

The Senior

Polk County Senior News!



Bulletin

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

Polk County's Annual Volunteer Recognition Dinner



The invites have been sent out for the Volunteer Recognition Dinner to 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.

EVENT INFORMATION

If you received an invite, please make sure to RSVP by deadline date given on insert card. There are 3 transportation options available. 1) Ride on Motorcoach provided from designated locations (limited space

may apply, so do not delay in getting your name on the list), 2) Drive on your own (still need to RSVP at the site you attend) Parking is available in north parking lot. Shuttle available, if needed or 3) Ride on Paratransit/DART, which will pick up at residence (ONLY applies to those currently signed up with Paratransit).

If you have any questions about RSVP'ing or the event please call a senior/community center for assistance.

Guests can attend the event, there is a \$15.00 charge and a reservation also will need to be made at a senior site.

When RSVP'ing please let staff know who you are a GUEST of.

Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (September 6th), we hold a Potluck lunch.

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

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



POTLUCK DINNER

Falls Prevention

STEP UP TO STOP FALLS

A MATTER OF BALANCE
(MANAGING CONCERNS ABOUT FALLS)

Mercy/Polk County Matter of Balance Classes
North Senior Center

Held on Tuesdays & Thursdays
September: 16th, 18th, 23rd, 25th, 30th
October: 2nd, 7th, 9th
1:00 - 3:00 p.m.

Program fee is \$15.00

For more information please call:
Beth Berg: 515-247-4001
North Senior Center: 515-288-1524



Annual Tailgate 50+ Fun Night

Wednesday, September 17th,
6:30 - 9:30 p.m.

at Crown Point Community Center 6300 Pioneer Parkway.
Wear your favorite team colors.

Hy-Vee Catering will be grilling hamburgers, with a side of fresh fruit, chips, dessert and beverages.

Entertainment will be Jerry Michael who will be playing songs to remember.

RESERVATIONS MUST BE MADE IN ADVANCE, either by signing up at Crown Point Center or by calling Sue Timm at 494-2228 by September 12th. The \$5.00 fee will be collected at the door the night of the event.

Come support your favorite team, have a burger, play games and enjoy 50+ Fun Night.
Sponsored by the Johnston Senior Advisory Board.

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.



- 9/1 - Labor Day - All Site's Closed;
- 9/7 - Grandparent's Day
- 9/11 - Patriot Day
- 9/16 - Polk County Volunteer Recognition Event
- 9/19 - POW/MIA Recognition Day
- 9/22 - Autumn Begins
- Classical Music Month
- Hispanic Heritage Month
- Fall Hat Month
- International Square Dancing Month
- National Piano Month
- Chicken Month
- Honey Month
- Self Improvement Month
- Better Breakfast Month

Source: www.HolidayInsights.com



Social Security Celebrates 79 Years

For the past 79 years, Social Security has maintained its place as an American cornerstone. Secure as its foundation is, Social Security has also been at the forefront of change. As the face of America has evolved over the course of the last eight decades, so too has Social Security changed along with the needs of the nation.

On August 14, 1935, President Franklin D. Roosevelt said that Social Security "represents a *cornerstone* in a structure which is being built but is by no means complete. It is, in short, a law that will take care of human needs and at the same time provide the United States an economic structure of vastly greater soundness."

The Social Security Act that President Roosevelt signed that day covered a limited number of workers in commerce and industry and provided only retirement benefits.

