

The Senior Polk County Senior News!

JUNE Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • June 1 - 30, 2014



Repeat Champions: The Ankeny Ten Pinners pictured left to right are: Jim Weyer, Sharon Dallman, Maureen Boesen (Sight Supervisor), Judy Nivala, and Ken Nivala

Final Results for the Senior Helpers 2014 Spring Wii Bowling League!

Submitted by Brian Hilgenberg
Senior Helpers

It was a pleasure to work with all the Senior Centers Supervisors and captions during the 8 week Senior Helpers Wii Spring Season league play. We had 26 teams participate in 2 divisions. It was very competitive up through the last week of play.

All bowlers received a participant ribbon and the top 3 teams received medals. The champions earned a traveling team trophy they will battle to keep again after next season.

Division 1:

1. Ankeny Ten Pinners REPEAT Champions
2. Urbandale Wii 4
3. Urbandale Soda Wii

Special Achievements:

Perfect 300 games bowled by: Jim Weyer (4) & Judy Nivala- Ankeny Ten Pinners; Jim Bolten-Northside Wild County Express; Kathy Gifford-Southside Silver Foxes.

Top 8 Week Individual Pin Total: Jim Weyer, Ankeny Ten Pinners- 4453 pins

Top Team Weekly Total: Urbandale Wii 4- 2152 pins

Most Improved: Urbandale Wii 4.



Johnston Renegades pictured left to right are: Earl Schmitt, Alice Wolf, and Brian Hilgenberg from Senior Helpers. Missing are teammates Nancy and Larry Evans. Caroline VerSchuer is the Johnston Site Supervisor.

Division 2:

1. Johnston Renegades-Champions
2. Grimes Hit or Miss
3. Northside Alley Cats

Special Achievements:

Top Game: Betty Overton, Northside Mad Dogs- 274 pins

Top 2 Game Series: Betty Overton- 518 pins

Top 8 Week Individual Pin Total:

Nancy Evans, Johnston Renegades- 3430 pins

Top Team Weekly Total: Johnston Renegades- 1717 pins.

Most Improved: Eastside Snappy Sues II

It was good to see so many teams and players improve during the 8 weeks. We look forward to the next season so keep on bowling!!

New 'Crocheters' Class At North

Submitted by Nicole Ledvina
North Program Aide

North Senior Center is offering a new class called the "Crafty Crocheters."

They will meet each Wednesday, at 12:30.

Currently, the class is working on crocheting hats that will be donated to those suffering from cancer and have lost their hair. In the future, there will be other various projects worked on that "give back" to the community.



The Bulletin Board!

South Senior Center Potluck

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

On the 1st Saturday of this month (June 7th), we hold a Potluck lunch.

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

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



Potluck & Dance Event

The Eastside Senior Center is hosting a Potluck & Dance on Friday, June 20th, 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 Ron Muhlenberg.

Admission is \$3.00 per person. Any questions call Ranae or Kris at 265-8461.



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.aspx/page.aspx?cpid=8>



We take the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity, representing our liberty.

~George Washington



- 6/14 - Flag Day
 - 6/15 - Father's Day
 - 6/21 - Summer Begins
 - Dairy Month
 - National Adopt a Cat Month
 - Nat'l Fresh Fruit & Vegetables Month
 - Rose 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.

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.

VNS 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.

Upcoming Travel Opportunity Available

Submitted by: Iowa Girl Tours, LLC
Jane Hartman & Amy Keiderling
June 21st & June 22nd, 2014

Weekend Getaway To Historic Galena, Illinois - Join us for a weekend getaway to the historic and beautiful Galena, Illinois! Travel with us for a fun weekend of site seeing, shopping, eating and exploring all the history, wineries, and eateries Galena has to offer. We will also be heading to the fantastic and historic House on the Rock! Don't miss out on this legendary spot! Grab your favorite travel buddies and kick off your summer adventures! **PRICE: Call for details**

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, Philadel-

phia, 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.

The presentation/information meeting to explain the details of the **Italy trip** to anyone interested will be Thursday, June 12th, at 5:30.

The presentation will be at Raccoon Valley Bank on Highway 44 in Dallas Center (590 Sugar Grove).

A light meal will be served, so please RSVP to Gary and Jan Busby at 515-992-3118 or 515-975-6849 (cell), for the Italy trip, by June 10th.

