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 three-day supply* of healthy, nutritional food and other non-essential 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 have questions or to inquire about volunteer opportunities call 515-286-3695.

If interested in donating food items or make an online monetary donation, please visit the website to see what is needed immediately. https://www.dmarcunited.org/movethefood/

Attention those who have extra vegetation from their gardens, DMARC would gladly accept any overage you would like to share.

*due to increased demand and limitations of incoming supplies, as of August 1, 2015, the new daily supply amount available has decreased.

South Senior Center Potluck

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

On the 1st Saturday of this month (August 1st), 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.

Runnells Farmer’s Market

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

www.SHAREiowa.com

Great Food at Exceptional Pricing

Share Iowa is a food buying group that specializes in bringing you the best quality food at unbelievable prices. Through SHARE’s unique food network, thousands of people can save money by stretching their grocery dollars. Our Best Value Package includes a wide assortment of frozen foods, fresh fruits and vegetables and convenience foods - just like you see in major grocery stores. And at a savings of up to 50% off retail price! Additional packages, including meat packages and specialty packages are also available. You can pay for your SHARE packages with cash, EBT/ food stamps or online with a debit or credit card.

SHARE partners with places of worship, schools, and other organizations to create neighborhood “host sites” to make picking up your SHARE packages fun and convenient. For information on who to contact in your area call SHARE Iowa at 1-800-344-1107.

As we wrap up the summer months, our last “fun in the sun” holiday is quickly approaching. Do you have plans for Labor Day? How about grilling out? Let SHARE do the shopping and check out D Labor Day Box. It has all your fixings for a Labor Day luncheon, then round out the meal with the K. Pecan Pie Bars.

Need a quick out the door breakfast item. Try something New F. Pretzel Flatbread Breakfast Sandwiches.

Food Pickup August 21st or 22nd depending upon location

Order before August 7th, 2015

Food Package August 21st or 22nd depending upon location

A. Best Value Package $25.00 “Save up to 50% on your groceries”

4 – 2 oz Packages Fully Cooked Tyson Steak Strips
12 oz Beef and Pork Meatballs
9 oz Kroger Deli Ham
14 count Aunt Jemima Buttermilk Waffles
13 oz Pouch Shelf Stable Libby’s Green Beans (microwavable)
13 oz Pouch Shelf Stable Libby’s Sweet Corn (microwavable)

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 fruit and vegetables”

Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)
14 count Aunt Jemima Buttermilk Waffles
13 oz Pouch Shelf Stable Libby’s Green Beans (microwavable)
13 oz Pouch Shelf Stable Libby’s Sweet Corn (microwavable)

C. Meat Only Package $13.50 “Purchase with an (A) to double your meat”

4-4 Ready to Cook Breaded Chicken Breast Fillets
2 – 6 oz Packages Fully Cooked Tyson Steak Strips
12 oz Beef and Pork Meatballs
9 oz Kroger Deli Ham

D. Labor Day Box $ 30.00 “ Labor Day Feast”

1 lb Tray Boneless Chicken Breast
1 lb 50% Lean Ground Beef
1 California Blend Frozen Vegetables
2 – 8 oz Red Velvet Cake Roll
2 – 10 oz Packages Johnsonville Smoked Sausage with Cheddar Cheese
E. Grill Box $24.50
2 lb Box Holten Thick-n-Juicy Hamburgers
4-4 Boneless Pork Chops (Individual vacuum wrapped)
4-4 Boneless Skinless Chicken Breast (Individual vacuum wrapped)
2-8 oz USDA Choice Rib Eye Steaks (Individually vacuum wrapped)
F. Pretzel Flatbread Breakfast Sandwiches $15.50
12 oz Beef and Pork Meatballs
G. Beef Patties $26.00 “ Total 8 lbs”

2 – 8 oz Packages Fully Cooked Tyson Steak Strips
12 oz Beef and Pork Meatballs
9 oz Kroger Deli Ham

H. “Choice Item” Pizza Box $18.00

24 – 7 oz Pepperoni Pizza w/ Self Rising Crust
I. “Choice Item” Cornish Hens $10.50
6 – 12 oz Boneless Cornish Hens with Wild Rice Stuffing
J. “Choice Item” Macaroni and Cheese $9.00 “Don’t Leave it for the Colonel”
6 lb Tray Macaroni and Cheese, Made for famous chicken restaurant chain
K. “Choice Item” Pecan Pie Bars $8.00 “26 oz’s of Deliciousness”
16 - 1.6 oz Pecan Pie Bar

Due to press deadline, monthly food packages may be subject to last minute changes.

