

# The Senior

Polk County Senior News!

# January Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • January 1 - 31, 2015

## Attention: Wii Bowlers

*Coming Soon! Senior Helpers  
8 Week Wii Bowling League*



The *Spring is Coming* League Play runs from: **January 26<sup>th</sup> to March 20<sup>th</sup>, 2015.**

Details and registration forms will be distributed to all Senior Center Supervisors.

All games (2 per week) will be played and bowled at your own center. The Senior Center Division will compete and operate with a handicap formula for each bowler. This will be calculated and applied to each week's results.

Last year's division winners were the **Ankeny Ten Pinner**s and **Johnston Renegades**. It will be fun to see if they can repeat or if a new champion emerges in each division.

Each participant will receive a ribbon and individual trophies will be awarded to each members of the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, place team. A traveling trophy will be awarded to the top team and they will keep it until a new champion is crowned in the 2015 (8) week fall league play; compliments of Senior Helpers.

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](mailto:bhilgenberg@seniorhelpers.com)



## Northwest News: Thanksgiving Dinner

The Northwest Community Center hosted their Thanksgiving dinner on Nov. 20, 2014. One hundred seniors were served a scrumptious meal of turkey-chunk gravy on mashed potatoes, broccoli, cranberry salad and pumpkin pie with whipped cream! Volunteers Juanita Ohnemus (left) and Janice Taylor (right) donned their festive aprons and stopped cutting pumpkin pies long enough to get their photo taken! We are very *thankful* for our volunteers at Northwest Community Center!!!



## Inclement Weather Policy

**for Polk County Senior Services**

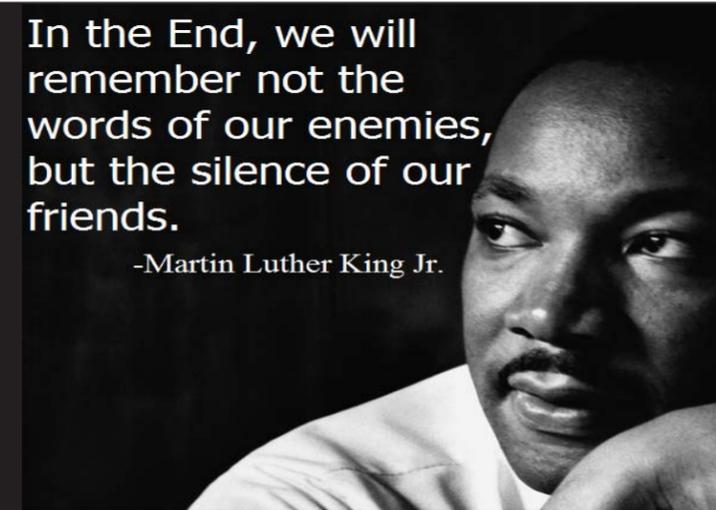
During the winter months, it is the intention of Polk County Senior Services to open and operate its centers as scheduled. However, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.

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.

In the End, we will remember not the words of our enemies, but the silence of our friends.

-Martin Luther King Jr.



### Important Dates

1/1 – New Year's Day – All Site's CLOSED  
1/19 – MLK, Jr. Day – All Site's CLOSED

**Month:**

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

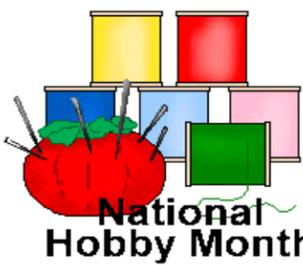
Source: [www.HolidayInsights.com](http://www.HolidayInsights.com)

January is



**NATIONAL BLOOD DONOR MONTH**





**National Hobby Month**



*National Hot Tea Month*

**National Oatmeal Month**



**Month**



*January*  
**NATIONAL SOUP MONTH**



*January is Bath Safety Month*

# The Twelve Sites Of Social Security

BY DEREK NICHOLS, SOCIAL SECURITY

ACTING ASSISTANT DISTRICT MANAGER IN DSM

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.socialsecurity.gov/myaccount).

