

# The Senior

# Polk County Senior News!

# Bulletin

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

## SPAGHETTI DINNER AND DANCE

**NORTH SENIOR CENTER FUNDRAISER**

FRIDAY, OCTOBER 16<sup>TH</sup>, 2015

DOORS OPEN AT 5:30 DINNER SERVED AT 6:00pm  
\$10 PER PERSON

MUSIC PROVIDED BY LARRY BROOKS,  
DAN SWARTSLANDER & JOHN REYNOLDS

PHOTO SOUVINERS!!! DOOR PRIZES!!!

RSVP TO DIANA OR NICOLE AT 288-1524  
BY TUESDAY, OCTOBER 13<sup>TH</sup>

PAYMENT REQUESTED BY RSVP DEADLINE.

### MENU

SPAGHETTI WITH MEAT SAUCE  
FRESH BREAD • SIDE SALAD  
ICE CREAM IN WAFFLE CONE



## 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 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 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.

## October Happenings

### South Senior Center Potluck

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

On the 1st Saturday of this month (October 3rd), 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.



## Polk County Health Department 2015 Flu Clinic Schedule

(address for sites can be found in Sites n' Staff section of Senior Bulletin)

10/1	9:00-11:00	Westside Community Center
10/1	10:30-11:30	Runnells
10/2	10:00-Noon	Urbandale Senior Center
10/6	10:00-Noon	East Senior Center
10/7	10:30-11:30	Altoona Senior Center
10/8	10:30-11:30	MLK Senior Center
10/8	10:30-11:30	Central Senior Center
10/8	10:30-12:30	Northwest Community Center
10/9	10:00-3:00	South Senior Center
10/14	11:00-12:30	Norwoodville Community Center
10/21	10:00-11:00	Scott-Four Mile Senior Center
10/29	9:00-11:00	North Senior Center
11/7	8:00-Noon	Des Moines University-SeniorFair (3200 Grand Ave.)

For complete list of flu shot clinics scheduled around the community, go to Polk County Health Department website. <http://www.polkcountyiowa.gov/health/get-a-flu-shot/>

Most major insurances accepted. Please bring your card. \$20 fee for people without health insurance. Walk-ins are welcome at Polk County Health Department, 1907 Carpenter Ave. 9:00 a.m. to 4:30 p.m. Monday - Friday and on Tuesdays until 6:30 p.m. through the end of flu season.

## Diabetic Therapy Group

Choices Therapy Services, LLC  
Brenda Wood-Clark  
Licensed Mental Health Therapist

### Ten Week Group Topics

Week 1 - There are no vacations from diabetes

Week 2 - Effects of diabetes on mental health

Week 3 - Denial - Ignoring isn't a choice

Week 4 - Identity - You are more than a disease

Week 5 - Fear - Long term complications

Week 6 - Social Aspects - Effects on relationships

Week 7 - Stress and self-care

Week 8 - Another appointment: The role of your health care team

Week 9 - Supports - Developing a Diabetic Community

Week 10 - Where do I go from here? Wrap Up

Call for more information or to register @ 641-745-0499.  
Medicaid, Blue Cross or Self-Pay Accepted in smaller print.

# Iowa Food Share

www.SHAREiowa.com.

## October News SHARE

“Great Food at Affordable Prices”

October Packages Available –

Purchase one, all or any combination

Order before October 9<sup>th</sup>, 2015

Food Pickup October 23<sup>rd</sup> or 24<sup>th</sup> depending upon location

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

24 Fully Cooked Grilled Hamburger Sliders

8 oz Premium Hatfield Ham Steak

2 – 5 oz Tuscan Garlic & Herb Encrusted Tilapia Portions

21 oz Birds Eye Voila Chicken Penne & Vegetable Skillet Meal

4 Individually Wrapped Egg, Sausage and Cheese Breakfast Flatbreads

32 oz Shelf Stable 2 % White Milk

Libby’s 13 oz Shelf Stable Vegetable

Fresh Seasonal Produce Assortment

### 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)

32 oz Shelf Stable 2 % White Milk

Libby’s 13 oz Shelf Stable Vegetable

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

24 Fully Cooked Grilled Hamburger Sliders

8 oz Premium Hatfield Ham Steak

2 – 5 oz Tuscan Garlic & Herb Encrusted Tilapia Portions

21 oz Birds Eye Voila Chicken Penne & Vegetable Skillet Meal

4 Individually Wrapped Egg, Sausage and Cheese Breakfast Flatbreads

### D. Baking/Pantry Package \$30.00 “Stock your pantry with items for baking, snacking and cooking”

4 lbs Granulated Sugar

2 lbs Brown Sugar

10 oz Mini Marshmallows

5 lbs Flour

5 oz Chopped Walnuts

2 lbs Powdered Sugar

18 oz Peanut Butter

.7 oz Cinnamon

8 oz Vanilla

14 oz Oatmeal

16 oz Crisco

12 oz Chocolate Chips

6 oz Raisins

16.5 oz Baking Mix

6 oz Cooking Spray

32 oz Shelf Stable 2 % White Milk

### E. Oven Roasted Chicken \$23.00

9 lb Box Oven Roasted Chicken. Mix of Thighs, Drums, Breasts and Wings

### F. T-Bone Steak Box \$22.50

4 – 14 oz Platinum Reserve Beef Loin T-Bone steaks, marinated for optimum flavor

### G. Bacon Box \$33.00

12 – 1 lb Smithfield Thick Cut Hardwood Smoked Bacon

*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 Self-Rising Crust Pepperoni Pizza

### I. \*Choice Item/ Oven Roasted Turkey Breast \$18.50

4.3 lb Fully Cooked Oven Roasted Turkey Breast

### J. \*Choice Item/ Hamburger Box \$23.00

8 lb Box USDA Choice Angus Chuck Burgers

### K. \*Choice Item/ Breaded Chicken Tenders \$12.50

5 lb Bag Breaded Chicken Breast Tenders

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

## Buying is Easy



- 1 Select your food packages
- 2 Process and submit your order
- 3 Pickup your order
- 4 Find time to give back a little

# 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 October.  
Any questions, please call Daiynna @ 286-3536.

# 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 juliat@vnsia.org.

# VNS Senior Companion Program

## FREE Right Here in Polk County!

We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

Do you have a regular weekly need?

Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

**(515) 558-9957**  
or email Julia at juliat@vnsia.org



\*This program is free to those over the age of 21, regardless of income, except in cases where the client has Elderly Waiver funding.

# Raffle Fundraiser

Don't Miss Out!

If interested in purchasing ticket/s for the HUGE RAFFLE from the West Community Center it is not too late.

Sales will go through October and the drawing will be held in November.

When available, a Prize List will be sent out to each of the Polk County sites to post.

Contact Mary Clare or Linda @ 274-0373



## “VEG-tober” Recipes Taste Great, Healthy

Love them or hate them, vegetables are arguably the most beneficial food group. If you dismiss vegetables, you are missing out on all kinds of health benefits, including fiber, antioxidants and disease-fighting vitamins and minerals. Here are a couple easy and delicious ways to enjoy and benefit from veggie-friendly food!



