

The Senior

Polk County Senior News!

July Bulletin

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



Pictured: Beverly Glade, Phyllis Zeimet, Susie Culver, Sharron Dallmann, Joyce Chasar, Judy Breese, Beulah Fredericks, Nina Hatchitt. Not Pictured: Johnnie Brown, Wilma Rushing.

Polk County Senior Board Looking for Members

We are all members of the Polk County Senior Advisory Board! Come Join us and get involved!

Are you interested in helping better serve seniors in Polk County? We get to impact the

services that seniors receive in Polk County, give feedback and make our Senior Sites more effective!

The Board meets every other month at 9:00 a.m. at River Place for one hour.

We are seeking seniors from Altoona, Central, Grimes, MLK, Norwoodville, Pioneer, Polk City, Runnells, and Four Mile to join us. If you are interested please contact your site staff.

Hope to see you soon.

Runnells Seniors Prepare for 1st Runnell's Farmer's Market

Submitted by Elizabeth Rockwell • Site Coordinator



Our Seniors in Runnells have been baking up a storm for our first farmer's market in Runnells! Runnells City Council with the help of a few committee members have took over the empty lot in town to bring fresh produce, flowers, baked goods, homemade soaps, fresh ground coffee, and crafts. With each market, we're increasing the number of vendors participating. Our stand has sold out! It's been a great fundraiser! Come down and take a gander, there are many good deals to be had! More items are added each time. You'll never know what you may find! Hope to see you soon! It's the 1st & 3rd Tuesdays, from 4-6 pm.

Polk County River Place Food Pantry

Polk County and the Des Moines Area Religious Council (DMARC) have partnered to open the Polk County River Place Food Pantry located at 2309 Euclid Avenue.

Once per calendar month, individuals and families in Polk County can go to the food pantry to receive a four-day supply of healthy, nutritional food and other non-essential non-food items.

In an effort to better meet the needs of the population residing in the immediate and surrounding areas of the food pantry, specialty ethnic foods have been identified and will be available. Food is distributed solely to those in need without income being a consideration.

Food Pantry Hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.

If you hve questions or to inquire about volunteer opportunities call 515-286-3695.



South Senior Center Potluck

PLEASE NOTE!! There will be no potluck held the month of July.

Eastside Senior Center Potluck and Dance

Don't miss out! Last one of the year!

The Eastside Senior Center is hosting their last Potluck and Dance of the year on Friday, July 10th, from 5:00 – 7:00 p.m. Music will be provided by Don DeCamp. 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.



Come Westward, My Friends!

Please stop out and join us for our ACTIVE ADULTS EXERCISE Class at the WESTSIDE Community Center located at 134 - 6th Street in Valley Junction, West Des Moines.

It will run through August 7th. You can come participate in the class on any or all days that are convenient for you.

There is no registration needed for this class. Classes are FREE and open to those 60 and over. Active Adults Exercise is held on Monday, Wednesday and Friday, at 12:30 p.m.

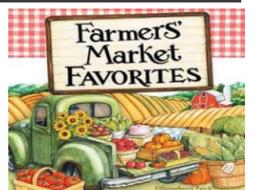
The class will be focusing on resistance training, flexibility and maintaining independence while having fun and accommodating all levels of fitness.

If you are interested please contact the site staff at 515-274-0373.



Runnells Farmer's Market

The Runnells Farmer's Market will be held in Downtown Runnells from 4:00 to 6:00 p.m., on July 7th and July 21st, August 4th and August 18th, and September 1st and September 15th. Stop by and check it out!



7/3 – SITES CLOSED FOR HOLIDAY
7/4 – Independence Day

Month:
· National Blueberry Month
· National Hot Dog Month
· National Ice Cream Month

Source: www.HolidayInsights.com





Senior Fishing Derby Category Winners

The Senior Fishing Derby event had a great turn out and a lot of fun was had. The rain held off, which allowed us some great fishing weather, time to sit, chat and laugh with one another. It always goes by so quickly.

The following were our big winners in our category fishing areas. (up to 3rd place in some areas were acknowledged)
Apologize, should there be any misspellings or missing names.