BUYING IS EASY

1. Select your food packages
2. Princess and submit your order
3. Pickup your order

Find time to give back a little

Consumer Focus

Protecting Our Service Members and Veterans

By Attorney General Tom Miller

Special consumer protection advice for the special Iowans who serve or have served in our nation’s military

Iowans who bravely serve our country through the active military, the National Guard or Reserves, military veterans who served, and their families, can find themselves targeted by scam artists and disparate businesses. Active duty service members are sometimes targeted because of their reliable income and their likelihood to relocate or deploy. Bad actors take full advantage of service members who fear that reporting a financial problem—even if it was the result of deception, fraud or unfair practices—may affect their military career.

Veterans can be targeted through VA benefits or pension scams, investment scams and dubious “special offers for vets only.”

Scams Affecting Active Duty Service Members and Families

Military Paycheck Allotments: Some of the most common scams that have traditionally affected active duty service members are those that sought to tap directly into military paycheck allotments, or designated amounts of money that are automatically distributed to a service member from his or her pay.

Unscrupulous lenders would abuse the allotment system by selling, establishing, or extending loans with service members and their families for items such as vehicles, electronics, appliances and furniture. The merchandise would be offered at high prices, or the seller/lender would impose unreasonable and perhaps even illegal terms, fees and interest rates.

Recentely, for their protection, the U.S. Department of Defense prohibited service members from setting up allotments for personal property. But service members can still use allotments for uses including financial account deposits, investments, dependent support, insurance premiums, mortgages, rents, Combined Federal Campaign Federal Campaign (philanthropic) contributions, and U.S. government debt repayments.

Payday Loans and Cash Advances: Payday loans and cash advances are generally associated with high interest rates and fees. A consumer credit lender cannot charge service members (including National Guard members on national duty) or their families an annual percentage rate higher than 36 percent. These include payday loans, car title loans (which are illegal in Iowa), and refund anticipation loans.

College Loans: Some for-profit schools may be more interested in seeking GI Bill payments than seeing that a service member receives the education he or she needs for a particular career. While all prospective students may do well to do research before enrolling in a higher Ready to Cook Breaded Chicken Breast Fillets.

Post-9/11 GI Bill benefits are the most common form of financial assistance for service members needing to be particularly vigilant. Some for-profit colleges have aggressively and deceptively recruited service members and veterans to enroll in high-priced, low-quality programs. The U.S. Department of Veterans Affairs provides helpful information at www.benefits.va.gov/benefits and the U.S. Department of Education’s College Navigator provides helpful information at https://www.collegenavigator.org.

Scams Affecting Veterans

Pension Advance Products & Pension Scams: These are offers for “free help” with pension-related paperwork, or lump-sum payments offered to military veterans in exchange for a fee. In some cases, a veteran might receive an up-front payment, but in the end may receive only a small amount of what he or she was promised and had they waited to receive full pension payments. In other cases, unscrupulous brokers, insurance agents, attorneys or financial planners may convince veterans to sign up for benefits that may cause them to lose eligibility for Medicaid services or cause other long-term financial setbacks.

Steel Specials for Veterans: While some patriotic businesses truly want to help veterans for free, others may try to take advantage of them. Whether it’s a loan, rental or purchase, veterans should research any “special deal” for vets before committing.

Where to Find Help

Active duty or active National Guard or Reserve service members and their families can find help and available resources through military Family Centers, which provide information, life skills education, and support services. For more information, go to www.militaryoneservice.com or call 1-800-342-9647.

Iowa’s service members or veterans with concerns, complaints or questions about consumer protection issues are urged to contact the Attorney General’s Consumer Protection Division. If you are an active duty service member or you are a veteran, let us know.

For more information contact the Consumer Protection Division at 1305 E Walnut St, Hoover Building, Des Moines, Iowa 50319 or call 515-281-5926, Toll Free: 888-777-4590 (Outside Des Moines Area) or visit consumerinfo.iowa.gov.