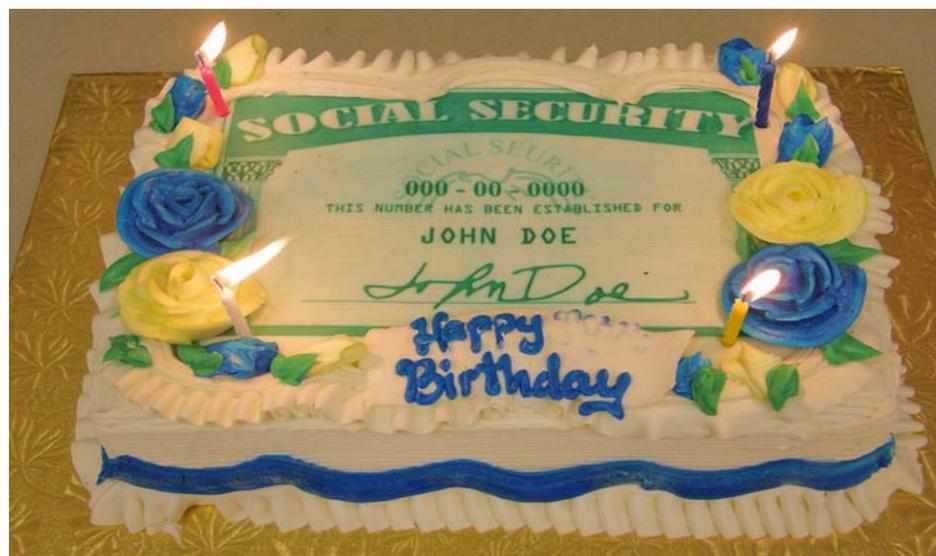
Today, Social Security is much more than a retirement program. It provides benefits to disabled individuals and their families and benefits to widows, widowers and the minor children of

deceased workers. Supplemental Security Income (SSI) helps aged and disabled people who have low income and limited resources. We have work incentives to help those people with disabilities go to work. Social Security even provides *Extra Help* with Medicare prescription drug costs. In so many ways, Social Security benefits America.

Social Security works because it is an enduring agreement between generations. It is arguably our government's most important program, and quite possibly the strongest expression of community our nation has. For 79 years, Social Security has made a tremendous and positive difference in the lives of millions, and this is certainly something to celebrate.

Learn more about Social Security's rich history at www.socialsecurity.gov/history.

Become a part of Social Security's history by choosing to do business with us online at www.socialsecurity.gov/onlineservices.



Easy Way To Get Benefit Verification

By Diane Abell

Need verification of your Social Security benefits?

There's no need to visit or call an office to get the verification you need. Simply visit www.socialsecurity.gov/myaccount.

There are a number of reasons you may need written verification of your Social Security benefits. You may need to provide it to an energy assistance program or for subsidized housing. Perhaps you're ready to make a major purchase, and you're trying to get a loan from a bank or financial institution. Or maybe you're applying for state benefits or moving into a new apartment or home. You can use this benefit verification letter for any reason that someone requires proof of your income.

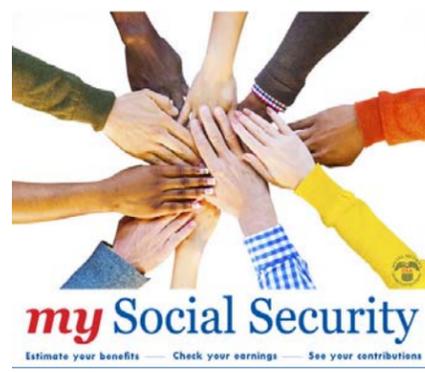
In addition to offering proof of income, the letter is an official document that verifies your Medicare coverage, retirement or disability status, and age. If you need verification that you have applied for benefits but have not yet received a decision, it also serves as proof that you applied.

Whatever your reason, if you need verification of your income from Social Security, obtaining it is easy and convenient.

Create a *my Social Security* account and you can instantly get your benefit verification letter online and obtain one anytime you need it. You also can use your account to manage your benefits, check your benefit amount, or change your address, phone number, and direct deposit information. Millions of people have already opened their accounts. In fact, someone opens a new *my Social Security* account about every six seconds!

You can also get a benefit verification letter mailed to you by calling 1-800-772-1213 (TTY 1-800-325-0778). However, for most people, getting the verification online is the most convenient way to get what they need. Get your benefit verification letter by registering today for a *my Social Security* account at www.socialsecurity.gov/myaccount.

Diane Abell is the Social Security Assistant District Manager in Des Moines.



