

The Senior

Polk County Senior News!

May Bulletin

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

Senior Fishing Derby

Sponsored by Senior Services of Polk County,
Senior Recreation Committee
& Polk County Conservation Board



Friday, June 5th, 2015

Easter Lake – Shelter # 2 2830 Easter Lake Drive

(Park Info – 285-7612) Check ahead of event for any possible construction/road closures or detours)

9:00 a.m. – 1:30 p.m.

Anyone 55+ years of age is eligible to participate

Pre- register by June 1st

(after that date, not guaranteed a lunch)

(Call to RSVP @ 515 286 - 3536)

(we ask that if you make a reservation and if something comes up where you are unable to attend you call and cancel. This will help us to not order more lunches than necessary)

Come join us for an event full of Fun, Food, Friends & Fishing !!

(ADULT Children/Others under 55, may attend and eat lunch, but must pay \$5.00 for cost of lunch) Please no young grandchildren.

** Coffee, Morning Snack and Lunch will be provided

** Worms provided

** Contests w/ Prizes and Giveaways
(must be present at time of giveaway to win, may win prize in only one contest category, 55+ only eligible)

** Fishing poles available or bring your own

** Bring own lawn chair or stool to sit on (if desired)

** Bring own jug of water or cooler of bottled water to drink (if desired)
Some drinking water is provided, but goes fast.

** No license needed on this day

** Donations are Accepted and Appreciated
(Monetary – day of event and/or Prize Items of any kind – new or excellent condition, personal or business donations (\$5 to \$15 value) need to receive prior to event (call number above for more info).



Announcements and Upcoming Events

South Senior Center Potluck

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

On the 1st Saturday of this month (May 2nd), 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

Eastside Senior Center Potluck and Dance

The Eastside Senior Center is hosting a Potluck and Dance on Friday, June 12, from 5:00 – 7:00 p.m. Music will be provided by Ron Muhlenberg. Dinner will be served at 5:00 p.m. Bring a ready to serve dish to share. Dance starts at 6:00 p.m. Admission is \$3.00 per person. Any questions call Kris or Ranae at 265-8461.



Polk County Senior Fest & Health Fair



Wednesday, May 13th, 2015

in the Varied Industries Building at the Iowa State Fairgrounds.
Doors open 9:00 a.m.

Tickets available May 6th at your neighborhood center.

For more information call 286-3679



GET INTO THE ACT.

OLDER AMERICANS MONTH
MAY 2015

Important Dates

- 5/1 – May Day
- 5/5 – Cinco De Mayo
- 5/10 – Mother's Day
- 5/16 – Armed Forces Day
- 5/25 – Memorial Day – All Sites Closed

Month:

- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- National Salad Month
- Older Americans Month

Source: www.HolidayInsights.com



M
A
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Cinco de Mayo



DOT2GO at Senior Fest and Health Fair 2015

Wednesday May 13th

Varied Industries Building – Iowa State Fairgrounds

Renew your license at the Senior Fest! The Office of Driver Services, Iowa D.O.T., is pleased to offer this service using our mobile RV, DOT2GO. The unit is equipped with two fully functioning license issuance units. Renewals, new licenses or IDs, and duplicates can all be handled on the spot.

Save yourself a trip to the driver license station, or simply tour the unit.

Visit our website at www.iowadot.gov for information on fees and document requirements.

Car Fit assessments will also be offered in the parking lot west of the building. Take advantage of this free, 20-minute checkup to ensure the safest 'fit' in your vehicle. Visit the Driver Services table inside for more information on either of these activities.



Submitted by Stacey Clough, B.S.
Program Coordinator
Better Choices, Better Health

FREE! Healthy Living Classes offered by the Mercy Weight Loss & Nutrition Center will be held at the YMCA Healthy Living Center and will be taught by weight loss and wellness experts.

Class Schedule

The following classes are held on the indicated Tuesdays at 5:30 p.m.:

- May 12: "Build a Better Breakfast" presented by Jocelyn Pohl
- May 26: "Asparagus 101" presented by Diane McIlhon, RD, LD
- June 9: "Food Safety Tips for Summer" presented by Diane McIlhon, RD, LD
- June 23: "Create Your Own Spring Rolls" presented by Diane McIlhon, RD, LD

Questions? Contact Mercy Weight Loss & Nutrition Center at (515) 358-9400.

Ask the Naturalist

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

Question: I have lived in my neighborhood for 10 years and this has been the first spring I have heard woodpeckers drumming very loudly in the morning. I have seen a few woodpeckers in my yard before but have never heard them making so much noise. Why are they doing this?
~ Alice, Ankeny

Answer: Woodpeckers use simple calls and drumming to communicate with one another. During spring, woodpeckers will drum to attract a mate or declare a territory. Drumming is usually used to communicate long distances so it is done on a surface with good acoustic properties like hollow branches, down spouts, or metal rain gutters. Drumming is fast paced, while foraging and excavating are slow and relatively quiet. Both male and female woodpeckers drum and it is very difficult to tell the species of woodpecker by listening to the pattern of drumming. This seasonal activity will subside as mating season passes.



Zig Zag



Instead of reading in a straight line, each entry has one bend in it.

One word has been marked for you as an example.

- | | | |
|-----------|-------------|-------------------|
| ADVERTISE | HOGWASH | PISCES |
| AEOLIAN | IMPERSONATE | RADOME |
| AERIALIST | INFLUX | RECIPE |
| AVALON | KINFOLK | RHINOS |
| BADGER | LEXICON | SIDE BAND |
| BRANCH | LIAISON | TICKETS |
| CATACOMB | MAXIMUM | UPKEEP |
| DUSTBIN | MOLARS | VERTICAL |
| EARTHY | NEWBURY | WINGED |
| EPICYCLE | OVERHANG | XYLOSE |
| GOLD DUST | OX-EYES | ZIGZAG |
| GUMSHOE | PEN-DRAGON | |

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

“May” I Have Some More, Please?! 😊



Enchilada Stuffed Peppers

Submitted by CinnamonSpiceandEverythingNice.com
Photo by: CinnamonSpiceandEverythingNice

Details

Cooking Time: 50
Recipes Makes: 4
Calories: 614
Carbs: 38.4
Fat: 33.5
Protein: 38.6

Ingredients

Olive oil, for sautéing
1 pound boneless, skinless chicken breasts, cut in bite-sized pieces (or 2 + 1/2 - 3 cups cooked)
Coarse salt and fresh black pepper
1 cup corn
1 cup cooked brown or white rice
1 packed cup finely chopped fresh spinach
2 heaping cups sharp cheddar cheese, shredded
4 - 5 bell peppers

Sauce:

2 tablespoons butter
2 tablespoons all-purpose flour
1 (14 ounce) can chicken broth
1 (11 ounce) can Ro-tel diced green chiles and tomatoes
4 ounces cream cheese
1/2 cup sour cream, plus more for serving

Directions

1. Add a tablespoon olive oil to a large skillet over medium heat. Season the chicken with salt and pepper then cook, turning to brown on all sides.
2. Once the chicken is cooked through remove to a large bowl and mix with the rice, corn, spinach and 1 + 1/2 cups of the cheese.
3. In a medium saucepan melt the butter over medium-low heat, stir in the flour and cook 2 - 3 minutes, stirring often. Whisk in the chicken broth and bring to a simmer 3 more minutes, stirring often.
4. Turn heat down to low and mix in the Ro-tel. Add the cream cheese and sour cream to a medium bowl with a ladle of the hot broth. Work it together with a spoon then add another ladle of broth. Stir it together then add it to the sauce. (This is to prevent curdling.) Whisk until it is completely combined. Remove from heat and allow to cool to lukewarm.
5. Preheat oven to 400 degrees F. Grease a large roasting pan.
6. Wash the peppers and cut off the tops. Remove the

seeds and the white centers. Place in the roasting pan.

