



Bulletin

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



North Senior Center Hosts The First Des Moines Metropolitan TRIAD

Submitted by Debra Cason, RN, MSN, RNCS

October 12, 2015 was a great day for the Des Moines Metropolitan Area older adults. After many months of meetings, tireless work and great enthusiasm, a Cooperative Agreement to form the Des Moines Metropolitan TRIAD was signed. The formation of the new TRIAD and the establishment of Seniors and Law Enforcement Together (S.A.L.T.) Councils aim to help improve the safety and decrease crime and exploitation targeting older adults.

The ceremony was held at the North Senior Center and was well attended by seniors, members of law enforcement, local government community agencies and state directors of agencies who work with older adults. It was a celebration that received local news coverage and community support.

The Cooperative Agreement was

signed by Dana Wingert, Des Moines Chief of Police, Bill McCarthy, Polk County Sheriff, John TeKippe, Des Moines Fire Chief, John Sarcone, Polk County Attorney, Angela Connolly, Chairperson Polk County Board of Supervisors, Kent Sovern, AARP State Director, Carol Sipfle, Greater Iowa Chapter Alzheimer's Association, Joel Olah, Executive Director Aging Resources of Central Iowa, and Debra Cason, RN, MSN, RNCS.

At the celebration a Quality of Life survey was distributed to gather data in order to focus education on the specific needs of this aggregate group. On October 19, 2015 the first S.A.L.T. (Seniors and Law-Enforcement Together) meeting was held at the North Senior Center. Attending was Ted Jefferson, Fire Inspector, Captain, Dave Huberty from Des Moines Police and Sergeant Jeff Rullman, from the Polk County Sheriff's

Office. Thirty-eight seniors attended. Seniors were able to meet these Community Officers, ask questions and learn the goals of S.A.L.T. The aggregate data from the surveys was reviewed and a plan was developed for the calendar of education based on the stated concerns.

It is the goal of the Des Moines Metropolitan TRIAD to continue to expand to all area senior centers following the laying of the foundation with this first group of seniors. The subsequent site will be the South Senior Center and expand outward from there as needs dictate.

The next S.A.L.T. meetings are:
• **December 15, 2015, 12:30 p.m.,** at North Senior Center: Presentation: 'Neighborhood Watch'
• **January 19, 2016, 12:30 p.m.,** at North Senior Center: Presentation: 'Fire Safety'

McClintock Earns Playhouse Dionysos Award



The Des Moines Community Playhouse held the 2015 Dionysos Awards earlier this summer honoring 18 backstage, front-of-house, and education volunteers, and six acting award winners.

Receiving a 2015 Volunteer of the Year Award was form Polk County Senior Services Director Barbara McClintock. Volunteer honorees, including McClintock, give their time to building sets and props, sewing costumes, shifting scenery, running lights and sound, acting, organizing auditions, visiting classrooms, corresponding with students about shows, touring the state with radio shows, assisting with theatre classes, tearing tickets, and welcoming motorcoach groups.

Barbara McClintock has gone from novice properties designer to expert in

just a few short seasons. Her work on two shows is proof. For "Girls' Weekend," Barb kept the laughs rolling by concocting spaghetti sauce that stuck just so to actress Nancy Zubrod's face and by learning the fine art of rolling a joint. For "Charlotte's Web," she created more family-friendly fare including the pig Wilbur's trough of scraps, a disgustingly realistic rotten egg, and the perfect spider egg sac. Barb's delight at creating wonderful props, whether charming or crazy, is evident to audiences.

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 (**December 5th**), 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.

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.polkcountyia.gov/cfys/services/river-place-food-pantry/> to complete the volunteer paperwork. For more information, contact Paulette Stodgel at paulette.stodgel@polkcountyia.gov or by calling her at 515-286-3780.

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



Peace on earth and goodwill to all!