Simple Rules for a Happy Life

1. Don’t be overly emotional. ... Keep Having.
2. Don’t ever give up. ... Keep Trying.
3. Don’t make things complicated. ... Keep It Simple.
4. Don’t take things too seriously. ... Laugh at Problems.
5. Don’t be a grown-up. ... Stay as youthful as a kid.
Iowa State Fair Information: Nothing Compares

Midway: 10 a.m. to Midnight

Regular Gate Admission
Visa, MasterCard and Discover accepted at the gate.
- Adults (ages 12+): $11
- Children (Ages 6-11): $5
- Children (Ages 5 & Under): FREE

Discounted Fairtime Admission
Save up to $5 off regular gate admission by taking advantage of these special offers:
- $5 OFF ADULT TICKETS AFTER 5: Admission is $5 for adults and $3 for kids age 6-11 from 5 to 10 p.m. at the gate Monday through Thursday (not good with any other offer).

VETERANS’ DAY: On Monday, August 17, active and former members of the United States military who can show proof of veteran status enjoy $8 gate admission (7 a.m. to 5 p.m.)

CANNED FOOD DRIVE: On Tuesday, August 18, get $3 off regular admission (7 a.m. to 5 p.m.) with a donation of at least two canned food items. Limit one discount per donation (not good with any other offer).
- OLDER IOWANS’ DAY: On Wednesday, August 19, adults age 60 or older get in for $8 at the gate until 5 p.m. (not good with any other offer).
- EXTREME SATURDAY: $5 off regular adult admission and $2 off admission for seniors age 60-61 until 9 p.m. on Sunday, August 23 (not good with any other discount).

Parking
Three parking lots are available for Fair motorcycle and vehicle parking: North, Sims and Northeast Lot. Bicycle parking is available inside Gate 10. Buses and drivers are admitted free.
- Parking / DART Park & Ride: Whether you park your vehicle in a lot on the Iowa State Fairgrounds or use the convenience of DART’s Park & Ride buses, once you arrive, “Nothing Compares” to the Iowa State Fair!

DART Park & Ride
Show your advance Fair admission ticket at one of DART’s three State Fair Park & Ride locations and receive half off the round-trip fare. Parking is free at all DART locations.

Discounted round-trip fares with advanced Fair admission tickets are $2 for adults and $1 for seniors (ages 65+), disabled persons, Medicare card holders and children (ages 6-10). Children ages 5 and under are free. Regular round-trip fares are $2 for adults and $1 for seniors (ages 65+), disabled persons, Medicare card holders and children (ages 6-10). All buses are wheelchair-accessible. Cash only; exact fare required.

DART offers three convenient Park & Ride locations where Fairgoers can park for free:
- Center Street Park & Ride – 7th and Center Street. Enter on 7th Street
- Southeast Polk School – N.E. 80th Street and Highway 163
- State Capitol – East 12th Street near the State Capitol bell

The hours are 8:30 a.m. to Midnight every day of the Fair at all Park & Ride locations. Call DART at 515.283.8100 for more details.

Ask the Naturalist
Submitted by Heidi Anderson
Polk County Conservation Naturalist
website: www.leadingsignsoutdoors.org
Question: I watched a hummingbird harassing a robin. Can you explain this?
Answer: Male and female hummingbirds will exhibit aggressive behavior towards other birds to defend their territories. My guess is that there is a nest on good nectar source nearby that they are protecting. Even though robins don’t drink nectar, any bird can be perceived as a threat.

Recreation Committee
There will be no Recreation meeting in August. Any questions, please call Dainyma @ 286-3679.

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

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 1st of the 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, Dainyma Brown.

August Polk County Pie Menu

August 6th
Fruit Forest Pie

August 13th
Cherry Pie

August 20th
Pumpkin Pie

August 27th
Peach Pie

DO YOU QUALIFY FOR RENT REIMBURSEMENT?

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

Subscribe Today
Name: ________________________
Address: ________________________
City: ____________________________ State: ______ Zip : __________
Phone: _________________________
Email: __________________________
- New Subscription
- Renewal Subscription

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 $10.00.