7. Season the sauce to taste with salt and pepper. Mix about 1 cup of the sauce into the chicken mixture to start, adding more if needed, you want it to be well coated but not swimming in it.

8. Spoon the stuffing into the peppers. Top with the remaining cheese. Spoon or slowly pour the remaining sauce into the bottom of the pan.

9. Bake 35 - 40 minutes until peppers are tender. If the tops start to brown too much cover with aluminum foil.

10. Let sit 5 minutes before serving...



Crock Pot Chicken Caesar Wraps

One of the great things about this recipe is that the chicken is cooked in the crock pot. It's a great way to slow cook while you can go about your day. At the last minute you stir in your favorite Caesar dressing and dinner is done. All you need for this heavenly wrap is large flour tortillas, (a spinach tortilla would be even better!) green leaf lettuce, shredded Parmesan cheese and the Caesar chicken. It is super yummy. A perfect summer lunch or dinner!

Ingredients

1. 2 pounds boneless, skinless chicken breasts
2. 1/2 cup water
3. 1 cup Caesar dressing
4. 1/2 cup shredded Parmesan cheese
5. 3 cups chopped green leaf OR romaine lettuce
6. 6 large flour tortillas

Instructions

1. Spray the inside of crock pot with cooking spray. Pour the 1/2 cup water inside. Place the chicken breasts in the water, and cover crock pot with lid.
2. Cook on Low heat 4 - 5 hours. OR on High heat for 2 1/2 hours.
3. Remove chicken from crock pot and shred chicken. Pour water out of the crock pot.
4. Place shredded chicken back in the crock pot. Pour the Caesar dressing over the chicken. Stir to combine. Cover with lid, and cook for 30 minutes on low, or until thoroughly heated.
5. Top each tortilla with 1/2 cup of lettuce, a little Parmesan cheese, and 1/2 cup of Caesar chicken. Wrap up tightly and serve!

Notes

1. Yields: 6 - 8 servings
Source: By Life in the Lofthouse



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.



Recreation Committee

There will be a short Recreation meeting on Friday, May 15th at 12:30 p.m It will be held in the classroom at Westside Community Center (134 - 6th Street WDM). We will discuss the upcoming Senior Fishing event and will be covering donation boxes that will be distributed to the sites to help gather drawing/prize giveaways at the event. **BRING PAIR OF SCISSORS WITH YOU.** Anyone is welcome to join and help us out. Any questions, please call Daiynna @ 286-3536.

Polk County May Pie Menu

May 7th
Chocolate Crème Pie

May 14th
Pecan Pie

May 21st
Strawberry Rhubarb Pie

May 28th
Pumpkin 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
- Able to provide transportation to appointments and errands
- Earning an income at or below \$23,540/individual and \$31,860/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 leave pay
- Ongoing training and supervision
- An annual physical
- Supplemental accident/liability insurance while on duty



Contact Julia today at
(515) 558-9957
or at jullat@vnsia.org.

WesleyLife HOME-DELIVERED MEALS

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

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



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

Roast beef



Lemon pepper fish



Country herb chicken



1700-968-513

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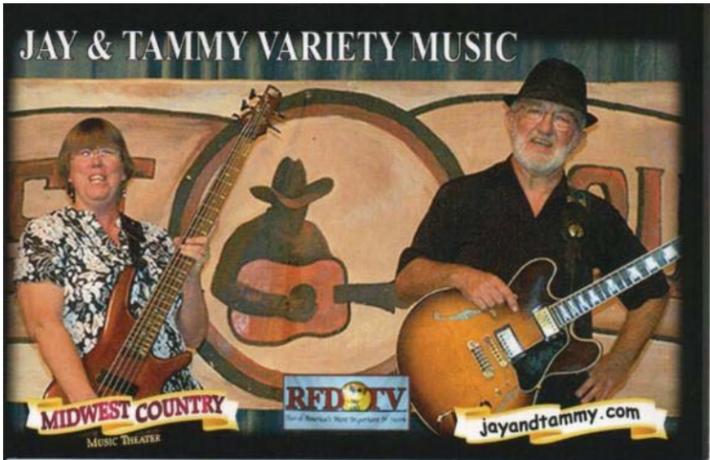
If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one year subscription, fill out and mail the form below with



SUMMER KICK-OFF!

Join us in Johnston for Live Entertainment

Come join us for 50+ Fun Night on Wednesday, May 20, from 6:30 to 9:30 p.m., at Crown Point Community Center, 6300 Pioneer Parkway. Musical entertainment for the evening will be Jay and Tammy Roy. For those of you who returned your Senior Survey, four names will be drawn to receive gift certificates. Root beer floats and refreshments will be served at this free night sponsored by the Johnston Senior Advisory Board. So save the date for a fun-filled evening!!!!



Social Security Q & A

Submitted by Derek Nichols

Question: I'm planning my retirement. What is the maximum Social Security benefit I might receive?

Answer: The maximum benefit depends on the age you retire and how much you earned in your lifetime. For example, if you retire at age 62 in 2015, your maximum benefit will be \$2,025. If you retire at full retirement age in 2015, your maximum benefit will be \$2,663. If you retire at age 70 in 2015, your maximum benefit will be \$3,501. You can estimate your benefits by using our Retirement Estimator at www.socialsecurity.gov/estimator.

Question: I'm retired, and the only income I have aside from my Social Security retirement benefit is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

Answer: No. We do not count non-work income, such as annuities, investment income, interest, capital gains, and other government benefits, and they will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. If you have wages or self-employment income and you are under your full retirement age, this income may affect your benefit amount. For more information, visit our website at www.socialsecurity.gov or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: This summer, I'll turn 65 and, because of my financial situation, I thought I'd be eligible for Supplemental Security Income (SSI). But my neighbor told me I'd probably be turned down because I have a friend who said he might help support me. Is this true?

Answer: If your friend helps support you, it could have an effect on whether you get SSI and on the amount you would receive. If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your friend or from anyone else, we will consider that income when making a decision on your SSI eligibility and amount. Support includes any food or shelter you receive that is paid for by someone else. For more information, visit www.socialsecurity.gov/disabilityssi/ssi.html.

Question: I have a 24-year-old daughter who has been disabled by recurrent neuroblastoma since birth. Will she be eligible for benefits as my disabled child?

Answer: Yes. In general, an adult disabled before age 22 may be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits. We consider this a "child's" benefit because we pay it on the parent's Social Security earnings record.

The "adult child"—including an adopted child or, in some cases, a stepchild, grandchild, or step grandchild—must be unmarried, age 18 or older, and have a disability that started before age 22. You can apply online at www.socialsecurity.gov/applyfordisability.