Holiday Tunes

Away in a Manger
Choir of the Bells
Dominick the Donkey
Frosty the Snowman
Holly Jolly Christmas
Jingle Bell Rock
Jingle Bells
Let it Snow
Little Drummer Boy
Little St Nick
O Holy Night
Rudolph
Santa Baby
Silent Night
Silver Bells
The Christmas Song
The First Noel
Winter Wonderland

Chicken Scratch NY

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

CHRISTMAS WORD FIND

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

CHRISTMAS
HOLLY
ORNAMENT
MISTLETOE
GREEN
RED
SILVER
BELLS
JINGLE
HOHOHO
STAR
SANTA
HOLIDAY

STOCKING
JOY
MERRY
CARD
PRESENT
BOW
SNOWFLAKE
TREE
GINGERBREAD
WREATH
SNOWMAN
CANDLE





Biscuit n' Gravy Breakfast

Norwoodville Community Center
3077 N.E. 4th (Broadway) Ave.
will be having a Biscuits n' Gravy Fundraiser

**Wednesday, December 9th,
from 7:00 to 10:00 a.m.**

\$5.00 All you can eat...
take home trays available.





DART Holiday Service Notifications

Submitted by Kirstin Baer-Harding, Marketing Director
DART (Des Moines Area Regional Transit Authority - ridedart.com)
Enriching Lives, Connecting Communities, Expanding Opportunities



No DART service on Christmas Day

DART will not operate bus service on Friday, Dec. 25, 2015, in observation of Christmas Day and DART Central Station and the administrative offices will be closed. On Thursday, Dec. 24, 2015, DART service will run modified weekday service, ending two hours early, in observation of Christmas Eve. The last outbound trips depart DART Central Station at 8:45 p.m. and upon arriving back downtown buses will go to the DART bus garage and will not stop at DART Central Station. Regular hours for customer service window, schedule information phones and administrative offices. DART Central Station closes will close at 9 p.m. IMPORTANT NOTE: Shortened schedule will not be reflected in MyDART Trip Planner, Next DART Bus, Real-Time Map or Alerts. DART reminds riders to plan their trips accordingly. Regular service and office hours will resume on Saturday, Dec. 26, 2015.

No DART service on New Year's Day

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.

SS News: Gather The Family Around My Social Security

By Derek Nichols, Social Security Assistant District Manager in DSM

Each holiday gathering is special. Families and friends get together to see how big the kids have gotten, catch up on family news from the summer and new school year, and remind each other to be grateful for what we have.

But what's the best way to know what you have to be thankful for when it comes to Social Security disability or retirement benefits?

This year, between holiday presents and eggnog, give your loved ones the gift of access, knowledge, and empowerment that they'll be thankful to have.

Before everyone gathers around the glow of a fire, gather around the glow of the computer screen and pull up www.socialsecurity.gov/myaccount to open a free *my Social Security* account. There, your friends and family who don't yet receive benefits can access their:

- Earnings information;
- *Social Security Statements*; and
- Estimates of future benefits if they are still working.

This information is invaluable to family members — both young and old — or family members who are planning to file for disability benefits. It can help them make informed financial decisions about the future.

If your loved one is already receiving retirement or disability benefits, *my Social Security* is useful for quick and easy updates and changes like:

- Changes of address;
- Direct deposit information;
- Replacing a Medicare card; and
- Receiving replacement SSA-1099 or SSA-1042S documents for tax season.

By showing your loved ones how to access this resource and encouraging them to open their own *my Social Security* accounts, you can keep the good feeling of gratitude going all year round. Join the more than 20 million families and friends already using *my Social Security* to stay informed of their benefits and prepare for the future. Gather the family around www.socialsecurity.gov/myaccount. It's the gift that keeps giving all year long.

Social Security: Q & A

Question: I prefer reading by audio book. Does Social Security have audio publications?

Answer: Yes, we have many helpful publications you can listen to. You can find them at www.socialsecurity.gov/pubs. Some of the publications available include *What You Can Do Online*, *How Social Security Can Help You When a Family Member Dies*, *Apply Online for Social Security Benefits*, and *Your Social Security Card and Number*. You can listen now at www.socialsecurity.gov/pubs.

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov.

Question: How are my retirement benefits calculated?

Answer: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our *Retirement Estimator*, which offers estimates based on your Social Security earnings. You can find the *Retirement Estimator* at www.socialsecurity.gov/estimator.

Question: I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also be going up by two years, from age 62 to 64?

Answer: No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at www.socialsecurity.gov.



Diabetic Research Study

Never taken METFORMIN, but your doctor thinks you need it?

- Are you over the age of 25, **AND**
- Have a HgA1c that is BETWEEN 7.5-10.5, **AND**
- Have been on all of your current medications for 3 months...?
- You may qualify for a diabetic study trialing a new medication!

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

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 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.