And a partridge in a pear tree. Find it all (except the partridge and pear tree) at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Ring In The New Year With A Cola

Happy New Year from Social Security! Put down the champagne and ring in the New Year with a COLA! And we don't mean the soda. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) will receive a cost-of-living adjustment (COLA) increase to their monthly benefit payments of 1.7 percent.

The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from \$1,146 in 2014).

For people who receive SSI, the maximum federal payment amount increased to \$733 (up from \$721 in 2014).

Other Social Security changes in 2015 are also worth noting. For example, the maximum amount of earnings subject to the Social Security payroll tax will increase to \$118,500 (up from \$117,000 in 2014). A worker will earn one credit toward Social Security coverage after paying taxes on \$1,220 in earnings in 2015 (up from \$1,200 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).

Information about Medicare changes for 2015 is available at [www.medicare.gov](http://www.medicare.gov).

The Social Security Act outlines how the COLA is calculated. To read more about the COLA, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

To learn more goto: [www.socialsecurity.gov/news/press/factsheets/colafacts2015.html](http://www.socialsecurity.gov/news/press/factsheets/colafacts2015.html).



# January ...Brrrr!!!



Q M I T T E N S D S T E M L N C X S K O Q U U F  
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auld lang syne  
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 freezing  
 frostbite  
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 january  
 midnight  
 mittens  
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 new year  
 resolutions  
 scarf  
 shovel  
 skating  
 sledding

sleet  
 slide  
 slippery  
 snow  
 snowfall  
 snowflake  
 snowman  
 snowmobile  
 streamers  
 time square  
 toast  
 weather  
 winter

## Delicious & Healthy Recipes for the Season!

### Feta and Herb Dip with Crudités



From [EatingWell.com](http://EatingWell.com)

Lots of freshly chopped herbs add zing to our white bean dip. Serve with assorted vegetables, such as baby carrots, bell pepper strips, radishes, snow peas, broccoli and cauliflower florets.

**Ingredients**

- 1 can(s) white beans, rinsed
- 3/4 cup(s) nonfat plain yogurt
- 1/2 cup(s) crumbled feta cheese
- 1 tablespoon(s) lemon juice
- 1 teaspoon(s) garlic salt
- 1 teaspoon(s) freshly ground pepper
- 1/4 cup(s) chopped fresh parsley
- 1/4 cup(s) chopped fresh dill
- 1/4 cup(s) chopped fresh mint
- 1/4 cup(s) chopped fresh chives

**Directions**

1. Place beans, yogurt, feta, lemon juice, garlic salt and pepper in a food processor and puree until smooth. Add herbs; puree until incorporated. Chill until ready to serve.

Serves: 8  
Total Time: 30 min

### Sweet Potato & Apple Soup



From [Food & Wine](http://Food & Wine)

Recipe By: Mory Thomas

**Ingredients**

- 1 3/4 pound(s) sweet potatoes, peeled and cut into 1-inch dice
- 1 small parsnip, peeled and cut into 1-inch dice
- 2 garlic cloves, coarsely chopped
- 2 tablespoon(s) extra-virgin olive oil
- salt to taste
- 6 cup(s) vegetable stock or low-sodium broth
- 1 dash(es) apple cider
- 1 teaspoon(s) green Tabasco sauce
- finely diced Granny Smith apple and minced parsley, for garnish

**Directions**

1. Preheat the oven to 375 degrees F. On a baking sheet, toss the sweet potatoes with the parsnip, garlic, olive oil and salt. Bake for 45 minutes, or until tender.  
2. In a blender, puree half of the vegetables with 3 cups of the stock; transfer to a large saucepan. Repeat with the remaining vegetables and stock. Add the apple cider and

Tabasco and heat through. Season with salt. Serve with the diced apple and minced parsley.