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

Page 3 • August 1 - 31, 2015 The Senior Bulletin
### 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 ½ c servings of vegetables, ½ c fruit, ½ c dessert, 1 serving bread, fortified margarine, milk and coffee. |

| All menus subject to change. |

#### Salt Shaker = Higher Sodium Menu

<table>
<thead>
<tr>
<th>Top # = Carbohydrates</th>
<th>Bottom # = Calories</th>
</tr>
</thead>
</table>

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

#### Questions? Call the site nearest you!

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Beef Stew</td>
<td>744</td>
</tr>
<tr>
<td>4</td>
<td>Swiss Steak</td>
<td>96</td>
</tr>
<tr>
<td>5</td>
<td>Pork Chops w/ Apples Carrots</td>
<td>56</td>
</tr>
<tr>
<td>5</td>
<td>Flex Meal Option</td>
<td>634</td>
</tr>
<tr>
<td>6</td>
<td>Meatloaf</td>
<td>100</td>
</tr>
<tr>
<td>7</td>
<td>Chicken Tortellini Soup</td>
<td>809</td>
</tr>
<tr>
<td>10</td>
<td>Hamburger Cabbage Casserole Peas Tropical Fruit Salad Bread Pudding</td>
<td>750</td>
</tr>
<tr>
<td>11</td>
<td>Macaroni N Cheese Green Beans w/ almonds LS V8 Juice Banana Blueberry Crisp</td>
<td>133</td>
</tr>
<tr>
<td>12</td>
<td>Chef Salad w/ Tomato Wedge Baby Potatoes Fresh Orange Bran Muffin</td>
<td>84</td>
</tr>
<tr>
<td>13</td>
<td>BBQ Chicken Sandwich Peas n Carrots Dutchess Potatoes Fresh Peach WW Bun</td>
<td>114</td>
</tr>
<tr>
<td>17</td>
<td>Goulash Glazed Carrots Mixed Melon WW Bread</td>
<td>750</td>
</tr>
<tr>
<td>18</td>
<td>Beef Meatballs w/ Cheese Tomato Sauce Spinach Applesauce WW Bun Rice Crispy Treat</td>
<td>147</td>
</tr>
<tr>
<td>19</td>
<td>Turkey Burger Lettuce/tomato/onion 3 Bean Salad Banana WW Bun Birthday Cake</td>
<td>922</td>
</tr>
<tr>
<td>19</td>
<td>Flex Meal Option BBQ Riblet w/ pickles Lettuce/tomato/onion 3 Bean Salad Banana WW Bun WW Bun Birthday Cake</td>
<td>1003</td>
</tr>
<tr>
<td>20</td>
<td>Open Faced Pork Gravy Sandwich</td>
<td>86</td>
</tr>
<tr>
<td>21</td>
<td>Egg Salad Sandwich Minestron Soup Cooked Cabbage Fresh Orange Applesauce Bar Chocolate Milk</td>
<td>106</td>
</tr>
<tr>
<td>24</td>
<td>Pork Ham Slice Texas Style Cheesy Potatoes Broccoli WW Dinner Roll Strawberries</td>
<td>554</td>
</tr>
<tr>
<td>25</td>
<td>Cali Burger Lettuce/tomato/onion Baked Beans WW Bun Orange Juice</td>
<td>77</td>
</tr>
<tr>
<td>26</td>
<td>Baked Cod Stewed Tomatoes Creamy Coleslaw Fresh Orange Rye Bread Butter scotch Pudding</td>
<td>99</td>
</tr>
<tr>
<td>26</td>
<td>Flex Meal Option Bratswurst w/ Sauer Kraut Stewed Tomatoes Fresh Orange WW Bun Butter scotch Pudding</td>
<td>101</td>
</tr>
<tr>
<td>27</td>
<td>Swedish Meatballs Mashed Potatoes Brussels Sprouts Tropical Fruit Salad WW Dinner Roll</td>
<td>83</td>
</tr>
<tr>
<td>28</td>
<td>Ham Sandwich Broccoli Cheese Soup Mixed Vegetables Banana Cherry Turnover Chocolate Milk</td>
<td>778</td>
</tr>
<tr>
<td>31</td>
<td>Chicken Noodles Noodles Mixed Potatoes LS V8 Juice Cherry Jello w/ Fruit Cocktail WW Dinner Roll</td>
<td>88</td>
</tr>
<tr>
<td>32</td>
<td>Chicken N Noodles Mashed Potatoes LS V8 Juice Cherry Jello w/ Fruit Cocktail WW Dinner Roll</td>
<td>88</td>
</tr>
</tbody>
</table>

