You can apply in less than 10 minutes using our online Medicare application. Do it today at www.socialsecurity.gov/medicareonly.

To learn more about applying for Medicare when you plan to delay retirement, read our publication Applying For Medicare Only—Before You Decide, available at www.socialsecurity.gov/pubs.

I believe keeping our promises should be our highest priority and that means saving Social Security and Medicare while preserving the American dream for our children and grandchildren.

~ Tom Coburn



Little Changes Make A Big Difference In Serving You

By Diane Abell

Social Security's goal is to provide the best service possible to everyone who comes to us for help, whether they're applying for disability benefits or getting verification of their Social Security number. By investing in new technologies and finding innovative, cost-effective ways to deliver service, we are able to reach this goal. We continue to rank high in customer service satisfaction and have the best online services in government, providing the best service to those who come to us for help.

Technology is vital to delivering quality service, and we continue to provide more options for customers to do business with us over the Internet or through self-service kiosks. For example, my Social Security provides people who use the Internet a secure way to do business with us in an easy and convenient way at www.socialsecurity.gov/myaccount.

We are making changes in the way we provide some services so we can serve the vast majority of Americans better and more efficiently. Most people won't even notice the changes. So allow us to fill you in.

We will discontinue providing Social Security number printouts effective August 1, 2014. These printouts have no security features and could be easily misused or counterfeited. If you need proof of your Social Security number and you do not have your Social Security card, you may apply for a replacement card by completing the Application for a Social Security Card and providing the required documentation. You'll find the application online at www.socialsecurity.gov/online/ss-5.pdf. As always, we continue to work directly with other agencies to minimize the need for furnishing proof of your Social Security number.

In addition, effective October 1, Social Security will stop providing benefit verification letters in our local offices. You can still get an instant letter online by creating a personal my Social Security account at www.socialsecurity.gov/myaccount, or by calling our toll-free telephone number at 1-800-772-1213 to request one by mail.

You may want to check out our webinar that aired live on January 9, "Benefit Verification Letters Online, Easy as 1-2-3." The webinar explains how to establish an account on my Social Security, how to get a benefit verification letter and other services offered at our website. Watch the webinar at www.socialsecurity.gov/webinars.

We will strive to continue providing the best and most secure customer service possible. Learn more about Social Security and what we do for you at www.socialsecurity.gov.



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
Stuffed Green Pepper
Soup
Mixed Vegetables
Tropical Fruit
Wheat Bread
Apple Raisin Crisp

169
1028

2
Chicken Burger
Lettuce/onion/tomato
Baked Beans
Fresh Orange
WW Bun
Apple Juice

103
636



2
Flex Meal Option
Hot Dog
Lettuce/onion/tomato
Baked Beans
Fresh Orange
WW Bun
Apple Juice

104
583

3
Turkey w/gravy
Mashed Potatoes
Broccoli
Banana
WW Dinner Roll

88
594

4-Independence Day!!!

