

The Senior

Polk County Senior News!

December Bulletin

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



Fairmeadows Elementary School fifth graders in front row from left : Kelsey Erickson, Jackson Tharp and Isaac Bartusek, back row Keith Rasmussen and Cheryl TanCreti.

Veteran's Day event at McLaren's Chapel Resthaven Cemetery

Submitted by Cheryl TanCreti Community Outreach Director, McLaren's Resthaven Chapel & Cemetery

Each year we are proud to honor our veterans with a ceremony and breakfast, over 60 people braved the cold weather to celebrate with us on veterans day. Fairmeadows Elementary School fifth grades have a SA contest (What is Veterans Day) they pick three winners and they read at our event and at their school event each year.

Pictured L to R: Chaplain Kevin Vryhof HCI -Kavanagh House, Katie McIntyre, HCI, Lindsey Haugen Gentiva Hospice, Tera DeGrootte Gentiva Hopsice and Cheryl TanCreti McLaren's Resthaven Chapel & Cemetery

West Des Moines American Legion Post photo on page 3.



Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (December 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

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.



DO YOU QUALIFY FOR RENT REIMBURSEMENT?

- ❖ Are you an Iowa resident?
- ❖ Are you 65 or older as of December 31, 2014?
- ❖ Is your annual household income less than \$22,011?
- ❖ Do you pay rent?
- ❖ Does the place you live pay property tax?

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

Let us help you fill out your claim.

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



- 12/7 - Pearl Harbor Remembrance Day
- 12/16 - Hannukah Begins at Sundown
- 12/21 - Winter begins
- 12/25 - Christmas - Sites CLOSED
- 12/26 - Kwanzaa begins - Sites CLOSED
- 12/31 - New Year's Eve

Month:

- Bingo Month
- Write a Friend Month

Source: www.HolidayInsights.com





New Twist on Medical Alert Scam Calls – Happening Here in Iowa Now!

Submitted by Nancy G. Anderson

Scam callers offering free home medical alert systems have been at work for at least two years now but the Federal Trade Commission has been on the heels of the biggest operations — shutting them down. Senior Medicare Patrol has warned in the past and reminds you again now, when scammers see their schemes have attracted the attention of law enforcement, they easily create a new scam. This is happening in Iowa right now! Many seniors in south central Iowa have reported they are receiving calls in which they are told their doctor has ordered or approved a free home medical alert system for them AND they can receive up to \$3,000 for accepting the device! The offer of a cash prize is the new scheme. Scammers know that retirees or persons with disabilities living on fixed incomes can sometimes feel desperate about meeting their living expenses. They are now using a sweepstakes angle to hook victims.

When you've finished reading this article think of a friend, relative or neighbor who needs to be warned about this new phone scam in Iowa. Give them a call or cut out this article and give it to them the next time you see them. The only way to protect yourself is to be as alert as possible when you answer your phone and a stranger is on the other end of the line. The old phrase, "if it's too good to be true, it probably is," still makes sense. And YOU can make a difference in friend's life by telling them about this scam. We need to put the scammers out of business!

"Data Breaches" in the News

It seems the news in 2014 was as much about "data breaches" as it was about campaigns for our recent elections. Big, nationwide stores that many of us shop at, reported breaches affecting tens of millions of shoppers. If you receive notice that the information a store has on you may have been compromised, be certain to read all the information you are sent, then do some research of your own, for instance with the Federal Trade Commission, www.consumer.ftc.gov or the Privacy Rights Clearinghouse, www.privacyrights.org.

Data breaches can happen at your doctor's office, clinic or hospital as well. Health care providers are required to report possible compromised personal information to you, just like retail stores. You can find information about the rules and your rights regarding your personal health information at the sources listed above. Protecting your personal information from identity thieves or financial scammers goes from the top – the big offices and companies that store your information, all the way down to YOU! If you are in a medical office and they ask you to verify your Social Security number or Medicare number, don't say it out loud for all the waiting room to hear, show them your card instead. Every time you are asked for your date of birth, account numbers or Medicare number, be aware of your surroundings and be careful out there!

Nancy G. Anderson is the SMP Coordinator, Aging Resources of Central Iowa.

Iowa Senior Medicare Patrol (SMP) is a project of Aging Resources of Central Iowa.