Derek Nichols is the Acting Assistant District Manager for Social Security in Des Moines.

JFK Assassination Presentation

at the
NORTHWEST COMMUNITY CENTER



For over 50 years, Jerry Hickok has studied, documented and compiled interesting facts and realizations of what happened on the day that President John F. Kennedy was assassinated.

Come hear Mr. Hickok's presentation at the Northwest Community Center on **Thursday, May 21st from 12:30 p.m. to 1:30 p.m.**

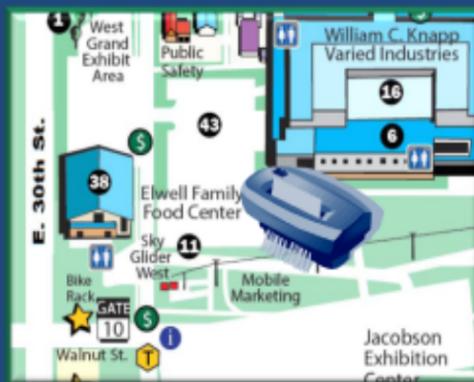
If you are over the age of 60, you can give the NW Community Center a call at 279-2767, before May 20th, and sign up for lunch and enjoy the presentation afterwards. **COME JOIN US!**

5110 Franklin Ave.
Des Moines, Iowa 50310
Phone: 515-279-2767

E-mail:
theresa.webb@polkcountyiowai.gov or
kristi.carman@polkcountyiowa.gov



BEAT IDENTITY THEFT ---- SHRED IT!!



Bring your papers with confidential information to our shred event

Wednesday, May 13, 2015
8:30 - 11 a.m.
Iowa State Fairgrounds

Enter gate #10 on E. 30th and turn left to the south parking lot

Documents to shred are:

Any documents that have personal information such as your social security number, Medicare or other insurance number, your bank numbers, birthdates, passwords, PINS, and signature. Examples include:

- Cancelled Checks
- Medical Documents
- Tax Information
- Investment Records
- Paycheck Stubs
- ATM Statements
- Credit Card Statements
- Receipts

MDS will be on site to collect all data and securely shred and recycle so your personal information is protected.

For information, call 515-633-9514

This event is sponsored by:



1870 East Euclid Ave. Des Moines, IA • 515-266-6301 • FAX 515-266-0644 • orders@mdsrecordsmgmt.com

Consumer Focus - Avoid the Home Wrecker: Home Improvement & Repair



Submitted by Attorney General Tom Miller

Finding a good contractor is crucial to making sure you get the job done right.

• **Make your plan clear.** Before looking for a contractor, think about your project. Consider writing down a proposed project description, including the quality of materials that you expect the contractor to use, so a contractor is clear about the scope of project and type of materials. Check with your city or county on required inspections and building permits.

• **Get estimates, but beware of low bids.** Be sure a written estimate reflects your vision of the project. While we all like to save money, sometimes a low bid can signal a contractor cutting corners in materials or workmanship. If a contractor provides an estimate that's far below others, ask why it's so low.

• **Check references before you sign a contract or make a down payment.** The best kind of reference comes from someone you know and trust. Ask who they have hired for their projects and whether they were satisfied. Ask the contractor you're thinking of hiring for local references and contact them. Check for complaints filed with the Consumer Protection Division (515-281-5926 or 888-777-4590) and check the Better Business Bureau's complaint database at www.bbb.org. It's a red flag if a contractor is not listed in the local telephone directory or provides only a post office box and not a street address.

To see if a contractor has been sued or filed a lawsuit, go to: www.iowacourts.state.ia.us. To verify a contractor's registration and bonding (which does not guarantee quality of work or payment of damages if a dispute arises with the contractor), go to: www.iowaworkforce.org/labor. Ask the contractor for a copy of a liability insurance certificate.

• **Get the contract in writing.** Before work begins, agree on a written contract. Include the work to be done, the brand and/or the specifications of the materials to be used, the price, who is responsible for obtaining permits and scheduling inspections, that all change orders must be in writing, and establish who is responsible for cleanup. Include start and completion dates, and the remedies if the contractor fails to meet them. (Example: the contract could be nullified if the contractor doesn't start on time.) If you're filing an insurance claim to cover the costs of damages, negotiate the details of the repairs with your insurance company directly and not through a contractor. If you sign a contract somewhere other than the contractor's regular place of business, such as at your home, you have three business days to cancel the contract without penalty. Most importantly, read the contract before you sign it.

• **Financing?** Look into financing through local banks or credit unions rather than a contractor. Compare loan terms, and don't let anyone pressure you into signing a loan document. Do not deed your property to anyone.

• **Limit up-front payments.** If a contractor requires a partial advance payment for materials, make your check out to the supplier *and* the contractor. Insist on a "mechanic's lien waiver" in case the contractor fails to pay others for materials or labor. You can search to see who may have claimed the right to place a lien on your house through the Iowa Secretary of State website at: sos.iowa.gov/mnlr or by calling (515) 281-5204. Do not pay the contractor in full until you verify that all the parties listed on the website have been paid in full. Try to limit the amount you pay up-front.

• **Avoid contracting scams.** A contractor who shows up at your door in an unmarked vehicle and claims he "happens to have materials left over" at a big discount is probably someone to avoid. Stay away from those who offer "extra materials," someone demanding an immediate decision, a contractor who only accepts cash, or a contractor who insists on full payment in advance.

The Consumer Protection Division is located at 1305 E Walnut St. in the Hoover Building, Des Moines, IA 50319. For more information call 515-281-5926 or toll free 888-777-4590 (Outside Des Moines Area) or go to: consumer@iowa.gov.



Math Test

As you solve each two-step problem, spell out the answer as a word in the space provided, and look for that word in the diagram. The first problem has been solved and found for you!

