

The Senior

Polk County Senior News!

November Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • November 1 - 30, 2015

Scott Four Mile Holiday Gift & Bake Sale Fundraiser



Tuesday, November 3rd (Election Day) 9 a.m. - 6 p.m.

4 mile Community Center, 3711 Easton Blvd.

Come check out our unique assortment of gifting treasures:

NEW Gift items of all kinds One of a kind Arts & Crafts !

Cool, Clean VINTAGE items to use as is or to re-purpose into your own unique creations for a gift from the heart.

Delicious Baked Goods:

- Individual or family servings
- Sampler Plates (for a whole lot of taste, without all the calories)
- Unique packaging for gift giving (or a special treat for YOU)



GET some HOLIDAY SHOPPING done, while supporting the Seniors Special Donation Account (which funds our awesome activities).

On Wednesday, November 4, our final event--a Silent Auction!

Bidding begins at 9:30 a.m. and winners will be announced at Noon.



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.

A Message on Medicaid Modernization

Submitted by Ellen A. Gilstrap • Administrative Associate & Aging Resources of Central Iowa

The Iowa Department of Human Services (DHS) is working to modernize the Iowa Medicaid program with a focus on better care coordination to improve Medicaid members' health. We're helping DHS share information about this important new initiative, called the IA Health Link, which will be implemented on Jan. 1, 2016.

More than half a million Iowans are currently enrolled in Medicaid, and we want members and those involved in their care to understand this effort and the new choices they have regarding their health coverage.

Information on the IA Health Link initiative can be found on the dedicated web page <http://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>. A special informational toolkit is available to stakeholders https://dhs.iowa.gov/sites/default/files/IAHealthLink_StakeholderToolkit_FINAL.PDF. Please also see listings of community and enrollment events and webinars on the DHS website <http://dhs.iowa.gov/node/1049>.

Please feel free to share this information with others in your organization or your community. If you'd like to subscribe to Iowa Medicaid's email notifications, please email "subscribe" along with your name, organization and contact information to IMECommunications@dhs.state.ia.us.



November EVENTS

South Senior Center Potluck

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

On the 1st Saturday of this month (November 7th), 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.



Fall Harvest Craft Sale

Friday, November 13th 9:00 a.m. - 1:00 p.m.

Urbandale Senior Recreation Center

7305 Aurora Avenue, Urbandale

515-278-3907



Holiday and gift items will be featured along with baked goods and holiday cheer! Stop in, enjoy a cup of coffee and escape from the seasonal crowds as you shop. All sales proceeds benefit our senior recreation programs.

Polk County Health Offers Flu Shots

Walk-ins for flu shots are welcome at the Polk County Health Department, 1907 Carpenter Ave, from 9:00 a.m. to 4:30 p.m. Monday- Friday and Tuesdays from 9:00 a.m. to 6:30 p.m. through the end of flu season. www.polkcountyia.gov



Gluten-Free Pumpkin Oatmeal Pancakes

Author: Cookie and Kate
(www.cookieandkate.com)

Recipe type: Breakfast
Prep time: 15 mins
Cook time: 10 mins
Total time: 25 mins
Serves: 2 to 4

These fluffy, healthy pumpkin pancakes are laced with hearty oats and warming spices. Since they are made with oat flour, they are gluten free! Note that these pancakes should be cooked low and slow—use a lower temperature than you would with other pancakes so that the insides of the thick batter get nice and fluffy, but the outsides don't get overdone. Recipe yields 7 to 8 medium-sized pancakes.



Ingredients

- 1 cup pumpkin puree
- ¼ cup milk of choice
- 2 tablespoons coconut oil (or butter), melted
- 1 tablespoon lemon juice (about 1 small lemon, juiced)
- 1 teaspoon maple syrup (or honey)
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup oat flour (see notes for how to make your own oat flour out of old-fashioned oats)
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves or allspice

Instructions

1. In a small mixing bowl, stir together the pumpkin puree, milk, coconut oil (or butter), lemon juice and maple syrup (or honey). Beat in the eggs. (If your coconut oil goes back to its solid state like mine did at this point, just warm the mixture for short 20 second bursts in the microwave, stirring between each, until it is melted again.)
2. In a medium bowl, whisk together the oat flour, baking soda, salt and spices.
3. Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened. Do not overmix! Let the batter sit for 10 minutes.
4. Heat a heavy cast iron skillet/non-stick pan over medium-low heat, or heat an electric griddle to 350 degrees Fahrenheit. Lightly oil the surface of your pan with coconut oil, butter or cooking spray. If you're using a non-stick electric griddle like mine, you might not need any oil at all.
5. Once the surface of the pan is hot enough that a drop

of water sizzles on it, pour ¼ cup of batter onto the pan. Let the pancake cook for about 3 minutes, until bubbles begin to form around the edges of the cake.

6. Once the underside is lightly golden, flip it with a spatula and cook for another 90 seconds or so, until golden brown on both sides. You may need to adjust the heat up or down at this point.

7. Serve the pancakes immediately or keep warm in a 200 degree Fahrenheit oven.

Notes

Recipe adapted from my banana oat pancakes recipe.

GLUTEN-FREE OATS: Be sure to purchase certified gluten-free oat flour or certified gluten-free old-fashioned oats if you need these pancakes to be gluten free.

TO MAKE OAT FLOUR: Pour one cup of old-fashioned oats (do not use quick cooking oats!) into a food processor and process until it is ground well. One cup before and after grinding measures just about the same, believe it or not! That's a fun little tip I picked up from the King Arthur cookbook.

PREPARATION TIPS: This whole grain batter is thicker than most, so it's more difficult to gauge when the pancakes are ready to flip. I learned that it's easier to go by the timer: set it for 3 minutes for the first side, then flip and wait another 90 seconds for the other side to finish. The time will vary depending on your temperature setting, but that's about the time it should take for pancakes that are fully cooked and golden on each side.