Holiday Cheer Word Search



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

- | | | | |
|------------|-------------|------------|------------|
| Angel | Family | Love | Sled |
| Bells | Frosty | Merry | Sleigh |
| Bows | Fruit Cake | Mistletoe | Snow |
| Candles | Gifts | Mrs Santa | Snowflake |
| Candy Cane | Gingerbread | Nativity | Snowman |
| Carols | Goodwill | Noel | Spirit |
| Cheer | Greeting | Northpole | Star |
| Chestnuts | Grinch | Ornaments | Stockings |
| Children | Ho Ho Ho | Peace | Sugarplums |
| Chimney | Holiday | Poinsettia | Tinsel |
| Christmas | Holly | Presents | Tree |
| Cookies | Ivy | Reindeer | Wintertime |
| Egg Nog | Joy | Santa | Wreath |
| Elves | Lights | Scrooge | Yuletide |



Veteran's Day event at McLaren's Chapel Resthaven Cemetery



West Des Moines, Iowa American Legion Post 731 & VFW Post 8879.



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 December Pie Menu

December 4th
Chocolate Crème Pie

December 11th
Fruit Forest Pie

December 18th
Pecan Pie

December 25th
Closed for Christmas



Emergency Cell Phones

Submitted by Nikki Cockerham
Senior Services

Polk County Sheriff's office has FREE 9-1-1 emergency cell phones available at 2309 Euclid Ave. (River Place West), in the Polk County Senior Services Administrative Office.

Before receiving a free phone, you will need to fill out and sign a short agreement sheet.

Phones can be picked up Monday - Friday from 8:00 a.m. - 4:30 p.m. Any questions, call 515-286-3679.



CRAFT CLASSES - 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 7 months of the year, with breaks during a couple of selected months and no classes held in 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 find out what project will be coming up at that instructor's site/s. Sign up sheets are located at each site, for each project.

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

Inclement Weather Policy for Polk County Senior Services

During the winter months, it is the intention of Polk County Senior Services to open and operate its centers as scheduled. However, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.



When this occurs, announcements will be made on local T.V. and Radio stations. As a rule, when the Des Moines Public Schools are closed, due to inclement winter weather, so are the Polk County Senior Centers.

If no announcement is heard/seen, participants should call the center before leaving home to make sure center staff has arrived and the sidewalks and parking areas are safe.



Recreation Committee

At this time there is no Recreation Committee Member meeting scheduled for December. Should this change, members will be contacted directly. Any questions, please call Daiynna @ 286-3536.

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED®

Submitted by Joy Talmon
Retired and Senior Volunteer Program (RSVP) Director
55+ Initiative United Way of Central Iowa



Love working with numbers and enjoying helping people? The 55+ Initiative of United Way invites you to join the VITA (Volunteer Income Tax Assistance) program. Volunteers give back to the community through helping income eligible residents by providing free tax preparation services. Training starts in December for tax preparers. Volunteers are also needed to help as greeters, and training will take place in January.

For all opportunities, you choose your hours and location! In 2014, VITA assisted 5,074 low-income workers and brought back a total of \$8.5 million to our community. Why not use a few hours of your time this winter helping others?

Contact Joy Talmon at jtalmon@unitedwaydm.org or 515-246-6544 to get started!

Have a joyous holiday season!

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



1700-968-5-13

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Don't miss a single issue!