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 June be interested.

Travel information provided is not endorsed by Polk County or any of its entities.

The purpose is to make known the recreational travel services available for seniors in Polk County.



Need to Know How to Get to the Senior Fishing Derby?!!?



3 Ways to Arrive at Easter Lake – Shelter # 2
(once in park entrance, veer right at fork to get to Shelter 2)

- 1.) At intersection of S.E. 14th & Army Post Road, head east on A.P.R. Take left on Indianola Road. Turn right on Easter Lake Drive and left into park entrance.
- 2.) From 65 bypass, off at Army Post Road exit. West on A.P.R., take a right on E. 36th St., left on Easter Lake Drive, right into park entrance.
- 3.) Off Indianola Rd. (just south of S.E. 14th intersection). Turn on Evergreen Ave. Follow along the lake, take right on E. 34th St., then right on Easter Lake Drive and right into park entrance.

Park Info
285 7612

!!! IMPORTANT !!!

Indianola Avenue from McKinley Ave to just north of Easter Lake Drive is CLOSED to all traffic.



X Y Y A D S R E H T A F Q K U H C A E B R F E
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|---------------|--------------|------------|
| Air Condition | Friends | Summer |
| Barefoot | Gardens | Sunburn |
| Baseball | Grill | Sunglasses |
| Beach | Hiking | Sunrise |
| Boating | Humidity | Sunscreen |
| Bonfire | Lawn Chair | Sunset |
| Bowtie | Perspiration | Suntan |
| Camping | Relaxing | Swimming |
| Cookouts | Sand | UV Rays |
| Fathers Day | Smores | Vacations |
| Fishing | SPF | Water Ski |
| Flag Day | Splash | Wedding |

Quick & Easy Healthy Recipes (Diabetic Friendly)

Source: www.consumer/living-with-diabetes/healthy-eating/healthy-recipes

Nicoise Salad



Prep Time: 10 minutes
Total Time: 10 minutes
Serves: 4

Ingredients

- 6 cups ready-to-serve romaine lettuce
- 6 ounces canned albacore tuna in water, drained
- 2 baked potatoes, unpeeled, sliced
- 2 cups cooked green beans
- 8 black pitted olives
- 2 ripe plum tomatoes, sliced
- ¼ cup balsamic vinegar
- ¼ teaspoon black pepper

Preparation:

- Place lettuce in a large salad bowl. Top with tuna, sliced potatoes, green beans, olives, and tomatoes.
- Cover and refrigerate until ready to serve. Serve salad with balsamic vinegar and black pepper on top.

Nutrition Information: Calories – 200; Total Fat – 3g; Calories from Fat – 30; Saturated Fat – 0g; Cholesterol – 20 mg; Sodium – 270 mg; Total Carbohydrates – 30 g; Dietary Fiber – 6 g; Protein – 15g; Sugars – 6g; Vitamin A – 100%; Vitamin C – 60%; Calcium – 8%; Iron – 15%

Eggplant Burgers



Prep Time: 5 minutes or less
Total Time: 10 minutes
Serves: 6

Ingredients

- 1 pound eggplant
- 1 tablespoon margarine, canola-based, trans-fat free
- 6 ounces cheddar cheese, low fat
- 6 hamburger/hot dog buns, mixed grain

- 6 pieces lettuce leaves
- 2 tomatoes, medium

Preparation:

- Peel eggplant and cut cross-wise into 6 slices, about 3/4-inch thick.
- Place the eggplant slices on a plate, and cook in the microwave for about 5 minutes or until the centers are cooked.
- Melt margarine in a large skillet over medium-high heat. Sauté eggplant slices until lightly toasted on each side.
- Place a 1-ounce slice of cheese onto each eggplant slice. Cook until cheese is melted, then remove from the skillet.
- Place eggplant on hamburger buns and serve each with a lettuce leaf and tomato slices. Serve with condiments of choice.