### Meatless Spaghetti Squash Lasagna (serves 4)

1 medium spaghetti squash, halved lengthwise and seeded  
 1 medium onion, chopped  
 3 cloves garlic, minced  
 1 (24 ounce) jar of spaghetti sauce  
 ¾ cup fresh mushrooms  
 1 cup fat-free ricotta cheese  
 1 cup 2% shredded mozzarella cheese  
 1 egg

Heat oven to 350 F. Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut-side-down on the baking sheets. Bake 35 minutes. Remove from oven and cool. Meanwhile, spray a medium saucepan with cooking spray and sauté onion and 2 gloves of minced garlic until golden. Stir spaghetti sauce into onion and garlic mixture. Cook for 10 to 15 minutes over medium heat to thicken the sauce.

Mix ricotta, ¾ cup of the shredded mozzarella cheese and beat in the egg. Add 1 clove of minced garlic. Remove squash strands with a fork, reserving the shells. Layer each squash shell with a layer of sauce, a layer of spaghetti squash, a layer of mushrooms and a layer of cheese, using one-third of ingredients. Repeat layers two more times until the shells are filled. Top with remaining mozzarella cheese. Bake for 50 minutes, or until the cheese is melted. Scoop out of the shell and enjoy.

Nutrition per serving: 300 calories, 8 g of fat (6 g saturated fat), 70 mg cholesterol, 790 mg sodium, 35 g of carbohydrate, 7 g fiber, 19 g protein.

Source: Amy Clark, Registered Dietician at Hy-Vee, Ames, Ia



### Chipotle Chicken Asparagus Fajitas (makes 12 fajitas)

1 tablespoon of olive oil  
 2 pounds 100% natural chicken breast, cut into thin strips  
 1 pound of fresh asparagus trimmed, cut into 2-inch pieces  
 1 tablespoon Mrs. Dash Southwest Chipotle Seasoning Blend  
 1 red bell pepper, sliced  
 1 yellow bell pepper, sliced  
 1 cup sliced fresh mushrooms  
 ¼ cup diced onion  
 2 tablespoons lemon juice  
 1 teaspoon garlic powder  
 12 (8 – inch) low-carb tortilla, warmed

In a large nonstick skillet over medium heat, heat olive oil. Add chicken and sauté for 5 – 10 minutes. Add the asparagus, peppers, mushrooms, onion and the seasoning. Cook and stir until vegetables are crisp-tender and chicken is cooked through, about 8-10 minutes. Stir in lemon juice and garlic powder. Spoon ½ cup of vegetable and meat mixture on each tortilla. Fold in half and serve.

Nutrition per serving: 170 calories, 5 g fat (0.5 saturated fat), 50 mg cholesterol, 170 mg sodium, 14 g carbohydrate, 8 g fiber, 23 g protein

Source: Amy Clark, Registered Dietician at Hy-Vee, Ames, Iowa  
 Photography – Bill Nellans; Food Styling – Jennifer Nellans

## Ask the Naturalist

Submitted by Heidi Anderson  
 Polk County Conservation Naturalist  
[www.leadingyououtdoors.org](http://www.leadingyououtdoors.org)



**Question:** I was driving home the other night and for about 1 mile there were hundreds of dragonflies flying everywhere! When I got home they were still flying around my yard and within 10 minutes they were gone. What’s up with the dragonfly swarms?

**Answer:** If you see swarms of dragonflies it’s usually because they are feeding, often associated with the emergence of winged ants. Dragonflies can’t eat enough of them! In the fall, large groups of green darner dragonflies are migrating south for the winter.



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

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

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



## October Pies



- Oct. 1 Blueberry Pie
- Oct. 8 Strawberry Crème Pie
- Oct. 15 Dutch Apple Pie
- Oct. 22 Pecan Pie
- Oct. 29 Chocolate Crème Pie



## 50+ Senior Resource Expo

Wednesday, November 4<sup>th</sup>  
 8:00 a.m. to 2:00 p.m.  
 Held at: Park Fair Mall – Lower Level

This event is FREE and includes:

- Informational Speakers
    - o with special guest: Gary Levine, Drake Pharmacy School graduate and Hy-Vee Pharmacy Manager.
  - Health Screenings
  - o Free Testing by Professionals
  - Over 60 Exhibitors
    - o Great Information for you & your family!
  - Refreshments
  - Free Parking
  - Raffle Drawing & More
- Vendor Exhibit, Sponsor, Volunteer?  
 Contact Frankie @ 515-779-7815  
[info@seniorcareofiowa.com](mailto:info@seniorcareofiowa.com)  
 Brought to you by Park Fair Mall & Senior Care of Iowa



## 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.

## WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-968-5-13

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 Des Moines, Iowa 50310

If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one year subscription, fill out and mail the form below with \$10.00.



# Fun Games Being Played at Four Mile!



**YAHTZEE!** Has become quite popular over the summer here at the Scott - 4 Mile Senior Center. Come join us each Wednesday, from 10:00 to 11:15 a.m. for a game or two.

Clockwise: Marie & Earl Hill, Margie Rees, Kathy Schwartztrauber, Dee Dales, & Roberta Kling.



Another popular game around here is called **Phase 10**. Which is easier to play and we are happy to help you learn!! Phase One is played on Wednesdays from 12:15 to 3:00 p.m.

Pictured from left: Kathy Schwartztrauber, Lorna Bingham, Bev Carper, Bernie Page & Dee Dales

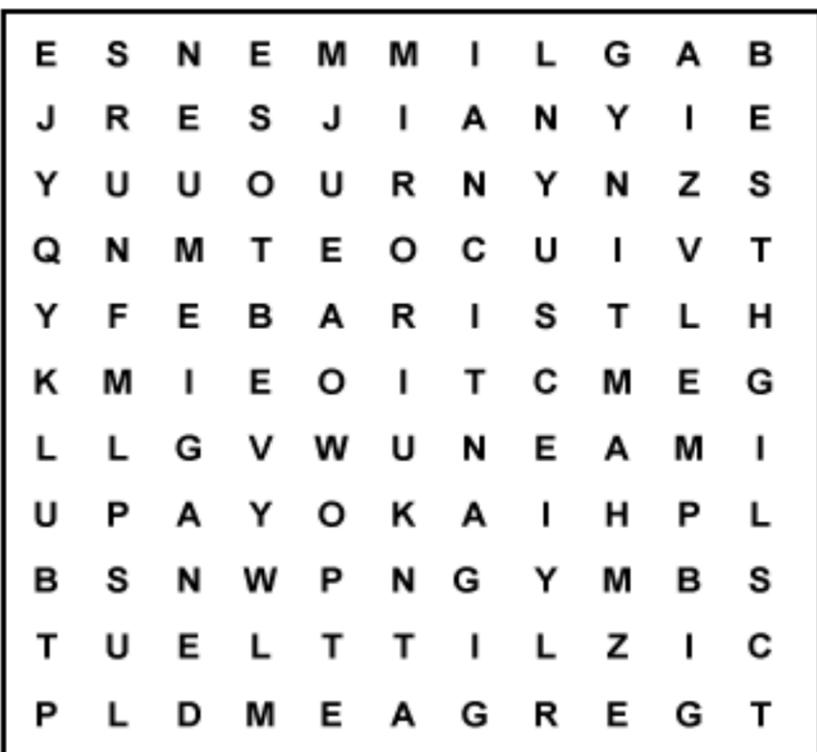
Plan ahead and make a lunch reservation--call 265-9977. Let us know your full name and what days you'd like to join our Wednesday Games.

## Large and Small

Some of the words in the first list can be found in the second grid, and vice versa.