L S C O O K O U T S S E S S A L C M P Z G Y O
 G M F M L O O H C S S E N O L C Y C D I G Q L
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|--------------|------------------|--------------|
| America | Firefighters | Patriots Day |
| Apples | Football | Piano |
| Autumn | Grandparents Day | Pumpkins |
| Bonfire | Hats | Raking |
| Books | Hawkeyes | Remembrance |
| Cheerleaders | Homecoming | Scarecrows |
| Classes | Honey | School |
| College | Labor Day | Smores |
| Cookouts | Leaves | Tailgating |
| Cyclones | Mums | Touchdown |
| Fall | Orchards | Veterans |

Quick, Fun n' Good Recipes



Cheese, Avocado and Tomato Salad.

In a bowl mix: 1 avocado, 1 tomato and fresh cheese in cubes + 1 tablespoon olive oil + 1 tablespoon Basil dry (can be oregano, dill, tarragon, etc.) + salt and pepper to taste.

Tip

The fresh cheese can be replaced by mozzarella fresh or bottled, also by cheese or goat cheese.

Pasta Salad with Asparagus, Sun-dried Tomatoes and Yogurt with Cilantro Sauce

Cook the pasta and let cool.

In a bowl mix: pasta + asparagus previously already baked cold + yogurt and cilantro sauce + Sun-dried tomatoes + buttery cheese cubes + 1 dash of olive oil + Salt and pepper to taste.

Tips

Put the asparagus on top of the oven Tin greased, add salt and pepper, then place in the oven at high temperature for 15 minutes or until to the Dente.

For the cilantro sauce, put 1 natural yogurt + tied 1 cilantro (leaves only) in the mini Food processor until well blended, add salt and pepper to taste.

Hydrate dried tomatoes in a bowl with boiling water for half an hour, then cut into thick strips.



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

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



Polk County September Pie Menu

September 4th
Dutch Apple Pie

September 12th
Peach Pie

September 18th
Pumpkin Pie

September 25th
Forest Pie



Italian Chicken Potato and Green Bean Bake

Ingredients

- 3 generous cups red potatoes, quartered
- 2 cans cut green beans (you could use frozen)
- 1-1 1/2 lb chicken breasts (4 chicken breasts)
- 3/4 stick butter, cut into pieces
- 2 Italian dressing seasoning/mix packets
- Or any seasoning combo of your choice.
- You can get creative with different flavors.

Instructions

- Pre-heat oven to 350 degrees.
- Line one side of the pan with green beans. Cut potatoes up.
- Line opposite side of pan with the potatoes. Line the chicken breasts down the middle of the baking dish.
- Cut butter up and layer over the green beans, potatoes and chicken. Sprinkle Italian dressing over the entire pan.
- Cover with foil. Bake 1 hour.



Recreation Committee

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

Free Community Dinner Meal Offered

(No Age Requirement)