FREEZE IT: These pancakes freeze well. (I've never met a pancake that doesn't.)

Update 10/6/13: Thanks to your feedback, I have reduced the amount of pumpkin from 1¼ cups to 1 cup. My pancakes came out great with the initial amount, but I've tried it again with the reduced amount and believe that it will yield more consistent results.

No Bake Pumpkin Cheesecake

(Gluten Free, Vegan)
Found on www.eatfood4life.com

Total Time: 20 minutes
Yield: 16-20 squares

Ingredients

- Crust:**
- 1 cup pitted dates
 - 1/2 cup almond flour
 - 1 tbsp cacao powder
 - 2 tsp vanilla extract
 - 1 tsp almond milk

Cheesecake layer:

- 1 1/2 cups raw cashews
- 1/3 cup maple syrup
- 1/3 cup canned pumpkin
- 1 tsp pumpkin spice

Instructions

1. Soak the cashews in water for 1 hour. Discard the water. Line a loaf baking pan with parchment paper and set aside.
2. Place the crust ingredients in your blender and pulse until the mixture comes together; this should take about 1 minute. Press this mixture evenly onto the bottom of the prepared loaf baking pan and place it in the freezer while you prepare the cheesecake topping.
3. Place the cheesecake ingredients in your food processor and pulse until smooth. Pour the cheesecake mixture over the crust in the baking pan and spread it evenly. Freeze the dessert for at least 2 hours.
4. Cut the cheesecake into squares before serving. Keep leftovers covered in the freezer for up to 3 months.



Gluten Free Baked Apple Cider Donut

www.smashedpeasandcarrots.com

Prep time - 10 mins
Cook time - 10 mins
Total time - 20 mins



Recipe type: Breakfast
Serves: 60

Ingredients

- For the donuts:
 - 1½ cups gluten free flour blend
 - 1 tsp xanthum gum
 - ½ cup brown sugar
 - ½ granulated sugar
 - 1 tsp baking powder
 - 1 tsp baking soda
 - 1 tsp cinnamon
 - ¼ tsp nutmeg
 - ¼ tsp salt
 - 1 cup apple cider (to be reduced to ½ cup!)
 - ¼ cup milk (almond milk works great!)
 - 1 egg
 - 2 tbsp butter, melted
 - 1 tsp vanilla
- For the cinnamon sugar topping:
 - 1 cup granulated sugar
 - 1 tsp cinnamon

Instructions

In a small saucepan, simmer one cup of apple cider (and if you have it available, a stick of cinnamon and a dash of nutmeg) over heat over medium heat for 15-20 minutes. Let simmer to reduce the apple cider down to about ½ cup. Carefully remove the cinnamon stick and let cool. Set aside.

Next, mix together all dry ingredients in a large mixing bowl and then add in all the wet ingredients until well combined. Place mixture into a large plastic bag and cut the tip off of one corner to use as a pastry bag.

Grease a mini donut pan very well (or a mini muffin tin) and squeeze batter into each donut hole. Bake at 350 for 9-12 minutes or until golden brown.

Remove donuts from pan immediately and place into a bag with the cinnamon sugar topping (1 cup of granulated sugar and 1 tsp of cinnamon). Shake donuts until well coated. Remove donuts and let cool on a wire rack.

Enjoy!

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 November.
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.

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.

In Honor of Veteran's Day Puzzle #1

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

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|--------------|-------------|---------------|
| Accolades | Combat | Defense |
| Admiration | Command | Detonate |
| Americana | Commemorate | Dignity |
| Anthem | Corps | Distinguished |
| Appreciation | Country | Duty |
| Arlington | Courage | Endure |
| Battlefield | Declaration | Equality |
| Cemetery | Decorum | |
| Citizenship | Dedication | |

Answers on page 10

Yarn Needed!!

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



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

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

Editor's Blurb



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 3rd Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



NOVEMBER PIE MENU

- Nov. 5 **Lemon Meringue Pie**
- Nov. 12 **Pecan Pie**
- Nov. 19 **Pumpkin Pie with Whipped Topping**
- Nov. 26 **Thanksgiving Day**



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.



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.

WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-068-5-13

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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.





THE IOWA CLINIC

Diabetic INSULIN Study

Never taken INSULIN before, but your doctor thinks you need it?

- If you have been diagnosed as a diabetic for over a year, **AND**
- Have been on 2 or more oral diabetic pills for a year, **AND**
- Have an A1c that is BETWEEN 8.0-11.0.

**You may qualify for a diabetic study using Toujeo insulin!
Contact us for more information if you are interested.**



**All study visits and medication are provided
at no charge to you!**

The Iowa Clinic Research Department
515-875-9244 | iowaclinic.com

DEDICATING OUR LIVES
TO TAKING CARE OF YOURS



Social Security: Questions & Answers

Question: I can't seem to find my Social Security card. Do I need to get a replacement?

Answer: In most cases, knowing your Social Security number is enough. But, if you do apply for and receive a replacement card, don't carry that card with you. Keep it with your important papers. For more information about your Social Security card and number, and for information about how to apply for a replacement, visit www.socialsecurity.gov/ssnumber. If you believe you're the victim of identity theft, read our publication *Identity Theft and Your Social Security Number*, at www.socialsecurity.gov/pubs.

Question: What can I do if my Medicare prescription drug plan says it won't pay for a drug that my doctor prescribed for me?

Answer: If your Medicare prescription drug plan decides that it won't pay for a prescription drug, it must tell you in writing why the drug isn't covered in a letter called a "Notice of Denial of Medicare Prescription Drug Coverage." Read the notice carefully because it will explain how to ask for an appeal. Your prescribing doctor can ask your Medicare drug plan for an expedited redetermination (first level appeal) for you, if the doctor tells the plan that waiting for a standard appeal decision may seriously harm your health. For more information, visit www.medicare.gov.