All Sites Closed

7
Chicken Breast
Red Beans N Rice
Lettuce Salad
Mixed Fruit
Fresh Peach

91
590

8
Sloppy Joe
Broccoli
Diced Potatoes
Banana
WW Bun

100
691



9
Baked Cod
Key Largo Vegetables
Lettuce Salad
Pineapple Tidbits
Wheat Bread
Grape Juice

65
474

9
Flex Meal Option
BBQRiblet
Key Largo Vegetables
Lettuce Salad
Pineapple Tidbits
WW Bun
Grape Juice

92
725

10
Meatloaf
Sweet Potatoes
Green Beans
Tropical Fruit
WW Dinner Roll
Fresh Apple

100
809

11
Chicken Stew
Cooked Cabbage
Fresh Orange
WG Banana Muffin
Apricots

127
864

14
Turkey Ham N Bean Soup
Brussels Sprouts
Orange Juice
Cornbread
Trail Mix

98
649

15
Orange Chicken
Mixed Vegetables
Coleslaw
Mixed Melon
Brown Rice
Plum Cobbler

117
782

16
Chef Salad w/Tomato
Wedge
Baby Potatoes
Banana
Bran Muffin

107
777

16
Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin

119
802

17
Shredded Pork
Creamy Cucumbers
Garlic Mashed Potatoes
Fresh Orange
WW Bun
Fruit Cocktail

103
729

18
Tuna Noodle Casserole
Key Largo Vegetables
Lettuce Salad
Raisins
WW Dinner Roll

94
608

21
Beef Stew
Squash
Craisins
WG Biscuit

118
834

22
Chicken Meatballs
Tomato Sauce
Peas
Mandarin Oranges
WG Penne Pasta
Rosy Applesauce

80
678

23
Beef Taco
Lettuce w/tomato
Corn N Bean Salsa
Green Beans
Birthday Cake
Banana
WG Tortilla Shell

127
842

23
Flex Meal Option
Veggie Sub
Banana
Birthday Cake

133
902

24
Pork Ham Slice
Mashed Potatoes
Spinach
Fresh Apple
WW Dinner Roll
Strawberries

82
512

25
Turkey Sandwich
Broccoli Cheese Soup
Corn
Tropical Fruit
Cherry Almond Crisp

111
814

28
Baked Chicken
Party Potatoes
Broccoli
Fresh Orange
Wheat Bread
Pears

87
675

29
Cali Burger
Lettuce/tomato/onion
Valley Salad
Berry Blend
WW Bun
Warm Cinnamon Apples

89
731

30
Seafood Pasta
Peas
Lettuce Salad
Banana
Wheat Bread

104
627

30
Flex Meal Option
Chicken Caesar Salad
Banana
Wheat Bread

69
660

31
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

89
723

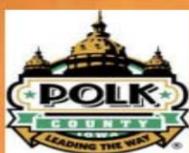

July 4th

STRETCH Your Food Dollars

It's As Easy As...

For Older Adults 60+
Women, Infants
And Children

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



Monthly Packages Include:

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

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



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.



July Tournaments

14th @ South - 12:30 p.m.
21st @ N'ville - 12:30 p.m.
21st @ South - 12:30 p.m.
28th @ N'ville - 12:30 p.m.
28th @ South - 12:30 p.m.

23rd @ N'ville - 12:30 p.m.
30th @ N'ville - 12:30 p.m.

Cribbage (Sites Closed July 4th)
1st Friday @ North - 12:30 p.m.
2nd Friday @ South - 12:30 p.m.
3rd Friday @ Northwest - 12:30 p.m.
4th Friday @ South - 12:30 p.m.
5th Friday @ North - 12:30 p.m.
(when applicable)

Group Choice for Cards
11th @ South - 12:30 p.m.
18th @ South - 12:30 p.m.
25th @ South - 12:30 p.m.

Pinochle
2nd @ N'ville - 12:30 p.m.
9th @ N'ville - 12:30 p.m.
16th @ N'ville - 12:30 p.m.

Double Pinochle
3rd @ South - 12:30 p.m.
10th @ South - 12:30 p.m.
17th @ South - 12:30 p.m.
24th @ South - 12:30 p.m.
31st @ South - 12:30 p.m.

Shanghai
3rd @ South - 12:30 p.m.
10th @ South - 12:30 p.m.
17th @ South - 12:30 p.m.
24th @ South - 12:30 p.m.
31st @ South - 12:30 p.m.

8 Ball Pool Tournament
18th @ North - 9:00 a.m.

9 Ball Pool Tournament
11th @ North - 9:00 a.m.
25th @ North - 9:00 a.m.

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

July 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 - Sites Closed 4th of July
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.

"Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty." ~ U.S. Supreme Court Justice Louis D. Brandeis

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

Medicare-Themed Suspicious Calls in Iowa

Submitted by Nancy G. Anderson

Senior Medicare Patrol has received reports that callers who state they are with Medicare, want to know if you have knee pain or back pain. One senior reported that when she told the caller Medicare doesn't make these types of calls, the caller tried to convince her that Medicare does indeed make such calls and wants to provide approved equipment to help relieve pain.