Serves: 6  
Total Time: 1 hr



### Butternut-Squash Couscous

From [Food & Wine](http://Food & Wine)

Butternut squash and chickpeas provide this aromatic dish substantial bite.

**Ingredients**

- 1/4 cup(s) sliced almonds
- 2 tablespoon(s) olive oil
- 2 onions, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon(s) cayenne
- 1/8 teaspoon(s) grated nutmeg
- 1/8 teaspoon(s) cinnamon
- 1 cup(s) canned diced tomatoes with their juice (from one 15-ounce can)
- 1 butternut squash (about 2 pounds), peeled, halved lengthwise, seeded, and cut into 3/4-inch dice
- 1/4 cup(s) raisins
- 3 cup(s) canned low-sodium chicken broth or homemade stock
- 1 1/4 teaspoon(s) salt
- 2 cup(s) drained and rinsed canned chickpeas (one 19-ounce can)
- 3/4 cup(s) chopped fresh parsley
- 1 1/2 cup(s) water
- 1 1/2 cup(s) couscous

**Directions**

1. In a small frying pan toast the almonds over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or, toast them in a 350°F oven for 5 to 10 minutes.  
2. In a Dutch oven, heat the oil over moderately low heat. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic, cayenne, nutmeg and cinnamon and cook, stirring, until fragrant, 1 minute longer. Stir in the tomatoes, squash, raisins, broth and 1 teaspoon of the salt and bring to a simmer. Stir in the chickpeas and cook, covered, for 10 minutes. Uncover and simmer until the squash is tender, about 10 minutes more. Stir in the parsley.  
3. Meanwhile, in a medium saucepan, bring the water and the remaining 1/4 teaspoon salt to a boil. Stir in the couscous. Cover, remove from the heat, and let stand for 5 minutes. Fluff with a fork. Serve the stew over the couscous and top with the toasted almonds.  
4. Wine Recommendation: For the best effect, look for a soft, fruity red wine to contrast with the spicy flavors of the couscous. The plummy flavor and supple texture of a rich California merlot will make a terrific match.

Serves: 4

Source: <http://www.delish.com/recipefinder/>



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 3<sup>rd</sup> 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 January Pie Menu

January 1st

Closed for New Year's Day

January 8th

Peach Pie

January 15th

Blueberry Pie

January 22nd

Coconut Crème Pie

January 29th

Boston Crème Pie



### 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](mailto:juliat@vnsia.org)



### 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.

### 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](http://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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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
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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

got milk?

We do! Polk County Senior Services will now be offering Chocolate Skim Milk every Friday served with lunch. YUM!



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

1 - CLOSED



New Year's Day

2

Chicken Tortellini Soup  
Squash  
Fresh Orange  
Bread Pudding  
Applesauce  
\*Chocolate Milk NEW!

113  
721

5

Beef N Noodles  
Mashed Potatoes  
Green Beans  
Berry Blend  
Fresh Apple

85  
694

6

Pork Chops w/pineapple  
Carrots  
Potato Salad  
Strawberries  
Sponge Cake

84  
576

7

Baked Cod  
Key Largo Vegetables  
Lettuce Salad  
Banana  
Cookie

64  
475

7

**Flex Meal Option**  
Hot Dog  
Key Largo Vegetables  
Lettuce Salad  
Banana  
Cookie  
WW Bun

112  
671

8

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

109  
704

9

Hearty Italian Vegetable  
Beef Soup  
Peas  
Apple Juice  
Pumpkin Apple Muffin  
Peaches  
\*Chocolate Milk NEW!