Question: How do I earn Social Security credits, and how many do I need to qualify for benefits?

Answer: We use your total yearly earnings to figure your Social Security credits. The amount needed for a credit in 2015 is \$1,220. You can earn a maximum of four credits for any year. The amount needed to earn one credit increases automatically each year when average wages increase.

You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit application. No one needs more than 40 credits for any Social Security benefit.

For more information, visit our website at www.socialsecurity.gov.

Question: Will my disability benefits be reduced if I get workers' compensation or other public disability benefits?

Answer: If you get either workers' compensation or public disability benefit payments, we may reduce Social Security benefits for you and your family.

Public disability benefit payments paid under a federal, state, or local government law may affect your Social Security benefit. This includes civil service disability benefits, temporary state disability benefits, and state or local government retirement benefits based on disability. Disability payments from private sources, such as a private pension or insurance benefits, don't affect your Social Security disability benefits. However, in some cases, private disability insurers may require you to apply for Social Security disability benefits before they pay you. You may want to check to find out about your private insurer's policy.

We reduce the Social Security disability benefits you and your family get if the combined total amount, plus your workers' compensation payment, plus any public disability payment you get, exceeds 80 percent of your average earnings before you became injured or ill.

See the publication *What You Need To Know When You Get Social Security Disability Benefits* at www.socialsecurity.gov/pubs for more information.

It is the VETERAN, not the preacher,
who has given us freedom of religion.

It is the VETERAN, not the reporter,
who has given us freedom of the press.

It is the VETERAN, not the poet,
who has given us freedom of speech.

It is the VETERAN, not the campus organizer,
who has given us freedom to assemble.

It is the VETERAN, not the lawyer,
who has given us the right to a fair trial.

It is the VETERAN, not the politician,
who has given us the right to vote.

To All Veterans



Whether At Home Or Abroad
Active Duty ~ Reserves ~ Retired

All Americans Say:

THANK YOU!

In Honor of Veteran's Day Puzzle #2

T P Y T R E B I L I H O M E Q R S E B C
 Y I K Y Z G D G H A U N T I N G E P J N
 F M O D E E R F M F L A G H S Q I F E N
 L Z H A R R O W I N G N L S Y L R R M R
 I Y U G R R H L P Z C C K L F W U I H O
 G E J I R O Y L E G S R A V E T J E E N
 H I G E P U H X V G O T C C J S N N A O
 T Q S E Q B P Y S W I B N R Q I I D R H
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 W Q Z A O I I R S O D S R B Y M Y H F L
 T G N S L D I O I N I Z S S R O S I E B
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 G D B Z J D H A V V L A Q U I L U G Q T
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|-------------|-----------|--------------|
| Explosion | Harrowing | Humble |
| Fighting | Haunting | Immortality |
| Fireworks | Heartfelt | Independence |
| Flag | Heroism | Injuries |
| Flights | History | Invasion |
| Freedom | Home | Join |
| Friendships | Honor | Liberty |
| Glory | Hope | |
| Gratitude | Hospital | |

Answers on page 10

In Honor of Veteran's Day Puzzle #3

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

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|----------------|--------------|------------|
| Medal Of Honor | Pilot | Rights |
| Memorial | Preservation | Sacrifices |
| Men | Pride | Salute |
| Military | Privilege | Service |
| Mission | Protect | Shrine |
| Nation | Recall | Spirit |
| Order | Reminisce | Stars |
| Parade | Respect | |
| Patriotism | Reunion | |

Answers on page 10



Ask the Naturalist

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

Question: Recently I moved to a house with a sizable backyard in Urbandale. I am a sort of bird lover & watcher. I have already put in two bird feeders, but don't see the birds that I would like to visit the feeders. Occasionally I will see a Robin, a Cowbird, Cardinal, but mostly its sparrows and finches; which is Ok. How or what can I do to attract more variety of birds to my feeding stations? Mind you I have no reservations on cleaning up the mess that they may make or even do now.

Answer: This time of year birds are able to find food in numerous places. There are a lot of insects, berries, and seeds everywhere so they aren't relying on bird seed from feeders. As it gets cooler this fall and winter, you can provide a variety of bird seed and different types of feeders to increase diversity. Different types of feeders would include a suet feeder, peanut feeder, open platform feeder, tube or cylindrical feeder for finches. Types of seed to use would be black-oil sunflower seed (not mixed with anything else) for cardinals, chickadees, nuthatches, tufted titmice; thistle seed for the finches; safflower seed for cardinals (sparrows won't eat it); peanuts for the blue jays; and suet for the nuthatches and woodpeckers.

You'll also want to include a bird bath if you don't already have one. It can even be as simple as using a plastic water dish that you'd use under a potted plant. I would place a rock in the middle so it doesn't blow away in the wind.

Consumer Focus: Identity Theft

Identity theft is a crime. It occurs when someone steals or somehow acquires your personal information for financial gain, fraud or deception. With your personal information, a criminal can assume your identity, withdraw funds from your accounts, make credit card purchases in your name, or even commit crimes while using your identity.

If you're an identity theft victim, the consequences can range from a minor inconvenience to devastating long-term financial losses and personal impacts. Identity theft can affect your ability to obtain future credit and loans, housing, and perhaps even employment.

How Identity Thieves Operate

There are many ways identity thieves operate. There are tried-and-true pickpockets and burglars, those who search through trash, those who use trickery on the phone, and savvy high-tech criminals who steal data through malicious software (malware) or websites. And then there are criminals who don't target you specifically, but target your data that's stored elsewhere.

Protect Yourself

First and foremost, treat your personal information as you would treat a stack of cash—protect it.

- Don't carry your Social Security card with you, and don't carry credit cards or financial documents that you don't use away from home. Keep them in a safe place.