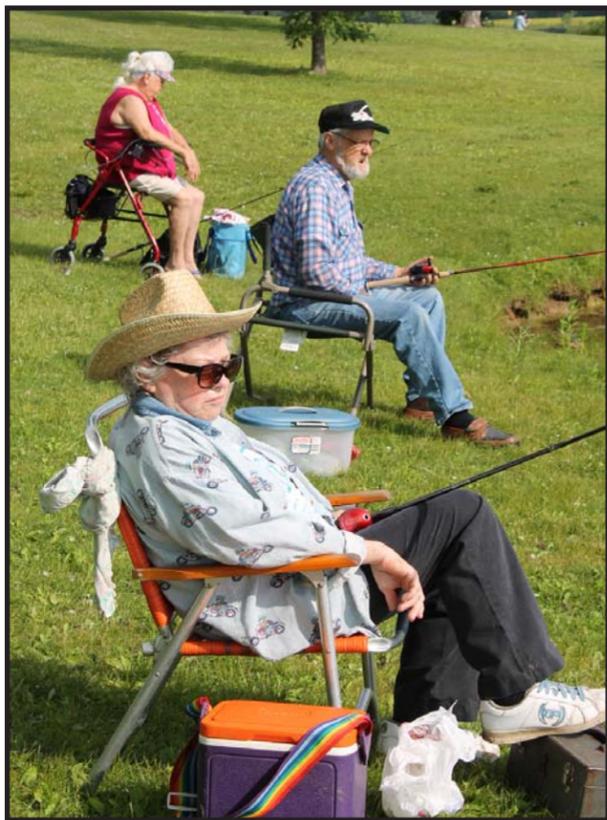
- First Fish Caught - Chico Aguiniga and Randy Brown
- Most Fish Caught – Randy Brown (43), Bruce Tillotson (10), Jerry Xanders (9)
Myra Xanders (4), Carla Morris (3), Tie - lone Ditmer, Carla Freel, Joyce Lewis, Mary Minx, Barb McMain (2)
- Longest Fish Caught – Bruce Tillotson, Gene Hoch, Tie – Jim Milliga, Glen Baker, Tom Garrett
Diane Howe, Joyce Lewis, Myra Xanders
- Most Prepared – Ronald Ditmer John Heatherington, Sheila Grafton
- Coolest/Stylish Fishing Hat/Headwear – Gene Hoch, Ellen Hunt, Bernie Page
- Smallest Fish Caught – Randy Brown, Mary Minks, Midge Tillotson
- Biggest Bass Caught – Glen Baker (13”), Don Lundeen (9”), Bruce Tillotson
- Biggest Blue Gill Caught – Randy Brown (8”), Carla Morris (6 ½”), Jerry Xanders (6 ½”)
- Most Unique Catch – Randy Brown (Bull Snake with fish in mouth), Nedra Baker (soft shell turtle)
- Casting Contest – Don Minks and Leroy Voshell (tied) and Mary Minks.

Thanks to everyone who came out that day to support, help, fish and have a wonderful day.
I look forward to this event and seeing everyone each year!



Fishing derby that daiynna has put on for years in june 2015 with lots of fishermen and women attending on a hot day.....

Seniors came and enjoyed snacks, fishing, lunch and prizes and drawings on June 5th, at Easter Lake.



Oh what a day we had, there were worms and everything.



Fishing with a smile.



Fishing, fishing, fishing all day long.



Yahoo, i caught a fish at the fishing derby that Daiynna plans - such a good event!



Wow, what a day it was. We came, we fished, we ate, and we went home.



Pictured l to r: Soni Nelson (Johnston), Shirley Coleman (West Des Moines) and Carol Ellsworth (Indianola).

VNS of Iowa Senior Corps Volunteers Receive Governor's Volunteer Award

Submitted by **Katie McIntyre**
Community Relations Coordinator
 On June 8, three of Visiting Nurse Services of Iowa's dedicated Senior Corps Program volunteers were recognized with 2015 Governor's Volunteer Awards from Governor Terry E. Branstad.

Shirley Coleman was honored for her 10 years of service with VNS of Iowa's Foster Grandparent program. In that time, she has impacted at least

200 children. Additionally, Soni Nelson and Carol Ellsworth were honored for their work with the organization's Senior Companion Program.

"Iowa is recognized as a national leader in volunteerism and service because of the steadfast devotion of our volunteers," stated Governor Terry E. Branstad. "I am pleased to have an opportunity to personally thank this year's Governor's Volunteer Award recipients for contributing their price-

less time and talent in ways that make an enormous difference in our state."