89  
660

12

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

98  
649

13

Sloppy Joe  
Broccoli  
Diced Potatoes  
Craisins  
WW Bun

114  
774

14

Chef Salad w/ tomato wedge  
Baby Potatoes  
Banana  
Bran Muffin

107  
777



14

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

119  
802

15

BBQ Chicken Sandwich  
Sweet Potatoes  
Brussels Sprouts  
WW Bun  
Banana

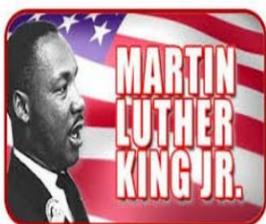
111  
684

16

Stuffed Green Pepper Soup  
Cooked Cabbage  
Tropical Fruit  
Rye Bread  
Apple Raisin Crisp  
\*Chocolate Milk NEW!

165  
1011

19 - CLOSED



MLK, Jr. Day

20

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

91  
729

21

Tuna Noodle Casserole  
Key Largo Vegetables  
Lettuce Salad  
Banana  
Birthday Cake

119  
744

21

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

113  
935

22

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

107  
806

23

Chicken Stew  
Broccoli  
Fresh Orange  
Peach Crisp  
WW Dinner Roll  
\*Chocolate Milk NEW!

109  
853

26

Pork Ham Slice  
Harvard Beets  
Cheesy Hashbrowns  
Fresh Apple  
Strawberries

81  
556

27

Cali Burger  
Lettuce/Tomato/Onion  
Diced Potatoes  
Apricots  
WW Bun  
Warm Cinnamon Apples

105  
754

28

Orange Chicken  
Mixed Vegetables  
Coleslaw  
Rosy Applesauce  
Brown Rice  
Plum Cobbler

119  
787

28

**Flex Meal Option**  
Sweet Spinach Salad w/ raspberry vinaigrette dressing  
Rosy Applesauce  
Plum Cobbler  
WW Dinner Roll

77  
699

29

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

99  
706

30

Turkey Sandwich  
Broccoli Cheese Soup  
Corn  
Grape Juice  
Cherry Almond Crisp  
\*Chocolate Milk NEW!

113  
832

**STRETCH Your Food Dollars**

It's As Easy As...

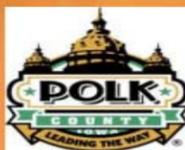
For Older Adults 60+  
Women, Infants  
And Children



**Monthly Packages Include:**

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

**Commodity Supplemental Food Program**  
2309 Euclid Avenue  
Des Moines, IA 50310  
Call Toll Free: 1-877-288-3655  
[www.polkcountyiowa.gov](http://www.polkcountyiowa.gov)



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

All menus subject to change.

Top # = Carbohydrates

Bottom # = Calories

Salt Shaker = Higher Sodium Menu



**"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

<p><b>Altoona</b> 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.</p> <p><b>Ankeny</b> 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.</p> <p><b>Central</b> 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.</p> <p><b>Deaf (Norwoodville)</b> 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.</p> <p><b>East</b> 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.</p> <p><b>Grimes</b> 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.</p> <p><b>Johnston</b> 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</p> <p><b>MLK, Jr.</b> 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.</p> <p><b>North</b> Open 8:00 a.m. - 5:00 p.m. 2nd &amp; Euclid - Park Fair Mall Des Moines 50313 Phone: 288-1524 Site Supervisor: Diana Savage Program Aide: Nicole Ledvina Serving time: 11:30 a.m.</p>	<p><b>Northwest</b> 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.</p> <p><b>Norwoodville</b> 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.</p> <p><b>Pioneer Columbus</b> 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.</p> <p><b>Polk City</b> 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.</p> <p><b>Runnells</b> 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.</p> <p><b>Scott Four-Mile</b> 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.</p> <p><b>South</b> 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.</p> <p><b>Westside Community Center</b> 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.</p>
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## 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.  
Westside .....Mondays@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.  
Westside .....Tuesdays@ 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**

Johnston .....Mondays @ 9:00 & 10:45 a.m.

**Zumba Gold**

Johnston .....Tuesdays @ 1:00 p.m.