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

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



M

T

W

Th

F

1
BBQ Chicken Sandwich
Potato Salad
Broccoli
Raisins
WW Bun

87
574

2
Pork Chops w/apples
Diced Potatoes
Brussels Sprouts
Strawberries
Sponge Cake

81
563

3
Goulash
Carrots
Coleslaw
Tropical Fruit
Raisin Bread
Orange Juice

119
953

3
Flex Meal Option
Chicken Caesar Salad
Tropical Fruit
Raisin Bread
Orange Juice

85
727

4
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

5
Baked Cod
Stewed Tomatoes
Lettuce Salad
Pears
Rye Bread
Rosy Applesauce

71
486

8
Chicken Stew
Spinach
Mandarin Oranges
WW Dinner Roll
Mango Crisp

111
875

9
Chicken Meatball Sub w/
cheese
Tomato Sauce
Peas
Applesauce
WW Bun
Fresh Orange

92
803

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

114
723

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

119
802

11
Salisbury Steak
Broccoli
Mashed Potatoes
Fresh Apple
WW Dinner Roll
Pineapple Tidbits

107
806

12
Turkey Sandwich
Broccoli Cheese Soup
Corn
Grape Juice
Cherry Almond Crisp

113
832

15
Beef Chili
Squash
Mixed Melon
Cornbread
Fresh Orange

109
683

16
Hamburger Cabbage
Casserole
Peas
Tropical Fruit Salad
Peach Crisp

118
938

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

117
731

17
Flex Meal Option
Veggie Sub
Raisins
Birthday Cake

118
847

18
Pork Roast w/gravy
Mashed Potatoes
Carrots
Fresh Orange
WW Dinner Roll
Pineapple

105
632

19
Macaroni n' Cheese
Green Beans w/almonds
LS V8 Juice
Fresh Banana

86
567

22
Baked Chicken
Party Potatoes
Mixed Vegetables
Fruit Cocktail
Gingerbread Cookie
Orange Juice

94
714

23
Cali Burger
Valley Salad
Lettuce/tomato/onion
Peaches
WW Bun
Warm Cinnamon Apples

93
744

24
Chicken Tortellini Soup
Green Beans
Fresh Orange
Pumpkin Apple Muffin
Pears

102
680

24
Flex Meal Option
Bratwurst w/sauerkraut
Green Beans
Fresh Orange
WW Bun
Pears

88
789

25 - **Closed**

Christmas

26 - **Closed**

Holiday

29
Beef Stew
Broccoli
Craisins
WG Biscuit

104
779

30
Shepherd's Pie
Spinach
Whole Banana
Raisin Bread
Strawberries

83
695

31
Chicken Burger
Lettuce/tomato/onion
Cooked Cabbage
Orange Juice
Blueberry Crisp
WW Bun

118
629

31
Flex Meal Option
BBQRiblet
Lettuce/tomato/onion
Cooked Cabbage
Orange Juice
Blueberry Crisp
WW Bun

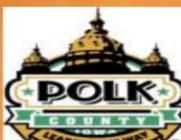
131
821

 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



**"Make Each Day With A Promise ...
To Live More From Intention
and Less from Habit" - 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.

December Tournaments



24th @ South - 12:30 p.m..
31st @ South - 12:30 p.m..

500

1st @ N'ville - 12:30 p.m.
1st @ South - 12:30 p.m.
8th @ N'ville - 12:30 p.m.
8th @ South - 12:30 p.m.
15th @ N'ville - 12:30 p.m.
15th @ South - 12:30 p.m.
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.

8 Ball Pool Tournament

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

9 Ball Pool Tournament

5th @ North - 9:00 a.m.
19th @ North - 9:00 a.m.

10 Point Pitch

2nd @ South - 12:30 p.m.
9th @ South - 12:30 p.m.
16th @ South - 12:30 p.m.
23rd @ South - 12:30 p.m.
30th @ South - 12:30 p.m.

65

3rd @ South - 12:30 p.m.
10th @ South - 12:30 p.m.
17th @ South - 12:30 p.m..

Group Choice for Cards

5th @ South - 12:30 p.m.
12th @ South - 12:30 p.m.
19th @ South - 12:30 p.m.

Pinochle

3rd @ N'ville - 12:30 p.m.
10th @ N'ville - 12:30 p.m.
17th @ N'ville - 12:30 p.m.
24th @ N'ville - 12:30 p.m.
31st @ 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.

Shanghai

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

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

December 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.
Group Choice @ 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 - Closed 12/25

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.
Bags - New!!! @ North @ 12:30 p.m.

*All weeks are social until spring - good practice time!

Fridays - Closed 12/26

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 - Daiynna Brown
Program Specialist/PEER Advocate/SHIIP - Jaime Stevens
Administrative Office - 286-3679

Social Security News: A Q & A

By Diane Abell
Social Security, Assistant District Manager in Des Moines

Question: I suspect that someone I know is collecting Social Security disability benefits when they shouldn't be. What is the best way for me to report fraud?

Answer: Social Security has zero tolerance for fraud and uses many proven tactics to prevent fraud, waste, and abuse. Our Office of the Inspector General is relentless in its pursuit of people who conceal work activity while receiving disability benefits. We investigate and seek prosecution for people who receive benefits for a child or children who aren't under their care, or who fail to notify Social Security of the death of a beneficiary and continue to receive and cash checks of the deceased. We also depend on you to help stop fraud. Please report fraud online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271.