Recreation Committee

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

December Pie Menu



Dec. 3	Peach Pie
Dec. 10	Cherry Pie
Dec. 17	Coconut Crème Pie
Dec. 24	Site Closed
Dec. 31	Boston Crème Pie



Important Dates

- 12/6 – Hannukah Begins
- 12/7 – Pearl Harbor Remembrance
- 12/21 – Winter Solstice
- 12/24 – Christmas Eve – Sites Closed
- 12/25 – Christmas – Sites Closed
- 12/26 – Kwanzaa Begins
- 12/31 – New Year's Eve

Month:
• Bingo Month
• Write a Friend Month
Source: www.HolidayInsights.com









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.

The Sad Case Of Mary Florence Whalen



The Importance of a Final Disposition
Written & Submitted by Marlon Mormann
Attorney at Law - Des Moines IA • 515 710 0902

Mary Florence had been separated from her husband for 16 years when she visited Iowa in 2012. She became ill and died within the State on June 9, 2012. A 2008 law created by the Iowa legislature gave her estranged husband the right to decide her burial. Mary Florence had already made funeral arrangements in Montana with the purchase of a cemetery plot and casket with detailed written instructions. She had lived in Montana for 51 years and raised 10 children there. The case went to the Supreme Court of Iowa while her body lay in an Anamosa Funeral Home until the decision was release in February 22, 2013. The Supreme Court sided with her estranged husband. Iowa law does not recognize the burial instructions of the deceased. Iowa law gives full burial rights to the husband first and if none, the children and down the list it goes. Mary Florence was buried in Iowa per her estranged husband's petulant demand. Mary Florence could have taken that statutory right away from her estranged husband by completing a Final Disposition form in front of a Notary and two witnesses. She still would not control where she was laid to rest but would control the person who made the decision. Many lawyers will complete a Final Disposition form at no cost.

Marlon Mormann is a retired Unemployment Judge now in a part time general practice.

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Des Moines, Iowa 50310

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T

W

Th

F



1
Hamburger Cabbage Casserole
Peas
Tropical Fruit Salad
Peach Crisp

118
938

2
Pork Chops with Gravy
Carrots
Mashed Potatoes
Strawberries
Sponge Cake

69
554

2
FLEXMEALOPTION
Hot Dog
Carrots
Mashed Potatoes
Strawberries
Sponge Cake

93
575

3
Beef Pepper Steak
Tomato Sauce
Mixed Vegetables
Apple Juice
Brown Rice

83
729

4
Pizza Bake
Green Beans
Lettuce Salad
Breadstick
Pineapple Tidbits
Chocolate Milk

98
717

7
Chicken Supreme
Spinach
Mixed Melon
Bread Pudding

61
561

8
Beef Taco Salad
Mexicali Corn
Lettuce/cheese
Fresh Orange
WG Taco Tub

72
617

9
Chef Salad w/tomato wedge
Baby Potatoes
Banana
Bran Muffin

107
777

9
FLEXMEALOPTION
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Bran Muffin

119
802

10
Pork Roast w/gravy
Mashed Potatoes
Broccoli
WW Dinner Roll
Pineapple

154
977

11
Tuna Noodle Casserole
Corn
Lettuce Salad
Applesauce
Lemon Bar
Chocolate Milk

94
676

14
Hearty Italian Vegetable Beef Soup
Peas
Apple Juice
Pumpkin Apple Muffin

74
605

15
Italian Chicken
Squash
Pasta Salad
Tropical Fruit
Rice Crispy Treat

105
782



16
Sweet N Sour Meatballs
Mixed Vegetables
Banana
Brown Rice
Birthday Cake

133
941

16
FLEXMEALOPTION
BBQ Riblet w/pickles
Mixed Vegetables
Banana
Birthday Cake
WW Bun

134
961

17
Salisbury Steak
Brussels Sprouts
Mashed Potatoes
Mandarin Oranges
WW Dinner Roll

74
684

18
Sloppy Joe
Cooked Cabbage
Diced Potatoes
Craisins
WW Bun
Chocolate Milk

114
792

21
Ham Sandwich
Broccoli Cheese Soup
Corn
Fresh Apple
Cherry Almond Crisp

113
832

22
Shepherd's Pie
Lettuce Salad
Glazed Carrots
Berry Blend

81
660



23
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Brownie

82
682

23
FLEXMEALOPTION
Chicken Caesar Salad
Fresh Orange
Brownie

80
813



28
Baked Chicken
Party Potatoes
Orange Juice
WW Dinner roll
Cookie

77
650

29
Cali Burger
Lettuce/tomato/onion
Baked Beans
WW Bun
Applesauce

77
655

30
Chicken Stew
Cooked Cabbage
Tropical Fruit Salad
WW Bread

81
683

30
FLEXMEALOPTION
Sweet Spinach Salad
Tropical Fruit Salad
WW Bread

77
743

31
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

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 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.
WestsideMondays @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.
Westside2nd & 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.