Medicare **does not** make calls to ask about your medical symptoms or promote any products of any kind. Medicare **does not** call to verify your Medicare number, Social Security number or bank account information.

Medicare **does** want to pay for equipment designed to reduce your knee or back pain IF you and your doctor discuss it first. Then the doctor provides a prescription for equipment and you use your prescription with a legitimate supply company. Everything should happen in that order.

If you receive such a call, please report details about the call to Iowa Senior Medicare Patrol (SMP) at 1-800-423-2449. If you receive such a call and give out your Medicare or Social Security number, call SMP for advice about watching your Medicare notices and credit report. If you give out your bank account information, contact your bank immediately to report what happened so they can help protect your bank account.

Is the Internal Revenue Service (IRS) Calling You?

Unfortunately scam callers know that people listen closely when the "IRS" is mentioned. Senior Medicare Patrol has learned that suspicious calls are being made in Iowa in the name of the IRS. One senior described to us that the caller said there was a "case" against her and would be "in court" soon. The caller told her he had a "badge number" and gave it to her, as well as a "case number." Although the scammer called her more than once, she didn't let the call go on long enough to hear what kind of personal information he wanted. But this is certainly a scam; IRS does not phone people out of the blue to inform them there's some type of "case" against them.

The following information is from www.irs.gov. "If you get a phone call from

someone claiming to be from the IRS, here's what you should do.

1. If you know you owe taxes or you think you might owe taxes, call the IRS at 1-800-829-1040. The IRS employees at that line can help you with a payment issue – if there really is such an issue.

2. If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats . . .), then call and report the incident to the [Treasury Inspector General for Tax Administration](http://www.treasury.gov) at 1-800-366-4484.

3. If you've been targeted by this scam, you should also contact the Federal Trade Commission and use their "[FTC Complaint Assistant](http://www.ftc.gov)" at www.ftc.gov. Please add "IRS Telephone Scam" to the comments of your complaint."

Deceptive Advertising for Health Products

The Federal Trade Commission recently

issued important information for persons looking for over-the-counter health aids marketed to prevent or cure common health problems. This is a reprint of part of an article titled, "What's in a health claim? Should be a healthy dose of proof."

"Name a common health concern and there's probably a dietary supplement that promises a solution. But when advertised promises aren't backed up with adequate proof, the Federal Trade Commission sees a problem. The makers of the BrainStrong Adult dietary supplement agreed to settle FTC charges of deceptive advertising for making unsupported health claims about BrainStrong with DHA, an omega-3 fatty acid. The companies said the product was clinically proven to improve adult memory and would prevent cognitive decline. But the research cited didn't support these claims. . . . Thousands of people paid about \$30 for a 30-day supply of the product. . . . Before you start taking any dietary supplement, check with your health

