



Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • January 1 - 31, 2016

Hitting 90 - Doesn't Slow This Ankeny Volunteer



Ruth Burrows, volunteer w/ Maureen Schaeffer, Ankeny staff

Submitted by Maureen Schaeffer, Ankeny, Site Coordinator

Walk inside the Neveln Center and you'll find Ruth Burrows at her regular post at the senior center. The 90-year-old volunteer greets people five days of the week, as she has done for the last 20 years. "I've been there so long I just answer people's questions, too," said Burrows, who moved to Ankeny 55 years ago. "I really enjoy these people and I know everyone by name."

She can be counted on to arrive promptly at 7:30 a.m. to make the coffee and get the center ready for visitors — even in a blizzard. She leaves after lunch and walks the block and a half back to her house. "I walk everywhere," Burrows said. "I never drove. I just walk every place. The doctor says as long as I keep on walking, I'll be OK." "Ruth comes here every day just like the postman," Site Coordinator, Maureen Schaeffer said.

The Neveln Center is located inside what used to be Ankeny High School, at 406 S.W. School St. According to the Ankeny Community Schools website, it is the oldest public building in Ankeny. It houses many non-profit groups, including

Volunteer: Continued on page 5



Polk County River Place Food Pantry



The Polk County River Place Food Pantry, located at 2309 Euclid Avenue, offers individuals and families a three-day supply of healthy, nutritional food and other non-essential non-food items. Food is distributed to those in need, once per calendar month, without income being a consideration.

Individuals/families seeking assistance should bring photo identification with them each time they visit the Food Pantry. Other forms of identification such as a social security card, medical card, school I.D., etc. will be accepted for children.

Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. If interested in donating food items or make an online monetary donation, please visit the website to see what items are in immediate need of. <https://www.dmarcunited.org/movethefood/>.

South Senior Center Potluck

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



On the 1st Saturday of this month (January 2nd), we hold a Potluck lunch.

Just bring a dish to share. Doors open at 10:30 a.m. Eat lunch at noon and stay in the afternoon to play cards, bingo, etc. Table service is provided along with coffee and tea. Come join us for good food and fun.

This potluck is for anyone over 60 years of age regardless of if you attend a center or not.

Inclement Weather Policy

for Polk County Senior Services

During the winter months, it is the intention of Polk County Senior Services to open and operate its centers as scheduled. However, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.

When this occurs, announcements will be made. As a rule, when the Des Moines Public Schools are closed, due to inclement winter weather, so are the Polk County Senior Centers.

There are several ways seniors can find out if sites are closed:

- Go to www.polkcountyiowa.gov. Scroll down the left hand column to the Polk County Updates header.
- Click on the Polk County Sr. Svcs link to find the info.
- Listen/watch for the school closing announcements on local television stations.
- If still unsure: Call your senior center and listen to the recorded message for updates and directions.
- Call the administrative office at 286-3679 for information.

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.polkcountyiowa.gov



Medicare Fraud Schemes

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



Getting a phone call offering items for free may sound great, but it's just one example of how fraudsters steal tax payer dollars from the federal health care system. Scam artists often offer 'free' back/knee braces, glucose monitors, scooters, or diabetic supplies. They always say it's free, and **they always ask for your Medicare number!**

Medicare is not free. Medicare is insurance paid by taxpayer dollars, and it's important to protect your benefits and your money.

Never accept free items or services from strangers who call or come to your door. Never give out your Medicare number to strangers, including people at health fairs providing 'free' services like toe nail clipping, eye exams, blood pressure and cholesterol checks, and diabetic shoes.

Detect possible fraud by reviewing your Medicare Summary Notices for any suspicious charges or items that have been double billed. Then report any suspected fraud to the Iowa Senior Medicare Patrol (SMP) at 1-800-423-2449. The Iowa SMP works to educate beneficiaries about Medicare fraud and abuse.

Iowa Senior Medicare Patrol (SMP) is a project of Aging Resources of Central Iowa.

STOP ROBOCALLS!

LET VOICEMAIL AND CALLER-ID DO ALL THE WORK!

Never answer your phone unless you recognize the caller-id. Allow all calls with IDs that you don't recognize go to voice mail.

If you happen to answer a sales-telemarketing robocall (those prerecorded, unsolicited annoyances that are invading homes every day like a swarm of gnats!) hang up immediately; don't press any number option. If you do, you're signaling that you're a live human being at a working number, which may result in more, never ending robocalls!



Brrrr!!! Winter Word Puzzle



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

- | | | |
|------------|---------------|--------------|
| blizzards | gloves | polar bear |
| blue jay | hat | scarves |
| boots | hockey | shiver |
| cardinals | holly | shovel |
| chilly | ice | skiing |
| coat | ice fishing | sledding |
| cocoa | icicles | snow |
| evergreens | January | snowball |
| fireplace | marshmallows | snowboarding |
| freezing | mittens | snowflake |
| frigid | MLK Jr | snowman |
| frost | New Years Day | toboggan |
| frost bite | Olympics | wind chill |

Brrr!!! Winter Word Puzzle answers on page 11

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 January. Any questions, please call Daiynna @ 286-3536.

Happy New Year!

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.

January Recipes

A Lil' Bit Of This...and A Lil' Bit Of That!



Snowcapped Red Velvet Cookies

YIELDS - 3 1/2 dozen
 PREP - 15 Min
 COOK TIME - 8 Min
 READY IN - 23 Min

No one will be able to take their eyes off of your cookie platters when you bake up a batch these eye-catching Snowcapped Red Velvet Cookies. Boasting a cream cheese frosting snow, you'll be on the receiving end of a mountain of raves.

What You'll Need:

- 1 (18.25-ounce) package red velvet cake mix
- 2 eggs
- 1/2 cup vegetable oil
- 2 tablespoons water
- 1 cup white chocolate chips
- 1 (16-ounce) container cream cheese frosting

What To Do:

1. Preheat oven to 350 degrees F. Coat baking sheets with cooking spray.
2. In a large bowl, combine cake mix, eggs, oil, and water; mix well. Stir in white chocolate chips and drop by teaspoonfuls onto prepared baking sheets.
3. Bake 8 to 10 minutes or until lightly browned around edges. Cool slightly and remove to wire racks.
4. When cookies are cooled completely, pipe cream cheese frosting in center of each cookie, forming a peak, by using a plastic storage bag with an end snipped off. Serve immediately or place in airtight containers.

Source: <http://www.mrfood.com>



Hot and Crispy Zucchini Bites

Between the contrast of the texture from the panko bread crumbs and the full-flavored Parmesan cheese, these will be hard to stay away from! But not to worry, these appetizers are a diabetes delight, so feel free to indulge!