68+19-34 =

FIFTY THREE

80 x 6 + 24 =

18 + 97 - 48 =

88 ÷ 2 + 4 =

41+17-52 =

12 x 6 + 27 =

2 x 15 x 3 =

4 x 38 ÷ 8 =

44 + 38 - 62 =

103 - 87 + 79 =

34 x 8 + 16 =

28 ÷ 4 x 8 =

27 + 36 - 44 =

108 ÷ 4 - 19 =

14 + 38 - 51 =

13 x 12 - 103 =

9 x 36 ÷ 18 =

256 ÷ 4 ÷ 4 =

42 + 19 - 56 =

83 - 58 + 51 =

16 x 32 ÷ 64 =

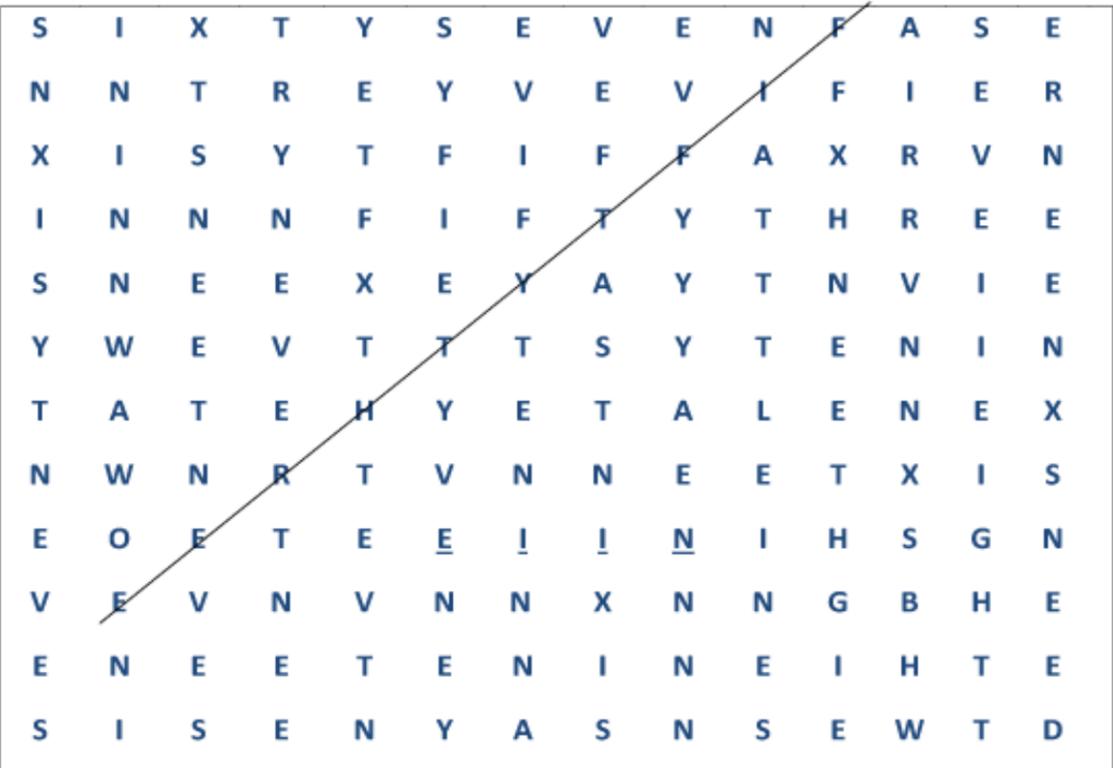
24 + 24 + 25 =

12 x 9 - 41 =

38 x 18 ÷ 108 =

42 - 19 - 18 =

8 x 45 ÷ 4 =



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got milk?

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

1
Shepherd's Pie
Lettuce Salad
Broccoli
Apricots
Chocolate Milk

80
653

4
Turkey Ham n Bean Soup
Brussels Sprouts
Orange Juice
Cornbread
Trail Mix

98
649

5
Beef Taco
Mexicali Corn
Lettuce/Cheese
Fresh Orange
WG Taco Shell
Churro

85
736

6
Pork Chops w/ pineapple
Carrots
Potato Salad
Strawberries
Sponge Cake

84
648

6
*** Flex Meal Option**
Sweet Spinach Salad
Strawberries
Sponge Cake

133
902

7
Shredded Pork
Creamy Cucumbers
Garlic Mashed Potatoes
Fresh Apple
WW Bun
Fruit Cocktail

99
706

8
Tuna Noodle Casserole
Corn
Lettuce Salad
Banana
Chocolate Milk

86
629

11
Beef n' Noodles
Mashed Potatoes
Broccoli
Berry Blend

64
616

12
Cali Burger
Lettuce/tomato/onion
Valley Salad
WW Bun
Warm Cinnamon Apples

57
569

13 - Center's Closed

Senior Fest

13 - Center's Closed

No Flex Meal Option

14
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

15
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Rye Bread
Butterscotch Pudding
Chocolate Milk
99
707

18
Hearty Italian Vegetable
Beef Soup
Peas
Apple Juice
Pumpkin Apple Muffin

74
605

19
Chicken Meatballs
Tomato Sauce
Spinach
Fresh Orange
WG Penne Pasta

71
647

20
Chef Salad w/tomato
wedge
Baby Potatoes
Banana
Bran Muffin

107
777

20
*** Flex Meal Option**
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin

119
802

21
Pork Ham Slice
Party Potatoes
Peas n Carrots
Orange Juice
WW Dinner Roll
Peaches

86
574

22
Sloppy Joe
Cooked Cabbage
Diced Potatoes
Craisins
WW Bun
Chocolate Milk

114
792

25 - Closed

Memorial Day

26
Pizza Bake
Green Beans
Lettuce Salad
Breadstick
Pineapple Tidbits

98
717

27
Orange Chicken
Mixed Vegetables
Rosy Applesauce
Brown Rice
Birthday Cake

119
878

27
*** Flex Meal Option**
7 Layer Salad
Rosy Applesauce
Birthday Cake
WW Dinner Roll

87
594

28
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

91
740

29
Ham Sandwich
Broccoli Cheese Soup
Corn
Fresh Apple
Cherry Almond Crisp
Chocolate Milk

113
832

MEMORIAL DAY
FREEDOM
Family Flag
TIME
TOGETHER
REMEMBRANCE
LAND OF THE FREE
BECAUSE OF THE BRAVE
Parades & BBQ
THANKFUL

Free Community Dinner Meals Offered
(No Age Requirement)

Locations -
Norwoodville Community Center
3077 N.E. 46th 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 4:00 to 4:30 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

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 **with the EXCEPTION of Wednesday *FLEX MEAL menu.**

. 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

Meals served at the centers are for those 60 years and older and spouse. Contributions are optional.

Questions? Call the site nearest you!

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

Book Club

Northwest.....First Monday of the Month @ 10:30 a.m.

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 1 hour to 1.5 hours)

· Due to different projects being done at different sites - dates/times/duration to complete may change.
· Check with individual sites on specific class dates/times for any upcoming projects

Ankeny.....3rd & 4th Wednesdays@ 10:00 a.m.
Central.....Thursdays@ 10:00 a.m.
East.....Tuesdays@ 9:00 a.m.
Grimes.....2nd Thursday @ 12:15 p.m. New Time!
MLK.....Mondays@ 10:00 a.m.
North.....Thursdays@ 9:30 a.m.
Northwest.....Mondays@ 10:00 a.m.
Norwoodville.....2nd Wednesday @ 9:00 a.m.
Pioneer Columbus.....3rd & 4th Tuesday @ 10:00 a.m.
Runnells.....Fridays@ 10:00 a.m.
Scott Four Mile.....1st & 2nd Wednesdays@ 10:00 a.m.
South.....Thursdays@ 10:00 a.m.
Westside2nd & 3rd Wednesday @ 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.....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.
South.....Thursdays @ 12:30 p.m.

Mah Jongg

Johnston.....Tuesdays@ 9:30 a.m. to 3:00 p.m.

Movie & Popcorn Day

Norwoodville.....Tuesdays@ 9:00 a.m.

Pokeno

East.....Mondays & Fridays @ 10:30 a.m.

Pool/Billiards

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.

Puzzles

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
MLK.....Daily @ 9:00 - 3:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 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

JohnstonTuesdays @ 9:30 to 10:45 a.m.

Zumba Gold

JohnstonThursdays @ 9:00 a.m.

May Tournaments

8 Ball Pool Tournament

9th @ North - 9:00 a.m.
23rd @ North - 9:00 a.m.

9 Ball Pool Tournament

2nd @ North - 9:00 a.m.
16th @ North - 9:00 a.m.
30th @ North - 9:00 a.m.