- Shred documents that contain personal or financial information.

- Don't give personal or financial information to any caller who asks you to provide or confirm it. Since criminals can "spoof" caller-ID to make any name and number appear on the display, don't rely on your caller-ID device to verify who is calling.

- Don't respond to unsolicited emails that request personal or financial information. The email may be what's called a phishing scam that seeks to convince you to provide personal or financial information.

- If you receive an email warning

that there is a problem with a financial account, don't click on attachments or links—they could install malware into your computer. If you receive such a notice, contact your financial institution using contact information listed on billing statements, a phone book, or an Internet search engine.

- If you provide personal or financial information to a website that you know is legitimate, make sure that the prefix contains an "s" (<https://>), which ensures it's secure.

If You've Been Victimized

- If you are the victim of identity theft, act as quickly as you can. Start by contacting any company that holds an account of yours that you know or suspect was compromised. Change your passwords and PINs.

- Contact the three major credit reporting agencies, which are Equifax, Experian, and Trans Union. Notify their fraud units of the identity theft and ask them to place a "fraud alert" in your file. A fraud alert, which is free, makes it harder for anyone to open new accounts in your name. Request your credit report and review it right away.

- File a report with your local police department or sheriff's office. Ask for a copy of the report you filed, which you may need to provide to your creditors and financial institutions.

- Report the identity theft to the Federal Trade Commission (FTC) at www.identitytheft.gov or 1-877-438-4338. The FTC will issue an identity theft affidavit, which you can keep for your records.

In Iowa, the Identity Theft Passport Program provides identity theft victims with a way to substantiate the crime to creditors and law enforcement. The Identity Theft Passport is issued by the Attorney General's Crime Victim Assistance Division.

The Consumer Protection Division is located at 1305 E. Walnut St [in the Hoover Building, Des Moines. Phone: 515-281-5926, Toll Free: 888-777-4590 (Outside Des Moines Area) or email: consumer@iowa.gov.

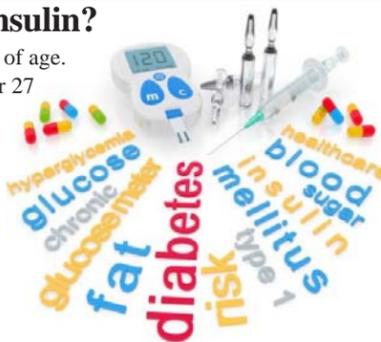
Do you have Type 2 Diabetes? Do you take Insulin?

This study involves patients with Type 2 diabetes that are 21 to 70 years of age. Study participants will be asked to make 4 visits to the study doctor over 27 weeks.

- To participate in the study, you should:
- Have used the same type of insulin for the past 3 months.
 - Have Type 2 diabetes for at least a year
 - Have an A1C between 7.5 - 11
 - Be taking insulin.

If you qualify, you will receive study-related care at no charge. You will receive compensation for travel expenses.

Interested? Please call 515-643-5122



M

T

W

Th

F

2
Chicken Stew
Broccoli
Mandarin Oranges
Peach Crisp
WW Dinner Roll

109
853

3
Sloppy Joe
Copper Penny Salad
Diced Potatoes
Craisins
WW Bun

127
845

4
Baked Cod
Key Largo Vegetables
Lettuce Salad
Banana
Cookie

64
475

4
FLEXMEALOPTION
Hot Dog
Key Largo Vegetables
Lettuce Salad
Banana
Cookie
WW Bun

112
671

5
Swiss Steak
Brussels Sprouts
Mashed Potatoes
Fresh Grapes
WW Dinner Roll

86
656

6
Chicken Tortellini Soup
Spinach
Orange Juice
Frosted Pumpkin Bar
Pears
Chocolate Milk

93
667

9
Pizza Bake
Green Beans
Lettuce Salad
Breadstick
Pineapple Tidbits

98
717

10
Italian Chicken
Carrots
Pasta Salad
Tropical Fruit
Rice Crispy Treat

116
815

11 Closed

Veterans Day

11 Closed

Veterans Day

12
Beef Pepper Steak
Tomato Sauce
Mixed Vegetables
Apple Juice
Brown Rice

83
729

13
Stuffed Green Pepper
Soup
Cooked Cabbage
Rye Bread
Apple Raisin Crisp
Chocolate Milk

165
1011

16
Chicken Supreme
Spinach
Mixed Melon
Bread Pudding

61
561

17
Beef Taco Salad
Mexicali Corn
Lettuce/cheese
Banana
WG Taco Tub

63
547

18
Tuna Noodle Casserole
Stewed Tomatoes
Lettuce Salad
Raisins
Birthday Cake

124
760

18
FLEXMEALOPTION
Bratwurst w/ sauerkraut
Stewed Tomatoes
Raisins
Birthday Cake

113
935

19
Turkey with Gravy
Mashed Potatoes
Brussels Sprouts
Cranberry Salad
WW Dinner Roll

101
697

20
Hearty Italian Vegetable
Beef Soup
Peas
Apple Juice
Pumpkin Apple Muffin
Peaches
Chocolate Milk

89
660

23
Beef Chili
Squash
Pineapple Tidbits
Cornbread

86
587

24
Cali Burger
Lettuce/tomato/onion
Baked Beans
WW Bun
Orange Juice

77
655

25
Sweet N Sour Meatballs
Mixed Vegetables
Banana
Brown Rice
Brownie

133
941

25
FLEXMEALOPTION
7 Layer Salad
Banana
Brownie
WW Crackers

103
660

26 Closed

Thanksgiving Day

26 Closed

Thanksgiving Holiday

30
BBQ Chicken Sandwich
Potato Salad
Harvard Beets
Raisins
WW Bun


87
574


THANKSGIVING

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




Free Community Dinner Meals Offered
(No Age Requirement)



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

Central Senior Center 2008 Forest Ave.
Monday – Friday 4:00 to 4:30 p.m.
(or as long as food lasts)
Ran by Charlie Lee

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

All menus have been verified to meet the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board of the Nutrition Research Council of The National Academy of Science **with the EXCEPTION of Wednesday *FLEX MEAL menu.**
. Serving size: 3 oz. meat/alternative, 2 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: 286-3677
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.