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

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

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

No Reservation Needed / First Come- First Served

Ran by Nancy Gilbreth/Sponsored by Central Iowa Shelters

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

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



M

T

W

Th

F

1 - Site Closed



Labor Day

2
Chicken Stew
Broccoli
Mandarin Oranges
Blueberry Crisp

112
707

3
Baked Cod
Key Largo Vegetables
Lettuce Salad
Banana
Cookie

64
475

3
Flex Option
Hot Dog
Key Largo Vegetables
Lettuce Salad
Banana
Cookie
WW Bun
112
671

4
BBQ Chicken Sandwich
Sweet Potatoes
Brussels Sprouts
Pineapple Tidbits
Orange Juice
WW Bun

108
676

5
Chicken Tortellini Soup
Squash
Fresh Orange
Bread Pudding
Applesauce

113
721

8
Beef N Noodles
Mashed Potatoes
Green Beans
Berry Blend
Fresh Apple

85
694

9
Pineapple Pork Chops
Carrots
Potato Salad
Strawberries
Sponge Cake

84
576

10
Chef Salad w/tomato wedge
Baby Potatoes
Banana
Bran Muffin

107
777



10
Flex Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin

119
802

11
Beef Pepper Steak
Tomato Sauce
Mixed Vegetables
Applesauce
Brown Rice
Fresh Orange

109
704

12
Hearty Italian Vegetable
Beef Soup
Peas
Apple Juice
Pumpkin Apple Muffin
Peaches

89
660

15
Turkey Ham n Bean Soup
Brussels Sprouts
Orange Juice
Cornbread
Trail Mix

98
649

16
Sloppy Joe
Broccoli
Diced Potatoes
Craisins
WW Bun

114
774

17
Tuna Noodle Casserole
Key Largo Vegetables
Lettuce Salad
Banana
Birthday Cake

119
744

17
Flex Meal Option
Bratwurst w/ sauerkraut
Key Largo Vegetables
Banana
Birthday Cake

113
935

18
Shredded Pork
Germany Vegetable Blend
Garlic Potatoes
Fresh Apple
WW Bun
Fruit Cocktail

99
706

19
Stuffed Green Pepper
Soup
Peas
Tropical Fruit
Apple Raisin Crisp

156
965

22
Pork Ham Slice
Harvard Beets
Cheesy Hashbrowns
Fresh Pear
Strawberries

94
606

23
Beef Meatballs
Tomato Sauce
Peas
Mandarin Oranges
WG Penne Pasta
Apple Juice

91
729

24
Orange Chicken
Mixed Vegetables
Coleslaw
Rosy Applesauce
Brown Rice
Plum Cobbler

119
787

24
Flex Meal Option
Chopped Salad w/ FF
Italian Dressing
Rosy Applesauce
WW Dinner Roll
Plum Cobbler

78
629

25
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

75
648

26
Turkey Sandwich
Broccoli Cheese Soup
Corn
Grape Juice
Cherry Almond Crisp

113
832

29
Baked Chicken
Party Potatoes
Broccoli
Fresh Orange
Pears

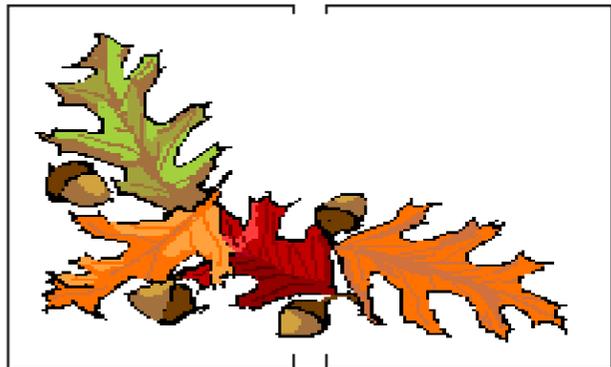
76
606

30
Cali Burger
Lettuce/tomato/onion
Diced Potatoes
Apricots
WW Bun
Warm Cinnamon Apples

105
754



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

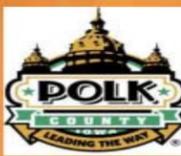


STRETCH Your Food Dollars
It's As Easy As...

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 ½ c servings of vegetables, ½ c fruit, ½ c dessert, 1 serving bread, fortified margarine, milk and coffee.
All menus subject to change.
Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Menu




Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love.
~Author 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: Teresa Dixon
Serving time: 11:30 a.m.

North

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

Northwest

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

Norwoodville

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

Pioneer Columbus

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

Polk City

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

Runnells

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



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
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Yoga

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

Zumba Gold

JohnstonTuesdays @ 1:00 p.m.

September Tournaments



22nd @ N'ville - 12:30 p.m.
22nd @ South - 12:30 p.m.
29th @ N'ville - 12:30 p.m.
29th @ South - 12:30 p.m.

17th @ N'ville - 12:30 p.m.
24th @ N'ville - 12:30 p.m.

Double Pinochle

4th @ South - 12:30 p.m.
11th @ South - 12:30 p.m.
18th @ South - 12:30 p.m.
25th @ South - 12:30 p.m.

Shanghai

4th @ South - 12:30 p.m.
11th @ South - 12:30 p.m.
18th @ South - 12:30 p.m.
25th @ South - 12:30 p.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

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

12th @ North - 9:00 a.m.
26th @ North - 9:00 a.m.

Pinochle

3rd @ N'ville - 12:30 p.m.
10th @ N'ville - 12:30 p.m.

9 Ball Pool Tournament

12th @ North - 9:00 a.m.
26th @ North - 9:00 a.m.

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

September Social Card/Domino Parties

Mondays - Closed Labor Day September 1st

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.