December Tournaments

8 Ball Pool Tournament

11th @ North – 9:00 a.m.

9 Ball Pool Tournament

4th @ North – 9:00 a.m.
18th @ North – 9:00 a.m.

10 Point Pitch

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

500

7th @ N’ville – 12:30 p.m.
7th @ South – 12:30 p.m.
14th @ N’ville – 12:30 p.m.

14th @ South – 12:30 p.m.

21st @ N’ville – 12:30 p.m.

21st @ South – 12:30 p.m.

28th @ N’ville – 12:30 p.m.

28th @ South – 12:30 p.m.

Cribbage

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

5th Friday @ South – 12:30 p.m.

(when applicable)

Pinochle

7th @ N’ville – 12:30 p.m.
14th @ N’ville – 12:30 p.m.
21st @ N’ville – 12:30 p.m.
28th @ N’ville – 12:30 p.m.

Double Pinochle

3rd @ South – 12:30 p.m.
10th @ South – 12:30 p.m.
17th @ South – 12:30 p.m.
31st @ South – 12:30 p.m.

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

December 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.
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 - Closed 12/24

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 12/5 for 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.

Don't Let The Grinch Ruin Your Holidays!

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

1. The Grinch will be showing up and hacking into the computers and card processors of major retailers. In fact, they may be there already. Use your credit card or cash exclusively when shopping in stores and online. Credit cards usually have more protection than Debit cards.

2. Gift cards can be an attractive solution for buying gifts for hard-to-please friends or fussy relatives. Crooks have found a way to rob you of your gift card balance. Crooks are now jotting down the card numbers in the store and then wait a few days and call to see how much of a balance is on the card. Once they find the card is "activated" they go online and start shopping. You may want to purchase your card from a customer service person, where they do not have the Gift Cards viewable to the public.

3. Fake Charities abound! The holidays are also a time to think of those less fortunate and scammers are ready to take advantage of our charitable inclinations. Many charities have names that sound similar to those of legitimate charities, so it is important to check out a charity before you make a donation. A place to go in order to find out if a charity is legitimate or not is <http://www.charitynavigator.org/> Also, remember that you can never be sure who is really contacting you when you get a telephone call, text message or e-mail purporting to be from a legitimate charity. If you are inclined to give, you contact the charity directly at a website or telephone number that you know is real in order to make your donation.

4. Package theft is another area of concern, with more and more people shopping on line and more packages being delivered to homes. Do Not leave unattended packages on your door step. If you have a package sent require a signature upon delivery and if no one is going to be home have the package held at the nearest service location so you can pick it up at your convenience.

5. "Remember if it is too good to be true, it probably is." Federal authorities are warning many websites that appear to be selling popular brands could actually be fake. Officials say counterfeiters

have stepped up their game in recent years, going beyond peddling phony merchandise on street corners and flea markets to form elaborate criminal networks to perpetrate their scheme. Officials have shut down 1500 fake retailer websites, including those appearing to sell high-end brand-name jewelry, popular clothing lines, workout DVD's and top kid's products. Consumers should look for a working customer service number or a brick and mortar store and call them to ask if the site you are looking at is legitimate.

6. The Grandparent scam, as families gather for the holidays, scammers may target the elderly with a desperate call or e-mail from a "stranded" grandchild or loved one claiming they've had their wallet stolen, or are in a situation where they need money immediately. Remember to resist the pressure to act quickly. Try to contact the person or other family members to determine if the call is legitimate. Do not send money by wire or pre-paid cash card based on a request made over the phone or in an e-mail, especially overseas. Money sent in these ways cannot be recovered.