### LARGE...

- AMPLE
- BIG
- BULKY
- COLOSSAL
- ENORMOUS
- GIANT
- GIGANTIC
- GREAT
- HUGE
- VAST
- IMMENSE
- JUMBO
- LIBERAL
- MAMMOTH
- MASSIVE
- OUTSIZE
- ROOMY
- SPACIOUS
- TALL



### ...AND SMALL

- DIMINUTIVE
- ELFIN
- LESSER
- LITTLE
- MEAGRE
- MEAN
- MINIATURE
- MINOR
- MINUTE
- WEENY
- PALTRY
- PETITE
- PUNY
- PYGMY
- SCANTY
- SHORT
- SLIGHT
- TINY
- TRIVIAL

## Keeping Social Security Updated Prevents Unwanted Surprises

By Derek Nichols

Most people love surprises, but many dislike change. It's just the opposite with Social Security. If you receive benefits, we want to hear about your changes.

Keeping us informed minimizes the chance that we learn about something later that could negatively affect your benefits. That's the surprise no one wants, because it creates overpayments that you must repay, disrupts payments, and can even jeopardize your entitlement to Social Security benefits.

Here is a reminder of some of the most common forms of information Social Security needs from you.

**Your address and direct deposit information.** We need to know your current mailing address and phone number so we can reach you if needed. This is especially important if you receive Supplemental Security Income (SSI) since where you live can change the amount of your SSI benefits.

When your direct deposit information is not current, it can cause headaches with missing or delayed payments. You can update your address or direct deposit information when you register for a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

**Your work.** When you receive Social Security disability benefits or SSI for a disability, we have found you unable to work because of your condition. That's why we need to know if you take a job or are self-employed, or if you stop work or have any changes in work hours, or pay. If your work is substantial enough, it may affect your benefits. You may also need to report if you begin receiving or have a change in any worker's compensation or public disability benefits.

If you are receiving retirement or survivors benefits, be mindful of the yearly earnings limit before you reach Full Retirement Age (FRA), which is currently 67 years old if you were born in 1960 or later. For 2015, the earnings limit is \$15,720. When you earn over this amount, we deduct \$1 in benefits for every \$2 you earn. That means if you earn \$30,000, we will have to reduce your benefits by roughly \$7,000. It's very important to give us a work estimate at the start of the year so that we can withhold what's needed. If we find out you had excess earnings at a later date, you could end up with a large overpayment that you will have to repay.

**Your living arrangements for SSI.** To receive SSI you must demonstrate financial need, in addition to meeting other requirements. Living arrangements may change how much money you receive. Social Security needs to know how many people are in your household and how expenses are shared. We also need to know if you receive any payments from other sources, and if you have savings that go over the SSI resource limit (\$2,000 for an individual or \$3,000 for a couple).

You can learn more about reporting responsibilities for people working and receiving disability or SSI benefits by reading our online publication *Working While Disabled — How We Can Help* and *How Work Affects Your Benefits* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

Some changes can be reported online at [www.socialsecurity.gov](http://www.socialsecurity.gov). You can also notify us 1-800-772-1213 or contact your local Social Security office.

Our goal at Social Security is to pay you the right amount, on time, every month. With your cooperation to keep us informed of changes, the likelihood of any unpleasant surprises that could derail your benefits will be greatly minimized.

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

# Iowa Senior Medicare Patrol (SMP)

If you suspect medicare fraud, errors, or abuse, address it immediately by taking these steps:

- **Rule out error:** If you have questions about information on yours or your loved one's Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), call the provider or plan and ask for an explanation.

- **Get help from Iowa Senior Medicare Patrol:** If you are not comfortable calling the provider or plan or if you are not satisfied with their response, your local SMP can help you:

- o Identify and report fraud schemes and deceptive health care practices, such as illegal marketing or billing for services that were never provided.

- o Refer complaints of potential fraud and abuse to the appropriate entity, who can intervene. For example:

- § HHS Office of Inspector General (OIG)

- § Centers for Medicare & Medicaid Services (CMS)

- § State attorneys general

- § Local law enforcement

- § State departments of insurance

- § State Medicaid Fraud Control Units (MFCU)

- **Get help from other sources:**
  - o Contact local law enforcement.
  - o Call 1-800-Medicare.
  - o Call Iowa Senior Medicare patrol at 1-800-423-2449

(SMP Resource Library)

## About the Senior Medicare Patrol (SMP):

The Senior Medicare Patrol (SMP) is a group of highly trained volunteers who teach others about health care fraud. SMP volunteers show Medicare and Medicaid recipients how to protect against, detect, and report fraud.

We believe that working with healthcare users to prevent fraud will:

- Protect our citizens' health
  - Protect their health benefits
  - Strengthen Medicare and Medicaid
- SMP is a project of Aging Resources of Central Iowa.

# Prevent Inappropriate Marketing During Annual Enrollment Period

[Information obtained from The Centers for Medicare & Medicaid Services]

The Annual Enrollment Period (AEP) starts and ends: October 15 – December 7. During this time, all people with Medicare can join, switch or drop Medicare plans. While there are circumstances that may allow people to change throughout the year, plan sponsors most actively market their Medicare plans during Annual Enrollment.

**We need your help to protect people against prohibited and high-pressure marketing tactics like these:**

## Plan Representative Behavior at Marketing/Sales Events

- v Communicating incorrect information about plans
- v Soliciting enrollment applications before the AEP starts on October 15

- v Using pressure tactics (for example, requiring people to provide contact information to attend a marketing/sales event)

- v Serving meals at marketing/sales events

- v Asking for credit card, bank account information, Social Security Number, or Medicare number

## Information in Advertising Materials

- v Conveying inaccurate information (like incorrect costs or description of benefits)

- v Using inappropriate language or absolute statements without support (for example, Plan X is the "best")

- v Comparing one plan to another by name without written concurrence from all affected plans

- v Using or distributing Medicare Advantage or Prescription Drug Plan benefit information that doesn't have a CMS marketing material ID (for example, "Y1234\_drugx38 CMS Approved MMDDYYYY" or "H1234\_0021 File & Use MMDDYYYY"). The material ID must be positioned in the

lower left or right hand corner of the front page.

## Agent/Broker Behavior

- v Marketing through unsolicited contact. Includes: door-to-door solicitations, approaching people in common areas (for example, hallways, parking lots), and telephone or electronic solicitations (for example, voicemail, text, and email)

- v Selling non-health related products, like life insurance policies, while marketing a Medicare plan

- v Asking for referrals during a personal/individual marketing appointment

- v Conducting a marketing appointment beyond the agreed scope (for example, discussing a Medicare Advantage Plan when the person only agreed to discuss a stand-alone drug plan)

- v Soliciting appointments under the premise the appointment is educational only

- v Distributing marketing materials or discussing plan-specific benefits (like premiums) at educational events

- v Conducting sales presentations, distributing and accepting enrollment applications, and soliciting in areas where patients primarily intend to get or are waiting to get health care services

- v Scheduling unsolicited appointments with residents of long-term care facilities (for example, nursing homes, assisted living facilities, board and care homes, etc.)

## Ways to Report Suspicious Activities

1. Submit an email to Surveillance@cms.hhs.gov

2. Contact Iowa State Health Insurance Assistance Program (SHIP) 1-800-351-4664 – e-mail: ship@iid.iowa.gov

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



"So tractable, so peaceable are these people that I swear to your Majesties there is not in the world a better nation. They love their neighbors as themselves, and their discourse is ever sweet and gentle and accompanied with a smile; and though it is true that they are naked, yet their manners are decorous and praiseworthy."