Nutrition Information: Calories – 210; Total Fat – 7g; Calories from Fat – 60; Saturated Fat – 2g; Cholesterol – 5mg; Sodium – 400mg; Total Carbohydrates – 26g; Dietary Fiber – 5g; Protein – 12g; Sugars – 6g; Vitamin A – 45%; Vitamin C – 20%; Calcium – 20%; Iron – 15%

Apple Walnut Dip



Prep Time: 15 minutes
Total Time: 15 minutes
Serves: 8

Ingredients

- 8 ounces yogurt, plain, non-fat
- 8 ounces cream cheese, fat-free
- 1 teaspoon cinnamon, ground
- 1 apple, medium
- ½ cup walnuts, chopped
- 2 tablespoons sugar

Preparation:

- Beat together yogurt, cream cheese and cinnamon in a medium bowl.
- Shred apple and add it to yogurt mixture, along with chopped nuts and sugar.
- Cover and chill until ready to serve.
- Serve with apple or pear wedges, or spread on graham crackers.

Nutrition Information: Calories – 110; Total Fat – 5g; Calories from Fat – 45; Saturated Fat – 0g; Cholesterol – < 5mg; Sodium – 220 mg; Total Carbohydrates – 11g; Dietary Fiber – 1g; Protein – 8g; Sugars – 8g; Vitamin A – 4%; Vitamin C – 4%; Calcium – 15%; Iron – Not a significant source



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or June be of interest to older adults.

We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Senior Bulletin reserves the right to decide to publish or not; as well as determine whether to publish all or part of any material submitted. Deadline is usually around the 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 June Pie Menu

June 5th

Strawberry Rhubarb Pie

June 12th

Cherry Pie

June 19th

Pecan Pie

June 26th

Boston Crème 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.



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

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

Class dates are June 9th, July 14th, August 11th, September 8th, October 13th, November 10th, December 8th.

Please call: (515) 697-1021 to reserve your place.



WesleyLife HOME-DELIVERED MEALS

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

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



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

Roast beef



Lemon pepper fish



Country herb chicken



1700-988-5-13

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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



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W



Th

F

2
 Hearty Italian Vegetable
 Beef Soup
 Peas
 Orange Juice
 Peaches
 Wheat Bread
 WG Blueberry Muffin
 104
 794

3
 Walking Chicken Taco
 Lettuce w/diced tomatoes
 Salad Dressing
 Green Beans
 Pears
 WG Tortilla Chips
 Fresh Orange
 86
 706