10 Point Pitch

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

65 - No Cards on 5/13

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

500 - Closed 5/25 Memorial Day

4th @ N'ville - 12:30 p.m.
11th @ N'ville - 12:30 p.m.
11th @ South - 12:30 p.m.
18th @ N'ville - 12:30 p.m.
18th @ South - 12:30 p.m.

Cribbage

1st Friday @ North - 12:30 p.m.
1st Friday @ South - 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)
5th Friday @ South - 12:30 p.m.
(when applicable)

Player's Choice for Cards

1st @ South - 12:30 p.m.
8th @ South - 12:30 p.m.

15th @ South - 12:30 p.m.
22nd @ South - 12:30 p.m.
29th @ South - 12:30 p.m.

Pinochle - No Cards on 5/13

6th @ N'ville - 12:30 p.m.
20th @ N'ville - 12:30 p.m.
27th @ N'ville - 12:30 p.m.

Double Pinochle

7th @ South - 12:30 p.m.
14th @ South - 12:30 p.m.
21st @ South - 12:30 p.m.
28th @ South - 12:30 p.m.

Shanghai

7th @ South - 12:30 p.m.
14th @ South - 12:30 p.m.
21st @ South - 12:30 p.m.
28th @ South - 12:30 p.m.

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

May Social Card/Domino Parties

Mondays - Closed 5/25 Memorial Day

Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeno @ East @ 10:30 a.m.
Player's Choice @ South @ 12:30 p.m.

Tuesdays -

Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Player's Choice @ South @ 12:30 p.m.

Wednesdays - Closed 5/13 Senior Fest

500 @ Ankeny @ 12:30 p.m.
Social 10 pt. Pitch @ NW @ 12:00 p.m.
(except 3rd Wednesday)
Bridge @ Johnston @ 11:30 a.m.
Player's Choice @South @ 12:30 p.m.

Phase 10 @ Scott Four Mile @ Noon - NEW!

Thursdays -

Social Cribbage @ North @ 12:30 p.m.
Hand & Foot/Group Choice @ East @ 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 - @ North @ 12:30 p.m.
*All weeks are social until spring - good practice time!

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.
Player's 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

SUPPLEMENTAL FOOD PROGRAM FOR SENIORS

The Elderly Commodity Food Program serves persons **60 years of age or older**. This does not include handicapped people under 60 years of age. A person must reside within the geographical boundaries of **Polk, Warren, Jasper, Dallas, Story and Boone Counties**.

A person must meet the following income eligibility guidelines established by the United States Department of Agriculture as follows:

FAMILY SIZE	GROSS ANNUAL	GROSS MONTHLY*
1	\$15,301	\$1,276
2	\$20,709	\$1,726
3	\$26,117	\$2,177
Additional member add:	+5,408	+451

*Use net amounts on Social Security Income, gross amounts on all other forms of income.

FOODS RECEIVED: Shelf stable milk; non-fat dry milk; rice, macaroni or spaghetti; ready-to-eat cereal, farina, or oatmeal; peanut butter or dry beans; canned meats; canned juices, fruits, and vegetables; and cheese.

POLK, DALLAS, JASPER, WARREN, STORY AND BOONE COUNTIES

Applications are taken at the location listed below. For those who are unable to come to the office, call to have an application sent to you. Proof of age and income are required. Volunteer delivery is available for those who have no other way.

LOCATION: 2309 Euclid Ave., Des Moines, IA 50310.

DAYS OPEN: Monday through Friday. **Closed** the last two working days of every month, weekends, and County Holidays.

HOURS: 8:00 am to 5:00 pm

PHONE: 515-286-3655 or Toll Free at 1-877-288-3655.

"A Service of the Polk County Department of Community, Family & Youth Services"
"The USDA is an equal opportunity provider and employer"



"Great Food at Affordable Prices"

May Packages Available - Purchase one, all or any combination

Order before May 15th, 2015

Food Pickup May 29th or 30th depending upon location

(A) **Best Value Package \$25.00** "Save up to 50% on your groceries"
1 lb 80 % Lean Ground Beef, 14 oz Farmer John Fully Cooked Smoked Sausage with Bacon, 1.4 lb Chicken Thighs, 21 oz Birds Eye Voila Chicken Penne and Vegetable Skillet Meal, 1 lb Broccoli Cuts Frozen Vegetables, Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)

(B) **Grocery Package \$13.50** "Purchase with an (A) to double your fruits and vegetables"
1 lb Broccoli Cuts Frozen Vegetables, Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)

(C) **Meat Only Package \$13.50** "Purchase with an (A) package to double your meat"
1 lb 80 % Lean Ground Beef, 14 oz Farmer John Fully Cooked Smoked Sausage with Bacon, 1.4 lb Chicken Thighs, 21 oz Birds Eye Voila Chicken Penne and Vegetable Skillet Meal

(D) **Breakfast Box \$ 21.00** "A Little Something for Everyone"
2 lb French Toast Sticks
3.5 lb Hash Browns
1 lb Bacon
13 oz Sausage Patties
4- Individually Wrapped Egg, Sausage, Cheese Flatbreads
4- Individually Wrapped Honey Buns

(E) **Pasta Box \$18.00** "Quick Fix Pasta Dinner"
8 oz Stuffed Shells
13 oz Large Cheese Ravioli
18 oz Stuffed Manicotti
16 oz Tri Color Tortellini
12 oz Cheese Stuffed Rigatoni
13 oz Potato & Cheese Pierogis
13 oz Potato w/Swiss & Monterey Jack Pierogis

(F) **Rib Eye Steak Box \$25.00** "Father's Day Favorite"
6 - 8 oz USDA Choice Rib Eye Steak

(G) **Grill Box \$24.50** "Great for Summer picnics"
2 lb Box Holten Thick N Juicy Hamburgers
4 - 4 oz (Individually Wrapped) Boneless Pork Chops
4 - 4 oz (Individually Wrapped) Boneless Skinless Chicken Breast
2 - 8 oz (Individually Wrapped) USDA Choice Rib Eye Steaks

The following are *choice items. In order to purchase these items you must first purchase

One of the above packages A, B, C, D, E, F or G

(H) *Choice Item/ Pizza Box \$18.00
24 - 7.9 oz Pepperoni Pizza with Self Rising Crust