"The people selected for these awards have gone well above and beyond what's expected in their quest to help others," said Lt. Gov. Kim Reynolds. "Their hard work and dedication have encouraged others to become more engaged, which makes stronger communities."

To learn more about earning extra money as a Senior Companion, please contact Julia at 558-9957.



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

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

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



Polk County Pie Menu

July 2nd
Blueberry Pie

July 9th
Peach Pie

July 16th
Pecan Pie

July 23rd
Boston Crème Pie

July 30th
Cherry Pie




We should not look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience.

~ George Washington

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

VNS VISITING NURSE SERVICES OF IOWA

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

Polk County Senior Services & Conservation Board

Would like to acknowledge and thank the following businesses for their generous donations, contributions, participation, time and efforts in helping to make the 2015 Polk County Annual Senior Fishing Derby Event a huge success.

Taher Catering (lunch)	Principal Group Volunteers
Johnston Bait and Tackle	Pizza Ranch
HyVee (SE 14 th & Park Ave)	Fridley Theatres
Caseys General Store	B-Bops
McDonalds (Euclid & NE 14 th)	Fazoli's (SE 14 th)
Applebees (SE 14 th & Ankeny)	Subway
Scornovacca's Pizza	Papa Murphy's
Hardee's	IHOP
Great Clips (E. Euclid Ave., Varsity Drake & Merle Hay locations)	

Thank You

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.

Roast beef



Lemon pepper fish



Country herb chicken



WesleyLife MEALS ON WHEELS

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




1700-968-5-13

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Don't miss a single issue!

Checks/Money Orders made payable to:
Polk County Treasurer

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



M

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W

Th

F

got milk?

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



1
Pork Chops w/ pineapple
Carrots
Potato Salad
Strawberries
Sponge Cake
84
648

1
FLEXMEAL OPTION
Hot Dog
Carrots
Potato Salad
Strawberries
Sponge Cake
93
575

2
Shredded Pork
Creamy Cucumber
Garlic Mashed Potatoes
WW Bun
Fruit Cocktails
70
596

3 **Site Closed**



Fourth of July

6
Turkey Ham and Bean Soup
Brussels Sprouts
Mixed Melon
Cornbread
98
649

7
Beef Taco Salad
Mexicali Corn
Lettuce/Cheese
Mandarin Oranges
WG Taco Bowl
65
674

8
Chef Salad w/ Tomato Wedge
Baby Potatoes
Banana
Bran Muffin
107
777

8
FLEXMEAL OPTION
Liver and Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin
119
802

9
Turkey w/ Gravy
Mashed Potatoes
Broccoli
WW Dinner Roll
Pineapples
71
527

10
Tuna Noodle Casserole
Corn
Lettuce Salad
Applesauce
Lemon Bar
Chocolate Milk
94
618

13
Hearty Italian Vegetable
Beef Soup
Peas
Apple Juice
Pumpkin Apple Muffin
74
605

14
Beef Meatballs
Tomato Sauce
Spinach
Fresh Orange
WG Penne Pasta
71
647

15
Orange Chicken
Mixed Vegetables
Rosy Applesauce
Brown Rice
Birthday Cake
119
878

15
FLEXMEAL OPTION
7 Layer Salad
Rosy Applesauce
Birthday Cake
WW Dinner Roll
87
594

16
Pork Ham Slice
Party Potatoes
Peas N Carrots
Orange Juice
WW Dinner Roll
Peaches
86
574

17
Sloppy Joe
Cooked Cabbage
Diced Potatoes
Craisins
WW Bun
114
792

20
Beef N Noodles
Mashed Potatoes
Broccoli
Strawberries
67
624

21
Shepherd's Pie
Lettuce Salad
Glazed Carrots
Berry Blend
60
586

22
Gyro Sandwich
Diced Tomato/onion
Diced Potatoes
Fresh Pear
Baklava
126
923

22
FLEXMEAL OPTION
Chicken Caesar Salad
Fresh Pear
Baklava
83
731

23
Meatloaf
Sweet Potatoes
Green Beans
WW Dinner Roll
100
809

24
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Rye Bread
Oreo Fluff
99
707