Question: I haven't received my *Social Security Statement* in the mail the last few years. Will I ever get one again?

Answer: In September 2014, Social Security resumed mailing *Social Security Statements* to workers ages 25, 30, 35, 40, 45, 50, 55, and 60 who aren't receiving Social Security benefits, and who don't have a *my Social Security* account. Rather than once every five years, those over age 60 will receive a *Statement* every year. Instead of waiting to receive a mailed *Statement* once every five years, we encourage people to open a *my Social Security* account at www.socialsecurity.gov/myaccount so they can access their *Statement* online, anytime.

Question: A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?

Answer: Identity theft and fraud are serious problems, not just for you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification. It's against the law to use someone else's Social Security number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you should never carry your Social Security card with you. If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission (FTC) right away. You can report it at www.idtheft.gov or you can call FTC's hotline at 1-877-IDTHEFT (1-877-438-4261) TTY: (1-866-653-4261).

Question: My spouse and I have been married for over 30 years and we are about to retire. Will there be any reduction in benefits because we are married?

Answer: None at all. We calculate lifetime earnings independently to determine each spouse's Social Security benefit amount, and couples aren't penalized because they are married. When both spouses meet all other eligibility requirements to receive Social Security retirement benefits, each spouse receives a monthly benefit amount based on his or her own earnings. If one member of the couple earned low wages or failed to earn enough Social Security credits to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. Learn more about earning Social Security credits by reading our publication, *How You Earn Credits*, available at www.socialsecurity.gov/pubs.

Attention: Wii Bowlers

Coming Soon! Senior Helpers 8 Week Wii Bowling League



The *Spring is Coming* League Play runs from: **January 26th to March 20th, 2015.**
Details and registration forms will be distributed to all Senior Center Supervisors.

For more information contact:
Senior Helpers phone: 251-7444 fax: 276-1080 email: bhilgenberg@seniorhelpers.com

More Details will be posted in next month's Senior Bulletin issue.





Meet for Breakfast

NEW! Introducing
S & S Central Cafe

Looking to have breakfast before hitting your center for the day? Come over and check out
S & S Central Café at the Central Senior Center, 2008 Forest Ave.

We serve a hot breakfast on Tuesday and Friday mornings from 8:30 to 10 a.m.

Featured items include: 3 Pancakes (plain or blueberry) and a choice of sausage or bacon for \$1.40 (\$1.50 for blueberry pancakes) or 2 Waffles with a choice of sausage or bacon for \$1.50.

We also offer assorted flavor oatmeal, white or wheat toast, fruit juices and milk.

On Fridays we offer egg specials, be it 2 egg ham and cheese omelets with your choice of white or wheat toast, or 2 eggs, a choice of sausage or bacon, white or wheat toast, for \$2.50.

Come by and join us for breakfast before you head off to your destination for the day.

Or you could always stay and enjoy our center.

All monies collected will go towards Central's special donations account.





Ask The Naturalist

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

Question: I hike at Jester Park a lot and noticed that most the trees have dropped their leaves already, but there are still some shrubs with green leaves and red berries in the woodlands. What is it and why is it still green?

Answer: That shrub would be bush honeysuckle, our #1 invasive species in the park. Many years ago, honeysuckle was planted as a barrier between the golf course and park road. What we didn't know then was how quickly honeysuckle would overtake our woodlands at Jester Park. This invasive shrub is native to Europe and Asia. It forms a dense thicket that crowds and shades out native plant species and depletes soil moisture and nutrients. It may even release toxic chemicals that prevent other plants from growing in the vicinity. Honeysuckle is the first to leaf out in the spring and last to lose its leaves in the fall. This is one reason it can outcompete other plant species. PCC staff and volunteers have spent many hours trying to eradicate this shrub from our woodlands. It's a battle we will continue to fight for a long time.