7. Travel is a big part of the holiday season for many people, and we often look for the best flights and hotel deals online. Cyber criminals are present here as well, working hard to trick you into giving up your credit card number and other private information. Be wary of unrealistically low prices on flights and hotels and stick to reputable sites.

8. Thieves take advantage of busy malls and frantic shoppers to steal purses and wallets. Never leave your purse or wallet unattended in a cart or on the counter. Bring only what you are going to use. Use a purse that fits diagonally across your body.

9. At all times of the year do not give out your personal information such as Medicare, Medicaid, Social Security, credit card or bank numbers in return for free products or services. Remember Medicare does not make phone calls!

Be Smart – Be Careful and enjoy the holidays!
Iowa Senior Medicare Patrol (SMP) a Project of Aging Resources of Central Iowa, 5835 Grand Avenue, Des Moines, IA 50312.

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Green Bag PROGRAM FOR SENIORS 60+

FREE 10 pound bag of Fruits and Vegetables once a month

Third Wednesday of Every Month at 1 - 2pm
at Park Fair Mall, Lower level, Ste;107
100 E. Euclid Avenue;
Des Moines, IA 50310

Program Requirements:

Must Meet Gross Income Requirements (\$20,147 or less annually or \$1,265 or less monthly for one person in the home)
Must be AT LEAST 60 years old
Must come and stay for the 20 minute nutrition presentation
Only one bag per household

For More Information Contact Frankie @ 515-779-7815

Questions? E-mail: info@seniorcareofiowa.com

Fill half your plate with fruits & veggies





S.A.T Business

Brought to you by SENIOR CARE OF IOWA

www.seniorcareofiowa.com

Ask the Naturalist

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

Question: Will crows mob kittens? There used to be a hawk that frequently sat in a certain tree. He has not been there recently. I believe it is due to the fact that a bunch of crows have moved into the area. I have read about mobbing and wonder if this is what has occurred. I have two five month old kittens that are in a nearby barn. I worried about the hawk preying on them but he seems to have moved on. There is a cornfield very close by. Thanks, Kathy



Answer: Mobbing can occur anytime of the year, but is most prevalent during nesting season. The purpose of mobbing is thought to distract predators (like hawks or owls) away from the nest site. Crows are done nesting now, so I can't imagine that they'll see your kittens as a threat.

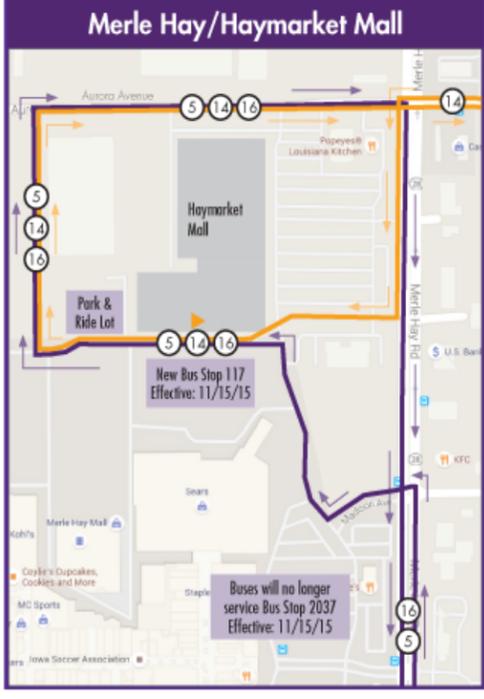
MERLE HAY MALL BUS STOP CHANGES

Bus Stop 2037 Merle Hay Mall is moving to Haymarket Mall's south entrance near Felix & Oscar's and Hobby Lobby.

The NEW Bus Stop is 117 Merle Hay/Haymarket Mall.

Schedule times will not be adjusted.

For more information please call Customer Service at 515-283-8100 or email dart@ridedart.com.