Serves: 6
 Serving Size: 4 Bites
 Cooking Time: 10 min

slices

- 1/2 cup panko (Japanese-style) bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon reduced-fat mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon black pepper

What To Do:

1. Preheat broiler. Line a baking sheet with aluminum foil.
2. In a medium saucepan over high heat, bring 1 inch water to boil. Add zucchini slices, reduce heat to low, and simmer 3 to 5 minutes, or until just tender. Drain and pat dry with paper towels.
3. In a small bowl, mix bread crumbs, cheese, garlic powder, onion powder, seasoning salt, and black pepper. Spread mayonnaise on one side of each zucchini slice. Coat that side with bread crumb mixture and arrange on prepared baking sheet.
4. Broil 4 to 5 inches from heat 2 to 3 minutes, or until golden brown. Serve immediately.

Source: <http://www.everydaydiabeticrecipes.com/>

What You'll Need:

- 2 zucchini, cut on the diagonal into 3/4-inch thick



I HAVE DECIDED TO STICK WITH LOVE.
 HATE IS TOO GREAT A BURDEN TO BEAR.

- MARTIN LUTHER KING, JR.

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

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



January Pie Menu



Jan. 7 Strawberry Crème Pie

Jan.14 Lemon Meringue Pie

Jan. 21 Pecan Pie

Jan. 28 Chocolate Crème Pie



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.

Roast beef

Lemon pepper fish

Country herb chicken

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

1700-068-5-13

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City: _____ State: _____ Zip : _____

Phone: _____

Email: _____

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

Winter Travel Safety Tips for the Visually Impaired

Submitted by: **Empish J. Thomas,**
CVI's Public Education Manager

Burr, Burr its cold outside! Slippery ice, piles of snow, and blustering winds can be a challenge to travel especially if you are a novice winter traveler. December, January and February can be the coldest months of the year. So what is a visually impaired person to do that wants to travel in the chilly weather? Well, if you are ready to travel, looking for an outdoor adventure or



want to enhance your mobility skills read on for some useful travel tips.

1. First get mentally prepared. Traveling in the winter with a white cane is often more time consuming and more physically and mentally tiring. Depending on where you are going it can also be more dangerous than traveling in good weather. The cold can be distracting making it difficult to concentrate. So get prepared by learning as much about the location you are traveling to, ask questions, check weather reports and give yourself plenty of time to get to where you want to go.

2. Stay warm by looking carefully at your wardrobe. Be sure to dress in layers so you can remove as needed when traveling in and outdoors. Sweaters, turtlenecks, flannel shirts, wool blazers and corduroy jeans are great clothing to wear under a coat or heavy jacket that can keep you warm and comfortable.

3. Next look at your hands. Mittens and gloves can keep your hands warm but can be difficult to use with a white cane. Some people cut off the tips of their gloves so they can feel the cane better. Others cut the glove part off but keep the lining in place for coverage without losing sensitivity. Or you can adapt your mittens for holding a cane by cutting a hole at the tip, inserting the cane into the hole, and putting your hand in the mitten to hold the cane.

4. Wear good winter boots with soles that have good traction. The soles should not be too thick, or else you will lose sensitivity from the ground surface. Also, be sure the boots fit properly to avoid discomfort and foot blisters. Consider using traction devices that you put on the bottom of your boots that grip the snow/ice and make walking easier and less slippery. Get good socks for boot wearing. Not all socks are alike. If you are unsure talk to a department store clerk or sporting goods salesperson.

5. Keep your head covered. The majority of a person's body heat is lost if the head is not covered. Choose

close-fitting hats. Or cover your head with a scarf and wrap the loose ends around the neck; tucking into the coat collar. Avoid hats with ear flaps, ear muffins or hoods because they can block your ability to hear important sounds necessary for travel.

6. Be Visible to drivers. Darkness can come faster during winter months and you want to be sure that drivers can see you on the street and sidewalks. Use a reflector or reflecting tape on your coat or jacket. Travel with a flashlight. Also, wear bright colored clothing like reds, oranges and yellows to stand out against the snow.

7. Pay more attention to your white cane. Since you are traveling on snow and ice you need to pay closer attention to the surfaces you are walking on. You might need to tap your cane harder on the ground to get to the concrete under a pile of snow or to break up ice patches. Also, when approaching a curb, the snow may be piled up at the edge making it difficult to find that curb cut. So test the ground carefully beforehand.

8. Keep track. Be sure that you travel with a charged cell phone so you can call for help if needed. Also, use an accessible compass or a handy app on your Smartphone to keep track of your directions and location. So are you ready to travel in the cold winter weather? Or do you just want to stay home by the fire with a hot cup of eggnog or apple cider?

Helpful aids and devices

Consider these helpful tips to enhance winter excursions:

- Keep some ice melt handy in a plastic jug for quick deicing of the walks leading to your door.
- Make good clothing choices - an item like fingerless gloves or a hat that does not cover your ears may enable better feel with your cane and better hearing of the sounds of the world around you.
- Try a pair of Yaktrax, Bigfoot Ice Claws, or other cleat-oriented attachments for your boots or shoes. These simple devices can make all the difference in providing improved traction on icy surfaces. Check local outdoor clothing and sporting goods stores for supplies.
- Consult your favorite tech device—be it television, computer, tablet, or mobile phone. Keeping apprised of current conditions via your favorite weather forecast provides excellent input for prudent trip planning, consideration of alternative routes, or taking the option of not going out at all during the height of inclement conditions.
- Travel with a friend - the buddy system makes everything more fun.

Source: Center for Visually Impaired – Sightseeing Blog

Interested in Helping Others?



The River Place Food Pantry located at 2309 Euclid Avenue is in need of volunteers. Volunteers assist clients with selecting a 3 day supply of healthy, nutritious foods. Individuals wishing to volunteer are asked to commit to a 2-3 hour shift. Food Pantry hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.

Volunteers should be at least 18 years of age and able to pass a criminal and child and dependent adult registry check. The Food Pantry also welcomes corporate/church groups wishing to volunteer. Due to the size of the pantry, we ask that groups limit their size to 3-4 individuals per shift.

If you are interested in volunteering, please visit our website at <http://www.polkcountyiowa.gov/cfys/services/river-place-food-pantry/> to complete the volunteer paperwork.

For more information, contact Paulette Stodgel at paulette.stodgel@polkcountyiowa.gov or by calling her at 515-286-3780.

IS YOUR GROCERY BUDGET TIGHT?