# January Tournaments



21<sup>st</sup> @ South – 12:30 p.m..  
28<sup>th</sup> @ South – 12:30 p.m..

16<sup>th</sup> @ South – 12:30 p.m.  
23<sup>rd</sup> @ South – 12:30 p.m.  
30<sup>th</sup> @ South – 12:30 p.m.

**500 - Closed 1/19**

5<sup>th</sup> @ N’ville – 12:30 p.m.  
5<sup>th</sup> @ South – 12:30 p.m.  
12<sup>th</sup> @ N’ville – 12:30 p.m.  
12<sup>th</sup> @ South – 12:30 p.m.  
26<sup>th</sup> @ N’ville – 12:30 p.m.  
26<sup>th</sup> @ South – 12:30 p.m.

**Pinochle**

3<sup>rd</sup> @ N’ville – 12:30 p.m.  
10<sup>th</sup> @ N’ville – 12:30 p.m.  
17<sup>th</sup> @ N’ville – 12:30 p.m.  
24<sup>th</sup> @ N’ville – 12:30 p.m.  
31<sup>st</sup> @ N’ville – 12:30 p.m.

**Cribbage**

1<sup>st</sup> Friday @ North – 12:30 p.m.  
2<sup>nd</sup> Friday @ South – 12:30 p.m.  
3<sup>rd</sup> Friday @ Northwest –12:30 p.m.  
4<sup>th</sup> Friday @ South – 12:30 p.m.  
5<sup>th</sup> Friday @ North – 12:30 p.m.  
(when applicable)

**Double Pinochle**

8<sup>th</sup> @ South – 12:30 p.m.  
15<sup>th</sup> @ South – 12:30 p.m.  
22<sup>nd</sup> @ South – 12:30 p.m.  
29<sup>th</sup> @ South – 12:30 p.m.

**Group Choice for Cards**

2<sup>nd</sup> @ South – 12:30 p.m.  
9<sup>th</sup> @ South – 12:30 p.m.

**Shanghai - Closed 1/1**

8<sup>th</sup> @ South – 12:30 p.m.  
15<sup>th</sup> @ South – 12:30 p.m.  
22<sup>nd</sup> @ South – 12:30 p.m.  
29<sup>th</sup> @ South – 12:30 p.m.

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

## January Social Card/Domino Parties

**Mondays - Closed 1/19**

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.

65 @ 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.

**Thursdays -Closed 1/1**

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!

**Wednesdays -**

500 @ Ankeny @ 12:30 p.m.  
Social 10 pt. Pitch @ NW @ 12:00 p.m.  
(except 3<sup>rd</sup> Wednesday)  
Bridge @ Johnston @ 11:30 a.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.  
Hand & Foot @ 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



COMMUNITY, FAMILY  
YOUTH SERVICES



**DO YOU QUALIFY FOR RENT REIMBURSEMENT?**

- ❖ Are you an Iowa resident?
- ❖ Are you 65 or older as of January 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

**Need Assistance with Rent Reimbursement?!?!?**

Polk County Peer Advocate Volunteers available to provide Rent Reimbursement Assistance at the following locations.

- North on Wed. 1/21, 10 a.m. – Noon
- South on Thur. 1/22, 9 a.m. - 11 a.m.
- Pioneer on Mon. 1/26, 9 a.m. – 11 a.m.
- Central on Wed. 1/28, 10 a.m. - Noon
- East on Thur. 1/29, 9 a.m. - 11 a.m.