515-283-8100 ▶ ridedart.com

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>ACTIVE ADULT EXERCISE EAST - 12:30 P.M. M W F INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY</p> <p>GRIMES CHAIR YOGA TUESDAYS 10:15 A.M. - 11:00 A.M.</p> <p>JOHNSTON "SILVER SNEAKERS" WEDNESDAYS 9:45 A.M. - 10:30 A.M.</p> <p>YOGA TUESDAYS 9:30 A.M. & 10:45 A.M.</p> <p>ZUMBA GOLD THURSDAYS @ 9:00 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>ARTHRITIS EXERCISE TUESDAYS 10:00 - 11:00 A.M.</p>	<p>NORTHWEST ARTHRITIS EXERCISE WED. AND FRI. AT 9:45 A.M. INSTRUCTOR - DOROTHY McCLATCHEY</p> <p>NORWOODVILLE ARTHRITIS CHAIR EXERCISE 1ST, 3RD & 4TH THURSDAY @ 10:45 A.M. INSTRUCTOR - KRISTAL 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 MWF - ACTIVE ADULT FITNESS @ 8:15 A.M. INSTRUCTOR - KIM SLYCORD OF LIVE 2 B HEALTHY</p> <p>TUES - ARTHRITIS CLASS @ 9:30 INSTRUCTOR - JA'NEIL LONG</p> <p>THURSDAY - CHAIR YOGA - 9 TO 10 A.M. DECEMBER 3RD & 17TH INSTRUCTOR - NOREEN GOSCH</p> <p>WESTSIDE 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> <p>MEDITATION YOGA TUESDAYS 12:30 P.M.</p>
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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

Online Nutrition And Food Safety Lessons Address Needs Of Older Iowans

By Sarah Francis, Laura Sternweis



Ames, Iowa — Older Iowans can quickly learn about what to eat, how to keep food safe and how to increase their physical activity by trying free online nutrition lessons from Iowa State University Extension and Outreach.

“Almost one-quarter of older Iowans are at-risk for malnutrition or are malnourished,” said Sarah L. Francis, a nutrition and wellness extension state specialist and associate professor in the College

of Human Sciences.

“Food safety also is a concern for older Iowans, who are at increased risk of foodborne illness. They can lower their risk by following safe food handling practices,” Francis said.

Francis and her research team developed seven online lessons to address the nutritional and food safety needs of older Iowans. Three lessons address nutrition, because Francis’ research indicated older Iowans often are not eating at least three meals daily and have limited intakes of fruits, vegetables and protein-rich foods – lifestyle barriers contributing to their nutritional risk. In addition, most older Iowans are not physically active, so Francis and her team developed a lesson on physical activity. Three food safety lessons addressing identified “high needs” areas were developed as well.

These free, online lessons provide a brief (five to eight minutes) overview of the recommended behaviors and the associated benefits, Francis said. Each lesson also includes links to other online resources. The lessons are Feast of Fruits and Vegetables, Three Meals a Day, Power Up with Protein, Exercise Your Independence, Freeze Smart, Thaw Safely and It’s All about the Temperature. The lessons are available for viewing online at www.extension.iastate.edu/humansciences/midlife-nutrition-wellness.

For more information contact Francis at sfranci@iastate.edu or 515-294-1456, or any Human Sciences Extension and Outreach specialist in nutrition and wellness.

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.

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	

December Blood Pressure Checks

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

- 1st Norwoodville
- 2nd Central
- 3rd North
- 7th Ankeny (provided by Nurse Volunteer)
- 8th MLK
- 9th Northwest
- 10th Polk City
- 11th Scott Four Mile
- 14th East
- 15th South
- 16th Pioneer Columbus
- 17th Central
- 18th Altoona
- 21st West
- 22nd Johnston
- 23rd Calvary at Norwoodville
- 28th Runnells



Dates Subject to Change.

Holiday Tunes - Answer Key

Christmas Word Find - Answer Key

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.

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

TRICK OR TREAT!!!

The seniors at Northwest Community Center had a howling good time at the annual Halloween party. There was a friendly bean bag competition, a costume contest and lots of tricks and treats. In addition, some celebrities were in attendance. There was Cher, Marilyn Monroe, Viking fans, several witches and many others. The two finalists in the costume contest were Donald Trump (James Pattison) and Dorothy and Toto from Kansas (Beverly Boal and Toto as himself). Congratulations to Dorothy for taking the top prize!



Upcoming Library Events Adult Programs/Classes

Franklin Library

Submitted by Kevin C. Kretschmer,
Adult Services Librarian

Franklin Afternoon Book Discussion Monday, Dec. 7th, 1:00 p.m.

We will discuss *Under the Wide and Starry Sky* by Nancy Horan. Copies of the book are available at the Information Desk.

Franklin Evening Book Discussion Tuesday, Dec. 8th, 6:30 p.m.

What was your favorite book of 2015? Bring a treat to share if you wish.