IF YOUR HOUSEHOLD IS AT OR BELOW THE FOLLOWING RANGE, YOU MAY BE ELIGIBLE FOR FOOD ASSISTANCE

HOUSEHOLD SIZE	GROSS MONTHLY INCOME	HOUSEHOLD SIZE	GROSS MONTHLY INCOME
1	\$1,570	5	\$3,789
2	\$2,125	6	\$4,344
3	\$2,680	7	\$4,898
4	\$3,234	8	\$5,453

*FOR EACH ADDITIONAL PERSON, ADD \$556

For assistance with an application or questions about the IFBA Food Assistance Outreach Program

Call the Hotline:

1-855-944-FOOD(3663)

or Email: FoodAssistanceOutreach@iowafba.org

OR APPLY ONLINE AT WWW.OASIS.IOWA.GOV



LEARN MORE ABOUT THE IOWA FOOD BANK ASSOCIATION AT WWW.IOWAFBA.ORG

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP
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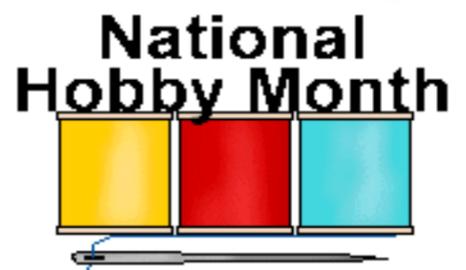


Jan. 1st – New Year's Day
SITES CLOSED
Jan. 18th - Martin Luther King, Jr. Day
SITES CLOSED

Month:

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- National Hot Tea Month
- National Oatmeal Month
- National Soup Month

Source: www.HolidayInsights.com



MAKE LIFESAVING A HABIT



S.A.L.T. Meeting

(Seniors and Law-Enforcement Together)
 January 19th • 12:30 p.m.
 North Senior Center
Presentation: 'Fire Safety'



Ask the Naturalist

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

Question: I have a question I am hoping you can answer.

How do cavities in trees form? Thanks for helping!

Avery, Des Moines

Answer: Many trees develop cavities as a result of decay. Decay happens as the tree ages or as a result of an injury to the outer bark. Storm damage may knock down a tree limb, incorrect pruning, and woodpecker damage all create cavities. Rotting occurs around these injury spots and may spread down the trunk or into the heartwood of the tree.

Hitting 90 - Doesn't Slow This Ankeny Volunteer

Volunteer: Continued from page 1

the Ankeny Senior Citizen Center, the Neveln Children's Health Clinic and the Alpha Women's Center and many others.

Burrows began volunteering at the senior center 20 years ago when her husband died.

"I haven't missed many days," she said. "I broke both wrists this past winter. One just got healed up and I fell and broke the other one." But she didn't let that stop her. Within a week she was back to her volunteering job. "I sat right here with my bandages on," she said pointing to the chair behind the check-in desk.

The routine of unlocking, setting up the coffee station, monitoring the donation box and checking in people keeps her actively connected to the community. She plays Wii bowling every day and readies the center for the morning pool players.

"Ruth is one of the first people I met when I first moved to Ankeny three years ago," neighbor Harriette Westbrook said. "Although she's some (years) older than I am, she works circles around me and nothing seems to slow her down. Her faithfulness at serving at the senior center — no matter what the weather or even when still healing from some broken bones — amazes me."

The Neveln staff threw a 90th birthday party for Burrows in October. About 95 people attended.

"She said she'd retire at 90 (from her volunteering job) so I had one day to change her mind," Schaefer said.

She must have been pretty persuasive because Burrows promised to work 10 more years.

"It makes me feel good to come here and work," Burrows said.

Thanks Ruth for all that you do and for being that very special, inspiring you!

(Photo by Kathleen Hurley/For the Register)

2016 RENT REIMBURSEMENT

2015 INCOME GUIDELINES

\$ 22,359.99/YEAR
 OR
 \$ 1,863.33/MONTH

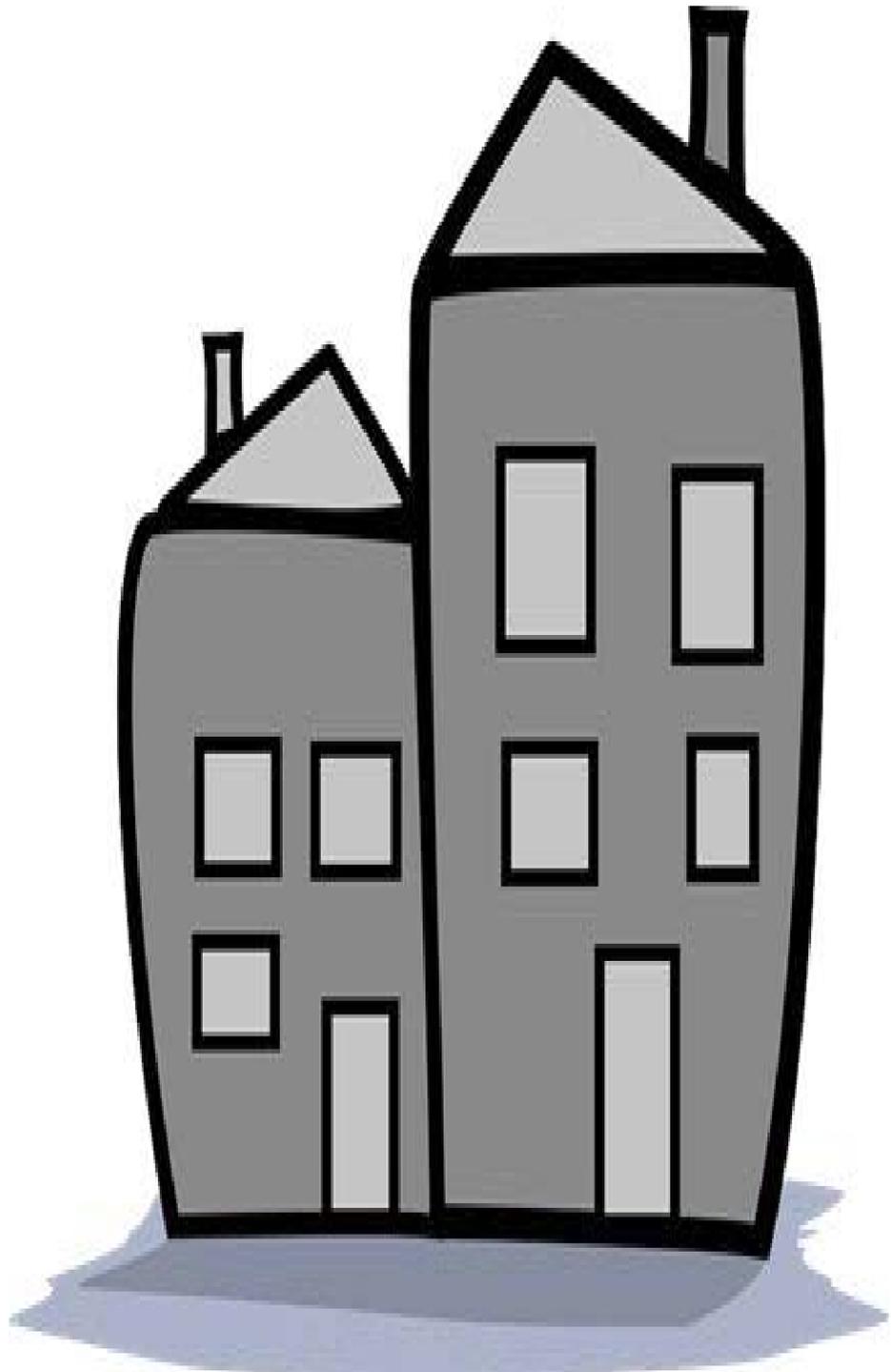
Must include any deducted income including