4
 Shepherd's Pie
 Spinach
 Craisins
 Wheat Bread
 Blueberry Crisp
 159
 947

4
Flex Meal Option
 Turkey Burger
 Lettuce/tomato/onion
 Spinach
 Craisins
 WW Bun
 Blueberry Crisp
 150
 894

5
 Meatloaf
 Sweet Potatoes
 Brussels Sprouts
 Banana
 WW Dinner Roll
 101
 820

6
 Baked Cod
 Key Largo Vegetables
 Lettuce Salad
 Pineapple Tidbits
 Rye Bread
 Grape Juice
 72
 496

9
 Hamburger Cabbage
 Casserole
 Peas
 Tropical Fruit Salad
 Wheat Bread
 Peach Crisp
 118
 938

10
 Apple Pork Chops
 Carrots
 Potato Salad
 Strawberries
 Wheat Bread
 Sponge Cake
 90
 647

11
 Chef Salad w/tomato
 wedge
 Baby Potatoes
 Fresh Banana
 Bran Muffin
 107
 777

11
Flex Meal Option
 Liver N Onions
 Baby Potatoes
 Lettuce Salad
 Fresh Banana
 Bran Muffin
 119
 802

12
 Shredded Pork
 Cucumber Salad
 Garlic Mashed Potatoes
 Fresh Apple
 WW Bun
 Mandarin Oranges
 97
 700

13
 Tuna Salad Sandwich
 Minestrone Soup
 Cooked Cabbage
 Orange Juice
 Trail Mix
 101
 765

16
 Beef Chili
 Squash
 Mixed Melon
 Wheat Bread
 Mango Crisp
 111
 734

17
 Meatball Sub w/ cheese
 Tomato Sauce
 Peas
 Applesauce
 WW Bun
 Fresh Orange
 92
 803

18
 Chicken Burger
 Lettuce/tomato/onion
 Broccoli
 Fresh Banana
 WW Bun
 Birthday Cake
 114
 718

18
Flex Meal Option
 BBQ Riblet
 Lettuce/tomato/onion
 Broccoli
 Fresh Banana
 WW Bun
 Birthday Cake
 127
 909

19
 Pork Roast w/gravy
 Mashed Potatoes
 Spinach
 Orange Juice
 WW Dinner Roll
 Pineapple
 94
 607

20
 Tuna Noodle Casserole
 Key Largo Vegetables
 Lettuce Salad
 Raisins
 WW Dinner Roll
 94
 608

23
 Chicken Tortellini Soup
 Green Beans w/almonds
 Fresh Orange
 Pears
 Pumpkin Apple Muffin
 102
 680

24
 Cali Burger
 Lettuce/tomato/onion
 Valley Salad
 Berry Blend
 WW Bun
 Warm Cinnamon Apples
 89
 731

25
 Pork Ham Slice
 Copper Penny Salad
 Spinach
 Banana
 Raisin Bread
 Strawberries
 94
 561

25
Flex Meal Option
 Chicken Caesar Salad
 Banana
 Raisin Bread
 Strawberries
 84
 718

26
 Salisbury Steak
 Brussels Sprouts
 Mashed Potatoes
 Raisins
 WW Dinner Roll
 89
 723

27
 Turkey Sandwich
 Broccoli Cheese Soup
 LS V8 Juice
 Tropical Fruit
 Cherry Almond Crisp
 111
 814

30
 Baked Chicken
 Party Potatoes
 Broccoli
 Fresh Orange
 Wheat Bread
 Pears
 87
 675

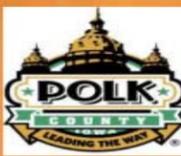



Meals served at the centers are for those 60 years and older and spouse. Contributions are optional. Questions? Call the site nearest you!

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




A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.
 ~ Unknown

Polk County Senior Centers Meal Site Locations & Staff

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

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

Central
Open 8:00 a.m. - 5:00 p.m.
2008 Forest
Des Moines 50314
Phone: 286-3677
Site Supervisor: Sam McCrorey
Program Aide: Sara Baratta
Serving time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY @ Deaf Seniors: 262-3420
Site Supervisor: Dan Sauser
Serving time: 11:30 a.m.

East
Open 8:00 a.m. - 5:00 p.m.
1231 E. 26th Street
Des Moines 50317
Phone: 265-8461
Site Supervisor: Ranae Nerem
Program Aide: Kris McCaughey
Serving time: 11:30 a.m.

Grimes
Open 9:30 a.m. - 1:30 p.m.
410 S.E. Main Street
Grimes 50111
Phone: 986-5747
Site Coordinator: Rene' Leppert
Serving time: 11:30 a.m.

Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline VerSchuer
Serving Time: Noon

MLK, Jr.
Open 9:30 a.m. to 1:30 p.m.
1650 Garfield
Des Moines 50316
Phone: 266-5445
Site Coordinator:
Serving time: 11:30 a.m.

North
Open 8:00 a.m. - 5:00 p.m.
2nd & Euclid - Park Fair Mall
Des Moines 50313
Phone: 288-1524
Site Supervisor: Diana Savage
Program Aide: Nicole Ledvina
Serving time: 11:30 a.m.

Northwest
Open 8:00 a.m. - 5:00 p.m.
5110 Franklin
Des Moines 50310
Phone: 279-2767
Site Supervisor: Kristi Carman
Program Aide: Theresa Webb
Serving time: 11:30 a.m.

Norwoodville
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
Site Supervisor: Dan Sauser
Program Aide: Krystal Simonson
Serving time: 11:30 a.m.

Pioneer Columbus
Open 9:30 a.m. to 1:30 p.m.
2100 S.E. 5th
Des Moines 50315
Phone: 288-3734
Program Aide: Ray Ann Scione
Serving time: 11:30 a.m.

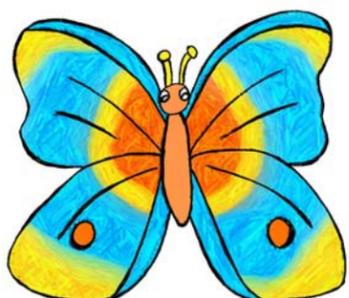
Polk City
Open 9:30 a.m. to 1:30 p.m.
309 Van Dorn
Polk City 50226
Tues., Thurs. @ 984-6691
Site Coordinator: Mary Scaglione
M-W-F @ Ankeny @ 963-0527
Serving Time: 11:30 a.m.