~ Christopher Columbus

# Put those Pesky Flu Myths to Rest! Learn the Facts!

Submitted by Nola Aigner, Public Information Officer/Health Educator Polk County Health Department



Flu season is officially here. The Polk County Health Department is in full swing vaccinating individuals at our walk-in clinic and community flu clinics. Every year, our staff gets asked questions regarding the flu and the vaccine. We often here "I heard the flu shot can give you the flu," "do I need a flu shot every year?" or "why is it so important to get a flu shot?" Well, it's time to put those pesky myths to rest and learn the truths about the flu vaccine.

Q: I heard the flu shot can give you the flu.

A: No, the flu shot or mist cannot give you the flu. The flu viruses in the flu shot are inactivated or dead and the viruses in the mist are weakened, which means they can't give you the illness. After you initially get the shot, you might have soreness, redness or swelling in the spot where the shot was given. This doesn't last very long, normally only two days. The initial soreness is because your body's immune system is reacting to a foreign substance entering the body. Sometimes you might also experience some mild side effects such as a low-grade fever, headache and muscle aches. This is often because your body's immune system is making proactive antibodies to the killed viruses in the vaccine and weakened viruses in the mist. These antibodies allow your body to fight the flu.

Q: Do I need a flu shot every year?

A: Yes, the flu shot or mist is recommended for everyone six months and older to get annually. There are two main reasons why you need a flu vaccine every year. The first is flu viruses are constantly changing, so flu vaccines need to be updated each flu season to protect against the most recent and common flu viruses. Second, your vaccine protection against the flu weakens over time making it possible for you to become infected with the illness. The vaccine you received last year may not protect you from this year's flu strain. Receiving your flu shot or mist every year is needed to protect yourself from the flu.



Q: Why is it so important to get the flu vaccine?

A: The flu is a very serious and contagious illness that hospitalizes more than 200,000 people including 20,000 children younger than five years of age every year. Only 50% of people get vaccinated, so anyone who has not had a flu shot or mist is at risk for getting the flu. The elderly, young children, pregnant women and individuals with chronic health conditions are more susceptible to serious health complications if they contract the illness. If in fact, you do get the flu, you can expect to be sick for up to two weeks. Symptoms of the flu include: a high fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and extreme fatigue. Some people may even experience vomiting and diarrhea, however, this is more common in children than adults. The difference between influenza symptoms and cold symptoms is that influenza symptoms can come on quickly, last significantly longer, and have the potential to develop into serious conditions, such as pneumonia.

Here are tips for you to have a healthy flu season:

- Make sure to wash your hands frequently and thoroughly. Use warm water, soap and rub those hands to create friction for 20 seconds.
- Don't share food, drinks, chap stick, toys or towels with anyone who is sick.
- Cover mouth when coughing
- If you are sick, stay home from work or school. The flu can spread very easily from one person to another.



The Health Department will be holding many community flu clinics around the county this year. Many adults fall behind on their immunizations that prevent them from many illnesses and diseases such as shingles, pneumococcal or pertussis, to name a few. Even healthy adults can become seriously ill and can pass certain illnesses on to others. Immunizations are especially important for older adults with chronic health conditions such as asthma, Chronic Obstructive Pulmonary Disease (COPD), diabetes or heart disease. Immunization is also important for anyone who is in close contact with the very young, the elderly, people with weakened immune systems and those who can't receive immunizations. As you visit the clinic, this would be a great time to ask our nurses what additional adult immunizations you need. Or the next time you visit your healthcare provider ask them if you are up-to-date on your immunizations. For more information on flu, flu clinics or adult immunizations, please visit our website at [www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health).

What are your  
**OPTIONS?**

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.!**

1. Pick Up Senior Bulletin hard copy at any Polk County Senior/Community Center.
2. Yearly Subscription (form found in each Bulletin) for \$10.00
 

Send check, payable to: Polk County Treasurer  
Senior Services of Polk County  
c/o Senior Bulletin Subscription  
2309 Euclid Ave – River Place West  
Des Moines, Iowa 50310-5703
3. Go to County webpage. Direct Link <http://www.polkcountyiowa.gov/CFYS/>

You can access information about:

  - Senior Services or other divisions within the Community, Family & Youth Department
  - Past/Current issues of The Senior Bulletin & Supplemental Food News
  - News & Announcements on upcoming Special Events/Activities
4. Can sign up to have The Senior Bulletin and/or other Polk County newsletters/publications emailed directly to you each month.
 

- Located on webpage link above. In Left Column – "Newsletter Sign Up"
  - Enter your email. You will be sent an email to activate your email subscription.
  - You will also be able to choose which Polk County email subscriptions you would like to receive. When those publications are available, they will be sent directly to you through electronic mail.
  - You can make changes or unsubscribe at any time.

With these new options available, it is our hope to reach a more broad-based group of individuals while providing a more eco-friendly way for information to be shared about the Senior/Community Centers, activities and programs available. For any questions please call any of the Polk County Senior/Community Centers or 515-286-3536.

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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

Open Face Pork Gravy Sandwich  
Mashed Potatoes  
Green Beans with bacon  
Apricots  
WW Bread

86  
650

2

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

99  
707

5

Turkey Ham N Bean Soup  
Brussels Sprouts  
Grape Juice  
Cornbread

98  
649

6

Beef Meatballs w/cheese  
Tomato Sauce  
Spinach  
Applesauce  
WW Bun  
Rice Crispy Treat

75  
750

7

Pork Chops w/Pineapple  
Carrots  
Potato Salad  
Strawberries  
Sponge Cake

79  
557

7

**FLEX MEAL OPTION**  
Harvest Chicken Salad  
Strawberries  
Sponge Cake

56  
634

8

BBQ Chicken Sandwich  
Peas N Carrots  
Dutchess Potatoes  
Fresh Plum  
WW Bun

118  
773

9

Tuna Salad  
WG Crackers  
Minestrone Soup  
Cooked Cabbage  
Orange Juice  
Trail Mix  
Chocolate Milk

101  
765

12

Beef n Noodles  
Mashed Potatoes  
Broccoli  
Berry Blend

67  
624

13

Hamburger Cabbage Casserole  
Peas  
Tropical Fruit Salad  
Peach Crisp

118  
938

14

Chef Salad w/ Tomato Wedge  
Baby Potatoes  
Fresh Orange  
Blueberry Muffin

87  
713

14

**FLEX MEAL OPTION**  
Liver N Onions  
Baby Potatoes  
Lettuce Salad  
Fresh Orange  
Blueberry Muffin

99  
737

15

Shredded Pork  
3 Bean Salad  
Brussels Sprouts  
Fresh Grapes  
WW Bun

71  
712

16

Salmon Patty  
Diced Potatoes  
Creamed Peas  
Banana  
Chocolate Milk

84  
682

19

Goulash  
Glazed Carrots  
Lettuce Salad  
Mixed Melon  
WW Bread

78  
761

20

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

57  
569

21

Chicken Tortellini Soup  
Squash  
Banana  
Birthday Cake

126  
775

21

**FLEX MEAL OPTION**  
Bratwurst w/Sauerkraut  
Squash  
Banana  
WW Bun  
Birthday Cake

125  
989

22

Salisbury Steak  
Broccoli  
Mashed Potatoes  
Raisins  
WW Dinner Roll

91  
740

23

Breakfast Bake  
Spinach  
Fresh Orange  
Pumpkin Apple Muffin  
Chocolate Milk

80  
639

26

Pork Ham Slice  
Texas Style Cheesy Potatoes  
Cooked Cabbage  
WW Dinner Roll  
Mandarin Oranges