- Medicare Part B Premium
- Insurance Premiums
- Child Support/Alimony

POLK COUNTY PEER ADVOCATE PROGRAM

515-286-2112
 2309 EUCLID AVENUE
 DES MOINES, IOWA

Must be 60 or older
All Services are FREE



2016 Rent Reimbursement Assistance

Tuesday, January 19, 2016	Central Senior Center	2008 Forest Ave Des Moines	9 a.m. - 11 a.m.
Thursday, January 21, 2016	East Senior Center	1231 E. 26th St Des Moines	9:30 a. m. - 11 a.m.
Friday, January 22, 2016	North Senior Center	2nd & Euclid (Park Fair Mall) Des Moines	10 a.m. - Noon
Monday, January 25, 2016	Pioneer Columbus Senior Center	2100 SE 5th St. Des Moines	10 a.m. - 11 a.m.
Thursday, January 28, 2016	South Senior Center	100 Payton Des Moines	9:30 a.m. - 11 a.m.

Please bring the following information with you:

- **2015 Proof of Income (Social Security Income, VA Income, and Employment Income) from everyone in the home (Roommates apply separately)**
- **Letters of Disability if under 65 (SSDI award letter, VA disability letter, or letter from Physicians)**
- **Amount of Rent Paid in 2015**
- **Photo ID**
- **Social Security Number/Card**

REMEMBER, RENT REIMBURSEMENT IS BASED ON YOUR INCOME IN 2015, NOT 2016!

Senior Services Spotlight: Senior Administrative Office



L to R - Joyce Webb – Program Manager, Joy Ihle – Program Administrator



L to R - Jaime Stevens, Program Specialist, Daiynna Brown, Program Specialist



L to R - Peggy Bendixen, Secretary, Lindsay Bellerjeau, Social Worker. Not Pictured: Sarah Freilinger, Social Worker



L to R - Kisha Burkett, Hollie McCargar, Lexi Evans: Reception / Floater staff



Senior Services Administrative Office is located in River Place West, located at 2309 Euclid Ave.

This office houses the Senior Services Program Administrator, Program Manager, Program Specialists, Senior Services staff, Adult Services and Child Adult Care Food Program

Joy Ihle, Program Administrator & Joyce Webb, Program Manager

Joy and Joyce oversee and coordinate the staff and services for the sixteen Senior and Congregate meal sites. They contribute information and recommendations for programming, identifying trends, monitor customer service standards, and determine program improvements and implement change. They are community liaisons and part of the community network that connect the older adult with programming and services.

Joy has been with Polk County Community Family and Youth Services for 18 years and Joyce for 30 years.

Daiynna Brown – Program Specialist

Daiynna is the editor of the Senior Bulletin. Along with various other duties, she is a craft class instructor at a few of the senior sites, holds special events, like the popular Senior Fishing Derby, helps with the Annual Senior Fest and Health Fair, and serves on a committee for the Polk County Volunteers Recognition Dinner. Daiynna has worked with Community Family & Youth for 28 years.

Services provided to older adults from this office are:

Adult Services - Lindsay Bellerjeau, Social Worker & Sarah Freilinger, Social Worker; Peggy Bendixen, Secretary

Transportation

Transportation is provided for low income disabled citizens 18 and older, who are unable to use the city bus for necessary trips. Individuals will be considered for trips to medical appointments, grocery store, and once a month miscellaneous trip. Income eligible dialysis patients who have no transportation may also apply.



Congregate Meals Site/Senior Center

Transportation is provided to congregate meal sites for those citizens age 60 or older, who can't provide transportation for themselves to the nearest senior center. A once a week grocery shopping trip is provided from many of the senior centers.

Meals On Wheels

The program provides a home delivered lunch time meal each weekday to those who are homebound, low-income, live alone and are unable to prepare nutritious meals for themselves. Optional frozen meals are available and delivered on Friday for the weekend.

Protective Payee

Financial management and budget counseling services for low income individuals demonstrating the inability to manage money to meet their basic needs are provided via contract with Children & Families of Iowa.

To Apply Call: 515-286-3484

A telephone assessment will be completed and mandatory home visit will be scheduled prior to approval of services.

Front Desk Reception - Herkisha Burkett & Lexi Evans

Herkisha and Lexi are the faces that welcome you to the Senior Administration offices. They coordinate the senior living cabs on a daily basis, handle our lunch orders for the coming day, and help ensure that our office runs smooth day to day.

Senior Living Cabs

Senior Services provides 6 round-trip rides a year for seniors to medical appointments in the Polk County area. Seniors must reside in Polk County and be over the age of 60 to participate and are not receiving other transportation services. There are no income restrictions, contributions are welcome.

Seniors need to call the day before their appointment Monday through Friday 8:00 a.m. – 4:30 p.m. to schedule a ride. A short intake form will be completed over the phone the first time a ride is scheduled.

AMBUCARE rides can be provided for those that are wheelchair bound. For more information or to schedule a ride call 515-286-3679.

Floater - Hollie McCargar & Lexi Evans

Hollie and Lexi are easily found at any one of the 16 sites covering for staff whom are gone for time off. They also step in and are able to assist the senior meal sites around the county on special event days.