Runnells
Open 9:30 a.m. to 1:30 p.m.
108 Brown Street
Runnells 50237
Phone: 966-2427
Site Coordinator: Eliz Rockwell
Serving time: 11:30 a.m.

Scott Four-Mile
Open 9:30 a.m. to 1:30 p.m.
3711 Easton
Des Moines 50317
Phone: 265-9977
Site Coordinator: Kathy Gates
Serving time: 11:30 a.m.

South
Open 8:00 a.m. - 5:00 p.m.
100 Payton
Des Moines 50315
Phone: 287-0092
Site Supervisor: JaNeil Long
Program Aide: Carole Stevenson
Serving time: 11:30 a.m.

Westside 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.



Polk Senior Services Administrative Staff

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

Monthly Activities At Your Senior Centers & Meal Sites



Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up. Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

Schedule of Activities

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 and Crocheting

Johnston.....1st and 3rd Mondays @ 1:00 p.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.



June Tournaments

16th @ N'ville – 12:30 p.m.
16th @ South – 12:30 p.m.
23rd @ N'ville – 12:30 p.m.
23rd @ South – 12:30 p.m.
30th @ N'ville – 12:30 p.m.
30th @ South – 12:30 p.m.

11th @ N'ville – 12:30 p.m.
18th @ N'ville – 12:30 p.m.
25th @ N'ville – 12:30 p.m.

Double Pinochle

6th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Shanghai

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

8 Ball Pool Tournament

8th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

9 Ball Pool Tournament

13th @ North – 9:00 a.m.
27th @ North – 9:00 a.m.

Cribbage

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

6th @ South – 12:30 p.m.
13th @ South – 12:30 p.m.
20th @ South – 12:30 p.m.
27th @ South – 12:30 p.m.

Pinochle

4th @ N'ville – 12:30 p.m.

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

June 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.

As summer approaches make sure you take precautions to stay safe in the heat!

June Craft Projects



We are always looking for new crafting friends to join us. If you are interested in participating in a class please contact a senior center near you and ask about the details of projects coming up, class day and time, supplies needed and how to sign up.

Check with sites for sign ups and info on projects for both current and future classes and if any additional supplies need to be brought with you to the class.

Projects vary in length of time, degree of difficulty and price. Most projects are geared where basic motor skills and hand - eye coordination are used...you don't have to be a crafting expert to attend the classes. The idea is to make something nice but be able to enjoy and socialize during the class as well.

Basic items that should be brought to **each** class by participants are:

- ❖ Scissors
- ❖ Ruler
- ❖ Needle/Thread
- ❖ Pencil/Marker
- ❖ Straight Pins

Cost - there is a minimum 50 cent donation requested per craft class week on Regular "Social" Craft Projects, if able to (there also will be

a posted suggested price on sign-up sheets of what is asked for that particular project - which is still well below actual cost of project).

On any Special Projects there is a set price that needs to be paid by each individual. All prices are at a reduced rate of what the actual project costs (often over half off). Payment options and/or special financing can be arranged privately by talking to staff ahead of time. Sometimes payments are required prior to class project start date, other times paying the day the project starts in class.

The above information can be found on the sign up sheets at each participating site.

Note: there are sometimes deadlines for signing up for projects and there are a limited number of supplies ordered, so don't delay. We don't want you to miss out!

Note Re: Multipurpose Holder

Actual project will only be the base container itself. How it is used, is up to each individual.

Individuals will need to supply their own 10/10.5 oz Tin Can (Campbell's type soup can is ideal).

*Actual Projects will differ slightly than pictures shown below.

Check with site nearest you to look at upcoming month's projects and to sign up!



Set of 2 - Give a Hoot! Owls
Price \$2.00 for both



Clay Pot/Tin Can Uncle Sam
Price \$2.00
(candy holder, pen/pencil holder, plantholder, tea light /votive candle holder, etc.)



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 use as reorganization and break.

Always check the Senior Bulletin or individual sites for upcoming projects and how to sign up for each project.

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

Consumer Advisory: Unauthorized Charges & "Free Trial" Offers

By Attorney General Tom Miller

If you've ever discovered that someone billed your credit card account for something that you didn't order, the bad news is that you may have a little work to do to clear it up, but the good news is that at least you checked your monthly statement and you caught the problem.

