

# The Senior

Polk County Senior News!

# February

# Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • February 1 - 29, 2016



## North Seniors Enjoy Creative Painting Canvas Class

Submitted by Nicole Ledvina

The craft classes at North Senior Center are growing in popularity! Participants have fun creating a variety of crafts, all while enjoying conversation with each other. Interested in joining? Call and talk to site staff to see about upcoming projects and sign up. Craft classes at North meet on Thursdays at 9:30.

Picture 1: A group of ladies at the Northside Senior Center work on painting a wintery canvas craft project. Front row L-R – Lin Salasberry, Linda Chivers, Diana Cervetti, Carol Smallfoot, Joan Shrader, Jan Petty Middle row L-R – Diane Fath, Sandy Hull, Beulah Fredericks, Bernice Dalbey, Linda Knoop. Back row L-R – Renne' Ellingson, Vernetta Zimmerline, Carlene Elwood, Cathy Logan, Dean Buell and King Carr watches over in the background. Photo of Bernice Dalbey poses with the finished craft on page 14.



## Polk County River Place Food Pantry



FOOD PANTRY

### Need Food?

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 solely 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.

### 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 email Paulette Stodgel at [paulette.stodgel@polkcountyiowa.gov](mailto:paulette.stodgel@polkcountyiowa.gov) or call her at 515-286-3780.

## South Senior Center Potluck

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



On the 1st Saturday of this month (February 6th), 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.

## Biscuit & Gravy Breakfast

Wednesday, February 24<sup>th</sup>, 2015

7:00 a.m. - 10:00 a.m.



### Norwoodville Community Center

3077 NE 46<sup>th</sup> Ave (Broadway)  
DSM, IA 50317

### All-U-Can-Eat for \$5.00

Includes: 2 Buttermilk Biscuits with Sausage Gravy, Eggs, Pastries, Juice & Coffee.

Proceeds from this event go into the Norwoodville Senior Recreational Activity Fund.



Submitted by Joy Talmon | RSVP 55+ Initiative Director  
United Way of Central Iowa | 1111 Ninth Street, Suite 100  
Des Moines, IA 50314  
[www.unitedwaydm.org](http://www.unitedwaydm.org)

Volunteer Income Tax Assistance, a United Way of Central Iowa Service: If you earned \$58,000 or less in 2015, you may be eligible to receive FREE tax preparation. You also may be eligible for the Earned Income Tax Credit (EITC) or Child Care Tax Credits. This is your money to keep and save. Tax sites are open starting January 19<sup>th</sup> and will stay open until April 18<sup>th</sup>. Sites are available in Des Moines, Ankeny, Indianola, and Perry. Call 2-1-1 for more information. 2-1-1 is available 24/7 and is FREE!



vs



Sunday, February 7<sup>th</sup> @ 5:30 CST



## United States of America

### Word Search Puzzle

Level Medium



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

AIR FORCE  
 AMERICA  
 ARMED FORCES  
 ARMY  
 BILL OF RIGHTS  
 COAST GUARD  
 CONSTITUTION  
 COUNTRY  
 DEMOCRACY  
 FIREWORKS  
 FLAG  
 FREEDOM  
 HISTORY

HOME OF THE FREE  
 HONOR  
 INDEPENDENCE  
 LAND OF THE BRAVE  
 LIBERTY BELL  
 LINCOLN MEMORIAL  
 LOYAL MARINES  
 MEMORIAL  
 MILITARY  
 MOUNT RUSHMORE  
 NATION  
 NAVY  
 PATRIOTIC

PLEDGE OF ALLEGIANCE  
 PRIDE  
 RED WHITE AND BLUE  
 SALUTE  
 SOLDIER  
 STAR SPANGLED BANNER  
 STARS AND STRIPES  
 STATUE OF LIBERTY  
 UNCLE SAM  
 UNITED WE STAND  
 VETERANS  
 WASHINGTON MONUMENT  
 WHITE HOUSE

United States of America Word Search Answers: See 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 February.  
 Any questions, please call Daiynna @ 286-3536.

## Be a Senior Companion



And Earn Extra Money  
 Every Month - up to \$400!

- Earn extra income while visiting homebound individuals, helping them maintain a happy, healthy life at home.
- The stipend is considered non-taxable income and does not impact your ability to receive housing/medical/food assistance or social security disability.

Join the Senior Companion Program if you are:

- 55 years old or older
- Able to serve a minimum of 15 hours a week
- Open to providing friendly one-on-one visits to homebound individuals in your community
- Able to provide transportation to appointments and errands
- Earning an income at or below \$23,540/individual and \$31,860/couple (after out-of-pocket medical expenses)

The Benefits of the Program

- A tax-free hourly stipend (\$2.65 per hr.)\*
- Meal reimbursement (\$1.50 per meal)
- Transportation reimbursement (.40 cents per mile)
- Holiday and leave pay
- Ongoing training and supervision
- An annual physical
- Supplemental accident/liability insurance while on duty



Contact Julia today at  
**(515) 558-9957**  
 or at [juliat@vnsia.org](mailto: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](mailto: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.

Loving you ,  
 I smiled at the mirror  
 and people thought I was crazy

You make my days brighter  
 with your appearance  
 and left behind your thoughts  
 to remind your presence

But, never could I be alone again  
 As you blinded me completely in you  
 Come and love me as I do

*Happy Valentines Day!*

# February Recipes

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

### Apple Cider Slaw



Apple Cider Slaw is a great side dish or lunch. It's a perfect partner for [tasty pork recipes](#) and pretty much everything else.

Serves: 16

#### What You'll Need:

- 1/2 of a medium head green cabbage, shredded (see Options)
- 1/2 of a medium head red cabbage, shredded (see Options)
- 2 apples, cored and chopped
- 2 large cucumbers, seeded and diced
- 1 medium onion, finely chopped
- 1 (15-1/4-ounce) can whole-kernel corn, drained
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/3 cup sugar
- 1 1/2 teaspoon salt

#### What To Do:

1. In a large bowl, toss together the green and red cabbage, the apples, cucumbers, onion, and corn.
2. In a small bowl, combine the remaining ingredients; pour over the cabbage mixture and toss well. Serve, or cover and chill until ready to serve.

#### Notes

· Make this salad your own! Add peppers or carrots for extra crunch, or use prepared cole slaw mix for convenience.

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

### Creamy Basil Pork Chops



This to-die-for homemade creamy basil sauce drizzled over easy-to-prepare, moist and juicy pork chops makes for a memorable meal.

Serves: 6

Serving Size: 1 chop

Cooking Time: 25 min

#### What You'll Need:

- 3 tablespoons olive oil

- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 pork loin chops (2-1/2 to 3 pounds total), cut 1/2-inch thick
- 1/2 cup heavy cream
- 2 tablespoons sliced fresh basil

#### What To Do:

1. In a large skillet, heat oil over medium heat. Add garlic, salt, and pepper, and saute 1 to 2 minutes. Add pork chops, and saute 8 to 10 minutes per side, until brown on both sides and cooked through. Remove to a serving plate.
2. Whisk heavy cream and basil into pan drippings 2 to 3 minutes over medium heat, until sauce thickens slightly. Pour sauce over cooked chops and serve immediately.

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

### Tortellini Vegetable Soup



Prep Time - 15 min.

Total Time - 30 min.

Number Of Ingredients - 5

Servings - 6 - 1 1/2 cups

Cheese tortellini, fire roasted tomatoes and beans are transformed into a satisfying meatless soup

#### Ingredients

- 1 can (14.5 oz each) Hunt's® Fire Roasted Diced Tomatoes with Garlic, undrained
- 1 can (16 oz each) reduced sodium dark red kidney beans, drained, rinsed
- 3 cups reduced-sodium chicken or beef broth
- 2 cups water
- 1 pkg (9 oz each) refrigerated whole wheat cheese tortellini, uncooked
- 4 ounces baby spinach leaves

#### Directions

1. Combine undrained tomatoes, beans, broth and water in large saucepan. Bring to a boil over medium-high heat; stir in tortellini and cook 8 to 10 minutes or until pasta is tender.
2. Stir in spinach; serve.