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

Class dates are 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
ENHANCED 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
ENHANCED 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
ENHANCED FITNESS
MON., WED. & FRI. 8:30 - 9:30 A.M.
INSTRUCTOR - AMBER WILLIAMS

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

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



The Twelve Sites Of Social Security

By Diane Abell

Social Security, Assistant District Manager in Des Moines

Back by popular demand is our holiday favorite, "The Twelve Sites of Social Security." It's inspired by the popular traditional holiday song, "The Twelve Days of Christmas," a holiday favorite since 1780. Play it again, Santa!

For the first site of Social Security, we give to you: our home page, www.socialsecurity.gov. It's the place to go for all things Social Security. Everything you could want—from online services and benefit screening tools to publications and frequently asked questions—you can find easily on this site.

For the second site of Social Security, we give to you: answers to all of your Social Security related questions at our Frequently Asked Questions page at www.socialsecurity.gov/faq.

For the third site of Social Security, we give to you: an easy way to learn how to replace your Social Security card at www.socialsecurity.gov/ssnumber.

For the fourth site of Social Security, we give to you: an online application for retirement benefits that you can complete and submit in as little as 15 minutes, at www.socialsecurity.gov/applytoretire.

For the fifth site of Social Security, we give to you: five estimates of your future Social Security benefits! Or one, or as many estimates as you would like using different scenarios. Get instant, personalized estimates of your future benefits at www.socialsecurity.gov/estimator.

For the sixth site of Social Security, we give to you: a convenient way to apply for disability benefits at www.socialsecurity.gov/applyfordisability.

For the seventh site of Social Security, we give to you: an online application for Medicare that you can complete in as little as 10 minutes, at www.socialsecurity.gov/medicareonly.

For the eighth site of Social Security, we give to you: *Extra Help* with Medicare prescription drug plan costs. You can learn more and apply online at www.socialsecurity.gov/prescriptionhelp.

For the ninth site of Social Security, we give to you: our convenient publication library with online booklets and pamphlets on numerous subjects at www.socialsecurity.gov/pubs.

For the tenth site of Social Security, we give to you: services for people who are currently receiving benefits, such as the ability to replace your Medicare card, request a proof of benefits letter, or check your Social Security information or benefits. You can do these and other things at www.socialsecurity.gov/pgm/getservices-change.htm.

For the eleventh site of Social Security, we give to you: a way to get your Social Security forms online at www.socialsecurity.gov/online.

On the twelfth site of Social Security, (and we saved the best for last): open your own personal *my Social Security* account, which will enable you to verify your earnings, get future benefit estimates, obtain instant benefit verification letters, update your Social Security information, and more at www.socialsecurity.gov/myaccount.

And a partridge in a pear tree. Find it all (except the partridge and pear tree) at www.socialsecurity.gov.

Senior Advisory Council



Looking for interested participants from the following sites listed below to become a member of the Senior Advisory Council. The Council meets every other month at 9:00 a.m., at River Place, 2309 Euclid Ave. This council assists administration in making decisions about programming, as well as giving direct feedback. If you are interested please contact your site staff.

- | | | |
|---------|--------------|-----------------|
| Altoona | Northwest | Runnells |
| Central | Norwoodville | Scott Four Mile |
| Grimes | Pioneer | Westside |
| MLK | Polk City | |

December 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 MLK
 - 10th NW
 - 11th Polk City
 - 12th Scott Four Mile
 - 15th West
 - 16th South
 - 17th Pioneer Columbus
 - 18th Central
 - 19th Altoona
 - 22nd Runnells
 - 23rd Johnston
 - 24th Calvary at Norwoodville
- Dates Subject to Change.



Smarter Holiday Shopping

Holiday season shopping tips for consumers

CONSUMER ADVISORY

By Attorney General Tom Miller

Do you prefer the thrill of chasing holiday "doorbuster" deals or the solitude of shopping from your screen at home? Whether you're shopping in town or online, consider these tips before buying:

· **Advertisements:** Understand exactly what the seller is advertising and at what price. Advertisements must disclose all significant limitations and exclusions. For example, ads should state whether quantities are limited, whether the item won't be available at all locations, and whether a pictured item is not offered at the advertised price. Consider taking the ad with you if you're shopping at a store, and make sure the cashier charges you the advertised or posted price.

· **Compare items and prices:** Shop for a good price from a seller you know and trust, particularly if you shop online. A promotional price isn't necessarily the lowest price. If you compare prices for the same item, make sure it's the same manufacturer and model or item number.