The Fair Credit Billing Act (FCBA) protects consumers from unfair and fraudulent charges on "open end" credit accounts, such as credit cards, and revolving charge accounts, such as retail store accounts. The law does not apply to debit cards or more traditional loans. The FCBA gives you the right to dispute credit card charges that are incorrect; charges that you didn't authorize; charges for goods or services that you didn't receive or accept; and charges for goods or services that were not delivered as agreed or as promised (disputes about the quality of goods and services are not considered billing errors). You also have the right to dispute a failure to post payments and other credits (such as returns), and a failure to send bills to your current address.

Always check your monthly credit card and debit card statements, and dispute unauthorized or fraudulent charges as soon as possible.

Disputing an unauthorized credit card charge or billing error:

- Report the disputed charge immediately to your card issuer, especially if the issuer operates a 24-hour customer service number.

- Even if you reported the incident by phone or via the Internet, send a letter to the creditor (send it to the address for billing inquiries, not the payment processing address). Include your account number, your full name, mailing address, a description of your dispute and copies of relevant receipts or documentation. Make a copy of your letter. Save that copy and your original receipts and documents.

- Send your letter via certified mail, and request a return receipt. Make sure that the creditor receives your letter within 60 days after the first bill that included the unauthorized charge was mailed to you.

- Continue paying for any other charges on your bill that you don't dispute (including finance charges on the undisputed amount), but you may withhold payment on the disputed charge and other charges related to the disputed amount.

- The creditor must acknowledge your complaint in writing within 30 days after receiving



Attorney General Tom Miller

it. The creditor must resolve the dispute within two billing cycles of receiving your letter, or within 90 days.

- During the dispute, the creditor may not threaten your credit rating, report you as delinquent, or take legal or collection action against you.

- If there's an error, the creditor must explain the error and remedy in writing, credit your account, and remove any fees or charges related to the error. If the creditor agrees the charge was unauthorized, you won't have to pay more than \$50.

- If there's not an error, the creditor must explain it in writing. You will be responsible for the disputed charge, plus any finance charges. However, you still may file a complaint with the Attorney General's Office about the charge.

"Free trial" offers

Many "free trial" offers result in ongoing charges on your credit card bills because you didn't realize that you had to cancel the offer within a certain number of days. And, in many cases, you may not have explicitly approved the charges or even provided a credit card number, which may have come from another company with which you did business.

If you discover you're being charged for something you didn't authorize, contact the company directly and ask that they remove any charges. Follow up with your credit card company to dispute the charges or to ensure that they're removed.

For more information contact: Consumer Protection Division Hoover Building, Des Moines, IA 50319, 515-281-5926, 1-888-777-4590, www.IowaAttorneyGeneral.gov.

DART: Service Change

By Jennifer Greiner

DART Marketing Coordinator

The next DART service change is effective Sunday, June 8, 2014.

For complete details on routes with changes please visit www.ridedart.com.

National Dump the Pump Day

Residents can trade a gas receipt for a free ride on DART Local, Express, Flex and On Call services on Thursday, June 19, 2014, in observance of National Dump the Pump Day. Present one (1) gas receipt to the bus operator and receive one (1) free ride. Plan your DART trip with MyDART Trip Planner, available at ridedart.com. DART schedule data is also available on Google Maps.

Independence Day

DART will not operate bus service on Friday, July 4, in observation of Independence Day. Service will resume Saturday, July 5. DART's administrative offices also will be closed on Friday.

How to Ride Training

DART staff provides small group training to help individuals learn to ride the bus. Training demonstrates how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. Sessions are free and open to the public. The next How to Ride Training session is scheduled for Tuesday, June 17, 2014, from 2 to 4:30 p.m. at DART Central Station (620 Cherry Street, Des Moines). To schedule an on-location group training session please reach out to DART Customer Service.

For more information about DART promotions or services, please call DART Customer Service at 515-283-8100 or visit www.ridedart.com.

Ask the Naturalist

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



Question: Blue jays and grackles have been attacking our cat and have even swooped down on us! Why are they doing this? How can we protect ourselves from these dive-bombing birds?