68  
577

27

Shepherd's Pie  
Spinach  
Peaches  
Blueberry Crisp

110  
711

28

Chicken Burger  
Lettuce/tomato/onion  
Baked Beans  
Fresh Banana  
WW Bun

88  
585

28

**FLEX MEAL OPTION**  
BBQRiblet w/pickles  
Lettuce/tomato/onion  
Baked Beans  
Fresh Banana  
WW Bun

102  
777

29

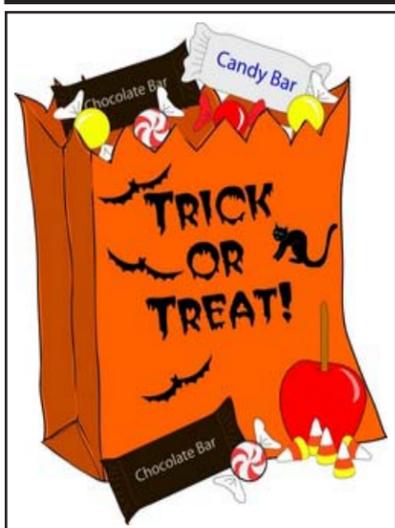
Meatloaf  
Sweet Potatoes  
Green Beans  
Orange Juice  
WW Dinner Roll

93  
753

30

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

113  
832



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

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

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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.  
Westside .....Mondays@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.  
Westside .....2nd & 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**  
Johnston .....Tuesdays @ 9:30 to 10:45 a.m.

**Zumba Gold**  
Johnston .....Thursdays @ 9:00 a.m.

# October Tournaments

**8 Ball Pool Tournament**  
9<sup>th</sup> @ North – 9:00 a.m.  
23<sup>rd</sup> @ North – 9:00 a.m.

**9 Ball Pool Tournament**  
2<sup>nd</sup> @ North – 9:00 a.m.  
16<sup>th</sup> @ North – 9:00 a.m.  
30<sup>th</sup> @ North – 9:00 a.m.

**10 Point Pitch**  
6<sup>th</sup> @ South – 12:30 p.m.  
13<sup>th</sup> @ South – 12:30 p.m.  
20<sup>th</sup> @ South – 12:30 p.m.  
27<sup>th</sup> @ South – 12:30 p.m.

**65**  
7<sup>th</sup> @ South – 12:30 p.m..  
14<sup>th</sup> @ South – 12:30 p.m..  
21<sup>st</sup> @ South – 12:30 p.m..  
28<sup>th</sup> @ South – 12:30 p.m..

**500**  
5<sup>th</sup> @ N’ville – 12:30 p.m.  
5<sup>th</sup> @ South – 12:30 p.m.

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

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

**Player’s Choice for Cards**  
2<sup>nd</sup> @ South – 12:30 p.m.  
9<sup>th</sup> @ South – 12:30 p.m.  
16<sup>th</sup> @ South – 12:30 p.m.

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

**Pinochle**  
7<sup>th</sup> @ N’ville – 12:30 p.m.  
14<sup>th</sup> @ N’ville – 12:30 p.m.  
21<sup>st</sup> @ N’ville – 12:30 p.m.  
28<sup>th</sup> @ N’ville – 12:30 p.m.

**Double Pinochle**  
1<sup>st</sup> @ South – 12:30 p.m.  
8<sup>th</sup> @ South – 12:30 p.m.  
15<sup>th</sup> @ South – 12:30 p.m.  
22<sup>nd</sup> @ South – 12:30 p.m.  
29<sup>th</sup> @ South – 12:30 p.m.

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

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

# October 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 @ 12:30 p.m.

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

Yahtzee @ Scott Four Mile @ 10:00 a.m.  
Phase 10 @ Scott Four Mile @ 12:15 p.m.

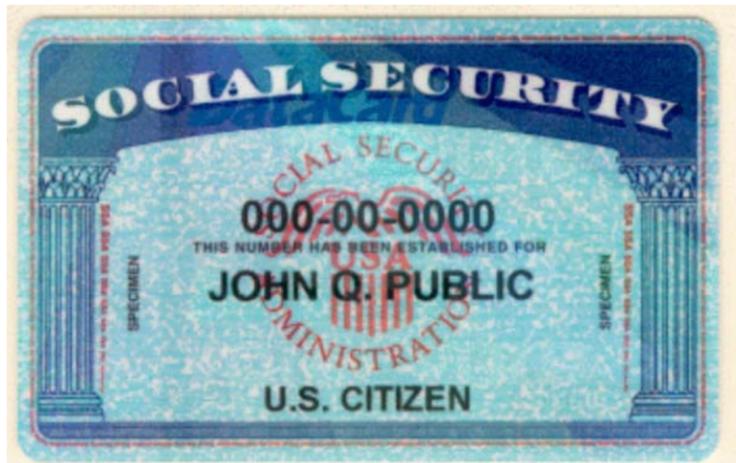
**Thursdays**  
Social Cribbage @ North @ 12:30 p.m.  
Hand & Foot/Group Choice @ East @ 12:30 p.m.  
Pitch @ Johnston @ 1:00 p.m.  
Social Canasta @ Altoona @ 12:15 p.m.  
Double Pinochle @ NW @ Noon  
Shanghai @ South @ 12:30 p.m.  
Bags - @ North @ 12:30 p.m.  
4 Point Pitch @ West @ 12:30 p.m.  
Double Pinochle @ West @ 12:30 p.m.

**Fridays**  
Bridge @ Ankeny@ 12:30 p.m.  
Social Bridge @ NW @ 1:00  
Social Hand & Foot @ NW @ 1:00 p.m.  
Pokeno @ East @ 10:30 a.m.  
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

# Social Security Question & Answer



By Derek Nichols

**Question:** Is it illegal to laminate your Social Security card?

**Answer:** No, it is not illegal, but we discourage it. It's best *not* to laminate your card. Laminated cards make it difficult — sometimes even impossible — to detect important security features and an employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques, some of which are visible to the naked eye. Keep your Social Security card in a safe place with your other important papers. Do not carry it with you. Learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:** I have two minor children at home and I plan to *retire* this fall. Will my children be eligible for monthly Social Security benefits after I *retire*?

**Answer:** Monthly Social Security payments may be made to your children if:

- They are unmarried and under age 18;

- Age 18 or 19 and still in high school; or

- Age 18 or older, became disabled before age 22, and continue to be disabled.

Children who may qualify include a biological child, adopted child, or dependent stepchild. (In some cases, your grandchild also could be eligible for benefits on your record if you are supporting them.) For more information, see our online publication, *Benefits For Children*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:** Can I delay my *retirement* benefits and receive benefits as a spouse only? How does that affect me?