### Free Community Dinner Meals Offered

#### (No Age Requirement)

<table>
<thead>
<tr>
<th>Locations</th>
<th>Meals sponsored by Central Iowa Shelters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Norwoodville Community Center  407 N.E. 46 Ave (Brooklyn) Monday – Thursday 2:30 to 5:30 p.m. (or as long as food lasts) Run by Beth Houseman</td>
<td></td>
</tr>
<tr>
<td>Central Senior Center  3000 Fruit Ave Monday – Friday 4:00 to 6:30 p.m. (or as long as food lasts) Run by Charlie Lee</td>
<td></td>
</tr>
</tbody>
</table>

| Eat In or Carry Out – * Must bring own carry out containers. * No Reservation Needed / First Come- First Served |  |

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 ½ c servings of vegetables, ½ c fruit, ½ c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.

Top #: Carbohydrates

Bottom #: Calories

Salt Shaker = Higher Sodium Menu

### 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: 286-3577
Site Supervisor: Sam McCroye
Program Aide: Sara Baratta
Serving time: 11:30 a.m.

Dept (Norwoodville)
Wednesday Only
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY @ Dept Services: 262-3420
Site Supervisor: Dan Sauser
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.
319 Van Don
Pioneer City 50226
Site Coordinator: Mary Scaglione
Serving time: 11:30 a.m.

Runcells
Open 9:30 a.m. to 1:30 p.m.
108 Brown Street
Runcells 50237
Phone: 966-2427
Site Coordinator: Eliz Rockwell
Serving time: 11:30 a.m.

Runnells
Open 9:30 a.m. to 1:30 p.m.
3711 Easton
Des Moines 50317
Phone: 265-8461
Site Coordinator: Ranea Nerem
Program Aide: Kris McCaughery
Serving time: 11:30 a.m.

Scot 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: 288-0097
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 Coordinator: Mary Clare
Program Aide: Linda Mason
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: Nicoledi Stevens
Serving time: 11:30 a.m.

Polk Senior Services Administrative Staff
Program Administrator - Joyce Webb
Program Manager - Joyce Webb
Program Specialist/Editor - Daynia Brown
Program Specialist/PEER Advocate/SHIP - Jaime Stevens
Administrative Office - 286-3679

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>Central</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>Ankeny</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>Norwoodville</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>Pinnivirus</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
</tr>
</tbody>
</table>

Crafts
• Craft classes run 1 hour to 1.5 hours
• Due to different projects being done at different sites - dates/times/duration to complete August Change.

Monthly Activities At Your Senior Centers & Meal Sites

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Dates and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pioneer Columbus</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Runcells</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Runnells</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>SCOT Four-Mile</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>South</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Westside Community Center</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

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

August Tournament

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Location</th>
<th>Dates and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Ball Pool Tournament</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>9 Ball Pool Tournament</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>10 Point Pitch</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Bridge</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Pinotah</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

August Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Phase 10</th>
<th>Scott Four Mile</th>
<th>Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Township</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Thursdays</td>
<td>Monday – Friday, 9:00 a.m. to 12:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
Emergency Cell Phones
Submitted by Nikki Cockerham
Senior Services
Polk County Sheriff’s office has FREE 9-1-1 emergency cell phones available at 2310 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.

Welcome to Medicare in Ankeny
Submitted by Karen Norton • Ankeny Community Education
Nearing retirement with questions about Medicare? This workshop will help individuals understand
· Medicare coverage
· Medicare Parts A and B
· Medicare supplement plans
· Medicare Advantage plans and Part D
Presented by SHIIP (Senior Health Insurance Information Program), a service of the Iowa State Insurance Division. SHIIP is a free, confidential, volunteer service that does not recommend or endorse any insurance product, company or agent.
Ankeny Community Education Instructor: SHIIP – Shaw

How do I get this class FREE?
Please mention class code 138427 when you pre-register for your FREE class.

When and Where?
Thursday, November 12th, from 6:30 pm - 8:00 pm
Located in Ankeny at Neveh Center Inc. in Dining Room 106

How do I register?
Please pre-register at http://ankeny.revtrak.net/tek9.asp OR call Community Education at 289-3960 OR stop by and see us at 306 SW School Street.