27
Pizza Bake
Green Beans
Lettuce Salad
Breadstick
Pineapple Tidbits
98
717

28
Cali Burger
Lettuce/tomato/onion
Valley Salad
WW Bun
Warm Cinnamon Apples
57
569

29
Chicken Stew
Cooked Cabbage
Orange Juice
WG Banana Muffin
127
864

29
FLEXMEAL OPTION
Sweet Spinach Salad
Orange Juice
WG Banana Muffin
67
604

30
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll
91
740

31
Ham Sandwich
Broccoli Cheese Soup
Corn
Fresh Apple
Cherry Almond Crisp
113
832



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 Julychange.
- 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.

"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.

July Tournaments

8 Ball Pool Tournament

3rd @ North - 9:00 a.m.
17th @ North - 9:00 a.m.
31st @ North - 9:00 a.m.

9 Ball Pool Tournament

10th @ North - 9:00 a.m.
24th @ North - 9:00 a.m.

10 Point Pitch

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

65 - No Cards on 5/13

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..

500

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

13th @ N'ville - 12:30 p.m.

13th @ South - 12:30 p.m.

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

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

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

27th @ 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

10th @ South - 12:30 p.m.

17th @ South - 12:30 p.m.

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

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

Pinochle

1st @ N'ville - 12:30 p.m.

8th @ N'ville - 12:30 p.m.

15th @ N'ville - 12:30 p.m.

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

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

Double Pinochle

2nd @ South - 12:30 p.m.

9th @ South - 12:30 p.m.

16th @ South - 12:30 p.m.

23rd @ South - 12:30 p.m.

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

Shanghai

2nd @ South - 12:30 p.m.

9th @ South - 12:30 p.m.

16th @ South - 12:30 p.m.

23rd @ South - 12:30 p.m.

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

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

July Social Card/Domino Parties

Mondays

Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeno @ East @ 10:30 a.m.
Hand & Foot @ South @ 12:30 p.m.

Tuesdays

Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Jail House Rummy @ South @ 12:30 p.m.
Double Pinochle @ West - NEW!

Wednesdays

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

65 @South @ 12:30 p.m.
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.
4 Point Pitch @ West - NEW!

Fridays: Closed 7/3 - Holiday

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



Ask the Naturalist

Submitted by Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org

Question: Does spraying for mosquitoes select exclusively for mosquitoes? Or is there collateral killing? Specifically, would direct spray on nectar sipping Tiger swallowtails, monarchs, etc. kill these as well as their larvae? What about honey bees on flowers? If the answer is a dreaded yes, this seems to punch damaging holes in the ecosystem. A friend sprays his estate with all its shrubbery and trees to kill mosquitoes. Cities do so also, so a definitive answer would be most welcome.

Bob, Johnston

Answer: I contacted Iowa State University Extension for help on answering your question. According to Ken Holscher, Iowa State University Extension Entomologist, "Spraying for adult mosquitoes is usually done in one or two ways. Materials applied through foggers or ULV (ultra low volume) sprayers produce an extremely tiny droplet size that is intended to stay aloft and contact and kill any mosquito that happens to be flying in the treatment area. Because mosquitoes are active at night, these treatments are typically applied at or after dusk. Granted, any other insect that may happen to be flying through the treatment area during the time of application may also be adversely affected. Fortunately, most of our "flying" insects, such as butterflies, are active only during the day and hide in protected areas during the night. As a result, they are unlikely to be affected by this type of treatment."

Holscher mentions the second way insecticides are applied to control adult mosquitoes is to spray likely mosquito resting areas. During the heat of the day mosquitoes prefer to rest in shaded areas such as the foliage of shrubs, trees, garden plants, tall grass, etc. Unfortunately, these treatments can affect any insect that may happen to come into contact with a treated surface over a period of several days.

As it turns out, mosquito control is most effective when targeted at the larval stage. All mosquitoes need standing water to complete their life cycle. Insecticides containing methoprene or Bt bacteria applied to these waters, will kill mosquito larvae but do not harm any other aquatic insects or wildlife that might drink or come in contact with the treated water.

Source: Iowa State University Extension Entomologist, Ken Holscher

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.



Recreation Committee

There will be no Recreation meeting in July.
Any questions, please call Daiynna @ 286-3536.