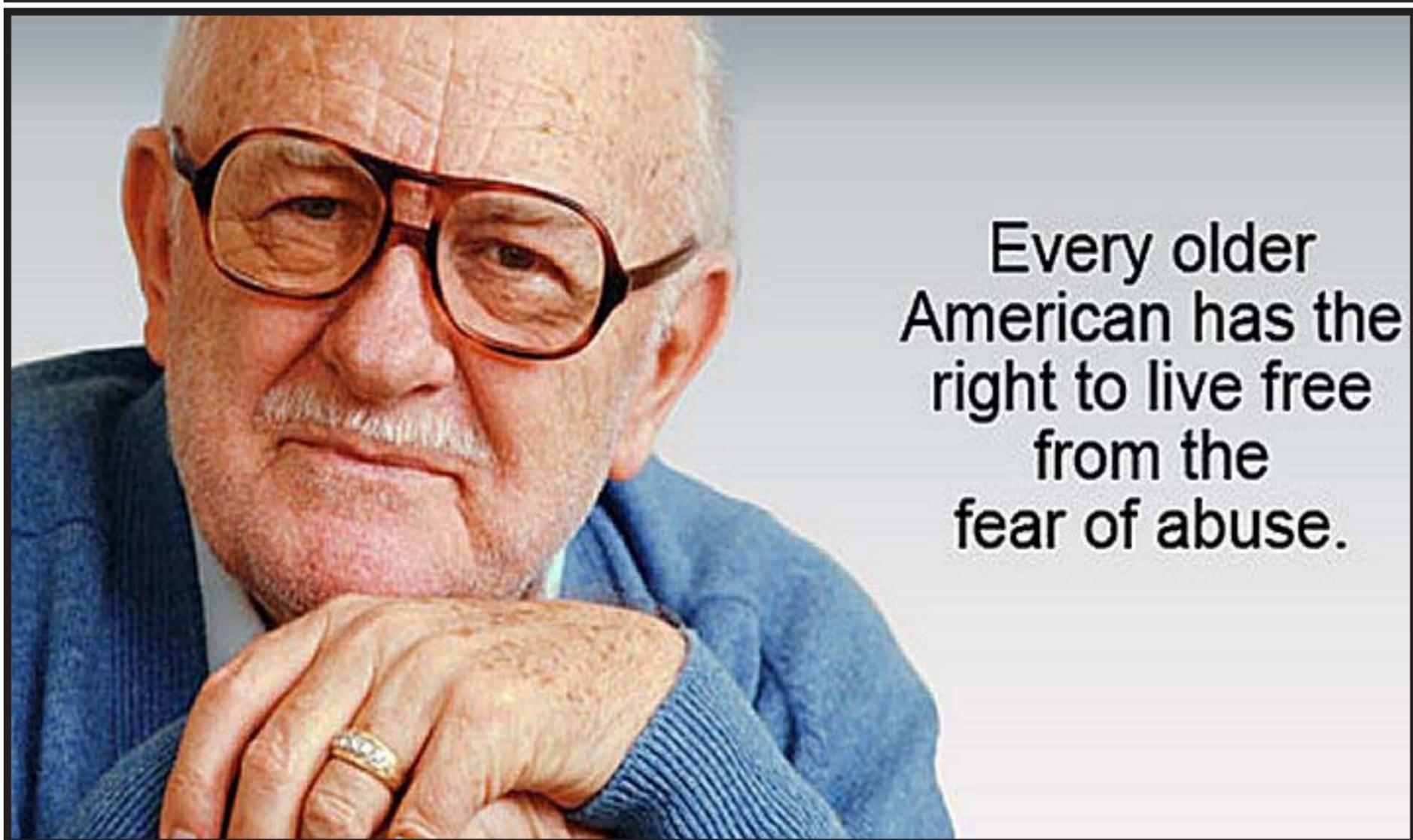
care professional. That's really your best source on whether a supplement is safe for you." To read the complete article go to <http://www.consumer.ftc.gov/blog> and look for this article by title.

Presentations

Senior Medicare Patrol gives educational presentations on how to protect and where to report Medicare Fraud and other scams that are happening in Iowa. If you know of an organization that would like to schedule a presentation please contact the telephone or e-mail listed below.

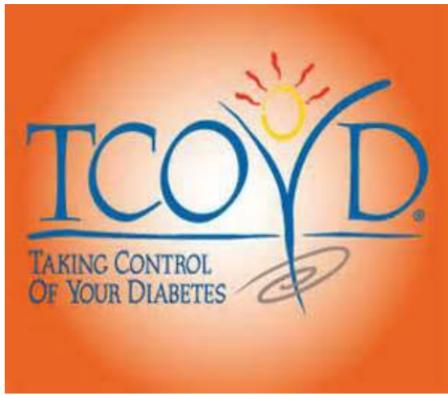
Nancy G. Anderson is the SMP Coordinator for Aging Resources of Central Iowa. She can be reached at nancy.anderson@agingresources.com or 515-255-6142, Ext. 312.

Iowa Senior Medicare Patrol is a project of Aging Resources of Central Iowa and is located at 5835 Grand Avenue, Suite 106, Des Moines, Iowa 50312.



Every older American has the right to live free from the fear of abuse.