~Morgan, Des Moines

Answer: Birds can be very territorial when they have a nest of babies. When a cat, dog or human comes anywhere close to their nest, they see them as a threat to their babies. This dive-bombing behavior is an effective scare tactic meant to drive predators away from their nest of young. You should try to stay away from the area until the young are raised. This may mean using other entrances around your house or areas in your yard. Dive-bombing is very effective, although the birds are unlikely to hurt you. Wearing a hat or carrying an open umbrella over your head may make you feel safer.

June Blood Pressure Checks

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

- 3rd Norwoodville
 - 4th Central
 - 5th North
 - 9th East
 - 10th MLK, Jr.
 - 11th NW
 - 12th Polk City Grimes
 - 13th Scott Four Mile
 - 16th West
 - 17th South
 - 18th Pioneer Columbus
 - 19th Central
 - 20th Altoona
 - 24th Johnston North
 - 25th Calvary @ Norwoodville
 - 26th Runnells
 - 27th North
- Dates Subject to Change.



Our community deserves healthy food options.



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

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.

Medicare's Durable Medical Equipment Benefits Coverage

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

People on Medicare can help save the Medicare program from fraud and wasted benefits if they understand what the program covers. As our life expectancy keeps increasing, it's likely that some time in our lives we'll need some medical equipment in our home. "Durable medical equipment" means

- Reusable equipment to help a medical condition;
- Equipment likely to last three years or more;
- Designed for use in your home and some types might be carried with you away from home;
- Common examples are walkers, wheelchairs, oxygen, diabetes testing equipment, and CPAP;
- A doctor's prescription is required, usually written after an office visit.

If you are on original Medicare, usually your doctor's office can explain the Medicare coverage rules to you, or you can call 1-800-Medicare for an explanation. If you are in a Medicare Advantage plan, you must check with your plan to find out the coverage rules before you arrange to purchase the equipment.

How could problems with Medicare fraud and errors or financial scams be connected with medical equipment? Here are some real life examples:

- A person on the phone pretends to be a salesperson from a medical equipment company and convinces you to give your Medicare number and credit card or bank account information. What's wrong? This is a financial scam.
- A person on the phone or at your door represents a medical equipment company, asks if you have diabetes or pack pain and offers to arrange with your doctor for "free" equipment for you. They take your Medicare number and doctor's name from you. What's wrong? You don't know if the company is approved by Medicare. Medical equipment companies who cold call people who aren't already their customers are breaking rules. You and your doctor need to talk first, before any arrangements are made with an equipment company.



· When you read your Medicare Summary Notice that shows Medicare paid for your medical equipment, be sure the description on the notice matches what you actually received. A company could make a mistake or abuse Medicare by billing for a more expensive item than what they gave you.

If you have a concern or problem with anything like this, contact Iowa Senior Medicare Patrol for information and assistance. You can talk to a "live" person here in Iowa at 1-800-423-2449.

Everyone Agrees – Choosing Medicare Plans Can be Confusing! What to Do.....

A recent survey confirms what we all know – choosing a Medicare Prescription Drug Plan or an alternative to original Medicare within the Medicare Advantage plans — is difficult and confusing. The Kaiser Family Foundation, a respected organization which analyzes health care issues, recently published their report, "How are Seniors Choosing and Changing Health Insurance Plans?" Some of the key findings were:

- People used many factors to make a plan choice when they first enrolled in

Medicare.
· Many people said they didn't want to change their plan in subsequent years because the process of choosing a plan is so frustrating.

· It is difficult to compare plans because so much information comes in the mail and through media it is hard to sort through. Many people didn't find the information on the Medicare website to be as helpful as they'd like.

There is a way to overcome this! Use the services of Iowa's Senior Health Information Program, known as SHIIP. It is a free, confidential service of the State of Iowa that helps Iowans make informed decisions about Medicare and other health coverage. SHIIP offers confidential, one-on-one counseling throughout Iowa from trained volunteers who have been in your shoes. Call them at 1-800-351-4664 or visit their website at

<http://www.shiip.state.ia.us/Home.aspx> Many Iowans need to get ready for the open enrollment for Medicare plans that will start this fall – a few short months away.

Iowa Senior Medicare Patrol a project of AGING RESOURCES OF CENTRAL IOWA.

Don't FORGET!