#### Cook's Tips

Other canned beans may be used if red kidney beans are not available. Small red beans or pinto beans would be most similar, however cannellini or Great Northern could be used if less color was OK. Frozen or dry cheese tortellini also could be used in place of refrigerated tortellini. Cook according to recommended time or until pasta was tender.

Other alternatives - Add basil, garlic, crushed rosemary and a touch of hot red pepper for a putanesca kick. Aromatic also. Garnish with spinach.

Calories: 203, Fat: 4g; Saturated 1g; Cholesterol 24g; Sodium 679mg, Dietary Fiber 7g; Carbs - 31g; Sugars 4g; Protein 12g; Calcium 145mg; Iron 3mg

Source: : <http://www.readyseteat.com/recipes-Tortellini-Vegetable-Soup->

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



### February Pie Menu

Feb. 4 Strawberry Crème Pie

Feb. 11 Cherry Pie

Feb. 18 Pumpkin Pie

Feb. 25 Dutch Apple 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](http://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

## Subscribe Today

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip : \_\_\_\_\_  
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### Don't miss a single issue!

Checks/Money Orders made payable to:  
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Mail to:  
River Place West - Senior Services of Polk County  
Senior Bulletin Subscription  
2309 Euclid Avenue  
Des Moines, Iowa 50310

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





### Ask the Naturalist

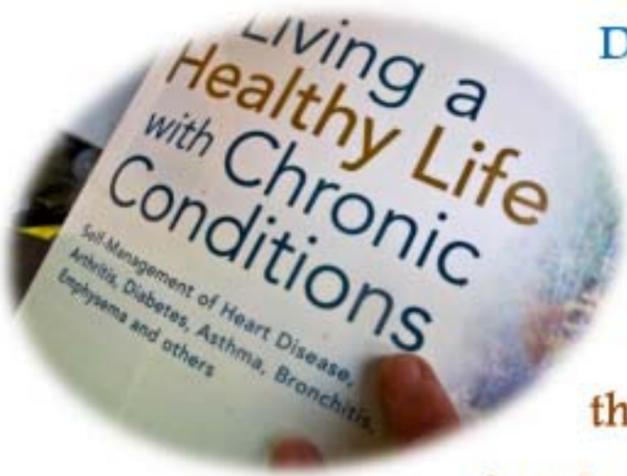
By Heidi Anderson  
 Polk County Conservation Naturalist  
[www.leadingyououtdoors.org](http://www.leadingyououtdoors.org)

**Question:** Why do some birds visit my bird feeder non-stop throughout the day, taking sunflower seeds and flying off with them? This constant activity is draining my feeder in a hurry!

**Answer:** In late fall birds like nuthatches, chickadees, and titmice increase their visits to birdfeeders to collect extra seed. Instead of eating every sunflower seed, they hide or “cache” them in bark crevices or any other nook or cranny they can find. Later on they’ll come back to these caches when they are hungry and food may be scarce.

This caching behavior has long fascinated scientists. Studies have shown black-capped chickadees can remember the locations of their caches for 28 days after they have created them and which ones they have already eaten. Chickadees have a large hippocampi (a part of the brain important for spatial memory) compared to other birds, and even grow extra brain cells in the fall when they are busiest creating and remembering new caches. Incredible!!!

Source: Witynski, Max. “What Are They Doing with All Those Seeds?” Project FeederWatch Cornell Lab of Ornithology, 17, Nov. 2015



Do you have a chronic health condition that is adversely affecting your life?

Do you have a family member that you assist who might have chronic pain?

Or perhaps, there’s something in your life that seems unmanageable and you need some direction to put you on a structured path.

Join Ranae Nerem and Kristi Carman as they guide you through a 6-week, self-management class and see how networking with others can help.

Call the Northwest Community Center at 279-2767 to sign up for lunch (served at 11:30 a.m.) and afterwards, join us in the classroom for training.

**When:** Tuesdays beginning March 2<sup>nd</sup> through April 5th

**Where:** Northwest Community Center Classroom

5110 Franklin Ave., Des Moines, Iowa 50310

**Time:** 2:00 – 4:00 p.m.

**Cost:** FREE; materials provided

### Important Dates

- 2/2 – Groundhog Day
- 2/7 – Super Bowl XLV
- 2/8 – Chinese New Year
- 2/9 – Mardi Gras
- 2/10 – Ash Wednesday
- 2/14 – Valentine’s Day
- 2/15 – President’s Day - SITES CLOSED
- 2/29 – Leap Year

- Month:**
- American Heart Month
  - Black History Month
  - Canned Food Month
  - Great American Pie Month
  - National Cherry Month
  - National Grapefruit Month
  - National Weddings Month

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



FEBRUARY 7, 2016



# Tax-Related Identity Theft and Refund Fraud



IOWA DEPARTMENT OF JUSTICE  
OFFICE OF THE ATTORNEY GENERAL

Attorney General Tom Miller

Tax-related identity theft and fraud are growing problems that state and federal revenue collectors are addressing this tax season through increased vigilance and safeguards.

Tax-related identity theft occurs when someone uses your stolen Social Security number to file a tax return claiming a fraudulent refund. An identity thief will use your Social Security number to file a false tax return early in the year, and collect a refund.

You may be unaware you are a victim until you try to file your taxes and learn that a return has already been filed using your Social Security number. You may receive a notice that you owe additional tax, have a refund offset or have had collection actions taken against you for a year you did not file a tax return. You may also learn that IRS records indicate that you received wages from an employer un-

known to you.

To help combat fraudulent tax returns, refunds and prevent tax-related identity theft, the IRS and Iowa Department of Revenue are asking taxpayers to be aware of the problem and take precautions to help prevent and identify it.

#### Changes for Online Filers

The IRS and state revenue agencies, including the Iowa Department of Revenue, are making changes to enhance security. You may notice some of these changes if you file your taxes online. The changes include new security requirements when you sign in to your account. In some cases, taxpayers may receive a refund check through the mail and not through a direct deposit as requested, to assure that refunds go only to the intended taxpayer and not a criminal.

#### Other Changes

Tax return preparation firms, tax preparation software providers, and other tax industry participants are enhancing certain security requirements and strengthen validation procedures. The changes include new password standards, security questions and other verification procedures.

Federal and state revenue agencies are enhancing their electronic monitoring of tax return submissions that will assist in preventing identity theft returns. For example, government computer systems will seek to detect improper or repetitive electronic addresses from where tax returns were transmitted.

#### Always Protect Your Personal Information

Do not routinely carry your Social Security card or documents that list the number for your or your dependent family members. Don't

give a business your Social Security number just because they ask—only provide it when absolutely necessary. Shred sensitive documents before throwing them away.

#### Reporting Tax-Related Identity Theft

If you suspect you have been victimized by tax-related identity theft, report it:

· IRS Identity Protection Specialized Unit: 800-908-4490 or [www.irs.gov](http://www.irs.gov)

· Iowa Department of Revenue: <https://tax.iowa.gov>, or call 515-281-5986

· Call one of the three major credit reporting agencies to put a fraud alert on your credit report:

o TransUnion 800-680-7289; Equifax 800-525-6285; Experian 888-397-3742

· File a complaint with the Federal Trade Commission (FTC) at [www.IdentityTheft.gov](http://www.IdentityTheft.gov) or call 877-438-4338

File a report with your local police department or sheriff's office.

Consumer Protection Division | 1305 E Walnut St | Hoover Building | Des Moines, IA 50319.

Phone: 515-281-5926 | Toll Free: 888-777-4590 (Outside Des Moines Area) | [consumer@iowa.gov](mailto:consumer@iowa.gov).

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## 2016 How to Ride Training

January – June

Submitted by Kirstin Baer-Harding  
Marketing and Communications Manager  
Des Moines Area Regional Transit Authority  
620 Cherry Street, Des Moines, IA 50309  
Enriching Lives, Connecting Communities,  
Expanding Opportunities

DART staff provides small group training to help individuals learn to ride the bus in Greater Des Moines. Training will demonstrate how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. How to Ride Training sessions are free and open to the public.