· **Price matching and adjustments:** Some sellers offer to match or beat competitors' prices for the same item, and may offer a lowest price guarantee (for their own price or competitors' prices) for a period after the sale. Make sure you understand the policy and its limitations. And some retail stores may limit their price matching to stores within a certain boundary and may not match prices advertised by online sellers.

· **Return policies:** Iowa law does not require sellers to accept returns or offer refunds, but if they won't accept returns they must disclose it (for example, a seller may say that sales of clearance items are final). Understand the return policies and whether consumers must pay "restocking" fees for returned items.

· **Rain checks:** Rain checks enable consumers to buy items at a later date for the advertised price when the item is out-of-stock during the promotional period. Ask if the seller is willing to issue a rain check for an unavailable item.

· **Warranties:** New merchandise often comes with a manufacturer's warranty. The retailer may attempt to sell you an extended warranty or service contract. If the retailer's extended warranty or service contract overlaps with the manufacturer's warranty, it may not be a good purchase. Also, find out whether your credit card company provides warranty coverage if you use it



to make a purchase.

· **Shopping online:** Know who you are dealing with, as an impressive looking website or name doesn't necessarily mean the seller is reputable. Make sure you know the seller's physical address and phone number if there's a problem. Be sure you understand what the seller charges for shipping and handling, and who pays for return shipping charges. Sellers who accept orders online or by phone must ship an item within 30 days of the order, unless the seller clearly discloses a longer wait in advertisements or catalogs. If the merchant cannot meet the 30-day deadline, the merchant must disclose it to the customer and offer the option of a cancellation and full refund.

· **Secure online shopping:** If you are paying online, don't email personal or financial information, as emailing unencrypted information is not secure. If you are entering personal or financial information into a website, make sure it's secure. Websites with an "https://" prefix (the "s" stands for secure) are generally safe, though criminals can make fraudulent sites look legitimate

and secure when they are not. When you pay, use a credit card because credit cards generally offer consumers better protections in cases of disputes or fraud.

· **Gift cards:** Retail gift cards are sold by merchants, while financial institutions sell gift cards that can be used wherever the brand (such as Visa, MasterCard, American Express, Discover) is accepted. Gift cards cannot expire for at least five years after the card purchase date, or from the last date a consumer added additional funds onto the card. The expiration date must be clearly disclosed on the card. The merchant or institution offering the card cannot charge inactivity fees until the card has not been used for at least a year, and can charge only one fee per month. All fees must be clearly disclosed on the package. Be wary of purchasing gift cards from online auction sites, because the cards may have been used or may be fraudulent.

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

B I N G O B I N G O B I N G O

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 Tues.	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

The Northwest Community Center held a Halloween costume party on October 31, 2014. Cookies and candies were served and those who attended enjoyed games of Halloween trivia and scrambled words. Prizes were awarded to those with the most correct answers. Before lunch, Site Supervisor Kristi Carman lined everyone up that came in costume and the winners were voted on by the seniors' peers. While there were several witches and other spooky characters, top prize went to Janice Kouri, dressed as Wonder Woman. Competing neck to neck with Wonder Woman were Santa and Mrs. Claus (Rick and Beth Pfander-not pictured). Great fun was had by all!



Wonder Woman
(Janice Kouri)



Groovy Ghost
(Lorene Rupp)



Picasso
(Andre Szilas)



Witch
(Janice Taylor)



Witch and Oscar
(Darlene Breden)

Johnston Community Center on Thursday October 30th, Crown Point celebrated Halloween with Richard Simmons in the house leading exercise. He was joined by surprise visits from Jack La Lanne and Jane Fonda. Other guests included Raggedy Ann and Andy, Aliens from Roswell New Mexico, Pennsylvania Dutch couple, and the local Scarecrow. A record attendance and participation was enjoyed by farmers, show girls, chef, cat, color runner and many other Crown Point attendees. Much thanks to Joan Whitten, Erma Kibby and Dorothy Anderson for their help in making this a huge success. Photos submitted by photographer Elayne Friend. (Johnston/ Polk County Senior Center)



Jule Hannus - 1st place



Sue Lyons - 2nd Place



Andrean and Walt Johnson



Barb and Gene Gaddis



Gary and Donna Adams

South Senior Center had some interesting characters showed up at the Southside Halloween Party on October 31. It was a fun day !!