PEER Advocate Program - Jaime Stevens, Program Specialist

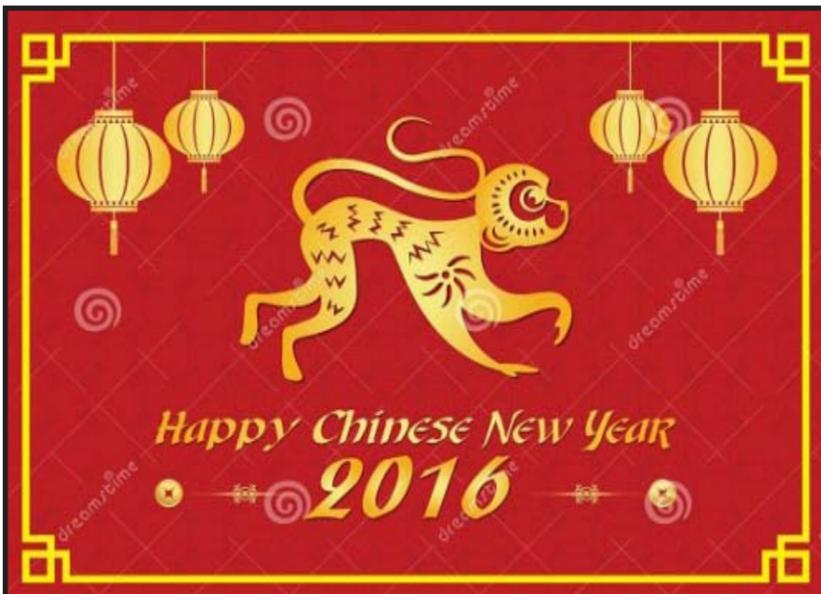
PEER Advocates are volunteers over the age of 60 who have completed an initial counseling skills training and participate in ongoing seminars. They are available to help other people, age 60 or older, with a variety of situations, concerns, problems, or questions.

The PEER Advocate Program will take a referral from any person. We receive calls from persons calling for themselves, from neighbors, concerned friends, doctors, hospital social workers, and family members. If for any reason you are concerned about an older adult living in Polk County, please call (515) 286-2112.

The PEER Advocate program has been partnered with the Iowa Insurance Division and has been a sponsor site for the Senior Health Insurance Information Program (SHIIP) since 1992. There are currently 4 active volunteers who have been through additional training to work with seniors on Medicare and Medicaid programs. We have also partnered with the Iowa Department of Revenue to assist those who are 60 and older file for Rent Reimbursement once a year. All services are provided free of charge.



Unique Art Work Exhibit from Local Talent



Submitted and written by Joyce O'Brien, Artist

There will be an exhibit of Joyce O'Brien's talented work on display at Wesley Life, located at 3520 Grand Ave. in Des Moines, the entire month of January. It is open to the public on Monday – Friday, from 10 a.m. to 6 p.m.

A little info about the artist - Joyce O'Brien - 91

I was born in Mingo, Iowa in 1924, graduated from Oskaloosa High School at age 16.

I then moved to Urbandale with family and worked at a bank in Downtown Des Moines, during WWII. I met my husband during that time, who was stationed at Drake with the Air Force, for two years during the war. We married at the end of WWII and moved to Cedar Rapid, living there for over 50 years. We were in the used car business for many years, until a lull in that business presented an opportunity to form a partnership with Fred VanDyke, in the auto salvage yard business. This business grew im-

mensely from 3 acres to 30, and from 3 employees to 21, with an additional smaller yard located in a smaller town.

It was a demanding business that required a lot of time and sometimes lengthy travel. During those times of travel, I found I needed something to do. I had always been interested in painting with oils and sewing. Since I could not take oils with me on these trips, but I could take yarn, so I came up with the idea of painting with yarn. I use no patterns, no marking of any kind, strictly free-style, working only from a photograph as my model.

Each picture takes from 400 to 700 hours to create. I use Persian Wool from my medium, my style is Hyper/Realism. My picture "Iowa Hub" hangs in the governor's Office at the Iowa State Capitol building, in the reception area outside Robert Ray conference room. Here are some pictures of my Fiber Art Work, hope you enjoy. If so, please stop out and take a look at my exhibit.

ooo

Social Drumming

After Dark



Celebrate the new year with an Adventures in Social Drumming evening event to remember at your facility!

Community members will take an inter active role in exploring past experiences and establishing common bonds through an evening of Social Drumming

Social Drumming is an all inclusive recreation activity

<http://alzheimersmusicconnect.us8.list-manage1.com/track/click?u=4104d0670ac70ea540f6a924f&id=dcafa58ab7&e=b6eea32de3>



Brought to you in part by Adventures in Social Drama

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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 *Closed*



New Year's Day

4

Turkey Ham N Bean Soup
Brussels Sprouts
Grape Juice
Cornbread

98
649

5

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

75
750

6

Pork Chops w/ Pineapple
Carrots
Potato Salad
Strawberries
Sponge Cake

79
557

6

FLEXMEAL OPTION
Harvest Chicken Salad
Strawberries
Sponge Cake

56
634

7

BBQ Chicken Sandwich
Peas N Carrots
Dutchess Potatoes
Mixed Fruit
WW Bun

124
798

8

Tuna Salad on Bun
Minestrone Soup
Cooked Cabbage
Orange Juice
Trail Mix
Chocolate Milk

101
765

11

Beef N Noodles
Mashed Potatoes
Broccoli
Berry Blend

62
540

12

Hamburger Cabbage
Casserole
Peas
Tropical Fruit Salad
Peach Crisp

118
938

13

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

87
713



13

FLEXMEAL OPTION
Liver & Onions
Baby Potatoes
Lettuce Salad
Fresh Orange
Blueberry Muffin

99
737

14

Beef Pepper Steak
Mixed Vegetables
Brown Rice
Apple Juice

93
608

15

Salmon Patty
Diced Potatoes
Creamed Peas
Banana
Chocolate Milk

84
682



18 *Closed*



Martin Luther King, Jr. Day

19

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

57
569



20

Chicken Tortellini Soup
Squash
Banana
Birthday Cake

126
775

20

FLEXMEAL OPTION
Bratwurst w/ Sauerkraut
Squash
Banana
WW Bun
Birthday Cake

125
989

21

Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Raisins
WW Dinner Roll

91
740

22

Breakfast Bake
Spinach
Fresh Orange
Pumpkin Apple Muffin
Chocolate Milk

80
639

25

Pork Ham Slice
Texas Style Cheesy
Potatoes
Germany Vegetable Blend
Strawberries

93
660

26

Shepherd's Pie
Spinach
Peaches
Blueberry Crisp

110
711

27

Turkey Burger
Lettuce/Tomato/Onion
Baked Beans
Fresh Banana
WW Bun

68
683

27

FLEXMEAL OPTION
BBQ Riblet w/ pickles
Lettuce/Tomato/Onion
Baked Beans
Fresh Banana
WW Bun

102
777

28

Meatloaf
Sweet Potatoes
Green Beans
Orange Juice
WW Dinner Roll

93
753

29

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. 46th Ave (Broadway)
Monday - Thursday 2:30 to 3:30 p.m.
(or as long as food lasts)
Ran by Barb Houseman

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

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

Meals Sponsored by Central Iowa Shelters

All menus have been verified to meet the Dietary Reference Intakes (DRIs) established by the Food and Nutrition Board of the Nutrition Research Council of The National Academy of Science **with the EXCEPTION of Wednesday *FLEX MEAL menu.**

Serving size: 3 oz. meat/alternative, 2 1/2 c servings of vegetables, 1/2 c fruit, 1/2 c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.

Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Menu



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

Questions? Call the site nearest you!