All How to Ride Training sessions are held in the Multimodal Room at DART Central Station, 620 Cherry Street, Des Moines. To reserve a seat, please call DART Customer service at 515-283-8100.

- Wed., Feb. 10th from 2 to 4 p.m.
- Wed., March 9th from 4:30 to 6:30 p.m.
- Tues., April 12th from 10 a.m. to Noon
- Wed., May 11th from 2 to 4 p.m.
- Thurs., June 9th from 4:30 to 6:30 p.m.

### February Service Change

Sunday, Feb. 21, 2016

DART will be making a series of service changes beginning Sunday, Feb. 21, 2016 to better serve riders. Full details of the February service change will be soon available. For more information about DART service changes, please visit [ridedart.com](http://ridedart.com) or call DART Customer Service at 515-283-8100.

For more information, please visit [ridedart.com](http://ridedart.com) or contact Customer Service at 515-283-8100 or [dart@ridedart.com](mailto:dart@ridedart.com).



"We should emphasize not Negro history, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."

— Carter Woodson, Father of Black History Month

## The Gettysburg Address: A Perpetual Source of Inspiration for Americans

### NORTHWEST COMMUNITY CENTER



Miles Browne is a longtime member of the Abraham Lincoln Association and the Des Moines Civil War Roundtable. He is author of Lincoln: Then and Now.

Mr. Browne has received 4 awards for his contributions to the Lincoln story. One of the awards was for his essay regarding the Gettysburg Address.

Come hear his presentation at the Northwest Community Center on Friday, February 12<sup>th</sup> from 12:30 p.m. to 1:30 p.m. If you are over the age of 60, you can give the NW Community Center a call at 279-2767 before February 11th and sign up for lunch and enjoy the presentation afterwards.

PLEASE JOIN US!

5110 Franklin Ave.  
Des Moines, Iowa 50310  
Phone: 515-279-2767



# North Side Library News

**Submitted by Laura Walth**  
 Adult Programming Librarian  
 North Side Library  
 3516 5<sup>th</sup> Avenue  
 DSM, IA 50313

**Adult Coloring Time!**

Dates: Tuesdays in February 2, 9, 16, 23  
 Time: 2:00-3:00 p.m.

Description: Join us at the North Side Library on Tuesdays in February for some calming coloring time! Bring your own coloring sheets or use some of ours. Feel free to use our coloring materials or bring your own markers, crayons and colored pencils. Meet some new people and de-stress while coloring with us!

**Free Family Movie**

Age Group(s): All Ages  
 Date: Friday, February 12  
 Time: 3:30-5:15 p.m.

Description: Join us for a movie (PG) about a young boy who enters a dogsled race to win \$10,000 and save his family farm. Bring your blankets, pillows, snacks, and a drink (with lid)! Popcorn provided while supplies last.

**Advice for Your Device**

Event Type: Computer Class  
 Age Group(s): All Ages  
 Date: Wednesday, February 24  
 Time: 10:00 a.m. - 12:00 p.m.

Description: 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.

**Discovering Iowa Prairies and How Do We Get Them Back**

Date: Wednesday, February 24  
 Time: 5:30-6:30 p.m.

Description: Find out how we got the Iowa Prairies, what happened to them, and how we can get them back. Natasha Bures, Monarch Conservation Intern, will share what role the native plants have in our lives. Receive free prairie seeds packet for attending. Space is limited please preregister.



**Free Family Movie**

Age Group(s): All Ages  
 Date: Friday February 26  
 Time: 3:30-5:15 p.m.

Description: Join us for a movie (PG) where a young girl discovers an alternate world where everything seems a lot more fun until she discovers her Other Mother wants to trap her in that world forever. Bring your blankets, pillows, snacks, and a drink (with lid)! Popcorn provided while supplies last.

**Saturday Matinee**

Age Group(s): Adult  
 Date: Saturday February 27  
 Start Time: 2:00-4:00 p.m.

Description: See the true story of Miles Scott in this emotional documentary about a wish come true for this five year old boy. Rated PG.



## Important Estate Planning Tool: Gift Tax Exclusion

Written & Submitted by Marlon Mormann  
 Attorney at Law - Des Moines, IA  
 Phone: 515 7100902

I want to remind everyone about an important estate planning option. The annual Gift Tax Exclusion remains at \$14,000 per person. That means that an individual can gift up to \$14,000 per year to anyone without any tax consequences and it does not go toward the Federal Estate Tax Cap. Thus a couple can gift \$28,000 to a single person by each writing a \$14,000 check. Please remember, these are non-revocable. It is an estate planning feature most don't consider. This of course would be subject to the 5 year claw back feature if the donor goes on Medicaid within 5 years of the gift.

You can't give money away to beat Medicaid within five years of Medicaid eligibility.

<https://www.irs.gov/.../Frequently-Asked-Questions-on-Gift-Ta...>

# 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. 10:15 - 11:15 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

ACTIVE ADULTS EXERCISE - NEW CLASS \*  
 MONDAYS - 8:45-9:45 A.M.  
 TUES-THURS -@ 1:30 P.M. - 2:30 P.M.  
 INSTRUCTOR - DESIREE REICHENBACHER

**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 - JA'NEIL LONG

THURSDAY - CHAIR YOGA - 9 TO 10 A.M.  
 DECEMBER 3<sup>RD</sup> & 17<sup>TH</sup>  
 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.

# 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](mailto: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](http://www.seniorcareofiowa.com)

**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**



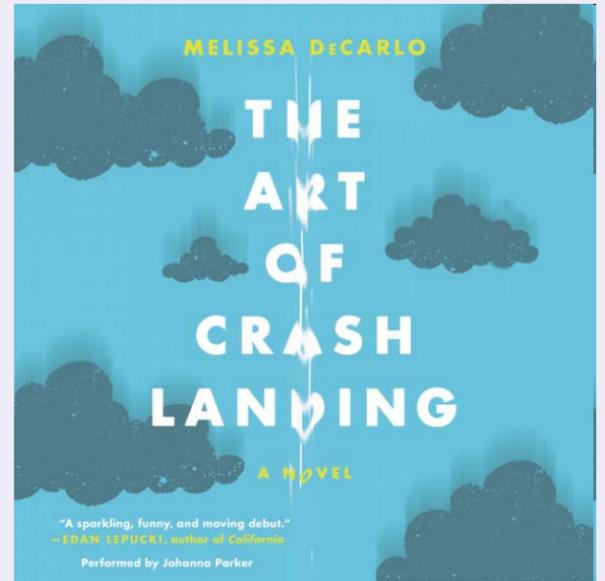
Looking for interested participants from the following sites listed below to become a member of the Senior Advisory Council. The Council meets every other month at 9:00 a.m., at River Place, 2309 Euclid Ave. This council assists administration in making decisions about programming, as well as giving 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	

**Franklin Avenue Library News**

Submitted by Kevin C. Kretschmer  
 Adult Services Librarian  
 5000 Franklin Avenue  
 DSM, IA 50310  
 Ph: 515-248-6271



**Franklin Afternoon Book Discussion**  
 Mon, Feb 1, 1:00 p.m.

We will discuss *The Art of Crash Landing* by Melissa DeCarlo. Copies of the book are available at the Information Desk.

**Friends of the Franklin Avenue Library**  
 Sat, Feb 6, 1:00 p.m.

Everyone is invited to the quarterly meeting of the Franklin Avenue Library's friends group.

**Franklin Evening Book Discussion**  
 Tue, Feb 9, 6:30 p.m.

We will discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. Copies of the book are available at the Information Desk.

**Free Advice for Your Device**  
 Tue, Feb 16, 12:30-2:30 p.m.

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

**Slow Cooker Meals**  
 Tue, Feb 16, 6:30 p.m.

Learn slow cooker safety, how to adapt regular recipes to a slow cooker, and how to choose healthy recipes. The program is presented by ISU Extension Specialist Mary Krisco.