**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	

**Free Community Dinner Meals Offered**  
(No Age Requirement)



Locations –  
Norwoodville Community Center  
3077 N.E. 46<sup>th</sup> Ave (Broadway)  
Monday – Thursday 2:30 to 3:30 p.m.  
(or as long as food lasts)  
Ran by Barb Houseman

Central Senior Center 2008 Forest Ave.  
Monday – Friday 3:00 to 4:00 p.m.  
(or as long as food lasts)  
Ran by Charlie Lee

Eat In or Carry Out – \* Must bring own carry out containers. \*  
No Reservation Needed / First Come- First Served  
Meals Sponsored by Central Iowa Shelters



**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 Boardalist  
[www.leadingyououtdoors.org](http://www.leadingyououtdoors.org)



**Question:** I live on the edge of town (Des Moines). I would like to provide a habitat for native birds, including game birds such as quail, pheasant, and wild turkey. The back edge of the yard is brushy, and there is a small stream nearby. I plan to plant red and white oak trees and other seed-, fruit- and nut-bearing vegetation. Is my 125' x 300' (.8 acre) yard large enough for such game? Will I need my neighbors to do the same in order to succeed?

Thanks, Robin

**Answer:** It sounds like you are on the right track to increase your chances of attracting wildlife to your backyard. Oaks and other nut and fruit bearing vegetation will provide food and cover for many different kinds of animals. I'd encourage you to plant native trees and shrubs. Pheasants, quail, and turkey are "edge" species but their habitat needs are not all the same. Wild turkeys like open areas for feeding and mating while using forested areas to hide from predators and for roosting in the trees at night. Quail and pheasants dwell near the edges of fields or other cleared areas. They stick close to the ground and need thick undisturbed vegetation to provide food and nesting cover. These preferred habitats include areas of bunch prairie grasses, grassy roadside ditches, overgrown fencerows, windbreaks, and brushy cropland. While an .8 of an acre is a nice size lot, you have a better chance of attracting wildlife if your neighbors do the same.

**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.

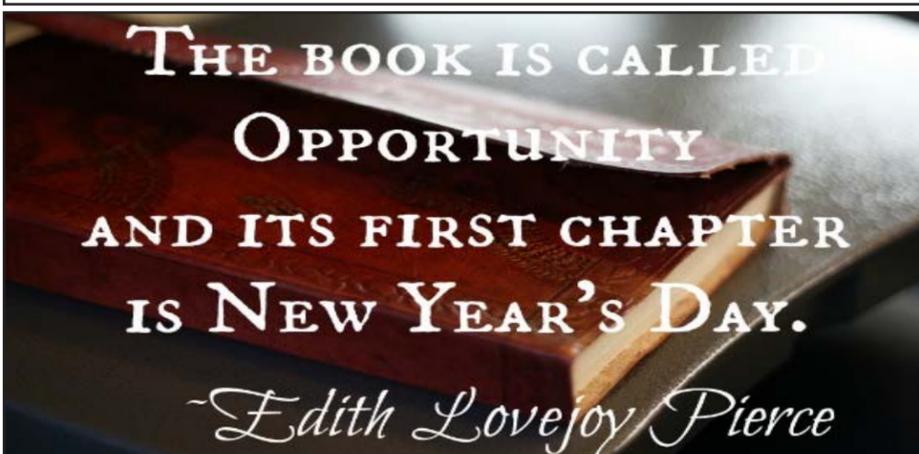
**POLK CITY**  
TUESDAYS 12:30 P.M.

**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*



# Announcements and Upcoming Events

## South Senior Center Potluck

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

On the 1st Saturday of this month (January 3<sup>rd</sup>), 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 Driver Safety Course Offered

Submitted by Mary Kay Dial

AARP will hold Safe Drive courses the 2<sup>nd</sup> 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](http://www.aarp.org/drive).

Class dates are January 12<sup>th</sup>. Please call: (515) 697-1021 to reserve your place.



## Let It SNOW Recreation Committee

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

## 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.



**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 & January.

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.