(I) *Choice Item/ Boneless Pork Loin \$10.00
4 lb Farmland Boneless Pork Loin

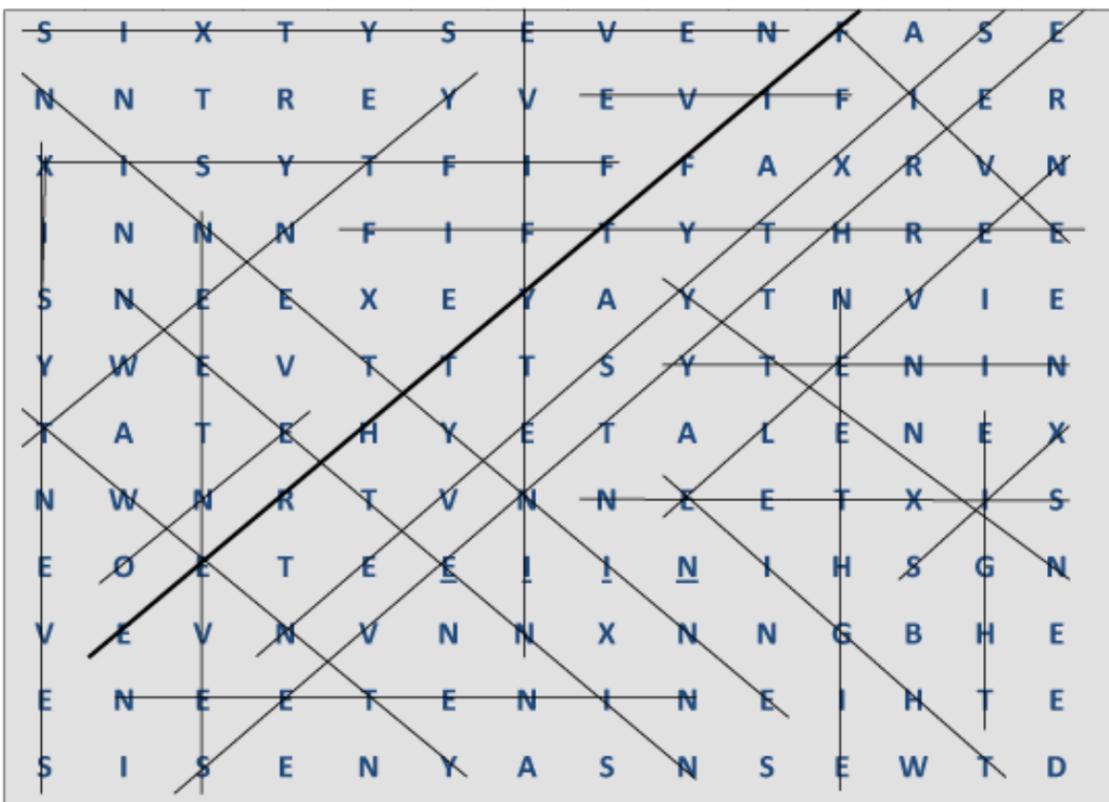
(J) *Choice Item/Shullsburg Cheese Picnic Pak \$11.00
8 oz String Cheese
12 oz Bag Cheese Curds, White and Yellow Mix
10 oz Cojack Burger Slices

(K) *Choice Item/ Roast Dinner \$16.50
2.5 lb Chuck Roast, Broccoli Cuts Frozen Vegetable, 2 lb Steak Fries
Due to press deadline, monthly food packages may be subject to last minute changes

Math Test - Answer Key

As you solve each two-step problem, spell out the answer as a word in the space provided, and look for that word in the diagram. The first problem has been solved and found for you!

- | | | |
|-----------------------------------|------------------------------------|------------------------------------|
| 68+19-34 = | 44 + 38 - 62 = TWENTY | 256 ÷ 4 ÷ 4 = SIXTEEN |
| FIFTY THREE | 103 - 87 + 79 = NINETY FIVE | 42 + 19 - 56 = FIVE |
| 80 x 6 ÷ 24 = TWENTY | 34 X 8 ÷ 16 = SEVENTEEN | 83 - 58 + 51 = SEVENTY SIX |
| 18 + 97 - 48 = SIXTY SEVEN | 28 ÷ 4 X 8 = FIFTYSIX | 16 X 32 ÷ 64 = EIGHT |
| 88 ÷ 2 ÷ 4 = ELEVEN | 27 + 36 - 44 = NINETEEN | 24 + 24 + 25 = SEVENTYTHREE |
| 41+17-52 = SIX | 108 ÷ 4 - 19 = EIGHT | 12 X 9 - 41 = SIXTYSEVEN |
| 12 x 6 + 27 = NINETY NINE | 14 + 38 - 51 = ONE | 38 X 18 ÷ 108 = SIX |
| 2 x 15 x 3 = NINETY | 13 X 12 - 103 = FIFTY THREE | 42 - 19 - 18 = FIVE |
| 4 x 38 ÷ 8 = NINETEEN | 9 X 36 ÷ 18 = EIGHTEEN | 8 X 45 ÷ 4 = NINETY |



DO YOU QUALIFY FOR RENT REIMBURSEMENT?

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

Living with Vision Loss: Independent Living Tips for the Blind and Visually Impaired

This features some avenues to explore to help you enjoy the spring season. Connect with others and delve into some new interests!

Connections Peer Support Social Network

Iowa Department for the Blind (IDB) would like to invite blind Iowans to participate in Connections, a peer support social network organized by the Department. The idea behind this effort is to provide an avenue for blind Iowans to help each other with various kinds of information and expertise.

Some individuals have already submitted applications to become part of the talent pool of "connectors" available to respond to those seeking solutions, the "connectees." Although you may submit an application at any time, we have designated April 2015 as a time to encourage all blind Iowans interested in becoming a connector to fill out the online application. Get involved today!

Learn more about Connections and access the online application at: <http://www.idbonline.org/connections>.

Reading Program and Book Discussion Groups

"Every Hero Has a Story" is the theme for this year's Iowa Library for the Blind and Physically Handicapped summer reading program that is starting in June. Library patrons of all ages can join us for a summer full of reading and fun.

There will be book discussions! Multiple discussion groups that connect via phone or internet will meet approximately once a month.

In addition to the summer reading program, the Library conducts book discussion groups throughout the year. Learn more at: <http://www.idbonline.org/library/book-discussion-groups>:

Contact: Deena Cross
(515) 242-5785

deena.cross@blind.state.ia.us

both a children's and adult program beginning in June. Earn prizes for reading and enjoy.

IDB Tech Road Show

The Iowa Department for the Blind (IDB) Tech Road Show is an opportunity for blind Iowans, IDB clients and non-clients, to get some one-on-one assistance from a member of our technology team on the topic of their choosing. We will be bringing the entire team to different locations across the state. The first one will be in Des Moines on May 8, 2015.

People can make one hour appointments for one-on-one assistance, training, or demonstration of a particular device. In addition, we will have a one-hour presentation and question and answer

session on a particular topic that you may attend before or after your appointment. There will also be a display table where you can view a variety of items brought from our Technology Resource Center. Library staff will also be there to demonstrate audio book players, talk about individualized audio cartridges, and answer questions.

If interested contact:

Richard Cavallaro, 515-281-1366,
Richard.cavallaro@blind.state.ia.us

You may also sign up online at: <https://iowadepblind.wufoo.com/forms/idb-tech-road-show-sign-up-des-moines/>

For more information about this event please visit <http://www.idbonline.org/trs>.

Library Consumer Advisory Committee

The Library Consumer Advisory Committee serves the Iowa Library for the Blind and Physically Handicapped by working to:

- Increase public awareness of the library's facilities and services
- Increase the potential for services to underserved individuals
- Help the library establish priorities for future expansion of services
- Encourage the efforts of volunteers in service to users
- Provide comments and reactions regarding the development of new equipment and materials

The Library Consumer Advisory Committee is always looking for interested people to serve on the committee. For more information, contact Sarah Willeford, Director, Iowa Library for the Blind and Physically Handicapped, (515) 281-1291, sarah.willeford@blind.state.ia.us.

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, Des Moines, IA, 50309-2364

Email: information@blind.state.ia.us

Phone: 515-281-1333

Toll Free (in Iowa): 800-362-2587

Website: www.idbonline.org

We look forward to hearing from you!