Songs of the Season Tuesday, Dec. 8th, 6:30 p.m.

The Meredith Middle School Singers, under the musical supervision of Kelly Kretschmer, will present a program of seasonal tunes and other pieces.

Free Advice for Your Device Saturday, Dec. 12th, 10:00-12:00 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

Submitted by Laura Walth
Adult Programming Librarian

Chili and a Movie: Wednesday, Dec. 2, 12:00 p.m.

Join us for chili and watch this classic movie with Jimmy Stewart and angels. Ring any bells?

North Side Library Meeting Room

North Side Book Discussion: Tuesday, Dec. 15, 2:00 p.m.

Share a favorite book you checked out from the Des Moines Public Library in 2015.

North Side Library Meeting Room

Chili and a Movie: Wednesday, Dec. 16, 12:00 p.m.

Have some chili as you watch them dream about a Snowy Christmas in this classic movie with Bing Crosby.

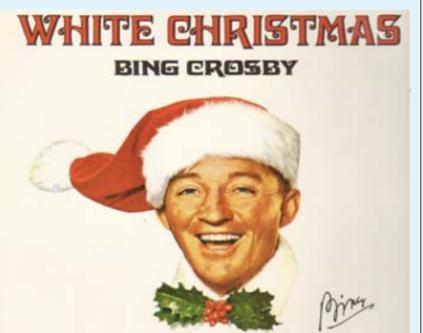
North Side Library Meeting Room

Free Family Movie: Friday, Dec. 18, 3:00 p.m.

Bring your grandchildren, with their blankets and pillows, for a Christmas movie about a loveable dog named Beethoven and his family. 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 Dec. 23, 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. North Side Library Meeting Room



Are You Able To Help?! Your Generosity Is Needed

“The smallest gestures often reap the greatest rewards.”

DMARC Food Pantry Network

Move the Food is a DMARC-led initiative to address the entire food system in Greater Des Moines, building on nearly 40 years of food assistance work, catalyzing fresh generations, and engaging new constituencies to further support a vision for a day when everyone in Polk County has enough to eat.

Donate Food

DMARC Food Pantry Warehouse

Food donations may be dropped off at the DMARC Food Pantry Network Warehouse, located at 1435 Mulberry Street in downtown Des Moines, Monday – Friday from 8:00 a.m. to 4:30 p.m. Call 515-277-6969 for holiday hours or if need to locate a pantry near you.

Red Barrel Program

Have you noticed one of these red barrels in the grocery store where you shop? Contributing to the Red Barrel Program is as easy as buying a few extra cans of food while you shop and dropping them in on your way out of the store. All food and personal care items collected by the Red Barrel Program goes to the DMARC Food Pantry Network.

Good Samaritan Food Donation Act

DMARC partner food pantries and the food pantry warehouse follow the Good Samaritan Food Donation Act to protect you, the receiving agency and our clients.



Holiday Dinner Items Needed

Potatoes and sweet potatoes, green beans, carrots, onions, and mixed veggies, pumpkin and squash, apple sauce, cranberries, and other fruit stuffing mix, gravy, and other holiday foods

Most Regular Needed Items

View a list of our most needed items to make sure your food donation has the most impact:

Non-perishables: 100% Juice - tomato, orange, or vegetable, can or plastic bottle

Canned Fruit: Canned in water or 100% juice, not in heavy syrup

Canned Vegetables: Tomatoes, green beans, mixed vegetables or sweet potatoes, no salt added

Beans: Dry or canned in water, not pork and beans

Peanut Butter

Meat: Tuna or chicken, canned in water

Dry Pasta: Whole grain or egg noodles

White Rice: Regular or instant

Vegetable Soup: Low sodium

Pasta Sauce

Cereal: Instant or regular oatmeal with no sugar added, whole grain Cheerios, wheat Chex, Wheaties, granola or shredded wheat

UHT Milk: Shelf-stable, low-fat, in aseptic packaging, no canned milk

Fresh Produce: Fresh whole grain bread items (with generous expiration dates), fresh fruit and vegetables (potatoes/sweet potatoes, bananas, apples, carrots, grapes, oranges, tomatoes, melons, broccoli and bell peppers). Please donate far before expiration and prime ripeness.

Non-Food Items: Diapers (large sizes), Baby Wipes, Formula and Baby Food, Personal Products