'Taking Control of Your Diabetes' to be Held at HyVee Hall



One Day Can Change Your Life

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.

The cost is \$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

The cost is \$30 per person; Secure Online Registration at 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. The Iowa Events Center

HyVee Hall is located at 730 Third Street, Des Moines, IA 50309. The phone number is 515.564.8000.

Registration & Information

Call the TCOYD office: 800.998.2693 or 858.755.5683 or 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 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.

Do You Have Diabetes?

On Saturday, September 27, 2014 from 9:00 a.m. to 5:00 p.m. at HyVee Hall, Des Moines, Iowa 'Taking Control of Your Diabetes' Conference & Health Fair will be held.



I, Scream... You, Scream...

We All Scream for I C E C R E A M



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

- Apple Cobbler
- Banana
- Blueberry
- Bubblegum
- Butter Almond
- Butter Pecan
- Caramel Swirl
- Cheesecake
- Cherry Vanilla
- Chocolate Chip
- Chocolate Marble
- Cinnamon
- Coffee
- Cookie Dough
- Cookies and Cream
- Double Chocolate

- Egg Nog
- English Toffee Crunch
- French Vanilla
- Guatemalan Ripple
- Irish Coffee
- Lemon
- Macadamia Nut
- Mango
- Mango-Apricot
- Maple Walnut
- Mint Chocolate Chip
- Mocha Chip
- Moose Tracks
- Neapolitan
- Orange
- Peach

- Peanut Butter Swirl
- Peppermint
- Pistachio
- Pomegranate
- Pralines and Cream
- Pumpkin
- Raspberry
- Raspberry Truffle
- Rum Raisin
- Snickers
- Strawberry
- Tin Roof Sundae
- Turtle
- Vanilla
- Vanilla Fudge

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

Grimes Senior Center News

Governor's Day 3-Day Summer Festival

Submitted by Rene' Leppert
Site Coordinator

Governor's Days is a 3-day summer festival held in Grimes. The Grimes Senior Center had a float in the Governor's Days Parade on Saturday, June 14th. The patriotic float was pulled by senior Dick Piphon with his restored Allis-Chalmers WD tractor.

Borrowing a favorite saying from the Westside Senior Center, the sideboards of the float proclaimed "Old Age Ain't For Sissies!" A concept whole heartedly agreed upon!

Pictured riding on the float are: Joyce Kern, Roberta Shuey, Paul Barton, Yalanda Clayton, Leon Flourde and Nancy Lloyd. Also riding, but not pictured, was Rene' Leppert, Coordinator for the Grimes Senior Center.



Johnston Senior Center News

Summer Kick-Off @ Crown Point

Submitted by Caroline Ver Schuer
Site Coordinator

Jay and Tammy Roy played for the Seniors at Crown Point for a summer kick-off ice cream social. The wonderful entertainment, home made ice cream and many desserts were enjoyed by all. Thank you to the Johnston Senior Advisory Board for providing the entertainment. As well as the fantastic bakers who provided the desserts.



"The world is so empty if one thinks only of mountains, rivers & cities; but to know someone who thinks & feels with us, & who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden."

~Johann Wolfgang von Goethe

Supplemental Foods- We are here to HELP!!

Submitted by Shelly Bates-Crowe
Supplemental Food Program Specialist

The Supplemental Food Program serves seniors who are 60 years of age or older and meet income guidelines. Our income guidelines for 2013 have increased.

If you are a household of one and do not make more than \$ 1,245 you would qualify for a free box of food. A household of 2 cannot make more

than \$ 1,681. We deliver commodities to Polk, Warren, Jasper, Dallas, and Boone Counties. Eligible participants will receive a variety of high quality food items to assist them in obtaining a nutritional diet and to help stretch their food dollars. This program is at NO COST TO YOU if you are eligible.

If you have any questions call 515-286-3528 or the main number at 515-286-3655.

AARP Driver Safety Course Offered Monthly

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 July also go on line: www.aarp.org/drive.

Class dates are July 14th, August 11th, September 8th, October 13th, November 10th, December 8th. Please call: (515) 697-1021 to reserve your place.