Polk County Senior Centers Meal Site Locations & Staff

Altoona
Open 9:30 a.m. to 1:30 p.m.
507-13th Avenue SW
Altoona, 50009
Phone: 967-1853
Site Coordinator: Natalie Olson
Serving time: 11:30 a.m.

Ankeny
Open 9:30 a.m. to 1:30 p.m.
406 S.W. School Street, Suite 104
Ankeny 50021
Phone: 963-0527
FT Site Coordinator: Maureen Schaefer
PT Site Coordinator: Mary Scaglione
Serving time: 11:30 a.m.

Central
Open 8:00 a.m. - 5:00 p.m.
2008 Forest
Des Moines 50314
Phone: 286-3677
Site Supervisor: Sam McCrorey
Program Aide: Sara Baratta
Serving time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only
Open 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY @ Deaf Seniors: 262-3420
Site Supervisor: Dan Sauser
Serving time: 11:30 a.m.

East
Open 8:00 a.m. - 5:00 p.m.
1231 E. 26th Street
Des Moines 50317
Phone: 265-8461
Site Supervisor: Ranae Nerem
Program Aide: Kris McCaughey
Serving time: 11:30 a.m.

Grimes
Open 9:30 a.m. - 1:30 p.m.
410 S.E. Main Street
Grimes 50111
Phone: 986-5747
Site Coordinator: Rene' Leppert
Serving time: 11:30 a.m.

Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline Ver Schuer
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 Cox
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

Billiards/Pool
Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
Central.....Daily @ 8:00 a.m. to 5:00 p.m.
East.....Daily @ 8:00 a.m. to 5:00 p.m.
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
North.....Daily @ 8:00 a.m. to 5:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Puzzles
Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
Central.....Daily @ 8:00 a.m. to 5:00 p.m.
East.....Daily @ 8:00 a.m. to 5:00 p.m.
Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.
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.
Norwoodville.....Daily @ 8:00 a.m. to 5:00 p.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Book Club
Northwest.....First Monday of the Month @ 10:00 a.m.

Ceramics
Central.....Mon./Fri. @ 12:30 p.m.
East.....Thursdays @ 9:00 a.m.
Pioneer Columbus.....Thursdays @ 12:30 p.m.
South.....Mondays @ 12:30 p.m.
Westside.....Mondays @ 9:30 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 @ 9:30 a.m.
Grimes.....2nd Thursday @ 12:15 p.m.
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.

Dominoes
Altoona.....Daily @ 9:30 a.m. - 1:30 p.m.
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
Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
Johnston.....Mondays @ 1:00 p.m.
Northwest.....2nd & 4th Monday @ 12:30 p.m.
Westside.....Thursdays @ 12:30 p.m.

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

Mah Jong
Ankeny.....Fridays @ 1:00 p.m. to 3:00 p.m.
Johnston.....Tuesdays @ 9:30 a.m. to 3:00 p.m.

Movie & Popcorn Day
Norwoodville.....Tuesdays @ 9:00 a.m.

Paper Crafting
Runnells.....1st Thursdays @ 10:30 a.m.

Pokeno
East.....Mondays & Fridays @ 10:30 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
Altoona.....Daily @ 9:00 a.m. - 1:30 p.m.
Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.
Johnston.....Daily @ 9:00 a.m. - 1:30 p.m.
MLK.....Daily @ 12:30 p.m.
North.....Daily @ 8:00 a.m. - 5:00 p.m.
Northwest.....Daily @ 8:00 a.m. - 5:00 p.m.
Pioneer Columbus.....Daily @ 8:00 - 11 a.m.

Times may be subject to change. It is advisable if interested in activities listed that you check with that specific site, as hours of operation vary between some of the sites and programming sometimes changes with other events going on throughout the year.

January Tournaments

8 Ball Pool Tournament 15 th @ North – 9:00 a.m. 29 th @ North – 9:00 a.m.	11 th @ South – 12:30 p.m. 25 th @ N’ville – 12:30 p.m. 25 th @ South – 12:30 p.m.	13 th @ N’ville – 12:30 p.m. 20 th @ N’ville – 12:30 p.m. 27 th @ N’ville – 12:30 p.m.
9 Ball Pool Tournament 8 th @ North – 9:00 a.m. 22 nd @ North – 9:00 a.m.	Cribbage 1 st Friday @ North – 12:30 p.m. 1 st Friday @ South – 12:30 p.m. 2 nd Friday @ South – 12:30 p.m. 3 rd Friday @ Northwest – 12:30 p.m. 4 th Friday @ South – 12:30 p.m. 5 th Friday @ North – 12:30 p.m. (when applicable) 5 th Friday @ South – 12:30 p.m. (when applicable)	Double Pinochle 7 th @ South – 12:30 p.m. 14 th @ South – 12:30 p.m. 21 st @ South – 12:30 p.m. 28 th @ South – 12:30 p.m.
10 Point Pitch 5 th @ South – 12:30 p.m. 12 th @ South – 12:30 p.m. 19 th @ South – 12:30 p.m. 26 th @ South – 12:30 p.m.	500 4 th @ N’ville – 12:30 p.m. 4 th @ South – 12:30 p.m. 11 th @ N’ville – 12:30 p.m.	Pinochle 6 th @ N’ville – 12:30 p.m.

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

January Social Card/Domino Parties

Mondays - Closed 1/18 for MLK Holiday
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.
Cribbage @ Grimes @ 10:00 a.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
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 - Closed 1/1 for New Year’s Day Holiday
Bridge @ Ankeny @ 12:15 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.

Social Security News: Access Affordable Health Care And The Insurance Marketplace

Submitted by Derek Nichols

The Affordable Care Act (ACA) provides Americans with better health security by expanding coverage, lowering healthcare costs, guaranteeing more choice, and enhancing the quality of care for all Americans. Everyone is entitled to affordable healthcare.

Under the law, a new "Patient's Bill of Rights" gives the American people the stability and flexibility they need to make informed choices about their health. Some of the benefits of this coverage include:

- **Ending Pre-Existing Condition Exclusions for Children:** Health plans can no longer limit or deny benefits to children under 19 due to a pre-existing condition.

- **Keeping Young Adults Covered:** If you are under 26, you may be eligible to be covered under your parent's health plan.

- **Ending Arbitrary Withdrawals of Insurance Coverage:** Insurers can no longer cancel your coverage just because you made an honest mistake.

- **Guaranteeing Your Right to Appeal:** You

now have the right to ask that your plan reconsider its denial of payment.

Open enrollment began in November and ends January 31. Compare healthcare plans so that you can find the best one for you, and sign up before the enrollment period ends. You can learn more about the insurance marketplace and how to apply for benefits at www.healthcare.gov.