In-Services available! 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!



Remember those who served ~ All gave some, some gave all.

Pot-a-Posie

North Senior Center
Monday, May 18th at 10:00am
Everyone 60+ welcome!
Bring your own 8 inch flower pot
Flowers and soil provided
Sponsored by the Highland Park Garden Club
Call 288-1524 to sign up
Sign up early – spots are limited!!!

Zig Zag

ANSWER KEY

ADVERTISE	HOGWASH	PISCES
AEOLIAN	IMPERSONATE	RADOME
AERIALIST	INFLUX	RECIPE
AVALON	KINFOLK	RHINOS
BADGER	LEXICON	SIDE BAND
BRANCH	LIAISON	TICKETS
CATACOMB	MAXIMUM	UPKEEP
DUSTBIN	MOLARS	VERTICAL
EARTHY	NEWBURY	WINGED
EPICYCLE	OVERHANG	XYLOSE
GOLD DUST	OX-EYES	ZIGZAG
GUMSHOE	PEN-DRAGON	

Source: Brain Games Series



Learn to live FREELY with diabetes

ARE YOU A MEDICARE PATIENT LIVING WITH DIABETES OR KNOW SOMEONE WHO IS?

Everyone with Diabetes Counts can help you or your loved one live a healthier life. Our program offers FREE diabetes education classes. You will learn about:

- How to control your blood sugar levels
- Low cost healthy meals
- Becoming more active
- How to manage medications
- Answers to your questions and support for your concerns

When: Tuesdays from 1:00 – 3:00 p.m. May 5th - June 9th, 2015

Where: Eastside Senior Center 1231 E. 26th Street

Call 265-8461 to Register

This material was prepared by Telligen, Medicare Quality Innovation Network, Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 1150WP-QIN-C3-02/15-028



AARP Driver Safety Course Offered

Submitted by Mary Kay Dial

NOTICE OF CHANGE— Classes at the main state office will now be held only every other month (even number), rather than every month. The class is 4 hours. AARP members \$15.00 and non-members \$20.00.

Tuesday, May 5th, 4:30 to 8:30 p.m., at the Urbandale Senior Center, 7305 Aurora Ave., Urbandale. To register, phone: 515-278-3907.

Monday, May 18th, 12:30 to 4:30 p.m., at the Northwest Community Center, 5110 Franklin Ave., Des Moines. To register, phone: 515-279-2767.



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.

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.



CARFIT will be out at the Polk County Senior Fest & Health Fair on May 13th, from 9:00 a.m. to Noon.

Please call, Mary Kay Dial at 515-277-0969, to register for a 20 minute appointment. How does your car fit you and your needs? Can you make it safer? We can help with all of that! Come see us.

Mother's Day Tea

"Sister's in Quilting"

Monday, May 4th @ 1:00 p.m.

The Des Moines Area Quilters Guild group 'Sew Sew Joyful' will be here to share their skill and beautiful quilts with us. Spend a delightful afternoon enjoying flavored teas, coffee and an assortment of desserts.

Southside Senior Center

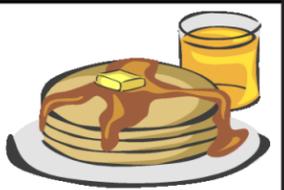
100 Payton Ave. Des Moines

R.S.V.P. by Friday, May 1st

515.287.0092



Please bring a favorite tea cup to drink from.



S & S Central Café
Central Senior Center - 2008 Forest Ave.

Looking to have breakfast before hitting your center for the day?

Tuesdays & Fridays from 8:30 to 10:00 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.

Friday Egg Special – Choice of a 2 egg ham and cheese omelets with your choice of white/wheat toast, or a 2 egg, a choice of sausage or bacon omelet, white/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.

Scott Four Mile Community Center

We are adding new, fun things to our activity calendar each month.

One of our new activities is an afternoon of cards each Wednesday, starting at noon. Free of charge! Phase 10 is a preferred choice with the group, but whether you play some old favorites or learn some new ones, a good time is sure to be had.

In addition to the activities and lunch offered at the site, there is also a gym or a nice park-like area outside to walk around, a computer lab and more that is available.

Lunch is served Monday – Friday at 11:30 a.m. If you'd like to join us for lunch please call to make a reservation one business day in advance by noon. For more information call the meal site at 265-9977.



Taking Control of Your Diabetes (TCOYD)

Submitted by Susan Freeman, RN, BSN, CDE
Supervisor - Diabetes Education Center
Unity Point Health



TCOYD will be within 2-3 hours driving distance twice in 2015. If you have been unable to attend a conference in Des Moines in the past 10 years, you might want to plan a road trip this year.

For more information you can Google "TCOYD" and look at more details.

2015 TCOYD Conferences

May 16th Kansas City, KS - Overland Park Convention Center

October 17th Omaha, NE – Century Link Center

Exercise Classes Offered

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

CENTRAL
ARTHRITIS EXERCISE
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
"SILVER SNEAKERS"
WEDNESDAYS 10:15 A.M. - 11:00 A.M.

MLK
ARTHRITIS EXERCISE
MONDAYS 10:30 - 11:00 A.M.
INSTRUCTOR - SARA BARATTA

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 MCCAUGHEY

NORWOODVILLE
ARTHRITIS CHAIR EXERCISE
1ST, 3RD & 4TH THURSDAY @ 10:45 A.M.
INSTRUCTOR - KRISTAL SIMONSON

CHAIR EXERCISES
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.

SOUTH
CHAIR YOGA 1ST & 3RD
THURSDAY 9:00 A.M. - 10:00 A.M.
INSTRUCTOR NOREEN GOSCH

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



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 6 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.

Projects are FREE or donations are accepted. Any questions, call a center nearest you to speak with craft instructor.



Yarn Needed!!

The Golden Thread Society group which meets on Wednesdays, from 2 – 4 p.m., at the South Senior Center, is looking for new and/or clean yarn donations.

The group is gearing up to make fall scarves and hats which are donated throughout the Polk County area shelters, homes and hospitals.

If you are interested in joining the group or making a donation of supplies, please contact Ray Ann Scione at 288-3734.

May Blood Pressure Checks

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

- 5th Norwoodville
- 6th Central
- 7th North
- 8th Scott Four Mile
- 11th East
- 12th Grimes
- 14th Polk City
- 15th Altoona
- 18th West
- 19th South
- 20th Pioneer Columbus
- 21st Central
- 22nd North
- 26th Johnston
- 27th Calvary at Norwoodville
- 28th Runnells
- 29th Northwest



Dates Subject to Change.

Social Security News: Get Into the Act with Older American's Month

Submitted by Derek Nichols

In May, we recognize Older Americans Month to acknowledge older Americans and their contributions to the nation.

More than 40 million people in the United States are 65 or older. By 2035, the U.S. Census Bureau projects this number will double, which makes improving the quality of life for older Americans even more important as we look to the future. It is Social Security's priority to provide a safety net for older Americans. You can learn more about Social Security at www.socialsecurity.gov.

The main reason Social Security was established 80 years ago was to help older Americans. For many older Americans, Social Security benefits are their only source of retirement income. Social Security payments continue for life and are adjusted to keep pace with inflation. The American Association of Retired Persons (AARP) estimates that these benefits help keep 35 percent of older Americans out of poverty.