Polk Senior Services Administrative Staff

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

TRAVEL OPPORTUNITIES

Branson for the Holidays!
November 13th - November 16th
Jane Hartman, Amy Keiderling
Iowa Girl Tours
IowaGirlTours@gmail.com
515-216-1223



Join the Iowa Girls - Jane & Amy as they travel to Branson, Missouri for the Holidays! There is no better place to kick off your holiday festivities than in gorgeous Branson! The lights, shops, music and shows will get you in the holiday spirit!

Seats are limited so call and reserve your spot TODAY! We will whisk you away in the comfort of a chartered motor coach as we head to Branson! The price includes transportation, breakfast daily, all meals except two lunches, lodging, shows such as The Legends/The Texas Tenors/The Brett Family/Clay Cooper Country Express/Jonah at the Sight-n-Sound Theater and holiday shopping and entertainment!

Grab your friends, family, neighbors, groups and get on the Bus with Us! We guarantee you tons of fun, laughs and memories to last a lifetime!

Single Occupancy: \$775 Double Occupancy: \$635
Triple Occupancy: \$595 Quad Occupancy: \$575

Please feel free to contact us with any questions, if you would like copies of the flyer to hand out or if we can help email any of your friends/family. These trips are made possible because of your help in spreading the word. We appreciate all your help in telling people you know about our trip opportunities. Mail in your \$100 deposit TODAY to reserve your seat!

Checks made payable to: Jane Hartman and mailed to:
PO Box 361
Waukee, IA. 50263

It's NEVER too early to reserve your spot as this is a VERY popular trip!
Stay Tuned....we are working on some fun day trips and other weekend getaways for this year!
FIND US NOW ON FACEBOOK: Iowa Girl Tours!

Do You Have Diabetes?

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

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



Be Empowered...Be Inspired!

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

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

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

Early-Bird Registration Fee

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

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

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

No refunds after Friday, September 19, 2014

Day-Of On-Site Registration Fee

\$30 per person

Secure Online Registration

www.tcoyd.org

Financial Aid

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

Parking

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

Iowa Events Center HyVee Hall

730 Third Street, Des Moines, IA 50309

515.564.8000

Registration & Information

Call the TCOYD office: 800.998.2693 or 858.755.5683

FAX 858.755.6854

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

If you have special needs, call 800.998.2693

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

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

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

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



PLEASE NOTE! We have done some restructuring of the craft classes, scheduling frequency and upcoming projects. Each craft instructor will now be coming up with their own projects for the sites that they teach at. There will be classes held approximately 8 months of the year, with varied months having no class (July, August & December).

There will no longer be the same projects done at the sites county-wide. Please contact site staff on when class will be held at the site you participate (or would like to participate in) and what project will be coming up at that instructor's site.

Any questions, call a center nearest you to speak with craft instructor.



Ask The Naturalist

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

Question. I have hay fever and wanted some more information about ragweed that causes me so much misery every year.

Adam, Des Moines



Answer. I too am an allergy sufferer, so I feel your pain! Ragweed is a weed that can be found all over the United States. Each ragweed plant only lives for one season, so it grows from seed every year. A single plant can produce an estimated 10 million pollen grains daily and more than a billion pollen grains during its life cycle. By comparison, a single corn plant produces approximately 4.5 million pollen grains during its life cycle. Ragweed pollen can travel a long distance. It has been measured in the air 400 miles out to sea and 2 miles up into the atmosphere. The pollen grains are what cause "hay fever" like symptoms.

Ragweed commonly grows where the soil has been disturbed, which is why we often see it growing in ditches and fields. Their seeds can sprout and grow even after many years of lying dormant in the soil. Since ragweed spreads by seed only, it is best controlled by removing the plant BEFORE it goes to seed. If you remove the plants before they flower, you'll also reduce the amount of pollen in your own yard! BONUS! Hope you feel better soon!

AARP Driver Safety Course Offered

Submitted by Mary Kay Dial

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

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

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



Exercise Classes Offered

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

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

EAST
ENHANCE FITNESS
MON., WED. & FRI. 12:30 - 1:30 P.M.
INSTRUCTOR - AMBER WILLIAMS

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

JOHNSTON
WEDNESDAYS 10:00 A.M.