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/social assistance or social security disability.
Join the Senior Companion Program if you are:
• 55 years old or older
• Able to provide 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 $31,660/couple (after out-of-pocket medical expenses)
The Benefits of the Program
• A tax-free hourly stipend ($12.65 per hr)*
• Meal reimbursement ($1.25 per room)
• Transportation reimbursement (40 cents per mile)
• Holiday and leave pay
• On-going training and supervision
• An annual physical
• Supplemental accident liability insurance while on duty
Contact Julia at (515) 558-9957 or at julialh@vnsla.

Check out the new and different ways you can now obtain hard or electronic copies of the Senior Bulletin and/or other Polk County publications.
Share with your friends, neighbors, etc.!

Des Moines Area Regional Transit Authority
Submitted by Kirstin Baur-Harding
INFORMATION MEETINGS ON REALIGNMENT OF ROUTES 5 & 31 (NOTE: Meeting information will be distributed to the public by July 10)
The realignment of Routes 5 Franklin Ave and 51 Merle Hay Crosstown to the new Route 5 will take effect with the August service change on Sunday, August 23, 2015. The public is invited to attend informational meetings about the new route:

Northwest Community Center, 5110 Franklin Ave., Des Moines
Wednesday, July 22nd, 2015
6 – 7 p.m.
DART Central Station, Multimodal, 620 Cherry St., Des Moines
Thursday, July 23rd, 2015
4 – 5 p.m.
Friday, July 24th, 2015
Noon – 1 p.m.
Franklin Library, 5000 Franklin Ave., Des Moines
Monday, July 27th, 2015
5:45 – 6:45 p.m.
AUGUST SERVICE CHANGE (NOTE: A full list of changes will be made available on ridedart.com mid-July 2015.) Beginning Sunday, August 23, 2015, there will be several changes implemented to better serve DART customers. Major changes include:
· NEW! Route 5 – Route 5 will be combined with Route 51 to serve Merle Hay.
· Several downtown routes will have route changes due to construction.
· Platform assignment changes at DART Central Station.
A full list of changes will be made available on ridedart.com mid-July 2015. New schedules will be available online at ridedart.com beginning Monday, August 3, 2015 and on the buses beginning Wednesday, August 19, 2015.
FY16 RIDERSHIP GOAL: 5 MILLION RIDES!
DART is challenging Greater Des Moines residents to help us reach 5 Million Rides in 2015. Keep an eye out for more information and to be a part of reaching this milestone!

Exercise Classes Offered
Ankeny
WEDNESDAYS 10:45 - 11:15 A.M.
DART
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
Wednesday’s 10:00 a.m.
INSTRUCTOR – Kris McCauley
JOHNSON
“Slender Saguacs”
Wednesdays 10:15 A.M. - 11:00 A.M.
SILK
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.
Norwoodville
Arthritis Chair Exercise
1st, 3rd & 4th Thursday @ 5:45 P.M.
INSTRUCTOR – Geraldine Anderson
Central
Arthritis Exercise
Fridays 10:00 a.m.
INSTRUCTOR – Sara Baratta
Pioneer Columns
Mon., Wed. & Fri. 10:30 A.M.
INSTRUCTOR – Gloria Amundson
Arthritis Exercise
Wednesdays 10:00 a.m.
INSTRUCTOR – Kris McCauley
Exercize room with new equipment available daily from 9:00 A.M. - 1:00 P.M.
South
Chair Yoga 1st & 3rd Tuesday 9:00 A.M. - 10:00 P.M.
INSTRUCTOR Norma Goeck
Enhanced Fitness
Mon., Wed. & Fri. 8:30 - 9:30 A.M.
INSTRUCTOR – Amber Williams
Arthritis Exercise
Tuesday & Thursday 9:30 A.M.
INSTRUCTOR – Jeanie Long
Westside Community Center
Chair Exercises
Mondays & Wednesdays 11:15 A.M.
INSTRUCTOR - Maureen Sexton, Richard Anderson and Fern Parker

“Take care of your body. It’s the only place you have to live.”
— John Rohn
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 in making decisions about programming, as well as giving direct feedback. If you are interested please contact your site staff.