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

Monthly Activities At Your Senior Centers & Meal Sites

Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

Schedule of Activities

Book Club

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

Ceramics

Central.....Mon./Fri. 12:30 p.m.
East.....Thursdays@ 9:00 a.m.
Norwoodville.....Thursdays@ 12:30 p.m.
Pioneer Columbus.....Thursdays@ 12:30 p.m.
South.....Mondays@ 12:30 p.m.
WestsideMondays@10:00 a.m.

Crafts: (Craft classes run 1 hour to 1.5 hours)

Due to different projects being done at different sites - dates/times/duration to complete may change.
· Check with individual sites on specific class dates/times for any upcoming projects
Ankeny.....3rd & 4th Wednesdays@ 10:00 a.m.
Central.....Thursdays@ 10:00 a.m.
East.....Tuesdays@ 9:00 a.m.
Grimes.....2nd Thursday @ 12:15 p.m. New Time!
MLK.....Mondays@ 10:00 a.m.
North.....Thursdays@ 9:30 a.m.
Northwest.....Mondays@ 10:00 a.m.
Norwoodville.....2nd Wednesday @ 9:00 a.m.
Pioneer Columbus.....3rd & 4th Tuesday @ 10:00 a.m.
Runnells.....Fridays@ 10:00 a.m.
Scott Four Mile.....1st & 2nd Wednesdays@ 10:00 a.m.
South.....Thursdays@ 10:00 a.m.
Westside2nd & 3rd Wednesday @ 9:00 a.m.

Crochet Club

North.....Wednesdays @ 12:30 p.m.

Dominoes

Johnston.....Wednesdays and Thursdays @ 1:00 p.m.
MLK.....Daily @ 10:30 a.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Golden Thread Society: (Quilting, Crocheting & Knitting)

South.....Wednesdays@ 2:00 - 4:00 p.m.

Jam Sessions

North.....Fridays @ 12:30 p.m.

Knitting, Crocheting & Quilting

Johnston.....1st and 3rd Mondays @ 1:00 p.m.
Crochet Club @ North.....Wednesdays @ 12:30 p.m.
Quilting @ Norwoodville.....Tuesdays @ 10:15 a.m.

Line Dancing

North.....Wednesdays@ 12:30 p.m.
South.....Thursdays @ 12:30 p.m.

Mah Jongg

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

Movie & Popcorn Day

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

Pokeno

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

Pool/Billiards

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

Puzzles

Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
MLK.....Daily @ 9:00 - 3:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

“Sew-cial”: Quilting/N’point (no plastic canvas) Group

Johnston.....2nd & 4th Wednesdays @ 10:00 - 3:00 p.m.

Skip Bo

Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.

Wii

Johnston.....Mondays @ 11:00 a.m.
Johnston.....Tuesdays @ 1:00 p.m.
MLK.....Daily@ 12:30 p.m.
North.....Daily@ All Day
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Yoga

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

Zumba Gold

JohnstonThursdays @ 9:00 a.m.

November Tournaments

8 Ball Pool Tournament

6th @ North – 9:00 a.m.
20th @ North – 9:00 a.m.

9 Ball Pool Tournament

13th @ North – 9:00 a.m.
30th @ North – 9:00 a.m.

10 Point Pitch

3rd @ South – 12:30 p.m.
10th @ South – 12:30 p.m.
17th @ South – 12:30 p.m.
24th @ South – 12:30 p.m.

65

Closed Veteran's Day 11/11

4th @ South – 12:30 p.m..
18th @ South – 12:30 p.m..
25th @ South – 12:30 p.m..

500

2nd @ N'ville – 12:30 p.m.
2nd @ South – 12:30 p.m.
7th @ N'ville – 12:30 p.m.
7th @ South – 12:30 p.m.

16th @ N'ville – 12:30 p.m.
16th @ South – 12:30 p.m.
23rd @ N'ville – 12:30 p.m.
23rd @ South – 12:30 p.m.
30th @ N'ville – 12:30 p.m.
30th @ South – 12:30 p.m.

Cribbage

Closed Holiday 11/27

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

Player's Choice for Cards

2nd @ South – 12:30 p.m.
9th @ South – 12:30 p.m.

16th @ South – 12:30 p.m.
23rd @ South – 12:30 p.m.
30th @ South – 12:30 p.m.

Pinochle

Closed Veteran's Day 11/11

4th @ N'ville – 12:30 p.m.
18th @ N'ville – 12:30 p.m.
25th @ N'ville – 12:30 p.m.

Double Pinochle

Closed Thanksgiving 11/26

5th @ South – 12:30 p.m.
12th @ South – 12:30 p.m.
19th @ South – 12:30 p.m.

Shanghai

1st @ South – 12:30 p.m.
8th @ South – 12:30 p.m.
15th @ South – 12:30 p.m.
22nd @ South – 12:30 p.m.
29th @ South – 12:30 p.m.

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

November 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 3rd 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 @ 12:00 p.m.
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 p.m.
Social Hand & Foot @ NW @ 1:00 p.m.
Pokeno @ East @ 10:30 a.m.
Player's Choice @ South @ 12:30 p.m.

Beware of Card Service Scams!

Nancy G. Anderson, SMP Coordinator
Aging Resources of Central Iowa
www.agingresources.com; www.smpresource.org

What's the Deal with "Rachel from Card Services"?
Have you heard this message? "Hi, this is Rachel from Card Services calling about your credit card account. It appears that you're now eligible for significantly lower interest rate on your account. However, this offer is about to expire, so please press 1 now to be transferred to a live representative who can assist you in securing your lower interest rate."