MLK
ARTHRITIS EXERCISE
MONDAYS 10:30 - 11:00 A.M.
INSTRUCTOR - NICOLE LEDVINA

NORTH
ENHANCE FITNESS
MON., WED. & FRI. 10:00 - 11:00 A.M.
INSTRUCTOR - AMBER WILLIAMS

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

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

NORWOODVILLE
MON., WED. & FRIDAYS 9:00 A.M.
INSTRUCTOR - VIDEOS

PIONEER COLUMBUS
MON., WED. & FRI. 10:30 A.M.
INSTRUCTOR - GLORIA ANNETT

EXERCISE ROOM WITH NEW EQUIPMENT
AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.

POLK CITY
TUESDAYS 12:30 P.M.

SOUTH
ARTHRITIS EXERCISE
TUESDAY & THURSDAY 9:30 A.M.
INSTRUCTOR - JA'NEIL LONG

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

Invite a friend to your senior center for fun and fellowship!

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

Consumer Advisory

By Attorney General Tom A. Miller

Health Fraud: Protecting Your Wellness and Your Wallet

We all want to stay healthy. And some want nothing more than to trade your money for your hope that their product will prevent, treat or cure diseases or conditions. But, unlike most other types of scams that cost you money, health fraud scams can cost you much more: your wellness and perhaps even your life.



What is Health Fraud?

The U.S. Food and Drug Administration (FDA), defines health fraud as deceptively promoting a health product as being effective against a disease or health condition when the product has not been scientifically proven safe and effective for that purpose.

Forms of Health Fraud

The claims and supposed quick fixes are endless, but they often refer to a “scientific breakthrough,” “miracle cure,” “secret ingredient,” “all natural,” or a “new discovery.” Sellers often promote their products to treat weight loss without diet or exercise; slow, stop or reverse the effects of aging; enhance sexual performance; slow, prevent or reverse memory loss; treat arthritis; and prevent, treat or cure serious diseases such as diabetes, HIV/AIDS, or cancer. In some cases, scammers will even claim that their product will treat literally hundreds of conditions.

A Testimonial is not Scientific Evidence

Some sellers will use testimonials to help market their products. They may be actors who appear to be doctors or actors appearing as “actual consumers” who make claims about the product in advertisements. These are often scripted claims and are not scientific evidence.

Risks of Health Fraud

Selling consumers products that don't work as promised do more than financial damage. Unproven and non-FDA-approved products can expose consumers to health risks. They may delay or prevent consumers from getting the proper diagnosis and treat-

ment. While, in some cases, fraudulent or non-approved products may have no impact on the body, there are other cases where the products could be harmful or even fatal. And some vitamins and minerals, which may be beneficial in certain quantities, could cause health problems if consumed in excessive quantities.

Questions about a Miracle Cure? Ask a Health Professional

Serious conditions like cancer, diabetes & HIV require individualized treatments by a physician. Before you buy or use an unproven product or one with questionable claims, seek advice from trusted health professionals who know you. They are best situated to evaluate the best treatments for you—particularly if you are currently taking prescription medication.

Report Health Fraud

If you believe someone is making fraudulent claims about a health product, report it to the Federal Trade Commission:

Toll-free:
1-877-FTC-HELP (1-877-382-4357)

Website:
www.ftc.gov/complaint
The Attorney General's Consumer Protection Division:

Toll-free outside the DSM area:

1-888-777-4590

Des Moines metro area:

515-281-5926

Email:

consumer@iowa.gov

Website:

www.IowaAttorneyGeneral.gov

Volunteers Needed

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>

September Blood Pressure Checks

Services provided Nicole Loew Visiting Nurse Services of Iowa
(check specific center for time of clinic)

- 2nd Norwoodville
- 3rd Central
- 4th North
- 8th East
- 9th Grimes
- 10th NW
- 11th Polk City
- 12th Scott Four Mile
- 16th South
- 17th Pioneer Columbus
- 18th Central South
- 19th Altoona
- 22nd West
- 23rd Johnston
- 24th Calvary at Norwoodville
- 25th Runnells
- 26th North



Dates Subject to Change.