## January Blood Pressure Checks

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

- 6<sup>th</sup> Norwoodville
  - 7<sup>th</sup> Central
  - 8<sup>th</sup> Polk City North
  - 9<sup>th</sup> Scott Four Mile MLK
  - 12<sup>th</sup> East
  - 13<sup>th</sup> Grimes
  - 14<sup>th</sup> NW
  - 15<sup>th</sup> Central
  - 16<sup>th</sup> Altoona
  - 19<sup>th</sup> West
  - 20<sup>th</sup> South
  - 21<sup>st</sup> Pioneer Columbus
  - 22<sup>nd</sup> Runnells
  - 23<sup>rd</sup> North
  - 27<sup>th</sup> Johnston
  - 28<sup>th</sup> Calvary at Norwoodville
- Dates Subject to Change.



# Diabetes Support Group

Have diabetes? Come join us.

Third Wednesday of every month

5:30 p.m.—6:30 p.m.

Wednesday, January 21  
Wednesday, February 18  
Wednesday, March 18  
Wednesday, April 15  
Wednesday, May 20  
Wednesday, June 17

Wednesday, July 15  
Wednesday, August 19  
Wednesday, September 16  
Wednesday, October 21  
Wednesday, November 18  
Wednesday, December 16

*\*\*Please note: Dates are subject to change*

Resources and information will be provided by local organizations and professionals in the field of diabetes. Friendship and support provided by you and other support group members. Come join us for an evening of good conversation and fun.

The Euclid Room  
2540 East Euclid Avenue  
Des Moines, IA 50317

Please RSVP to:

Courtney Slater, RD, LD, CDE  
[cslater@hy-vee.com](mailto:cslater@hy-vee.com)  
Des Moines Drugstore: 515.633.8603  
West Des Moines Drugstore: 515.440.1481

or  
Courtney Reimer, RD, LD  
[creimer@hy-vee.com](mailto:creimer@hy-vee.com)  
East Euclid Hy-Vee: 515.262.0640  
Harding Hills Hy-Vee: 515.255.0007

# HOW TO RIDE

▶▶▶▶▶ TRAINING AVAILABLE

DART staff provides small group training to help individuals learn to ride the bus in Greater Des Moines. Training will demonstrate how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. How to Ride Training sessions are free and open to the public.

How to Ride Training sessions are held at DART Central Station on:

Wednesday, Jan. 7, 2015  
10 a.m. – noon

Tuesday, Feb. 10, 2015  
2 – 4:30 p.m.



DART Central Station  
Multimodal Room (second floor)  
620 Cherry Street, Des Moines

For questions or to reserve your seat, call  
DART Customer Service at 515-283-8100  
or email [dart@ridedart.com](mailto:dart@ridedart.com).

**dart** 515-283-8100 ▶ [ridedart.com](http://ridedart.com)  
*Ride for a Reason*

## 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 <sup>st</sup> & 3 <sup>rd</sup> Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 <sup>nd</sup> & 4 <sup>th</sup> 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



## Golden Thread Society Hosts Annual “Caring & Sharing Day”



Golden threaders’ with representatives from the receiving organizations

The Golden Thread Society held their annual “Caring and Sharing Day” on November 19<sup>th</sup>, at 2 p.m. The talented sewing group lovingly donated their “goods” to several area organizations. Some of the handmade items given were preemie hats, lap quilts, hat and mitten sets, teddy bears and cuddly monster pillows.

This wonderful group meets on Wednesday afternoons, from 2:00 – 4:00, at the Southside Senior Center located at 100 Payton Avenue, in Des Moines. Newcomers are always welcome.

The appreciative recipients’ were Youth Emergency Services and Shelter, City of DSM for the “Jingle Bells” Program, Blank Children’s Hospital, Smouse Opportunity School and Mercy Hospice. Everyone enjoyed refreshments and spending some time together.

If you are interested in joining the group or making a donation of supplies please contact Ray Ann Scione at 288-3734. The group can always use new, clean yarn and fabric.



crocheted teddy bear



hundreds of colorful knitted and crocheted hats



“friendly” fabric monster pillows



crocheted and knitted preemie hats, blankets, and booties



quilted blankets, monster pillows, and hats