Rachel and her cohorts — Anne, Tiffany, Michael, Heather and others — from "Card Services" have been annoying people for years with their illegal robo-calls. And the FTC is working hard to stop them — both bringing cases and hosting competitions to develop robo-call blocking technology. So, what's the deal with these calls, and why won't they stop? We've got answers to your top 3 questions.

1. Why does "Card Services" keep calling me?

The FTC has shut down more than a dozen of these "Card Services" companies — including one this past June and yet another in July. But there are lots of other companies, and new ones pop up often. Lots of boiler rooms in the U.S. and overseas use the exact same recorded message by Rachel and friends, running a scam to — supposedly — reduce your credit card interest rate. An active operation can make millions of calls — so that's why Rachel is still calling you.

2. What should I do if I get these calls?

Hang up. Don't press any buttons on your phone. Don't press 1 to speak to someone — or to be taken off the call list. You'll just get more annoying calls. And never give any of your financial information, like your credit card or bank account numbers.

Report it. Tell us what happened: visit complaints.donotcall.gov or call 1-888-382-1222. We use your complaints to investigate these scams so we can shut more of them down.

3. Can "Card Services" actually lower my interest rate?

Nope. It's a scam. If you press "1," you're connected to a scammer who will ask for your credit card number and other personal information.

They'll make promises to lower your interest rate permanently — sometimes to a ridiculously low 0% — but charge a fee that can be as high as \$5,000. But their promises aren't true. There are no guarantees for permanently lowered interest rates. And it's against the law to charge a fee up-front for these services. Most people who pay the fee don't get a lower rate — in fact they get into worse debt, and may find unauthorized charges on their cards.

In many cases, these companies charge you for things you could do on your own for free. They might open a new card with a low introductory interest rate, or tell you to take advantage of your credit card company's existing hardship programs. And they often use shady tactics — like telling you to stop paying your bills, lying to your credit card company so that you qualify for a hardship program, and not telling you that you'll have to pay additional fees to transfer a balance. If you follow that advice, you'll be in worse financial trouble than ever.

If you need help settling credit card debt, check www.consumer.ftc.gov/articles/0145-settling to learn about your options. There are free ways to do it yourself. And if you need additional help, consider contacting a legitimate credit counseling service.

Source: http://www.consumer.ftc.gov/blog/whats-deal-rachel-card-services-your-top-3-questions-answered?utm_source=govdelivery

Disabled Veterans Social Security Program

Submitted by Derek Nichols
Assistant District Manager, Des Moines

On Veterans Day, the nation honors the men and women who risk their lives to protect our freedom. Social Security honors veterans and active duty members of the military every day by giving them the respect they deserve. A vital part of that is administering the Social Security disability program.

For those who return home with injuries, Social Security is a resource they can turn to. If you know any wounded veterans, please let them know about Social Security's Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security.

Learn more by visiting www.socialsecurity.gov/woundedwarriors.

Social Security is proud to support the veterans and active duty members of the military. Let these heroes know they can count on us when they need to take advantage of their earned benefits.

In Honor of Veteran's Day Puzzle #4

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

Stripes	Tribute	Vital
Survivor	Twenty One Gun Salute	War
Symbolism	Uniform	Weary
Sympathy	Unite	Wisdom
Terrain	Valiant	Women
Territory	Valor	Wounds
Tomb Of The Unknown Soldier	Veteran	Yelling
Training	Victory	Zest

Answers on page 10



- 11/1 – Daylight Savings Time Ends
- 11/1 – All Saints Day
- 11/2 – All Souls Day
- 11/3 – Election Day
- 11/11 – Veteran's Day
All Sites Closed
- 11/26 – Thanksgiving Day
All Sites Closed
- 11/27 – Holiday/Black Friday
All Sites Closed
- 11/30 - Cyber Monday

- Month:
- Aviation History Month
 - National Adoption Awareness Month
 - National Epilepsy Month
 - National Model Railroad Month
 - National Novel Writing Month
 - Native American Heritage Month
 - Peanut Butter Lovers Month
 - National Sleep Comfort Month
- Source: www.HolidayInsights.com



NOVEMBER 1

All Saints
All Souls

NOVEMBER 2



Native American Heritage Month



Upcoming Library Events Adult Programs/Classes

Franklin Avenue Library

Submitted by Kevin C. Kretschmer
Afternoon Book Discussion

Mon, Nov 2, 1:00 p.m.

We will discuss Evergreen by Rebecca Rasmussen. Copies of the book are available at the Information Desk.

Free Advice for Your Device

Tue, Nov 10, 12:30-2:30 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 Evening Book Discussion

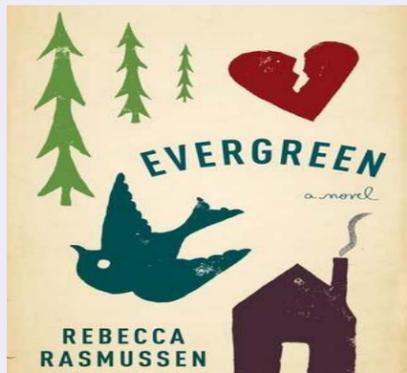
Tue, Nov 10, 6:30 p.m.

We will discuss Life After Life by Kate Atkinson. Copies of the book are available at the Information Desk.

Theodore Roosevelt Rough Rider President

Tue, Nov 10, 6:30 p.m.

Darrel Draper portrays Theodore Roosevelt in a forty-five minute, costumed re-enactment of Roosevelt on the campaign trail in his bid for the presidency as the 1912 Progressive "Bull Moose" Party candidate. He reviews his life from his asthma-plagued childhood, days at Harvard, personal tragedies and victories, military success, and rise to the White House.