9 Ball Pool Tournament

“Call Every Pocket”

\$1.00 entry fee

Southside Senior Center . 100 Payton . DSM

Tuesday, September 23, 2014

Registration at 8:30 a.m. Play begins at 9:00 a.m.

Call 287-0092 for more information

Seniors, Let's do Lunch!

You're Invited!

Did we mention it's FREE!

Thursday, October 9th
Arrival at 12:00pm
Urbandale Senior Center
 7305 Aurora Avenue
 Urbandale, IA 50322

Confused About Hearing Aids?



We'll expose the truth about hearing aids that most companies **DON'T WANT YOU TO KNOW!**

- Leave your checkbook at home. No hearing aids will be sold at this seminar.
- We'll clear up all the confusion about hearing aids.

If you or a loved one are experiencing symptoms of hearing loss, then don't miss this opportunity!

DESSERT PROVIDED BY:
LOUD & CLEAR HEARING AIDS

MUST R.S.V.P.
Limited Seating
(515) 276-4211

Loud & Clear Hearing Aids
7011 Douglas Avenue
Urbandale, IA 50322



We listen so you can hear

www.LoudClearHearing.com

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.

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

North News: At 83, Floyd Herman- Does it Again!



Another RAGBRAI in the books for Floyd Herman? Why of course...his 28th to be exact! Floyd has a great training regimen, and a good supportive Doctor. He has not let Parkinson's disease slow him down, and his doctor actually encourages him to go and to have fun, considering the extensive amount of training and exercise he does.

Floyd has been an avid bike rider since 1985. In the winter months he trains indoors on a stationary bike, and the Iowa snow, ice and temps determine when his RAGBRAI training can begin on the trail. He tries to get out there when temps reach about 45 degrees starting with 25 miles a day and getting up to 85 miles a day just before the big ride. He also trains his body to start getting up earlier, has learned to pack light, and figured out how to beat the system by packing some of his own meals which consist of some peanut butter, bread, cereal and of course, some cookies.

He depends on the Bike World team for the bus ride and luggage transportation to the next town, and for any repairs or problems along the route. He says the safest way he has found to ride is to just stay away from the cracks in the road and other bikers. Especially the less experienced riders.

This year Floyd rode from July 20-26th. He travelled from Grand Valley to Guttenberg, Iowa, a mere 462 miles. When he returns he takes a short rest and then continues to ride 25 miles a day and get back to his normal routine. The morning group at North, look forward to him getting back to his routine every year as well, because Floyd bakes a sweet treat every night to share with them. They will attest...it is a very long seven days to go without a morning treat with your coffee!

Everyone is always proud of Floyd...he does an amazing job!! We are already looking forward to hearing about his 29th RAGBRAI ride next year!

We are cheering for you Floyd!

“Medical Credit Cards”

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

Iowans should take note of a growing trend for certain types of health care providers to offer “medical credit cards” or financing options. *The take-away message is that these types of credit cards and financing are not necessarily a good deal just because they are relatively new and connected to your medical care.* Most often the types of health care providers that offer them are dentists, opticians, hearing clinics and cosmetic services (plus veterinarians!). These medical services are usually not covered by Medicare and not often by other health insurance companies so they are expensive for patients. But a recent study (GAO-14-570) by the U.S. General Accounting Office, reported important details for patients to consider.

In the GAO survey of medical credit cards and other financing plans, it was not uncommon for interest to be as much as 17.99 percent and even up to and over 26.99 percent. Very often, a special deal is offered for opening an account, zero percent for a certain length of time. But once the promotional period ends if the balance is not paid in full, for many accounts, interest is charged retroactively.

Don't assume that a credit card or financing option offered for your medical care is good just because it's for something necessary to your health. Use common sense, do research and get all the facts before you open this type of account. The Federal Trade Commission has free information available to help you decide if a credit offer may be right for you. Go to <http://www.consumer.ftc.gov/topics/money-credit> for this information.

Current Scams Bombard Iowans

Letters about your Property Deed

A review of newspaper articles all around Iowa reveals that Iowans are receiving letters from a private business offering to provide them a copy of their property deed for a fee of nearly \$100. The letter is written in a way to convince the reader there's been some recent changes in their deed and they must obtain a copy. Many of Iowa's county recorder offices have issued warnings that these letters are not official notices and that they are not directly tied to any changes in records. In addition, if you need a copy of your property records, in almost all cases, the fees are very small.