Diabetic Support Group

Stever Renner: Living Successfully With Diabetes – 50+ years

Wednesday, July 15th • 6:00 to 7:00 p.m.

You are invited to a FREE Diabetes Store Tour at the East Euclid Hy-Vee store, directly next to the Euclid room. This free, diabetes-focused tour will be held at 5:30 p.m. immediately preceding the support group. Please contact the Euclid Hy[Vee dietician, Nikki, for more information or to reserve your spot: mstahr@hy-vee.com 515-262-0640.
Brought to you by: American Diabetes Association, Hy-Vee, Juvenile Diabetes Research Foundation
Euclid Room – 2540 E. Euclid Ave. Des Moines

Online Diabetes Resources

- American Diabetes Association (ADA) at www.diabetes.org ; You can get basic information and also navigate to My Food Advisor for tools in tracking, analyzing recipes, etc.
- [Diabetes Forecast](http://www.diabetesforecast.org) is the official magazine from the ADA with both paper and online subscriptions. For diabetes information, recipes and subscription information, visit www.diabetesforecast.org
- [Diabetes Self-Management](http://www.diabetesselfmanagement.com) magazine recently merged with Diabetic Cooking magazine. For diabetes information, recipes and subscription information, visit www.diabetesselfmanagement.com
- [Diabetic Living](http://www.diabeticlivingonline.com) magazine is a publication from Better Homes and Gardens/Meredith Publishing. It has a heavier focus on food and recipes. Visit their website for diabetes and subscription information at www.diabeticlivingonline.com
- [Calorie King](http://www.calorieking.com) is a great resource to find the nutrition content of foods. They publish books annually and have a website with a large food database at www.calorieking.com. Phone apps are also available.



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

*** Runs through June, then will start back up in September ***

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.



Refreshments

Fun Party

PRIZES

Southside Senior Center

100 Payton DSM 287-0092

Tuesday July 28th

GAMES

9:30 a.m.

FUN

RBJ TRIO will be here to entertain us !!



We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness.

~ Thomas Jefferson

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 MCCLATCHEY

NORWOODVILLE
ARTHRITIS CHAIR EXERCISE
1ST, 3RD & 4TH THURSDAY @ 10:45 A.M.
INSTRUCTOR - KRystal 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 - JA'NEIL LONG

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

CHAIR YOGA
TUESDAYS 12:30 P.M.
RUNS SIX WEEKS - STARTED JUNE 16TH

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

— John Rohn



CRAFT CLASS NEWS!!!

PLEASE NOTE! During the summer months sites will NOT be holding craft classes.

You can check with these individual sites on their upcoming fall projects and sign up deadlines, if wanting to participate.

Notification will be posted in the Senior Bulletin as to when classes will start back up in the fall at the sites.

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.

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	

July Blood Pressure Checks

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

1 st	Central
2 nd	North
7 th	Norwoodville
8 th	Northwest
9 th	Polk City
10 th	Scott Four Mile
13 th	East
14 th	Grimes
15 th	Pioneer Columbus
16 th	Central
17 th	Altoona
20 th	West
21 st	South
22 nd	Calvary at Norwoodville
23 rd	Runnells
24 th	North
28 th	Johnston



Dates Subject to Change.

Better Choices, Better Health

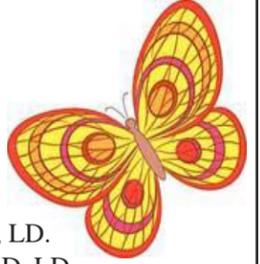
Submitted by Stacey Clough, B.S. • Program Coordinator

FREE! Healthy Living Classes offered by the Mercy Weight Loss & Nutrition Center taught by Weight Loss and Wellness Experts held at the YMCA Healthy Living Center.

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

- July 9th, "Food Safety Tips for Summer" presented by Diane McIlhon, RD, LD.
- July 23rd, "Create Your Own Spring Rolls" presented by Diane McIlhon, RD, LD.

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



Iowa Senior Medicare Patrol (SMP) a project of
Aging Resources of Central Iowa, 5835 Grand Avenue,
Suite 106, Des Moines, Iowa 50312

SMP Newsletter

HAPPY 50TH BIRTHDAY MEDICARE!