**February Blood Pressure Checks**

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

- 1<sup>st</sup> Ankeny (provided by Nurse Volunteer)
- 2<sup>nd</sup> Norwoodville
- 3<sup>rd</sup> Central
- 4<sup>th</sup> North
- 8<sup>th</sup> East
- 9<sup>th</sup> MLK, Jr.
- 10<sup>th</sup> Northwest
- 11<sup>th</sup> Polk City
- 12<sup>th</sup> Scott Four Mile
- 16<sup>th</sup> South
- 17<sup>th</sup> Pioneer Columbus
- 18<sup>th</sup> Central
- 19<sup>th</sup> Altoona
- 22<sup>nd</sup> West
- 23<sup>rd</sup> Johnston
- 24<sup>th</sup> Calvary at Norwoodville
- 25<sup>th</sup> Runnells
- 26<sup>th</sup> North



Dates Subject to Change.

**2016-17 Season Announcement Party**



Happy 2016! Take a look at what's happening at the Playhouse this year.

Leap into the new year! The 2016-17 Des Moines Community Playhouse Season will be announced Monday, Feb. 29. The fun starts at 5:30 p.m., with a social

hour featuring complimentary drinks and hors d'oeuvres.

The season will be announced at 6:15 p.m. (We can reveal here that the season includes 4 Big Musicals, a much-requested Comedy, a new Drama, and 4 Family Shows! We can even give you dates right now to help with your planning.)

Please join us for this exciting party.



Give back to your community!

- Do you enjoy working with kids?
- Are you over the age of 55?
- Can you serve 15-40 hours a week?

Share Today, Shape Tomorrow

As a Foster Grandparent, you help teachers while making a difference in children's lives!

- Earn a tax-free hourly stipend
- Get reimbursed for your travel
- Receive ongoing training



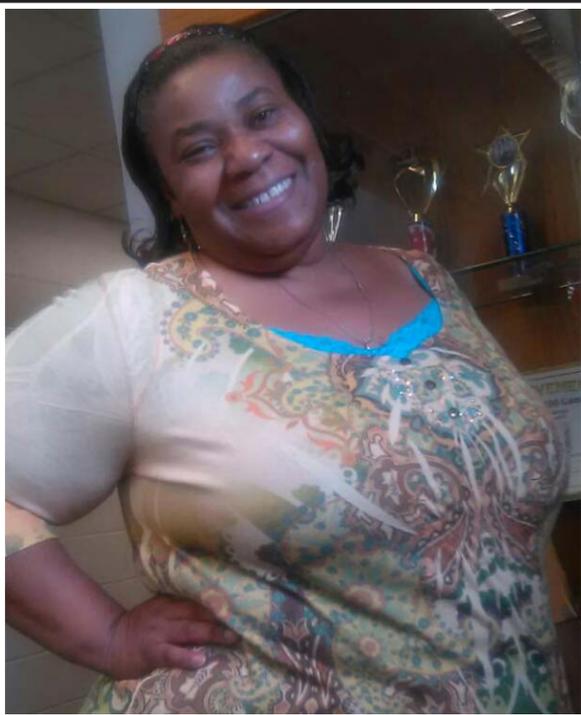
(515) 558-9975 • www.vnsia.org

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

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

In the Spotlight

# MLK Congregate Meal Site



Submitted by Teresa Dixon, Site Coordinator

In my opinion, the Martin Luther King Jr. Seniors are the best seniors this gal could ask for. They are a unique group of folks that I have had the pleasure of knowing for what seems like a lifetime. Mine, at least. They actually knew me long before I started working here, which has only been 19 months. Most of them knew my parents and siblings, as I also grew up on this side of town. They have welcomed me with open arms from the get go and I am so lucky to have them.

My group is more of an older group. I have a Queen, Josephine Griffin, who is 97 years young, soon to be 98. She attends the center more than anyone and rarely misses a day. If she is not here everyone is calling to see why she is not. I can count on seeing her here just like she has a job to go to. My King, is Chauncey Bailey and he is 96. Chauncey was a pro-bowler. He bowled with a group called the Road Runners for many years. He is still bowling to this day.

My seniors are active and like to dance to the blues and Johnny Taylor every day. You can catch the rest of the group around the Dominoes table, which they play daily.

I have had the winning Wii Bowling Champions for the last two years. They even won one year before I started working here. My bowlers are: Odell Jenkins, Arthur Ousley, Gerald Fike and Richard Savage (Wendell Bailey). These gentlemen have taken the Wii Bowling to a different level and they play to win with their competitive spirit! My guys refuse to lose and know that winning is the only way to go!

What I enjoy the most about my center is everyone knows each other and most of them are neighbors and look out for each other continuously!

I have some who love the puzzle room and I display their work in on my office walls. So far, I have four puzzle art pieces on my wall and two more puzzles are coming.

Half of my group (pictured below) has attended the center since it was originally called the Logan Mealsite and held in the Logan Community Center building off E. 17th & Garfield.

I'm so proud to be a part of this group and thrilled that they allow me to be with them daily. We are truly one big happy "Eastside Family".

Make it a great day!



MLK's King Chauncey Bailey & Queen Josephine Griffin



This group is part of the "original group" who attended the center when it was called Logan.

# Central Senior Center



**Submitted by Samuel M. McCrorey, Site Supervisor**

The Central Senior Center. Located in the heart of the city on the corner of Forest and MLK (formerly Harding Road for you long time Des Moines residents) the center has been at its current location since 2001. Central is now the welcoming sight going into the Drake Neighborhood.

Central has crafts, computers, exercise equipment, ceramics, pool tables, pretty standard fare. So what sets Central apart from the rest? Well first, we have Sara Baratta! Sara is an integral part of what Central is. She is that welcoming, smiling face that you see when you enter our little slice of paradise.

What else sets Central apart from the rest? Diversity. Pretty safe to say that we have the most diverse group of folks that utilize our place. Blacks, Caucasians, Asians. Folks from Nepal, Tibet, Burma and Malaysia also find the time to come in to be social.

Ok, so we have a nice diverse group that comes in. So what else? What different fun stuff do we do? Well, we love to have our Cinco de Mayo party. Cinco de Mayo is celebrated in Mexico on May 5th, the day the Mexican army upset the French in 1862. We at Central use it as an excuse to drink margaritas, non alcoholic of course, and have chips and salsa! Throw in a piñata and BAM, instant party.

What else is coming up? The Kentucky Derby party, celebrated on the Friday before the first Saturday in May, "Derby Day" is complete with Derby hats, mint juleps and the chance to win a dozen roses. This party is usually a lot of fun and gets fairly loud.

Ah yes, Freaky Friday! Whenever we have a Friday that lands on the 13th day of the month, we have Freaky Friday. We change the dining room around so it doesn't look like it usually does, serve the lunch from a different area of the room and give everyone a nametag with a name other than their own. I've been Gus, Carlos and Juan over the years.

What else? Oh yeah, the end of summer party! This one features carnival games, snacks and the chance to dunk Sam in the dunk tank. This party happens usually after the State Fair in early September. Gotta get it in before it gets cool. The water in the dunk tank can get kinda cold! Everyone wins prizes at this party and is truly enjoyed.

So that's your visit to the Central Senior Center. Stop in some time and say "Hey!"



Sam McCrorey, Site Supervisor & Sara Baratta, Program Aide



2008 Forest Ave – Northeast corner of front of bldg.



South view of Central Senior Center Bldg.

## Uncle Dale Knows the Way To San Jose

The Importance of Power of Attorney Forms  
Written & Submitted by Marlon Mormann  
Attorney at Law - Des Moines IA  
Phone: 515 710 0902

Most remember the song by Dionne Warwick, "Do you know the way to San Jose?", Uncle Dale certainly did. Uncle Dale was an 81 year old Korean War Vet who had a way with wit and humor. Everyone loved Uncle Dale. He had charisma and charm beyond belief. He also appeared about 20 years younger than his true age.

In recent years he started to suffer from Dementia. Most did not notice the problem as general conversations were not suspect. He could carry on a conversation about race car driving or politics with the best. However, he could not remember what happened yesterday let alone a week before. Relatives who did not live close failed to notice the significant deterioration in his condition.

One day in the rainy Oregon month of November Uncle Dale, for unknown reasons, got in his car and started driving south. He made it 9 hours before stopping at a San Jose, California grocery store.