E-mails from Internal Revenue Service (IRS)

These malicious messages try to convince you they are from the IRS regarding a refund owed to you; the sender wants you to click on a link in the e-mail. It is not safe to click on a link in a message from a stranger. Government agencies do not inform you of taxes you owe or refunds they owe you, through an e-mail.

Unexpected Phone Calls Asking for your Business

Eastern Iowa has reported many “spoofed” phone calls in which the caller makes the caller ID on your phone, show a local number or local business name; this is to convince you it's safe to answer the call. (People who have certain technology can use caller ID to lie about who they are.)

The Iowans who answered these calls were bombarded with sales calls for car warranties and credit reduction services. Don't rely on the caller ID on your phone to prove the caller is on the up and up!

Use your own good listening skills to decide if it's legitimate or if you want, let the caller leave a message.

Consider These Many Summer Options!



Submitted by the Iowa Department of the Blind

Summer is a busy time of year and life can get chaotic. Fortunately, it seems it is often the simple things in life that allow us to slow down. Depending on your situation, this might be sitting down with the kids to play a board game, enjoying a game of cards with the neighbors, or relaxing with a good book or the newspaper. If you feel you are missing out on some of the basics that bring enjoyment to your life, consider the following options.

Adapted Games

A wide variety of adapted games are available on the market and there are many sources from which to obtain them. The Iowa Department for the Blind's Aids and Devices Store on the first floor of the IDB building at 524 Fourth Street in Des Moines is one such source. You can find a lot of other options online. Games include:

- Adapted checkers game - the black and red checkers are distinguishable by touch
- Connect Four - the checker are also identifiable by touch
- Dominoes with dots that can be felt
- Large print Scrabble
- Large print or Braille playing cards
- Adapted Monopoly with large print and Braille
- And so much more!

Many Reading Options

Looking for a good read? You may find what you are looking for through a variety of options:

For a good book or magazine, the Iowa Library for the Blind and Physically Handicapped (<http://www.idbonline.org/library>) is full of options and its staff is ready to help!

- Call a Library Reader Advisor at 800-362-2587.
- Email Library staff at library@blind.state.ia.us.
- Access the Library's collection through OPAC-Online Public Access Catalog (<http://www.idbonline.org/line-public-access-catalog>)
- Join in on Book Discussion Groups (<http://www.idbonline.org/library/book-discussion-groups>)
- Search for a Book (<http://www.idbonline.org/library/transcription>) you can't find in the collection.
- Check out the National Library Service's Collection through BARD (Braille and Audio Reading Download). While visiting their web site, be sure to check out the

frequently asked questions page for more information.

· Install BARD Mobile - download and access Braille and audio books to your iPhone, iPad or iPod.

· Download books on your computer (<http://www.idbonline.org/braille-and-audio-reading>).

By the way, did you know IDB's Library services are available to Iowans of any age who cannot read standard print efficiently, not just those with vision loss? This includes individuals with physical, learning and reading disabilities.

If the news is what you are craving, consider these news service options:

· NFB-Newsline® (<https://nfb.org/audio-newspaper-service>)

· IRIS - Iowa Radio Reading Information Service (<http://iowaradioreading.org>)

If you feel, due to vision loss, you need help to get back into activities you enjoy, contact the Iowa Department for the Blind today!

The Iowa Department for the Blind (IDB) helps educate, train and empower blind and visually impaired individuals to pursue lifelong goals. If you or someone you know is experiencing vision loss and needs assistance with learning the skills necessary to live independently and/or work competitively, contact the IDB today.

Mail: 524 Fourth Street • DSM, IA 50309

Email: information@blind.state.ia.us

Phone: 515-281-1333

Toll Free: 800-362-2587

Website: www.idbonline.org

We look forward to hearing from you!

Iowa Department for the Blind staff members are available to speak to your group. To arrange an in-service, email information@blind.state.ia.us or call 800-362-2587. In-services are provided free of charge and available throughout the state. Contact us today!