This summer marks the 50th anniversary of the establishment of the Social Security Act Amendments. In 1965, President Lyndon B. Johnson signed into law what is better known as the Medicare law. This established both Medicare, the health insurance program for Americans over 65, and Medicaid, the health insurance program for low income Americans.

What is Medicare Fraud and Abuse?

- Billing Medicare for services not received.
- Overcharging for services and equipment or incorrect billing.
- Using someone else's Medicare card (false claims).
- Offering free services or equipment and then charging Medicare.

PROTECT	DETECT	REPORT
Never give out your Medicare/Medicaid or Social Security number to strangers	Always check your Medicare statements	Discrepancies with your Medicare billings, services and claims
Never sign a blank form	Check for overcharges	Call the company or doctor first to question the charge and ask them to correct it with Medicare
Know whom you can trust	Check for services not received	If you suspect fraud when someone offers or gives you free services or equipment
Do not accept prizes or "free" offers in exchange for your Medicare number	Check to ensure another person has not used your Medicare card	If you have questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first
Avoid providers who promise payment for items or services not usually covered	Check for billing for the same thing twice or services that were not ordered by your doctor	If you are not comfortable calling your provider or plan or not satisfied with the response you get, call Iowa SMP 1-800-423-2449

The **SMP mission** is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

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

Tel: 515-633-9514E-mail: nancy.anderson@agingresources.com

Permission granted to AAA's to reprint these articles with credit given to Iowa SMP. This document was supported in part by Grant #90MP0161-03 from the Administration for Community Living/Administration on Aging, Department of Health and Human Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

Foster Grandparents

Give back to your community!

- Do you enjoy working with kids?
- Are you over the age of 55?
- Can you serve 15-40 hours a week?

Share Today, Shape Tomorrow

As a **Foster Grandparent**, you help teachers while making a difference in children's lives!

- Earn a **tax-free hourly stipend**
- Get **reimbursed for your travel**
- Receive **ongoing training**

(515) 558-9975 • www.vnsia.org

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.

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

Westside News: Basket Making Class

Submitted by Linda Mason • Program Aide

Westside Senior Center is a basket case when it comes to making baskets. The seniors had the opportunity to make a basket with donated materials and some help from a fantastic volunteer - Pam Larsen. Pam brought her friend Cindy and they were able to help the seniors complete some beautiful baskets. The seniors will tell you this was a more difficult craft, but they stuck with it and did not turn into a basket case but instead now have nice baskets to take home.



Estolia Bernal, Deb Williams and Kay Rhodes (in background).



Joan Anderson???????

Westside News: Plant Helpers

Submitted by Linda Mason • Program Aide

Westside Seniors were so excited to plant their planters in the front of the building to match the Valley Junction planters. It was so nice of Angela Connolly to come out and lend a hand. The seniors and Angela were up to their elbows in dirt before it was all finished. Wow do they look beautiful!!! Come on over for a visit to enjoy our beautiful flowers along with the fun and fellowship here at the Westside Senior Center.



Northwest Community Center: Look Who Rolled In!

Submitted by Kristi Carman • Site Supervisor

Look who rolled into Northwest Community Center! Or should we say, *what* rolled into the Center on June 5th...Joe Nerly, and his Model T Ford, rumble seat and all. It wasn't built for comfort, as Joe barely fits behind the wheel of the car, but the horn sounded like something straight out of Walton's Mountain! Building cars has been one of Joe's passions for many years. He's currently working on a Woodie Wagon. Great job, Joe! Thanks for sharing this with all of us!



Grimes News: Governor's Day Parade

*Submitted by Rene' Leppert
Site Coordinator*

Governor's Days is a 3-day summer festival held in Grimes. The Grimes Senior Center made their second annual appearance in the Governor's Days Parade on Saturday, June 13th. The patriotic float was pulled by senior Dick Piphon with his restored Allis-Chalmers WD tractor.

Pictured riding on the float are: Yalanda Clayton, Marilyn Van Haften, Roberta Shuey and Paul Barton. Also riding, but not pictured, was Rene' Leppert, Coordinator for the Grimes Senior Center. The float also displayed a plastic sleeping mat, made by Barb Henry, which featured the US flag.

Borrowing a favorite saying from the Westside Senior Center, the sideboards of the float proclaimed "Old Age Ain't For Sissies!"