The Santa Clara Sheriff found him walking in a daze at the grocery store and admitted him to the county hospital psychiatric facility. Uncle Dale said he was going to see his old Navy friend Frank in Palm Springs, California, yet could not remember his own address.

Calls from the Sheriff eventually tracked down the two closest relatives in Portland, Oregon and Des Moines, Iowa. Cousins Mary and Brenton were told by the Psych Nurse that Uncle Dale would be kicked to the street in 72 hours if they did not collect him sooner. They were also told that upon arrival the cousins could get his belongings so as to track down his car in the parking lot of the grocery store. One way tickets were hurriedly booked and at 68 hours the cousins arrived at the county hospital. To add to the cousins' grief, they found their beloved with all fours tied to a bed under heavy sedation.

Unfortunately, neither had power of attorney for Uncle Dale's affairs. A three hour ordeal ensued just to get his car key. The attending physicians were not satisfied with the 72 hour rule and wanted to keep Uncle Dale for 3 more days notwithstanding prior statements to the contrary. The cousins hands were tied as securely as Uncle Dales. The power was with the "MAN". Upon admission Uncle Dale walked into the hospital, upon release he was rolled out in a wheelchair and not able to stand on his own for weeks.

Four days after the fact the cousins drove Uncle Dale all night back to his Oregon home. With a few hours of sleep they then took him to a Portland Hospital where they met a mobile notary who notarized power of attorney forms. After that Uncle Dale was treated, observed and transferred to a memory care unit befitting a person of his age and stature all with little difficulty.

The sad conclusion is that the cousins could have saved much torment and expense had they been the legal and medical power of attorney. Without these documents the loved ones could do nothing to keep Uncle Dale's health, finances and personal affairs in order. Their expenses came close to \$2,000 for the short 5 day trip. Uncle Dale lost significant mobility as a result of the prolonged period of restraint and sedation. Once the forms were complete it was almost too easy to get Uncle Dale the care he deserved.

Many lawyers will prepare medical power of attorney forms for free. Durable power of attorney forms usually have some cost as they require a degree of counseling. Do not delay in getting your affairs in order. The POA is more important than a Will for most. This is simple and necessary part of aging.



## Des Moines Playhouse Presents 12 Angry Men, Sarah Plain & Tall

**12 Angry Men:** Feb. 5-21, 2016; Tickets: \$28 Adults, \$25 Students

A 19-year-old man has just stood trial for the fatal stabbing of his father. It looks like an open-and-shut case until one of the jurors begins opening the others' eyes to the facts. Tempers get short, arguments grow heated, and the jurors become 12 angry men.

**Sarah Plain & Tall:** Feb. 26 - Mar. 13, 2016; Tickets: \$18 Adults, \$15 Students

Familiar from the popular Hallmark Hall of Fame movie and the book. In early 1900s Kansas, a widowed farmer with two children places an ad in the newspapers seeking a wife. He receives a letter from a Sarah Wheaton of Maine who says she will visit the family for a month to see how things work out: "I will come by train. I will wear a yellow bonnet. I am plain and tall." Thus begins the anything but plain tale of a family coming together when it is needed most.

Des Moines Playhouse | 831 42nd Street | Des Moines IA 50312 | 515.277.6261



## Strange Words - Level Hard

Try this extremely challenging word puzzle.  
This is sure to work the brain!

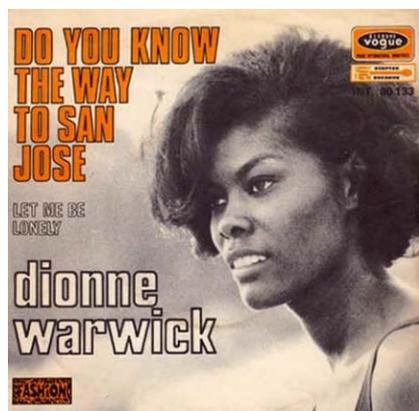


You may not be able to pronounce some of the words, but Good Luck in finding them!

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

- |                           |                 |                  |
|---------------------------|-----------------|------------------|
| BORBORYGMUS               | MAIEUTIC        | SCRIMSHANKER     |
| CHATOYANT                 | MALLEMAROKING   | SEPULCHRAL       |
| CHTHONIC                  | MELLIFLUOUS     | SESQUIPEDALIAN   |
| CRENELLATE                | METANOIA        | SINECURE         |
| CREPUSCULAR               | MORAL TURPITUDE | SLUBBERDEGULLION |
| CRYPTOMNESIA              | OMPHALOSKEPSIS  | SPANGHEW         |
| DEFENESTRATE              | OXTER           | SPELUNKING       |
| DISCOMBOBULATED           | PALIMPSEST      | SPHYGMOMANOMETER |
| ENERVATING                | PALINDROME      | SUSURRUS         |
| ERYTHRISMAL               | PANGLOSSIAN     | SYZYGY           |
| ESTIVATE                  | PETRICHOR       | TATTERDEMALION   |
| FLOCCINAUCINIHIPIPILIFICA | POODLE FAKER    | TERMAGANT        |
| FRIPPET                   | PROPRIOCEPTION  | TINTINNABULATION |
| FUG                       | PUSILLANIMOUS   | TMESIS           |
| IDEATION                  | QUIDNUNC        | URT              |
| ISCHIAL CALLOSITIES       | RODOMONTADE     | ZAREBA           |
| KAKISTOCRACY              | RUNCIBLE        |                  |

Strange Words Word Search Answers: See page 15



# Social Security News

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

## Social Security Celebrates Black History Month

Throughout the month of February, we celebrate Black History Month. Created in 1926, this event coincides with the birthdays of Abraham Lincoln on February 12 and Frederick Douglass on February 14. African American communities have celebrated these birthdays together since the late 19th century.

Honoring our shared history and reflecting on the past is one way we unify as a nation. We remember that we are all Americans — we believe in freedom and democracy for all. Another shared belief is that we all deserve a comfortable retirement, free of economic hardship.

Social Security has retirement benefits and the tools to help you plan for your retirement and to apply for benefits online. We also provide disability benefits to individuals with medical conditions that prevent them from working. If the disabled individual has dependent family members, they can also receive payments.

If you or anyone you know is disabled, they may qualify for disability benefits. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age. You can see if you meet our strict definition of disabled and also apply for disability benefits at [www.socialsecurity.gov/disabilityssi/apply.html](http://www.socialsecurity.gov/disabilityssi/apply.html).

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program. You can learn more about Social Security survivors benefits at [www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

Honoring each other begins with fair and equal treatment. Social Security guarantees that, if you pay into the system, you will have the same benefits as everyone else. This Black History Month, we want to make sure our diverse nation is covered and that no one is left out of the benefits they deserve. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to learn more.

# Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

**Question:** I was told I shouldn't be carrying my Social Security card around. Is that true?

**Answer:** We encourage you to keep your Social Security card at home in a safe place. Don't carry it with you. Even if you're going to new job or to meet someone who needs it, all they really need is your number—not your card. Identity theft is one of the fastest growing crimes in America, and the best way to avoid becoming a victim is to safeguard your card and number. To learn more, visit our Social Security number and card page at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

**Question:** My husband and I are both entitled to our own Social Security benefits. Will our combined benefits be reduced because we are married?

**Answer:** No. When each member of a married couple works in employment covered under Social Security and both meet all other eligibility requirements to receive retirement benefits, lifetime earnings are calculated independently to determine the benefit amounts. Therefore, each spouse receives a monthly benefit amount based on his or her own earnings. If one member of the couple earned substantially less than the other or did not earn enough Social Security credits (40) to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. To learn more, visit [www.socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement).

**Question:** What is full retirement age?

**Answer:** Full retirement age is the age at which a person may first become entitled to full or unreduced retirement benefits. Your full retirement age depends on your date of birth. For people born before 1938, it's 65. For those born after 1959, it's 67. If your birthday falls between 1938 and 1959, your full retirement age is between 65 and 67. (The age for Medicare eligibility is 65, regardless of when you were born.) For more information, go to <http://www.socialsecurity.gov/planners/retire/retirechart.html>.