North Side Library

Submitted by Laura Walth
Adult Programming Librarian

Chili and a Movie:

Wed. Nov. 4
12:00 p.m.

Join us for chili and a discussion following the movie. See what happens in this 1970s Dick Van Dyke movie filmed in Iowa that mentions turkey in the title.

North Side Book Discussion:

Tues., Nov. 17
2:00 p.m.

We will be discussing Little Mercies, by Heather Gudenkauf. A copy of the book may be picked up at the library. New members are welcome to join us.

Chili and a Movie:

Wed., Nov. 18
12:00 p.m.

Have some chili and see how this movie pieces together the life of a girl named April. Join us for a brief discussion after the movie. A movie with an Iowa connection.

Advice for Your Device:

Wed., Nov. 25
10:00 a.m. to Noon

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.

The Wonderful World of AD

Two words heard more and more by the blind and visually impaired are bringing smiles to many faces. Those two words are "Audio Description." Aided by continuing advances in technology, the entertainment and educational options for better enjoying visually-based media is growing daily. It is truly an exciting time for many blind movie, theater, and television buffs and these accessible offerings are more in demand than ever.

But what exactly is Audio Description (AD)? Language drafted to update the Section 508 Standards of the Rehabilitation Act of 1973 defines it like this:

- Narration added to the soundtrack to describe important visual details that cannot be understood from the main soundtrack alone.

- A means to inform individuals who are blind or who have low vision about visual content essential for comprehension.

- Provides information about actions, characters, scene changes, on-screen text, and other visual content in video.

- Supplements the regular audio track of a program. Audio description is usually added during existing pauses in dialogue.

- Also called "video description" and "descriptive narration."

Here is an overview of some recent developments involving the availability of AD. Enjoy!

The Audio Description Project

An Initiative of the American Council of the Blind, this portion of the ACB web site provides links to a wide variety of articles and links to aid you in exploring the world of Audio Description. Become an expert on AD at the ACB web site. <http://www.acb.org/adp/ad.html>

Movie Theaters and Major Releases

An Audio Description track is being included more often with new and major release movies. The number of movie houses that make headsets available to listen to these tracks is growing. Here is a state-by-state listing: <http://www.acb.org/adp/theatres.html#IA>

How are new releases making their way to theaters?

<http://www.acb.org/adp/movies.html>

If theaters in your area are not yet offering AD, consider making a friendly approach to



management and request that they obtain and offer some audio description-enabled headsets.

Des Moines Performing Arts and Community Playhouse

Des Moines Performing Arts has accessibility information on their web site.

<http://www.desmoinesperformingarts.org/plan-your-visit/accessibility.php>

IRIS maintains a list of upcoming AD performances on their homepage.

<http://iowaradioreading.org/index.html>

Options at home

Audio Description Comes to Netflix

Find out how to activate Audio Description on Netflix: <http://www.acb.org/adp/netflix.html>

The American Council of the Blind's DVD Page

Check out the only complete listing of USA audio described commercial videos!

Vintage and Public Domain Movies

As more old movie titles fall into the public domain, they become candidates for the Audio Description treatment. Check out this selection:

<http://moviesfortheblind.com/>

The Blind Mice Movie Vault is also offering free Audible DVS movies

<http://www.blindbargains.com/bargains.php?m=4158>

For those with hearing loss, too

Here is a roundup of theaters in the Des Moines area offering assistive listening devices available for the hearing impaired.

<http://thehearingclinic-dsm.com/local-assistance/>

If you need assistance with figuring out how to complete everyday tasks when vision loss makes them difficult, contact the Iowa Department for the Blind! We may be able to help!

The Iowa Department for the Blind (IDB) helps educate, train, and empower blind and visually impaired individuals to pursue lifelong goals. If you or someone you know is experiencing vision loss and needs assistance with learning the skills necessary to live independently and/or work competitively, contact the IDB today.

Mail: 524 Fourth Street, Des Moines, IA, 50309-2364

Email: information@blind.state.ia.us

Phone: 515-281-1333

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

Website: www.idbonline.org



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

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 6th St. (6th & Maple)
Valley Junction 9 a.m. to 4 p.m.

Thursday, November 12th, Dallas County Hospital, PERRY, 610 10th St. 9 a.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

VD Answers Puzzle #1

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

VD Answers Puzzle #2

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

VD Answers Puzzle #3

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

VD Answers Puzzle #4

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



TRAVEL OPPORTUNITY

Iowa Girl Tours
 Submitted by Amy Kiederling
 These trips are open to adults of either gender!

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.

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

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.
 ~ Lee Haney, 8 time Mr. Olympia