If you are 65 or older, you are entitled to Medicare. Certain people younger than age 65 can qualify for Medicare, including those who have disabilities and those who have permanent kidney failure. The program helps with the cost of healthcare, but it does not cover all medical expenses or the cost of most long-term care.

You can access everything you need for Medicare, including online applications and publications, at www.socialsecurity.gov/medicare.

Social Security and affordable healthcare go hand-in-hand. The Affordable Care Act and Medicare help ensure that you and your family are covered.

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

Social Security: Questions & Answers

Submitted by Derek Nichols

Question: What is a *Social Security Statement*, and how can I get a copy?

Answer: Your online *Social Security Statement* gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits you and your family may be eligible for. You can get your personal *Statement* online by using your own *my Social Security* account. If you don't yet have an account, you can easily create one.

To set up or use your account to get your online *Statement*, go to www.socialsecurity.gov/myaccount.

We also mail *Statements* to workers attaining ages 25, 30, 35, 40, 45, 50, 55, 60 and older, three months prior to their birthday, if they don't receive Social Security benefits and don't have a *my Social Security* account. If you don't want to wait for your *Statement*, you can access it online, whatever time of year you need it.

Question: My neighbor, who is retired, told me that the income he receives from his part-time job at the local nursery gives him an increase in his Social Security benefits. Is that right?

Answer: Retirees who return to work after they start receiving benefits may be able to receive a higher benefit based on those earnings. This is because Social Security automatically re-computes the retirement benefit after crediting the additional earnings to the individual's earnings record. Learn more by reading the publication,

How Work Affects Your Benefits, at www.socialsecurity.gov/pubs.

Question: Can I get both Supplemental Security Income (SSI) and Social Security benefits based on my disability?

Answer: Many people eligible for Social Security disability benefits also may be eligible for SSI. The disability decision for one program is the same for the other, but you must meet additional resource and income limits to qualify for SSI benefits. Learn all about SSI and whether or not you may qualify by reading the publication, *You May Be Able To Get Supplemental Security Income (SSI)* at www.socialsecurity.gov/pubs.

Question: Will my eligibility for the *Extra Help* with Medicare prescription drug plan costs be reviewed and, if so, how often?

Answer: If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

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No DART Service on New Year's Day

Submitted by Kirstin Baer-Harding, Marketing Director
DART, Des Moines Area Regional Transit Authority



DART will not operate bus service on Friday, Jan. 1, 2016, in observation of New Year's Day. DART Central Station is closed. Regular service and office hours will resume on Saturday, Jan. 2, 2016.

Winter Weather

Rider Alerts, Tips & Tools

Winter weather is finally upon us, but snow, ice or slush doesn't stop DART buses from running. Make your trip on DART hassle-free this winter:

- **Rider Alerts:** In cases of severe winter weather, DART publishes rider alerts about every 30 minutes on ridedart.com, Facebook and Twitter.

- **Winter Riding Tips:** Leave early, be visible, play it safe, dress warmly and check rider alerts.

- **Real-Time Tools:** Download the RideTime mobile app to know if your bus is early, delayed or on time during winter weather.

Stay up to date with DART

Email Alerts, Social Media



Get updates on route-specific information and detours, promotions, service changes and more by signing up for DART email updates and following DART on social media.

- **Email updates:** To sign up, [click here](#) or visit ridedart.com and click on "Join DART Email Lists"

- **Social media:** DART is on [Facebook](#), [Twitter](#) and [Instagram](#). Search "RideDART" to find us.

February Service Change

The next DART service change is effective Sunday, Feb. 21, 2016. Complete details on routes with changes will be available in early 2016.

For more information, please visit ridedart.com or contact Customer Service at 515-283-8100 or dart@ridedart.com.

North Side Library News

Submitted by Laura Walth

Adult Programming Librarian, North Side Library

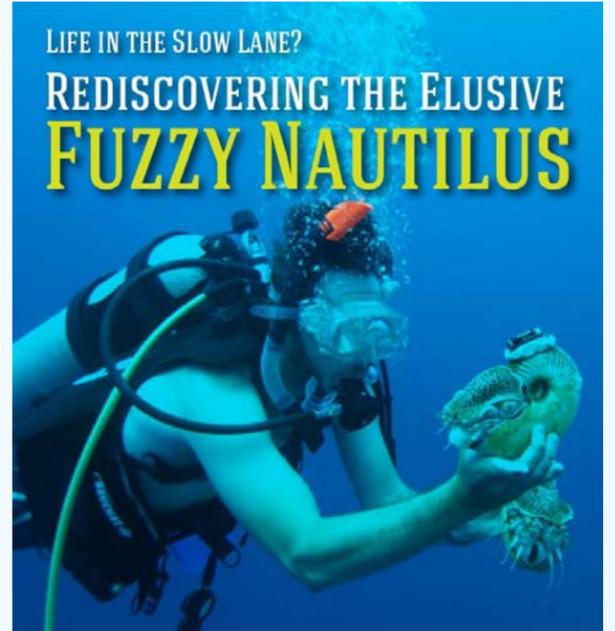
Life in the Slow Lane? Rediscovering the Elusive Fuzzy Nautilus

Wednesday, January 13th

5:00 p.m.

Dr. Gregory Jeff Borard traveled to Papua, New Guinea to search for nautilus called *Allonautilus scrobiculatus*, also known as the fuzzy nautilus. This particular nautilus had not been seen by scientists for over 30 years, and there were suggestions that it may have been fished to extinction. Dr. Borard will share how they rediscovered the species again!

Photo Credit: Dr. Peter Ward



North Side Book Discussion

Tuesday, January 19, 2:00 p.m.

We will be discussing *Angry Housewives Eating Bon Bons*, by Lorna Landvik. Copies of the book may be picked up at the library. North Side Library Meeting Room

Free Family Movie

Friday, January 15, 3:30 p.m.

Bring your grandchildren, with their blankets and pillows, for a movie about a girl and all of the feelings that she has inside of her. Popcorn while supplies last. You may bring your own pop (with lid). All ages welcome. North Side Library Meeting Room.

Free Advice for Your Device

Wednesday, January 27, 10:00 AM-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. North Side Library Meeting Room

Exercise Classes Offered

ANKENY

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

CENTRAL

ARTHRITIS EXERCISE

FRIDAYS 10:00 A.M.

INSTRUCTOR - SARA BARATTA

EAST

ARTHRITIS EXERCISE

WEDNESDAYS 10:00 A.M.

INSTRUCTOR - KRIS MCCAUGHEY

ACTIVE ADULT EXERCISE

EAST - 12:30 P.M. M W F

INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY

GRIMES

CHAIR YOGA

TUESDAYS 10:15 A.M. - 11:00 A.M.

JOHNSTON

"SILVER SNEAKERS"

WEDNESDAYS 9:45 A.M. - 10:30 A.M.