**Question:** I found out that my son entered incorrect information about my resources when he helped me complete my *Application for Help with Medicare Prescription Drug Plan Costs*. How can I get my application changed now to show the correct amount?

**Answer:** You can call 1-800-772-1213 and let us know. Or you can visit your local Social Security office (find it by using our office locator at [www.socialsecurity.gov/locator](http://www.socialsecurity.gov/locator)). Information on your application will be matched with data from other Federal agencies. If there is a discrepancy that requires verification, we will contact you.

*No winter lasts forever; no spring skips its turn.*

~ Hal Borland

# 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](http://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.

## ANSWER KEY - United States of America

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>1</b>	Y	F	Q	P	R	I	D	E	X	C	X	W	D	E	M	O	C	R	A	C	Y	N	Q
<b>2</b>	G	B	S	T	H	G	I	R	F	O	L	L	I	B	V	U	E	P	P	J	W	Q	F
<b>3</b>	S	Z	H	I	S	T	O	R	Y	F	U	N	I	T	E	D	W	E	S	T	A	N	D
<b>4</b>	E	D	L	I	B	E	R	T	Y	B	E	L	L	Z	Z	W	N	T	G	K	S	Q	M
<b>5</b>	P	W	N	S	S	E	C	R	O	F	D	E	M	R	A	U	L	R	W	J	H	S	H
<b>6</b>	I	J	K	K	P	T	A	P	A	T	R	I	O	T	I	C	O	D	I	W	I	T	I
<b>7</b>	R	X	P	L	W	S	T	A	R	S	P	A	N	G	L	E	D	B	A	N	N	E	R
<b>8</b>	T	D	M	A	S	E	L	C	N	U	V	M	I	L	I	T	A	R	Y	A	G	S	S
<b>9</b>	S	R	E	D	W	H	I	T	E	A	N	D	B	L	U	E	M	I	S	R	T	T	L
<b>10</b>	D	W	Q	F	I	R	E	W	O	R	K	S	M	S	U	E	I	Y	I	M	O	A	A
<b>11</b>	N	E	C	N	A	I	G	E	L	L	A	F	O	E	G	D	E	L	P	Y	N	T	I
<b>12</b>	A	U	N	N	E	U	S	D	R	I	N	A	T	I	O	N	Y	P	O	D	M	U	R
<b>13</b>	S	T	O	J	S	S	P	E	D	O	N	T	D	A	K	D	O	Y	O	Z	O	E	O
<b>14</b>	R	U	I	D	S	Y	U	D	N	V	M	D	G	M	C	N	C	F	E	J	N	O	M
<b>15</b>	A	R	T	R	O	E	D	O	R	I	N	H	E	S	D	I	T	H	F	N	U	F	E
<b>16</b>	T	M	U	A	Y	C	M	O	H	A	R	M	S	P	N	H	R	T	W	R	M	L	M
<b>17</b>	S	O	T	U	Q	R	N	Y	V	E	O	A	E	U	E	A	N	E	E	H	E	I	N
<b>18</b>	G	D	I	G	V	O	T	Y	G	R	T	T	M	B	R	N	R	I	M	U	N	B	L
<b>19</b>	Q	E	T	T	H	F	H	N	I	O	U	I	R	L	I	T	D	E	T	A	T	E	O
<b>20</b>	G	E	S	S	R	I	A	U	L	V	A	H	Z	A	L	N	E	T	K	U	R	C	
<b>21</b>	A	R	N	A	D	I	L	O	A	O	V	S	I	W	O	Y	Q	U	N	E	W	T	N
<b>22</b>	L	F	O	O	J	A	U	S	G	E	C	N	F	S	G	A	O	B	O	C	V	Y	I
<b>23</b>	F	S	C	C	H	O	M	E	O	F	T	H	E	F	R	E	L	Q	M	E	O	L	

## Word Search Answer/Hints

The words below are listed with their starting row and column

AIR FORCE 22:6	HOME OF THE FREE 23:5	PLEDGE OF ALLEGIANCE 11:19
AMERICA 19:20	HONOR 19:5	PRIDE 1:4
ARMED FORCES 5:15	INDEPENDENCE 12:10	RED WHITE AND BLUE 9:2
ARMY 8:20	LAND OF THE BRAVE 9:23	SALUTE 22:8
BILL OF RIGHTS 2:14	LIBERTY BELL 4:3	SOLDIER 22:14
COAST GUARD 23:4	LINCOLN MEMORIAL 23:23	STAR SPANGLED BANNER 7:6
CONSTITUTION 23:3	LOYAL MARINES 23:18	STARS AND STRIPES 17:1
COUNTRY 22:11	MEMORIAL 14:14	STATUE OF LIBERTY 8:22
DEMOCRACY 1:13	MILITARY 8:12	UNCLE SAM 8:10
FIREWORKS 10:4	MOUNT RUSHMORE 23:20	UNITED WE STAND 3:11
FLAG 23:1	NATION 12:11	VETERANS 22:21
FREEDOM 22:2	NAVY 15:11	WASHINGTON MONUMENT 2:21
HISTORY 3:3	PATRIOTIC 6:8	WHITE HOUSE 21:14

M

T

W

Th

F

1  
Beef Stew  
Broccoli  
Mandarin Oranges  
Peach Crisp  
WW Dinner Roll  
  
101  
775

2  
Pork Chops w/ Apples  
Carrots  
Potato Salad  
Strawberries  
Sponge Cake  
  
79  
557

3  
Baked Cod  
Spinach  
Creamy Coleslaw  
Pears  
Frosted Pumpkin Bar  
  
64  
537

3  
**FLEXMEALOPTION**  
Hot Dog  
Creamy Coleslaw  
Pears  
Frosted Pumpkin Bar  
WW Bun  
  
83  
566

4  
BBQ Chicken Sandwich  
Peas N Carrots  
Dutchess Potatoes  
Mixed Fruit  
WW Bun  
  
124  
798

5  
Stuffed Pepper Soup  
Corn  
Clementine  
WW Dinner Roll  
Chocolate Milk  
  
89  
679

8  
Hamburger Cabbage  
Casserole  
Peas  
Tropical Fruit Salad  
Bread Pudding  
  
96  
801

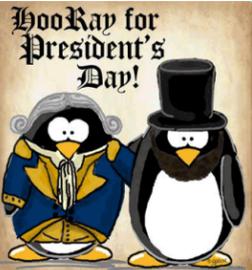
9  
Cali Burger  
Lettuce/tomato/onion  
Valley Salad  
WW Bun  
Warm Cinnamon Apples  
  
57  
569

10  
Macaroni N Cheese  
Green Beans w/almonds  
LS V8 Juice  
Banana  
  
86  
567

10  
**FLEXMEALOPTION**  
Veggie Sub  
Banana  
  
83  
661

11  
Shredded Pork  
3 Bean Salad  
Brussels Sprouts  
Fresh Grapes  
WW Bun  
  
71  
712

12  
Baked Cod  
Stewed Tomatoes  
Creamy Coleslaw  
Fresh Orange  
Rye Bread  
Tapioca Pudding  
  
75  
764

15 **Closed**  
  
**Presidents' Day**

16  
Beef Meatballs w/cheese  
Tomato Sauce  
Spinach  
Applesauce  
WW Bun  
Rice Crispy Treat  
  
75  
750

17  
Chicken Burger  
Lettuce/tomato/onion  
3 Bean Salad  
Banana  
WW Bun  
Birthday Cake  
  
147  
922

17  
**FLEXMEALOPTION**  
BBQ Riblet w/pickles  
Lettuce/tomato/onion  
3 Bean Salad  
Banana  
WW Bun  
Birthday Cake  
  