**Answer:** It depends on your age. If you are full *retirement age* and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record **and** delay filing for benefits on your own record up until age 70. By filing for just benefits as a spouse, you may receive a higher *retirement* benefit on your own record later based on the effect of delayed *retirement* credits. You can earn delayed *retirement* credits up to age 70 as long

as you do not collect your own benefits — and those credits can increase your benefit by as much as 8 percent for each year you delay. You can use our online *Retirement Estimator* to test out different scenarios. Go to [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

**Question:** How do I apply for *Extra Help* with Medicare prescription drug plan costs?

**Answer:** You have several options

for applying. You can:

- Apply online by visiting [www.socialsecurity.gov/medicare/prescriptionhelp](http://www.socialsecurity.gov/medicare/prescriptionhelp);

- Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or request an application; or

- Apply at any local Social Security office.

Anyone who has Medicare can get Medicare Part D prescription drug cov-

erage. Some people with limited resources and income are eligible for *Extra Help* to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Learn more at [www.socialsecurity.gov/medicare](http://www.socialsecurity.gov/medicare).

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

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## You're Invited

10:00-10:30 a.m., Monday, Oct. 12, 2015  
Northside Senior Center, Park Fair Mall

The Northside Senior Center is proud to host the announcement celebration of the new Des Moines metropolitan area TRIAD, the organization of older Iowans, law enforcement & community groups working together to prevent crime.

Please join law enforcement officials, elected officials and volunteer and community leaders at 10 a.m., Monday, October 12<sup>th</sup>, in the dining room at the Northside Senior Center for the signing of the formal agreement to launch this new volunteer-led initiative with Polk County Senior Centers and the community.

You'll learn more about how you can get involved and enjoy cake and refreshments after the ceremony. We hope to see everyone there!



TRIAD: Older Iowans, law enforcement, & community groups working together to prevent crime



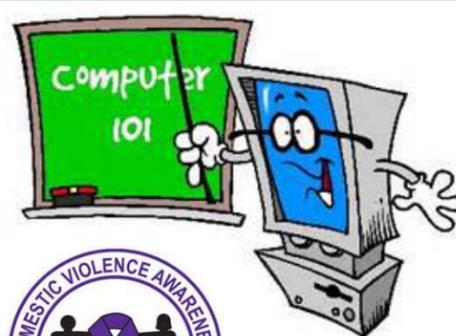
**Important Dates:**

- 10/12 – Columbus Day
- 10/16 – National Boss' Day
- 10/24 – United Nation's Day
- 10/31 - Halloween

**Month:**

- Adopt a Shelter Dog Month
- Breast Cancer Awareness Month
- Computer Learning Month
- Cookie Month
- Domestic Violence Awareness Month
- Lupus Awareness Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month

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



## Returns, Refunds & Right to Cancel

If you bought something that doesn't meet your expectations or simply come down with a case of buyer's remorse, do you have the right to return it for a refund or store credit? And do you have the right to cancel a purchase contract? Well, it depends.

### Returns and Refunds

Though many retailers allow returns and issue refunds or store credit to customers, the law does not require it unless the item is defective. If a retailer won't accept returns or charges a "restocking fee" for returned items, it must disclose that.

### Right to Cancel

Iowa law does not generally provide consumers with a right to cancel a consumer contract, including your purchase or contract of a vehicle from a dealer's lot. However, there are several exceptions, including:

- **Door-to-Door Sales:** You have the right to cancel most transactions of \$25 or more at your home or workplace within three business days. The transactions must cover goods or services that are purchased, leased or rented primarily for personal, family or household purposes. You may cancel for any reason or no reason at all. In Iowa, the right to cancel also covers sales at any temporary place other than the seller's normal place of business, including a rented hotel, convention facility, warehouse or fairgrounds, and sales by people who approach you in public places. The seller must tell you of your right to cancel and provide you written notice. If the seller does not provide you with a written notice of your right to cancel in the manner required by law, you can cancel until three business days after receiving the notice. If you properly cancel, the seller must refund your money. This right to cancel does not apply to sales conducted entirely by telephone or mail, requests for in-home repairs to personal property, and certain "emergency" purchases where you waive your right to cancel in writing.

- **Buying Clubs:** The same right to cancel door-to-door sales applies to most buying club memberships. Buying clubs offer memberships entitling the member to purchase goods or services at a discount.

- **Business Opportunities:** The same right to cancel applies to the sale of a business opportunity when the purchaser provides an initial investment exceeding \$500, even if it was made at the seller's place of business.

- **Other Exceptions:** Other exceptions that give consumers certain rights to cancel include funeral services and merchandise, social referral services (dating services), exercise clubs, time shares and membership campground contracts.

### Additional Dispute Protections through Credit Cards

If you believe an item or service you purchased through a credit card is unsatisfactory, including the quality of what you purchased, you may have the right to withhold payment for the charge in question and dispute it. You generally can dispute a charge above \$50 which was purchased in your home state or within 100 miles of your mailing address.

First you must make a good-faith effort to resolve the dispute with the retailer, preferably in writing through the U.S. Postal Service. (If you call your credit card company, it's also preferable to follow up in writing.) After you notify your credit card company that you are disputing the charge and withholding payment, it cannot report the disputed amount as delinquent to a credit bureau until the dispute is settled or a court issues a judgment against you. The credit card company cannot treat the dispute as settled or collect against you unless it has reasonably investigated the claim. Do not pay the amount in question while you are disputing it, as the payment will end your claim with the credit card company. However, while the dispute is pending you must make a payment toward any undisputed amount.

Once you initiate the dispute with the credit card company, it must respond in writing.

Your credit card company may voluntarily waive the \$50 minimum threshold. Check with the company's terms and conditions regarding purchase disputes.

For more information contact the Consumer Protection Division at 1305 E Walnut St, Hoover Building, Des Moines, IA 50319. Phone: 515-281-5926, Toll Free: 888-777-4590 (Outside Des Moines Area) or visit: [consumer@iowa.gov](mailto:consumer@iowa.gov).

## Remembering Frankie Laine

Submitted by Lorrie Nagel  
Program Supervisor  
Urbandale Senior Center

When: Fridays, October 9, \*16, \*23 & 30<sup>th</sup>  
(please see \* note below)  
Time: 11:30 a.m. - 1:00 p.m.

Bring a sack-lunch to enjoy during intermission.

Where: Urbandale Senior Recreation Center,  
7305 Aurora Avenue, Urbandale  
Phone: 278-3907

Did you sing along with Frankie Laine's recordings of "Mule Train" or "Jezebel"

back in the '50's or '60's? If so, you'll want to hear and see Craig Cronbaugh's rare and vast collection of memorabilia representing the 60-year career of this legendary entertainer. During a 4-week program, Craig will share his collection of film clips, photos, records, and DVDs with the class, as he tells about his long friendship with Frankie.

Come hear the tales, listen to Frankie's music, and watch historical footage of this great songster in action. Pre-registration is requested, 278-3907.