A great tool for people of all ages is the my Social Security account. With a personalized my Social Security account, you can:

- Get an estimate of future benefits, if you still work;
- Get an instant letter with proof of current benefits; and
- Manage your benefits.

Visit www.socialsecurity.gov/myaccount and join the millions of people who have already created accounts to help them plan for retirement.

This May also marks the 50th anniversary of the Older Americans Act. Congress passed the Act in 1965 in response to a lack of community social services for older persons. Medicare, in effect since July 1, 1966, will also celebrate its 50th anniversary soon. Medicare provides health insurance to more than 42 million Americans age 65 and older. If you aren't familiar with the four parts of Medicare, they are:

· Part A (hospital insurance): Hospital insurance helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care, and hospice care.

· Part B (medical insurance): Medical insurance helps pay for doctors' services and many other medical services and supplies that hospital insurance doesn't cover.

· Part C (Medicare Advantage plans): If you have Medicare Parts A and B, you can join a Medicare Advantage plan. Private companies offer Medicare Advantage plans approved by Medicare. These plans generally help you pay the medical costs not covered by Medicare Part A and B.

· Part D (prescription drug coverage): Prescription drug coverage helps pay for medications doctors prescribe for treatment.

To learn more about applying for Medicare, read our publication *Applying For Medicare Only—Before You Decide*. To learn more about Social Security, read *Understanding the Benefits*. Both are available at www.socialsecurity.gov/pubs.

Derek Nichols is the Acting Assistant District Manager for Social Security in Des Moines.

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.
West Des Moines	Tues. & Thurs.	10:15 a.m.

HeartReach Mobile Lab



The HeartReach Mobile Lab from UnityPoint Health – Des Moines is a 37-foot Winnebago that brings dedicated technicians and nurses to you to provide the most comprehensive screening for heart disease and stroke. A variety of screening tests are available to help identify your risk for heart disease and stroke. Easy and affordable!

- ▼ To schedule an appointment.... CALL: 1-866-935-5432
- ▼ For more information.... VISIT: unitypoint.org/heartreach



Screening options available:

- Option 1: Complete Screening** \$95
- ▼ Ultrasound of Carotid Arteries (blood flow to the brain)
 - ▼ Check for Abdominal Aortic Aneurysm (blood vessel in belly)
 - ▼ Ankle-Brachial Index measure (blood flow in the arms and legs)
 - ▼ Electrocardiogram or EKG (checks the heartbeat)
 - ▼ Cholesterol Profile with Blood Sugar
 - ▼ Weight and Waist Measurement
 - ▼ Heart Disease Risk Survey
 - ▼ Consultation with a cardiac nurse.
 - ▼ If you have cholesterol and blood sugar results from the past 6 months, bring them with you and we will use them for your heart disease risk score.
- Option 2: Vascular and EKG Screening** \$85
- ▼ Ultrasound of Carotid Arteries (blood flow to the brain)
 - ▼ Check for Abdominal Aortic Aneurysm (blood vessel in belly)
 - ▼ Ankle-brachial Index Measure (blood flow in the arms & legs)
 - ▼ EKG (checks the heartbeat)
- Option 3: Vascular Screening** \$75
- ▼ Ultrasound of Carotid Arteries (blood flow to the brain)
 - ▼ Check for Abdominal Aortic Aneurysm (blood vessel in belly)
 - ▼ Ankle-Brachial Index Measure (blood flow in the arms & legs).
- Option 4: EKG and Cholesterol Profile and Blood Sugar** \$65
- ▼ EKG (checks the heartbeat)
 - ▼ Heart Disease Risk Survey
 - ▼ Cholesterol Profile with Blood Sugar
 - ▼ Weight and Waist Measurement
 - ▼ Consultation with a cardiac nurse.
- Option 5: A LA CARTE**
- ▼ Cholesterol Profile with Blood Sugar \$35
 - ▼ EKG \$35
 - ▼ Carotid Artery Screening \$35
 - ▼ Abdominal Aortic Screening \$35
 - ▼ Ankle-Brachial Index Measure \$35

Screening	Diagnostic Testing (Hospital Charges)
Carotid – \$35 AAA – \$35 ABI – \$35 (all three tests – \$75)	Carotid – \$830 AAA – \$700 ABI – \$400
EKG – \$35	\$175
Vascular & EKG package – \$85	Total = \$2,100

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



Jenny Buckalew has a collection of over 400 salt & pepper shakers. We saw pictures of them in her curio cabinet at home, and she brought 8 different sets of salt & pepper shakers to share with the group. On the top of the cabinet is one of her favorite sets...President John F. Kennedy & Mrs. Kennedy. The oldest set she has and shared with us was the salt & pepper shakers her parents used on their table every day at home.



Donna Wallace loves covered bridges, and she has a wall at home with several pictures of those bridges. Here she shares a picture that was painted on a piece of wood from an old covered bridge; on the top is a historical church in St. Charles, and below is a picture of that covered bridge.



Here Paul Barton shares the story of a brass lamp given to his mother as a wedding gift when she and his father were married while living in India.

Grimes News: Grimes Enjoys Their Own Antiques Roadshow

Submitted by René Leppert • Site Coordinator, Grimes Senior Center

Since February, the Grimes Senior Center has had their own “Antiques Roadshow” every Friday after lunch. Two seniors bring something old or just a “favorite” and share with the group. We’ve enjoyed seeing and hearing about so many great treasures. Some of the items shared were: an old scale, a ration stamp book from

WWII, a school report card belonging to a senior’s grandfather, depression glass and grandma’s sugar/creamer, a senior’s Lion’s Club vest with all the pins collected over many years, a Keokuk County Atlas, and an old cookbook one senior learned to cook from with her Mother.

The idea for our own Antiques

Roadshow came from senior, Marilyn Van Haaften. Coordinator René Leppert has found many of the best ideas for programs or activities come from the seniors themselves. We heartily recommend other Centers try having their own Antiques Roadshow. It’s so fun to “take a trip down memory lane”!



Eva Day brought her old lunch pail (a Karo syrup pail) and had put on the side of it a picture of her when she was a little girl holding that exact lunch pail.



Mayor Pro Tem Hensley Proclaims April 7th National Service Recognition Day in DSM

Submitted by Katie McIntyre
Community Relations Coordinator
VNS – HCI Care Services
Volunteers Urgently Needed!

VNS of Iowa is seeking volunteers for both its Foster Grandparent and Senior Companion programs. Senior Companions work one-on-one with homebound adults who need extra support in the form of companionship, transportation and respite services in order to maintain their independence in their own homes. Donations are also needed to fund these vital services in the community.

Group Photo: Representatives from several organizations and programs, including Visiting Nurse Services of Iowa’s Foster Grandparent and Senior Companion Programs, were on hand when Christine Hensley, Mayor Pro Tem of Des Moines signed a proclamation for April 7th to be recognized as National Service Recognition Day.

Photo 2: On April 7, Christine Hensley, Mayor Pro Tem of Des Moines, shadowed Foster Grandpar-



ent Vivian Bryson working with a second grade classroom at Wright Elementary. Foster Grandparents work one-on-one with at-risk youth to ensure

preschoolers are ready to succeed in school and to enhance literacy and math skills for elementary and middle school students.