139  
1003

18  
Open Faced Pork Gravy  
Sandwich  
Mashed Potatoes  
Green Beans  
Apricots  
WW Bread  
  
86  
650

19  
Tuna Salad Sandwich  
Minestrone Soup  
Cooked Cabbage  
Fresh Orange  
Applesauce Bar  
  
106  
728

22  
Pork Ham Slice  
Texas Style Cheesy  
Potatoes  
Broccoli  
Orange Juice  
Strawberries  
  
73  
600

23  
Beef Chili  
Squash  
Raisins  
Cornbread  
  
117  
702

24  
Swiss Steak  
Brussels Sprouts  
Banana  
Brown Rice  
Cookie  
  
124  
819

24  
**FLEXMEALOPTION**  
Harvest Chicken Salad  
Banana  
Cookie  
  
93  
796

25  
Swedish Meatballs  
Mashed Potatoes  
Peas  
Peaches  
WW Dinner Roll  
Fresh Orange  
  
102  
850

26  
Salmon Patty  
Diced Potatoes  
Creamed Peas  
Fresh Apple  
  
72  
639

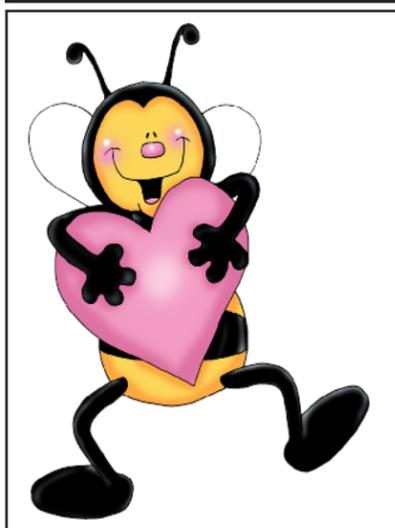
29  
Goulash  
Glazed Carrots  
Lettuce Salad  
Mixed Melon  
WW Bread  
  
78  
761

**got milk?**



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

 **February**



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



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

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

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

**SENIOR SERVICES OF POLK COUNTY**  
Menus, with the exception of the optional Wednesday Flex Meal, have been verified to meet the Dietary Reference Intake (DRIs) established by the Food and Nutrition Council. All menus are subject to change.  
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  
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.  
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.

## February Tournaments

#### 8 Ball Pool Tournament

12<sup>th</sup> @ North - 9:00 a.m.  
26<sup>th</sup> @ North - 9:00 a.m.

#### 9 Ball Pool Tournament

5<sup>th</sup> @ North - 9:00 a.m.  
19<sup>th</sup> @ North - 9:00 a.m.

#### 10 Point Pitch

2<sup>nd</sup> @ South - 12:30 p.m.  
9<sup>th</sup> @ South - 12:30 p.m.  
16<sup>th</sup> @ South - 12:30 p.m.  
23<sup>rd</sup> @ South - 12:30 p.m.

#### 500

1<sup>st</sup> @ N'ville - 12:30 p.m.  
1<sup>st</sup> @ South - 12:30 p.m.

8<sup>th</sup> @ N'ville - 12:30 p.m.

8<sup>th</sup> @ South - 12:30 p.m.

22<sup>nd</sup> @ N'ville - 12:30 p.m.

22<sup>nd</sup> @ South - 12:30 p.m.

29<sup>th</sup> @ N'ville - 12:30 p.m.

29<sup>th</sup> @ South - 12:30 p.m.

#### Cribbage

1<sup>st</sup> Friday @ North - 12:30 p.m.

1<sup>st</sup> Friday @ South - 12:30 p.m.

2<sup>nd</sup> Friday @ South - 12:30 p.m.

3<sup>rd</sup> Friday @ South - 12:30 p.m.

4<sup>th</sup> Friday @ South - 12:30 p.m.

5<sup>th</sup> Friday @ North - 12:30 p.m.

(when applicable)

5<sup>th</sup> Friday @ South - 12:30 p.m.

(when applicable)

#### Pinochle

3<sup>rd</sup> @ N'ville - 12:30 p.m.

10<sup>th</sup> @ N'ville - 12:30 p.m.

17<sup>th</sup> @ N'ville - 12:30 p.m.

24<sup>th</sup> @ N'ville - 12:30 p.m.

#### Double Pinochle

4<sup>th</sup> @ South - 12:30 p.m.

11<sup>th</sup> @ South - 12:30 p.m.

18<sup>th</sup> @ South - 12:30 p.m.

25<sup>th</sup> @ South - 12:30 p.m.

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

## February Social Card/Domino Parties

#### Mondays - Closed 2/15 for President's Day 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 3<sup>rd</sup> Wednesday)  
Bridge @ Johnston @ 11:30 a.m.  
65 @ South @ 12:30 p.m.

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

#### Thursdays

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

#### Fridays

Bridge @ Ankeny @ 12:15 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.

## VNS of Iowa's Senior Companions Organize Food Drive Benefitting DMARC

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

On January 7, volunteers with Visiting Nurse Services of Iowa's Senior Companion program organized a food drive in honor of Martin Luther King Jr. Day. More than 200 nonperishable items were donated to the Des Moines Area Religious Council (DMARC). The food drive is one of three annual service projects organized by the group.

The Senior Companions serve homebound seniors who want to remain independent and in their own homes. Senior Companions earn a \$200-\$400 tax-free stipend each month for providing companionship and transportation. This income does not decrease any benefits that may be received, such as food stamps, housing assistance or disability.

Those ages 55+ years interested in earning extra money while serving older adults in their neighborhood are encouraged to contact Julia at 515-558-9957 or at [juliat@vnsia.org](mailto:juliat@vnsia.org).

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Pictured from left to right, front row: Mary Carothers (Indianola), Margaret Franklin (Des Moines), Carole Hemminger (Des Moines), Helen Simpson (Des Moines) and Carol Ellsworth (Indianola). Back row: Chico Aguiniga (Des Moines), John Franklin (Des Moines), Barb Weston (Des Moines), Randy Brown (Des Moines) and Marj Johnston (Des Moines).



## Scott Four Mile News

Submitted by Kathy Gates

4 mile Seniors Holiday Party's Theme—May your Sweaters Be Ugly and Bright.

We had a couple of days set up with all kinds of holiday sweater adornments so anyone who wanted to, could create their sweater masterpiece.

Then at our party we had awards for the Ugliest, The Hottest, and The Best Ensemble.

Pictured here From Left to Right: Kathy Gates, Site Manager, Bev Wessel, Roberta Kling, Clara Formaro and Ruth White.



Bernice Dalbey poses with the finished project from North craft class.

## Iowa Food Share

[www.SHAREiowa.com](http://www.SHAREiowa.com)

### October News SHARE

"Great Food at Affordable Prices"

February Packages Available –

Purchase one, all or any combination

Order before February 5<sup>th</sup>, 2016

Food Pickup February 19<sup>th</sup> or 20<sup>th</sup> depending upon location

(A) **Best Value Package \$28.00** "Save up to 50% on your groceries"

1.26 lb Mini Chicken Corn Dogs, 30 oz Ready to Cook Chicken Strips,

1 lb Ready to Cook 80 % Ground Beef, 1 lb Cook's Honey and Maple Ham Steak,

4/4oz Applesnax Applesauce w/ mixed Berries

Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)

(B) **Grocery Package \$14.50** "Purchase with an (A) to double your fruit and vegetables"

Fresh Seasonal Produce Assortment (so fresh you might think we picked them ourselves)

4/4oz Applesnax Applesauce w/ mixed Berries

(C) **Meat Only Package \$14.50** "Purchase with an (A) package to double your meat"

1.26 lb Mini Chicken Corn Dogs, 30 oz Ready to Cook Chicken Strips,

1 lb Ready to Cook 80 % Ground Beef, 1 lb Cook's Honey and Maple Ham Steak

(D) **Pantry Box \$24.00** "20 Items to fill your pantry"

24 oz Pasta Sauce

5 oz Can Tuna

15 oz Can Sweet Corn

14.75 oz Spaghetti O's

15 oz Can Chili w/ Beans

10 oz Brownie Mix

14 oz Bag Oatmeal

1 lb Box Rigatoni

12.5 oz Can White Chicken

15 oz Can Sweet Peas

15 oz Can Beef and Mac

6 oz Stuffing Mix

16 oz Peanut Butter

4/4 oz Applesnax Apple Sauce w/mixed Berries

6 oz Herb & Butter Mashed Potatoes

1 lb Dry Black Beans

14.5 oz Can Green Beans

10.75 oz Yellow Tomato Soup

10 oz Muffin Mix

11 oz Can Mandarin Oranges

(E) **Seafood Box \$23.00** "Perfect pick for Lent"