Albion North Central Grimes MLK
Northwest Runnells Scott Four Mile Wheeler
Central Norwoodville Polk City
Pioneer Westside

August Blood Pressure Checks

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

4th Norwoodville
5th Central
6th North
10th East
11th MLK
12th Northwest
13th Polk City
14th Scott Four Mile
17th West
18th South
20th Central
21st Altoona
25th Johnston
26th Calvary at Norwoodville
27th Runnells
28th North
Dates Subject to Change.

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 283-5734.

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.

Learn, Take Action and Make A Difference

The Age-Friendly Greater Des Moines Initiative, in collaboration with a grant from Polk County, is offering Evolve: Reigniting Self & Community in Des Moines beginning in October 2015. This is a program for people 50+ to use their interests, talents and skills to make a better world. Discover your unique path, focus your energies and expand your network. In eight days, one day a month, you’ll create pathways and connections that will last the rest of your life.

Due to Polk County’s grant, there will be scholarships available for the $250 registration fee. For more information, contact Barb McClintock at 515.225.2108, mcclintockbk@gmail.com.

August Blood Pressure Checks

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

4th Norwoodville
5th Central
6th North
10th East
11th MLK
12th Northwest
13th Polk City
14th Scott Four Mile
17th West
18th South
19th Pioneer Columbus
20th Central
21st Altoona
25th Johnston
26th Calvary at Norwoodville
27th Runnells
28th North
Dates Subject to Change.

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 283-5734.

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 283-5734.

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 283-5734.

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 283-5734.

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 283-5734.

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 283-5734.

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 283-5734.
DELETE! DELETE! DELETE!

Iowa Senior Medicare Patrol (SNIP)
A project of Aging Resources of Central Iowa

DELETE — one of my favorite email buttons. If you don’t know what it is, delete it!

Keep your personal numbers, (Social Security/Medicare, bank accounts) personal.

The delete function on your phone is called “hanging-up!” It’s your phone, and you do not have to listen if it sounds odd.

Will doing all this make it stop? Wish it were so. We’re people, and sometimes we will get fooled. Sharing what we find and letting others know what they can do, however, can make a difference. Be a part of the solution, if you actively do something, it will stop making you feel like a victim and you’ll start feeling like part of the solution. Do something today to stop Medicare fraud!

Change In Medicare Numbers Can Be Jackpot For Scammers!

As reported last month, Congress passed a bill April 2015 to replace the Social Security numbers on Medicare cards with a randomly selected number. They have four years to set up the system for new cards, and four more years to reissue cards to current Medicare beneficiaries.

The bad news is scammers will exploit this information to confuse older adults in an effort to get them to give out their Medicare information over the phone.

The calls will likely sound like this; “Hello, this is Medicare and we need your Social Security number whenever I’m calling us toll-free at 1-800-772-1213 for the deaf or hard of hearing, call our TTY number, 1-800-325-0778). Keep your card in a safe place. You don’t want anyone getting hold of your Social Security number. They could steal your identity.

Replacing Your Social Security Card?

Know Before You Go

By Derek Nichols
S.S. Operations Supervisor
Des Moines, Iowa

- Replacing Your Social Security card; or
- Identity: We can accept only certified copies of the required documents, which include:
  1. Proof of citizenship: If you have not already established your U.S. citizenship with us, we need to see proof of U.S. citizenship. We can accept only certain documents as proof of U.S. citizenship, like your U.S. birth certificate or U.S. passport.
  2. Identity: We can accept only certain documents as proof of identity. An acceptable document must be current (not expired) and show your name, identifying information (date of birth or age), and preferably, a recent photo. For example, in proof of identity, we must see your:
     - Social Security card; or
     - U.S. driver’s license; or
     - State-issued non-driver identification card; or
     - U.S. military identification card.

Remember

Remember, you are limited to three replacement cards in a year or ten in your lifetime. Legal name changes and other exceptions do not count toward these limits. For example, changes in immigration status that require card updates may not count toward these limits. Also, you may not be affected by these limits if you prove you need the card to prevent a significant hardship. Legal name changes and other exceptions do not count toward these limits. Legal name changes and other exceptions may not count toward these limits. Also, you may not be affected by these limits if you can prove you need the card to prevent a significant hardship. What’s more important than having your Social Security number is knowing your Social Security number. This is how we identify you, tally your wages correctly, and how we eventually issue you adequate retirement benefits. You might not need your card for identification purposes if you know and consistently use your correct number.