In addition to the above, there will be two extra safety classes offered:

Tuesday, July 8th, 12:30 to 4:30 p.m. East Senior Center - 1231 East 26th Street

Thursday July 17th, from 5:00 to 9:00 p.m. Urbandale Senior Center - 7305 Aurora Ave.

Delicious Healthy Summer Recipes: Continued from page 3

condiment; find it in large supermarkets and Asian markets.

· Kitchen Tip: To peel and cut a mango:
· 1. Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife.

· 2. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces.

· 3. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.
· 4. Cut the fruit into the desired shape.

Nutrition

Per serving: 169 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 18 g carbohydrates; 2 g added sugars; 3 g protein; 5 g fiber; 178 mg sodium; 342 mg potassium.

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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

Tai Chi for Seniors

Tai Chi for Arthritis - Class Starts August 5, 2014

As we age, we know how important and beneficial it is to keep our body moving. With its gentle movements, Tai Chi is an excellent exercise for everyone, not just those with arthritis.



- Promotes Health & Well-Being
- Unites Mind Body & Spirit
- Reduces Stress & Anxiety
- Improves Balance & Stability
- Improves Cardiovascular Health
- Promotes Better Sleep



There is No Charge.

Class will meet on Tuesdays and Thursdays, from 9:00 – 10:00 am. The last class will be on September 9th.

at the Southside Senior Center, 100 Payton Ave. Des Moines

To register or questions, call JaNeil at 287-0092.



There will be No NEW Craft Projects planned during the months of July, August and December. 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>

July 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)

- 1st Norwoodville
 - 2nd Central
 - 3rd North
 - 8th Grimes
 - 9th NW
 - 10th Polk City
 - 11th Scott Four Mile
 - 14th East
 - 15th South
 - 16th Pioneer Columbus
 - 17th Central
 - 18th Altoona
 - 21st West
 - 22nd Johnston
 - 23rd Calvary @ Norwoodville
 - 24th Runnells
 - 25th North
- Dates Subject to Change.



Eating fresh fruits and vegetables is easier when they're available in more places like convenience stores, local markets, and community gardens. Iowa communities across the state are working hard to increase access to healthy food options. For ideas on how to improve access to healthy food options in your community, visit the Iowa Community Transformation Grant at www.idph.state.ia.us/ctg/HealthyEating.aspx for more information.



LET'S GET HEALTHY

C.A.R.E. Services Empowers Seniors



Submitted by Montessa Brown

Care & Aging Resource Experts (C.A.R.E.) is a panel of experts whose mission is to empower seniors by educating them about the resources that are available to them.

C.A.R.E. explains the services you can get in your home, while also explaining the difference between Independent Living, Assisted Living, Memory Care, Skilled Care, Long Term Care & Hospice Care.

C.A.R.E. breaks down senior options and explains how they're paid for, who's eligible and what resources are available to the aging.

C.A.R.E. speaks throughout the greater Des Moines area and surrounding counties and is not for profit.

For more information please contact Montessa Brown at (515) 419-8872.

C.A.R.E.

To Schedule A Presentation
Call: (515) 419-8872

CARE & AGING RESOURCE EXPERTS



Empowering Seniors to Know Their Options

Care & Aging Resource Experts provides education to Seniors on the following topics:

- In Home Care (Non Medical)
- In Home Care (Medical)
- Medical Supplies
- Independent Living
- Assisted Living
- Memory Care
- Long Term Care/Nursing Care
- Skilled Care
- Hospice Care
- Senior Resources & Financial Options



IN HOME SERVICES



HOUSING OPTIONS



RESOURCE NAVIGATION

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 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. |

BINGO BINGO BINGO

Blast from The Past – Senior Fishing Derby



Bev and Lee Folker (4mile) Come Prepared to Fish!



A catch is a catch, regardless of size!



Fishing Hat Fun



It was a perfect day for fishing!



Hungry after Fishing! Let's Eat!



Enjoying Lunch



Principal Volunteers - receiving directions for logging fish catches