YOGA

TUESDAYS 9:30 A.M. & 10:45 A.M.

ZUMBA GOLD

THURSDAYS @ 9:00 A.M.

MLK

ARTHRITIS EXERCISE

MONDAYS 10:30 - 11:00 A.M.

INSTRUCTOR - SARA BARATTA

NORTH

ACTIVE ADULTS EXERCISE

MON., WED. & FRI. 10:00 - 11:00 A.M.

INSTRUCTOR - DESIREE REICHENBACHER

ARTHRITIS EXERCISE

TUESDAYS 10:00 - 11:00 A.M.

NORTHWEST

ARTHRITIS EXERCISE

WED. AND FRI. AT 9:45 A.M.

INSTRUCTOR - DOROTHY McCLATCHEY

NORWOODVILLE

ARTHRITIS CHAIR EXERCISE

1ST, 3RD & 4TH THURSDAY @ 10:45 A.M.

INSTRUCTOR - KRISTAL SIMONSON

CHAIR EXERCISES

MON., WED. & FRIDAYS 9:00 A.M.

INSTRUCTOR - VIDEOS

PIONEER COLUMBUS

MON., WED. & FRI. 10:30 A.M.

INSTRUCTOR - GLORIA ANNETT

EXERCISE ROOM WITH NEW EQUIPMENT

AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.

SOUTH

MWF - ACTIVE ADULT FITNESS @ 8:15 A.M.

INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY

TUES - ARTHRITIS CLASS @ 9:30

INSTRUCTOR - JANEIL LONG

THURSDAY - CHAIR YOGA - 9 TO 10 A.M.

DECEMBER 3RD & 17TH

INSTRUCTOR - NOREEN GOSCH

WESTSIDE

ACTIVE ADULTS EXERCISE

MON., WED. & FRI. 12:30 - 1:30 P.M.

INSTRUCTOR - DESIREE REICHENBACHER

CHAIR EXERCISES

MONDAYS & WEDNESDAYS 11:15 A.M.

INSTRUCTORS: MAUREEN SEXTON, RICHARD ANDERSON AND FERN PARKER

MEDITATION YOGA

TUESDAYS 12:30 P.M.

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

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 | |

January Blood Pressure Checks

Services provided by VNS of Iowa Nursing Staff
Donna Monson, RN Community Health Nurse
(check specific center for time of clinic)

- 4th Ankeny (provided by Nurse Volunteer)
- 4th East
- 5th Norwoodville
- 6th Central
- 7th North
- 8th Scott Four Mile
- 12th Grimes
- 13th Northwest
- 14th Polk City East
- 15th Altoona
- 18th MLK, Jr.
- 19th South
- 20th Pioneer Columbus
- 21st Central
- 22nd North
- 25th West
- 26th Johnston
- 27th Calvary at Norwoodville
- 28th Runnells



Dates Subject to Change.

Winter Word Puzzle Answer Key

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

Franklin Avenue Library News

Submitted by Kevin C. Kretschmer
Adult Services Librarian, Franklin Avenue Library

Adult Programs/Classes

Franklin Afternoon Book Discussion

Monday, January 4, 1:00 p.m.

We will discuss *Me Before You* by Jojo Moyes. Copies of the book are available at the Information Desk.

Franklin Evening Book Discussion

Tuesday, January 12, 6:30 p.m.

We will discuss *The Rosie Project* by Graeme Simsion. Copies of the book are available at the Information Desk.

Free Advice for Your Device

Saturday, January 16, 10:00 a.m.-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.

The Iowa Caucuses: Appearance and Reality

Tuesday, January 26, 6:30 p.m.

Dennis Goldford, Drake University professor, political analyst for KCCI-TV, and co-author of *The Iowa Precinct Caucuses: The Making of a Media Event*, will speak on the history of the Iowa caucuses and analyze the 2016 races. He will describe how the Iowa caucuses have come to play such a significant role in presidential politics. He will try to answer the question "What do the caucuses do (or not do) in the races for the presidential nominations?"

VNS
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- Receive ongoing training

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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	10:30 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	12:30 p.m.
Scott Four Mile	Mon. & Fri.	10:45 a.m.
South	Wed. & Fri.	10:30 a.m.
West	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

Local VNS Senior Companions Recognized at Annual Celebration

Submitted by **Katie McIntyre**
Community Relations Coordinator
HCI-VNS Care Services

Visiting Nurse Services of Iowa's Senior Companion Program's held their annual recognition event, on December 3rd, at Redeemer Lutheran Church. Each Senior Companion received a certificate recognizing his/her years of service, a \$20 gift card, and a catered lunch. Senior Companion's shared about how serving in the program has improved their lives. If you are 55 years old or older and interested in providing weekly supportive visits to seniors in your neighborhood while earning \$300-\$400 each month, please contact Julia at 515-558-9957 or email at juliat@vnsia.org. This income is tax-free and does not decrease any benefits you are currently receiving.

Pictured from left to right: Connie Boucher (Des Moines) and Dixie Houge (Des Moines) were all smiles at the VNS event.



Johnston Events: Holiday Fun at Crown Point

Submitted by **Caroline VerSchuer**
Site Coordinator, Johnston

Gina Gedler local singer/entertainer performed at the Johnston Senior Center along with her accompanist Ben Hagen for a wonderful Holiday Party. Polk County Board of Supervisor Bob Brownell also attended the Holiday noon dinner. The entertaining duo was enjoyed by all with a lot of laughter, singing and/or dancing.

Pat Lengeman, master quilter displayed a beautiful hand stitched quilt completed by the "Johnston Sew-cial" group. The quilt squares were donated to the center. Each block had a hand embroidered state flower representing all fifty states. Posted were the dates each state became a part of the Union.



Robert Brownell/Pat



West Des Moines Senior Center Events: Month Full of Holiday Spirit

Submitted by **Linda Mason, Program Aide • West**

West Des Moines Senior Center had the Christmas spirit in a big way this year. This was our second Christmas in the new building and we kicked off December with a Christmas sing-a-long with Angie Burger from Accessible Home Health Care. Then we had 180 seniors join us for a fabulous Christmas party, with a

performance from Cathy Klobnak and Don Wilson.

The very next day the Des Moines Senior singers came out to give us a concert which is always so fun to have them.

The next week we started off with 116 kids (23rd Street Singers) stopping by to perform a Christmas concert for us. They were awesome!!!

On Wednesday of that week we also had a pianist (Mark Chalis) give us a Christmas concert and we closed that week with a Cookie Exchange. YUM! YUM! What fun!

We all enjoyed the Christmas season together and of course we had to finish the year off with a huge tailgate party to cheer on them HAWKS!!!!!!



Richard, Betty, Rose, Santa & Marilyn



Ruth & Shirley – looking all festive