Exercise Classes Offered

- | | |
|---|--|
| <p>ANKENY
 WEDNESDAYS 10:45 - 11:15 A.M.</p> <p>CENTRAL
 ARTHRITIS EXERCISE
 FRIDAYS 10:00 A.M.
 INSTRUCTOR - SARA BARATTA</p> <p>EAST
 ARTHRITIS EXERCISE
 WEDNESDAYS 10:00 A.M.
 INSTRUCTOR - KRIS MCCAUGHEY</p> <p>JOHNSTON
 "SILVER SNEAKERS"
 WEDNESDAYS 10:15 A.M. - 11:00 A.M.</p> <p>MLK
 ARTHRITIS EXERCISE
 MONDAYS 10:30 - 11:00 A.M.
 INSTRUCTOR - SARA BARATTA</p> <p>NORTH
 ACTIVE ADULTS EXERCISE
 MON., WED. & FRI. 10:00 - 11:00 A.M.
 INSTRUCTOR - Desiree Reichenbacher</p> <p>ARTHROSIS EXERCISE
 TUESDAYS 10:00 - 11:00 A.M.</p> <p>NORTHWEST
 ARTHRITIS EXERCISE
 WED. AND FRI. AT 9:45 A.M.
 INSTRUCTOR - DOROTHY McCLATCHY</p> | <p>NORWOODVILLE
 ARTHRITIS CHAIR EXERCISE
 1ST, 3RD & 4TH THURSDAY @ 10:45 A.M.
 INSTRUCTOR - KRystal SIMONSON</p> <p>CHAIR EXERCISES
 MON., WED. & FRIDAYS 9:00 A.M.
 INSTRUCTOR - VIDEOS</p> <p>PIONEER COLUMBUS
 MON., WED. & 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>SOUTH
 CHAIR YOGA 1ST & 3RD
 THURSDAY 9:00 A.M. - 10:00 A.M.
 FRIDAY, NOVEMBER 6 FROM 9:00 A.M. - 10:00 A.M.
 THURSDAY, NOVEMBER 19 FROM 9:00 A.M. - 10:00 A.M.
 INSTRUCTOR NOREEN GOSCH</p> <p>ARTHROSIS EXERCISE
 TUESDAY & THURSDAY 9:30 A.M.
 INSTRUCTOR - JA NEIL LONG</p> <p>WESTSIDE COMMUNITY CENTER
 ACTIVE ADULTS EXERCISE
 MON., WED. & FRI. 12:30 - 1:30 P.M.
 INSTRUCTOR - Desiree Reichenbacher</p> <p>CHAIR EXERCISES
 MONDAYS & WEDNESDAYS 11:15 A.M.
 INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER</p> |
|---|--|

Volunteer and Make a Difference!

Submitted by Joy Talmon
 RSVP 55+ Initiative Director
www.unitedwaydm.org



Volunteering with big returns! The 55+ Initiative of United Way invites you to join the VITA (Volunteer Income Tax Assistance) program. This program helps income eligible residents by providing free tax preparation services. Volunteers are needed to help as tax preparers (with training starting December 1st) and greeters (with training in January). You do not need any prior experience or interested in helping with taxes, just a joy for helping others. You choose your hours and location! In 2015, VITA assisted 5,787 low-income workers and brought back a total of \$8.5 million to our community. Why not use a few hours of your time this winter helping others? Contact Joy Talmon at jtalmom@unitedwaydm.org or 515-246-6544 to get started!

"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 | |

November Blood Pressure Checks

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

- | | |
|------------------|-------------------------|
| 3 rd | Norwoodville |
| 4 th | Central |
| 5 th | North |
| 9 th | East |
| 10 th | Grimes |
| 11 th | Northwest |
| 12 th | Polk City |
| 13 th | Scott Four Mile |
| 16 th | West |
| 17 th | South |
| 18 th | Pioneer Columbus |
| 19 th | Central |
| 20 th | Altoona |
| 23 rd | Runnells |
| 24 th | Johnston |
| 25 th | Calvary at Norwoodville |



Dates Subject to Change.



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

~ Oprah Winfrey

Information and resources
from a variety of participants:

*Safety * Health Care *Transportation *Housing
Elder Law *Fitness *Nutrition *Benefits *Recreation
*Fresh Refreshment *Raffles *Honoring Senior Community*

Senior Care of Iowa
Presents
Senior Resource Fair

Wednesday, November 4, 2015
9a.m-2p.m

Event is free to the public.

Complimentary refreshment will be served while it lasts.

For information call: 515- 779-7815

Event Location:
Park Fair Mall: Lower Level
100 E. Euclid Avenue, Des Moines, IA 50313

VNS VISITING NURSE SERVICES OF IOWA

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 st & 3 rd Tues.	12:30 p.m.
→ SUPER Bingo	Last Wednesday Only	10:30 a.m.
Polk City	Thursday	2:00 p.m.
Runnells	2 nd & 4 th Wed	Noon
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West Des Moines	Tues. & Thurs.	10:15 a.m.

BINGO BINGO BINGO

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



Visiting Nurse Services: Foster Grandparent Program News!

Sergeant Mark McKinney, of the Des Moines Police Department, spoke to Visiting Nurse Services of Iowa's Foster Grandparents about safety in light of National Service Safety Stand Down Day (Sept. 30).

The group also collected and delivered 10 bags of snacks to first responders in West Des Moines, Ankeny, Altoona, Johnston and Des Moines police departments and fire stations in remembrance of Sept. 11

The Foster Grandparent Program is a federally funded program sponsored by Visiting Nurse Services of Iowa through which seniors give back to the community by mentoring children in schools and daycare centers. The program seeks more stipend-paid volunteers. To volunteer, or for more information, please call Karen Rees, Foster Grandparent program director 515-558-9975.

Scott Four Mile News: Coffee with a Cop! Great success at Four Mile Senior Center!

Submitted by Kathy Gates
Scott Four Mile Coordinator

We had a fantastic turnout for the first "Coffee with a Cop" gathering at the Four Mile Senior Center, on Wednesday, October 7.

We weren't sure what to expect, and became very good at moving and recreating our informal circle, as more and more folks arrived. The officers all introduced themselves, what they do and what population they serve.

We were able to ask questions and received feedback from a variety of officers with different backgrounds. We laughed, and learned, and can't wait till we get to have another.

Would highly recommend you attend one when you see it on a calendar!!



Eastside News: Yankees Win World Series!

The Eastside Senior Center held their own World Series with the Yankees defeating the Twins, 1-0. Ida Rush scored the only run — which was a home run. We had a total of 6 teams with 30 seniors participating.

Base hits were made by rolling two dice. Harry Caray started us off by singing "Take Me Out to the Ballgame." Everyone had a "ball."

Pictured:

The Yankees — Don Miller, Ida Rush, Pat Kintz, Nancy Smith, DeOwen Johannes



thanksgiving
gather family
thankful family
blessed grateful
together blessings
november