\*October 16 & 23 sessions held at Giovannetti Shelter House, 8900 Douglas Ave. (Walker Johnson Park)



## Green Bag Program

Submitted by Frankie J.N.  
Community Involvement & Volunteer Coordinator  
Senior Care of Iowa  
[www.seniorcareofiowa.com](http://www.seniorcareofiowa.com)



**Free 10 pound bag of Fruits and Vegetables once a month.\***

**3<sup>rd</sup> Wednesday of every month from 1 – 2 p.m.**

**at Park Fair Mall; Lower Level, Suite 107**

### Program Requirements

- **Must meet Gross Income Requirements (\$20,147 or less annually or \$1,265 or less monthly for one person in the home)**
- **Must be At Least 60 years of age.**
- **Must come and stay for a 20 minute nutrition presentation.**
- **Only one bag per household.**



**For more information, contact Frankie @ 515-779-7815**

**Questions? Email: [info@seniorcareofiowa.com](mailto:info@seniorcareofiowa.com)**



### SHIP Senior Health Insurance Information Program #800-351-4664 Des Moines Area Medicare Part D Enrollment Events:

**Tuesday, October 27th**, Urbandale Senior Center, 7305 Aurora Ave. 9 a.m. to 4 p.m.

**Wednesday, October 28th**, Urbandale Senior Center, 7305 Aurora Ave. 9 a.m. to 4 p.m.

**Tuesday, November 3rd**, Eastside Senior Center, 1231 E. 26th St, 9am to 4 p.m.

**Thursday, November 5th**, Northwest Senior Center, 5110 Franklin Ave, 9 a.m. to 4 p.m.

**Tuesday, November 10th**, Westside Senior Center, 134 6<sup>th</sup> St. (6th & Maple)  
Valley Junction 9 a.m. to 4 p.m.

**Thursday, November 12th**, Dallas County Hospital, PERRY, 610 10th St. 9a.m. to 4 p.m.

**Tuesday, November 17th**, Kirkendahl Library, Ankeny, 1210 NW Prairie Ridge Drive,  
Ankeny, 9 a.m. to 4 p.m.

**Monday, November 23rd**, South Senior Center, 100 Payton Ave. 9 a.m. - 4 p.m.

**Appointments required Call 281-6793 to schedule appointment**



# TRAVEL OPPORTUNITY

## Iowa Girl Tours

Submitted by Amy Kiederling

These trips are open to adults of either gender!

### LETS GO JUNKIN - Saturday, October 3rd

\$65/person

Join The Porch Junkies in Adel as they take you on a chartered bus to some of their favorite local Junk/Antique/Barns for a day full of Junkin! Come to their new shop in Adel for breakfast, jump on the bus with lunch included for a fun filled day with other Junk Lovers! All ages welcome! We are not just for girls so get on the bus with us!

### EUREKA SPRINGS, ARKANSAS - October 18th - 21st

Price based on occupancy.

\$510 - Quad

\$538 - Triple

\$598 - Double

\$778 - Single



Escape to see the gorgeous fall colors in the historic Eureka Springs, Arkansas! Stay at the famous Crescent Moon Hotel, see the Passion Play, visit Crystal Bridges, take a historic tram ride throughout the town and countryside and shop in this relaxing wonderful town!

### WESTON, MISSOURI - November 14th & 15th

\$270 - Single Occupancy

\$220 - Double/Triple/Quad Occupancy

Kick off the holidays in historic Weston, Missouri! Come celebrate with us as the entire town of Weston is kicking off the holidays with parades, carolers, Father Christmas and they have the entire town decked out to celebrate! Get your holiday shopping started with us in Weston!

To get more information or to sign up for one of the trips, contact Jane or Amy at 515-216-1223 or at [IowaGirlTours@gmail.com](mailto:IowaGirlTours@gmail.com).

You can also find them on Facebook: Iowa Girl Tours  
Seats are limited so call TODAY!

# TRY TRANSIT WEEK

RIDE DART FREE OCTOBER 4-10, 2015  
(LOCAL, EXPRESS, FLEX AND ON CALL ROUTES)



MON 10.5

### Kickoff at DART Central Station

Share why or where you ride DART to enter daily and grand prize drawings. Get your "I rode DART today" button and other giveaways. DART staff will be available all day to answer questions about using public transportation and help you "Try Transit."



TUE 10.6

### Coffee with DART along the D-Line

Get a free 16-ounce coffee when you ride the Downtown D-Line to Sidebar in Capital Square, Mars Café in the East Village or Ritual Café in the Western Gateway from 7:30-9:30 a.m. DART staff will give you a free coffee voucher as you exit the bus.  
**Try Transit from Altoona:** Walmart Park & Ride (from 6-7:30 a.m.)



WED 10.7

### Walk with DART - Healthiest State Initiative

Meet near the DART bus shelter at Cowles Common by 11:45 a.m. We will walk west on Locust Street to the Central Public Library downtown before taking the Downtown D-Line back to Cowles Common for light refreshments.  
**Try Transit from Johnston:** Price Chopper Park & Ride (from 6-8 a.m.)



THU 10.8

### Try Transit Tailgate: Ankeny

Ankeny residents are invited to the Mercy North Park & Ride to commute together to downtown Des Moines. On the afternoon return trip (from 3:30 - 6:30 p.m.), enjoy tailgate-style snacks, enter to win prizes and get all your public transit questions answered.  
**Try Transit from Ankeny:** Mercy North Park & Ride (from 6-8 a.m.)



FRI 10.9

### Happy Hour on Route 60

Enjoy a free drink or discounted appetizer when you ride Route 60 to Exile Brewing in the Western Gateway, Star Bar on Ingersoll or Louie's Wine Dive on University & 41st from 3:30-5:30 p.m. DART staff will give you a voucher as you exit the bus.  
**Try Transit from West Des Moines:** Valley West Mall Park & Ride (from 6-8 a.m.)

Ride free all week and join DART on our way to 5 Million Rides!



515-283-8100 ▶ [ridedart.com](http://ridedart.com) ▶ #5MillionRides

## Large and Small Puzzle on page 4

Large puzzle grid with words like WEENY, TRIVIAL, TINY, SLIGHT, SHORT, SCANTY, PYGMY, PUNY, PETTITE, PALTRY, MINUTE, MINOR, MINIATURE, MEAN, MEAGRE, LITTLE, LESSER, ELFIN, DIMINUTIVE, and many others.

Small puzzle grid with words like VAST, HUGE, GREAT, SPACIOUS, ROOMY, OUTSIDE, MASSIVE, ENORMOUS, MAMMOTH, COLOSSAL, LIBERAL, BULKY, JUMBO, BIG, AMPLE, IMMENSE, and many others.

Some of the words in the first list can be found in the second grid, and vice versa.  
**Large and Small Word Puzzle ANSWER KEY**

# Exercise Classes Offered

<p><b>ANKENY</b> WEDNESDAYS 10:45 - 11:15 A.M.</p> <p><b>CENTRAL</b> ARTHRITIS EXERCISE FRIDAYS 10:00 A.M. INSTRUCTOR - SARA BARATTA</p> <p><b>EAST</b> ARTHRITIS EXERCISE WEDNESDAYS 10:00 A.M. INSTRUCTOR - KRIS MCCAUGHEY</p> <p><b>JOHNSTON</b> "SILVER SNEAKERS" WEDNESDAYS 10:15 A.M. - 11:00 A.M.</p> <p><b>MLK</b> ARTHRITIS EXERCISE MONDAYS 10:30 - 11:00 A.M. INSTRUCTOR - SARA BARATTA</p> <p><b>NORTH</b> ACTIVE ADULTS EXERCISE MON., WED. &amp; FRI. 10:00 - 11:00 A.M. INSTRUCTOR - Desiree Reichenbacher</p> <p>ARTHRITIS EXERCISE TUESDAYS 10:00 - 11:00 A.M.</p> <p><b>NORTHWEST</b> ARTHRITIS EXERCISE WED. AND FRI. AT 9:45 A.M. INSTRUCTOR - DOROTHY McCLATCHEY</p>	<p><b>NORWOODVILLE</b> ARTHRITIS CHAIR EXERCISE 1ST, 3RD &amp; 4TH THURSDAY @ 10:45 A.M. INSTRUCTOR - KRYSTAL SIMONSON</p> <p>CHAIR EXERCISES MON., WED. &amp; FRIDAYS 9:00 A.M. INSTRUCTOR - VIDEOS</p> <p><b>PIONEER COLUMBUS</b> MON., WED. &amp; FRI. 10:30 A.M. INSTRUCTOR - GLORIA ANNETT</p> <p>EXERCISE ROOM WITH NEW EQUIPMENT AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.</p> <p><b>SOUTH</b> CHAIR YOGA 1ST &amp; 3RD THURSDAY 9:00 A.M. - 10:00 A.M. INSTRUCTOR NOREEN GOSCH</p> <p>ARTHRITIS EXERCISE TUESDAY &amp; THURSDAY 9:30 A.M. INSTRUCTOR - JANEIL LONG</p> <p><b>WESTSIDE COMMUNITY CENTER</b> ACTIVE ADULTS EXERCISE MON., WED. &amp; FRI. 12:30 - 1:30 P.M. INSTRUCTOR - Desiree Reichenbacher</p> <p>CHAIR EXERCISES MONDAYS &amp; WEDNESDAYS 11:15 A.M. INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER</p>
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*"Take care of your body. It's the only place you have to live."*  
— John Rohn