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

Friday, June 6th, at Easter Lake – Shelter # 2
9:00 a.m. to 1:30 p.m. – FREE (donations are accepted)

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

To ensure a lunch, Call 286-3536 to R.S.V.P. by June 2nd.

Contests w/ Prizes and Giveaways
Bring own lawn chair or stool to sit on. Advise bringing extra drinking water.
No fishing license needed June 6th – 8th

Questions? Call

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 – A Look Back At Some Fun, Momentous Events/Occurrences At The Senior Sites



Grimes News: Container Gardening

The seniors at Grimes recently enjoyed an interesting presentation on “Container Gardening” by Master Gardener Mary Day. Mary is the daughter-in-law of Eva Day, who regularly attends the Grimes Senior Center. She told us the steps to create eye-catching container gardens. We learned how to select your pot and then the plants, based on the amount of sun/shade they would receive. Mary likes to use the phrase “Thrillers, Fillers and Spillers” when designing a container garden. A “thriller” is a plant that is big, bold and beautiful; “fillers” complement the main plant and “spillers” tumble over the edge of the pot. The finished container garden she made that day was going to be Eva’s Mother’s Day gift!



Grimes News: Wii Bowling

Pictured receiving their medals from Brian Hilgenberg of Senior Helpers are Hit or Miss team members: Joyce Kern, Dallas Davis, Deb Eikenberry and Angie Roan.

Two teams from Grimes competed in the Senior Helpers 2014 Spring Wii Bowling League. This was the first time our Senior Center participated in the League. The Grimes “Hit or Miss” team got 2nd Place in Division 2. Both teams from Grimes really enjoyed bowling together every week, and everyone agrees Wii Bowling is fun, fun, fun!

Supplemental Foods- We are here to HELP!!

Submitted by Shelly Bates-Crowe
Program Specialist
Supplemental Food Program

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 please Call Shelly at 515-286-3528 or the main number at 515-286-3655.



I decided in my life that I would do nothing that did not reflect positively on my father’s life.

~ Sidney Poitier

Drumming For Life

Adventures in Social Drama

Submitted by Annie Mielke

Looking For An Engaging Social Activity? Consider the Benefits of Drumming!

Facilitated drumming offers new insights into team building and communications. Your brain interprets rhythms: auditory, visual, and touch sensory patterns. These patterns are how our minds communicate with our bodies, with others, and with the world around us.



Drums are the world’s oldest and most ubiquitous musical instruments and the basic design has remained virtually unchanged for thousands of years. Even our heartbeats are rhythmic by design. We are surrounded by thousands of rhythmic processes, including language. Our awareness and attentiveness to rhythm affords us a better understanding of time and space.

*Barry Bittman, MD: Drumming, one of the oldest healing rituals known to man is now receiving heightened interest as a complementary therapeutic strategy in the conventional medical arena.

*Dr. Stephen Dolle (Wright State University), author of Engage the Rhythms of Your Brain: Group drumming is used today to improve non-verbal communications, personal confidence, cognitive function, mobility, and general wellness.

Lee Berk, MPH, Dr.PH, David Felten, MD, PhD, completed a comprehensive research project that was performed at the Mind-Body Wellness Center. The design was simple; subjects were assigned to one of two groups. The first participated in drumming sessions for one hour, while the second, or control group, spent their time reading. Blood was sampled before and after each session. Data were analyzed at the University of Iowa, and at Loma Linda University School of Medicine.

This is the first study to show that subjects who drummed manifested clear-cut boosts of immune function, especially for cells that seek out and destroy tumors and viruses.

This landmark project represents a major breakthrough in our understanding of the biological effectiveness of drumming as a healing strategy.

Participating in a musical activity improves your overall focus. Long, concentrated periods of drumming bring both your left and right brain to synchronization.

Playing the drums is great, heart-healthy exercise. Dr. Lois A. Butcher-Poffley, sports psychologist and assistant professor in the Kinesiology Department at Temple University explains, “There is a fitness component, no question. There is spinal motor movement and gross motor movement. You have all limbs going...If you don’t keep using your joints,” she adds, “the synovial fluid doesn’t lubricate them. And if you don’t use it, you will lose it.”

For more information on how to start Drumming for Life in your community, please contact:

Joe Parrish
joe.parrish@asdrama.org
(515) 339-4781

Annie Mielke
annie.mielke@asdrama.org
(515) 306-0030

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