**CRAFT CLASS 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 summer/early fall months & 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/appreciated. Any questions, call a center nearest you to speak with craft instructor.

**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    |                 |

**October Blood Pressure Checks**

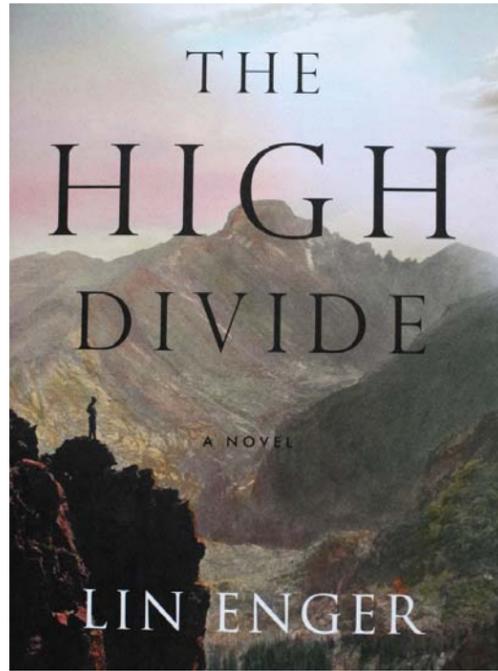
Services provided Visiting Nurse Services of Iowa  
(check specific center for time of clinic)

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



Dates Subject to Change.

**Franklin Avenue Library News**



**Franklin Afternoon Book Discussion**

On Mon, Oct 5 at 1:00 p.m. we will discuss *The High Divide* by Lin Enger. Copies of the book are available at the Information Desk.

**The Belin Quartet: Live Performance**

On Tue, Oct 6 at 6:30 p.m. the Franklin Avenue Library welcomes The Belin Quartet. The quartet is well known in the greater Des Moines Community for their free noon-time concerts during the summer. Members of the quartet include Violinists: Julie Fox Henson, John Helmich, Tracy Engman Finkelshteyn, Violist: Sherida Josephson, and Cellist: George Work.

**Franklin Evening Book Discussion**

On Tue, Oct 13 at 6:30 p.m. we will discuss *The Book of Unknown Americans* by Cristina Henriquez. Copies of the book are available at the Information Desk.

**Free Device for Your Device**

On Sat, Oct 17 at 10:00 a.m. to 12:00 p.m. get the lowdown on your library's downloadables! Bring your mobile device (smartphone, tablet or e-reader) to one of our classes and get some advice and help installing the library's apps for e-books, downloadable audiobooks and e-magazines. Classes and apps are all free. Your gadget must have basic setup done (out of the box, set up, passwords entered, charged and know the basics) as a prerequisite to this class. You will need your library card and PIN, and you may need the password for your App Store on your device. Pre-register as class size is limited so we can give one-on-one attention. Franklin Avenue Library is located at 5000 Franklin Avenue in Des Moines.

**Stone Crest's Annual Bazaar**

Submitted by Kathy Ericson

with unique rummage, charming crafts, yummy baked goods and delicious lunch for sale!

Saturday, October 3<sup>rd</sup>

9:00 a.m. - 3:00 p.m.

3330 East 25<sup>th</sup> Street in Des Moines

(directly south of Perkins Restaurant,  
just off I-235 at Euclid Avenue ...  
and a great place to live, too!)



Proceeds from this event fund tenants' activities!

Please park in Capitol Hill Christian Church's parking lot  
and enter bazaar through patio door on southwest side of Stone Crest.

For more information, please call 265-2172.  
Thank you!



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

**BINGO BINGO BINGO**

**Polk County Senior/Community Center Bingo Schedule**

Site	Day	Time
Altoona	Friday	Noon
Ankeny	Monday	Noon
Central	Wednesday	12:15 p.m.
East	Tuesday	10:30 a.m.
Grimes	Wednesday	12:30 p.m.
Johnston	Friday	12:45 p.m.
MLK, Jr	Wed & Fri	10:00 a.m.
North	Friday	10:00 a.m.
Northwest	Friday	12:15 p.m.
Norwoodville	M, W & F	10:30 a.m.
Pioneer Columbus	Thursday	10:30 a.m.
→ Late Bingo (for DART Riders)	1 <sup>st</sup> & 3 <sup>rd</sup> Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 <sup>nd</sup> & 4 <sup>th</sup> 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



**Norwoodville News:** Norwoodville was a busy place over the summer months, with summer camp kids program going on along with the senior program. The seniors at Norwoodville got in the holiday spirit early with a Christmas in July party. The room was decked out (including tree) with holiday decorations and people wore colorful holiday attire. Mr. & Mrs. Santa (Lee & Bev Folkers) came back early from their vacation and joined us for an morning of fun games, puzzles, food, gift sharing, prizes and photo ops. Mike Williams was gracious enough, to come take photos of the event and of the individuals with Mr. & Mrs. Claus. Another fun day in the books with this group!



Lee & Bev Folkers (Mr. & Mrs. Claus), Mike Williams (Photographer)



Frank Schmitz – trying to stick the nose on the snowman accurately.

**Northwest News:** Northwest Community Center held a Blue Ribbon Photography Contest in celebration of the State Fair. Congratulations to 1st Place winner - Dorothy Hinchliff; 2nd Place winner - Susie Culver and 3rd Place winner - Jude Daniel. Dorothy received the blue ribbon for her breathtaking photo of Florida where she stays for a period of time each winter. Susie received 2nd place for the fancy hat she made at her Red Hat Society. Jude Daniel's 3rd place photo was a beautiful abstract of a black and white tree. There were 10 submissions in all and winners received gift cards to Wal-Mart.

Other activities, the week of the fair, included a corn-hole toss where the winning team received half dozen ears each of sweet corn. Congratulations to Paul Schustek and Sharon Smith for their stellar performances!

Lastly, 10 lucky seniors received a sample of Scratch Cupcakes at lunch, on the 21st of August. Thank you to Scratch for your delicious and generous donation!



L to R: Dorothy Hinchliff – 1<sup>st</sup> place, Susie Culver – 2<sup>nd</sup> place & Jude Daniel – 3<sup>rd</sup> place