2 lb skin on Salmon Fillets, 1 lb Tilapia, 1 lb Pollock

(F) **Pasta Box \$21.50** "Old time favorite"

18 oz Ricotta Stuffed Shells

18 oz Manicotti

13 oz Large Round Ravioli

16 oz Tri Color Tortellini

12 oz Stuffed Rigatoni

13 oz Cheddar Pierogi

13 oz Swiss and Monterey Jack Pierogi

(G) **Breaded Chicken Box \$23.50** "Fully cooked for your convenience"

12 – 14 oz packages containing a Breast, a Thigh and a Drum

The following are \*choice items. In order to purchase these items you must first purchase One of the above packages A, B, C, D, E, F or G

(H) **\*Choice Item/ Shullsburg Cheese Pack \$15.00**

8 oz Fancy Cheddar Shredded Cheese

8 oz Mozzarella Shredded Cheese

8 oz Block Colby-Jack Cheese

8 oz Block Colby Cheese

8 oz Parmesan Shaker

8 oz Provolone Cheese Slices

(I) **\*Choice Item/ Burger Box \$17.50** "Back by popular demand"

5 lb Fully Cooked Bacon Cheddar Burgers

(J) **\*Choice Item/ Pork Butt Roast \$8.00**

3.25 lb Farmland Ready to Cook Pork Butt Roast

(K) **\*Choice Item/ Sara Lee Cheese Cakes w/ Strawberries \$10.00**

2 – 26 oz Sara Lee Cheese Cakes (whipped and fluffy) with Strawberries

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

### Buying is Easy



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



## 2016 New Year's Resolution Do's

### Iowa Senior Medicare Patrol (SMP)

A Project of Aging Resources of Central Iowa  
5835 Grand Ave., Suite 106, DSM, IA 50312

Submitted by Nancy G. Anderson  
SMP Coordinator

#### 2016 New Year's Resolution Do's

**1. DO** protect your Medicare number and your Social Security Number. Treat your Medicare card like it's a credit card.

**2. DO** remember that nothing is ever "free". Don't accept offers of money or gifts for free medical care.

**3. DO** ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.

**4. DO** educate yourself about Medicare. Know your rights and know what a provider can and can't bill to Medicare.

**5. DO** use a Personal Health Care Journal (call Iowa SMP to request your copy) to record all of your doctor's appointments and what tests or x-rays you receive. Then check your Medicare statements carefully to make sure you got each service listed and that all the details are correct.

**6. DO** be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.

**7. DO** make sure you understand how a plan works before you join.

**8. DO** always check your pills before you leave the pharmacy to be sure you got the correct medication.

**9. DO** report suspected instances of fraud.

Source: (Medicare.gov) A federal government website managed by the Centers for Medicare & Medicaid Services, 7500 Security Boulevard, Baltimore, MD 21244

#### 2016 New Year's Resolution Don'ts

**1. DON'T** allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

**2. DON'T** contact your doctor to request a service that you don't need.

**3. DON'T** let anyone persuade you to see a doctor for care or services you don't need.

**4. DON'T** accept medical supplies from a door-to-door salesman.

**5. DON'T** be influenced by certain media advertising about your health. Many television and radio ads don't have your best interest at heart.

**6. DON'T** give your Medicare card, Medicare number, Social Security card, or Social Security Number to anyone except your doctor or other authorized Medicare provider.

## ANSWER KEY - Strange Words

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>1</b>	Y	N	U	W	C	V	S	Y	B	N	F	U	G	V	N	O	I	T	A	E	D	I	U	I	M	S	C	A
<b>2</b>	C	V	J	F	M	K	G	N	I	K	O	R	A	M	E	L	L	A	M	F	S	R	H	C	U	R	I	D
<b>3</b>	P	D	E	T	A	L	U	B	O	B	M	O	C	S	I	D	V	D	G	L	J	H	H	O	Y	O	E	E
<b>4</b>	D	L	Q	P	A	N	G	L	O	S	S	I	A	N	N	Z	M	W	A	O	V	H	U	P	N	U	S	F
<b>5</b>	A	N	O	I	L	L	U	G	E	D	R	E	B	B	U	L	S	N	D	C	N	L	T	A	N	R	U	E
<b>6</b>	P	O	O	D	L	E	F	A	K	E	R	L	Z	Y	R	Y	I	G	S	C	F	O	T	F	S	E	R	N
<b>7</b>	K	U	W	T	A	T	T	E	R	D	E	M	A	L	I	O	N	E	T	I	M	E	I	H	E	K	R	E
<b>8</b>	C	I	T	U	E	I	A	M	H	Z	P	Y	P	C	D	I	I	Z	L	N	M	Q	Q	I	S	N	U	S
<b>9</b>	R	F	L	I	I	Z	O	X	U	E	O	E	H	P	T	T	F	L	E	A	O	Q	E	P	Q	A	S	T
<b>10</b>	T	C	C	Q	N	N	J	O	T	N	D	T	G	A	I	O	E	S	E	U	T	B	R	P	U	H	U	R
<b>11</b>	C	R	K	O	F	T	N	R	A	A	H	J	V	S	S	M	I	D	F	C	W	W	Y	Q	I	S	S	A
<b>12</b>	R	S	Z	X	E	D	I	G	T	O	K	R	O	I	Y	A	U	O	R	I	N	H	T	Z	P	M	P	T
<b>13</b>	V	J	P	R	O	C	T	N	N	O	E	L	S	B	P	T	A	A	C	N	F	U	H	P	E	I	E	E
<b>14</b>	M	W	C	H	H	F	O	I	N	N	L	P	O	T	I	R	N	X	O	I	Y	J	R	Z	D	R	L	S
<b>15</b>	N	Z	H	O	Y	M	C	J	E	A	E	R	N	P	H	T	O	T	A	H	J	C	I	A	A	C	U	Y
<b>16</b>	L	T	R	M	O	G	Z	Q	C	K	B	P	R	M	A	P	S	P	E	I	X	R	S	R	L	S	N	Z
<b>17</b>	A	Q	E	D	R	Z	M	L	S	O	K	U	U	S	D	O	X	E	R	L	M	F	M	E	I	X	K	Y
<b>18</b>	R	G	O	R	P	A	A	O	R	F	T	A	L	S	I	O	D	Q	S	I	S	E	A	B	A	S	I	G
<b>19</b>	H	R	W	X	M	I	L	Y	M	L	C	N	K	A	I	S	P	E	U	P	O	I	L	A	N	F	N	Y
<b>20</b>	C	B	L	E	H	A	G	U	A	A	T	R	A	I	T	L	E	A	R	I	M	C	N	N	T	D	G	F
<b>21</b>	L	O	U	C	H	M	G	R	C	R	N	E	E	Y	S	I	L	M	L	L	D	I	E	E	I	R	V	W
<b>22</b>	U	J	S	P	U	G	O	A	U	S	T	O	P	N	O	T	O	A	T	I	R	N	L	P	C	W	D	F
<b>23</b>	P	I	M	S	L	M	N	N	N	A	U	I	M	P	E	T	O	N	N	F	N	A	U	A	T	U	T	D
<b>24</b>	E	O	D	R	B	B	C	A	V	T	Y	P	Z	E	I	L	A	C	E	I	L	D	C	N	P	I	R	R
<b>25</b>	S	Y	T	Q	E	I	U	I	P	Z	O	B	E	H	T	R	L	H	R	C	M	B	R	K	C	E	O	E
<b>26</b>	T	R	Q	I	B	T	T	Y	L	S	R	I	O	R	O	E	F	A	C	A	C	O	F	O	X	A	X	N
<b>27</b>	U	R	T	L	R	S	X	F	D	L	Q	O	A	J	C	Q	R	I	T	H	C	A	U	J	M	L	Z	B
<b>28</b>	X	F	E	H	E	O	C	O	E	T	G	V	B	R	E	H	M	Y	H	E	E	Y	I	S	X	E	B	M

## Word Search Answer/Hints

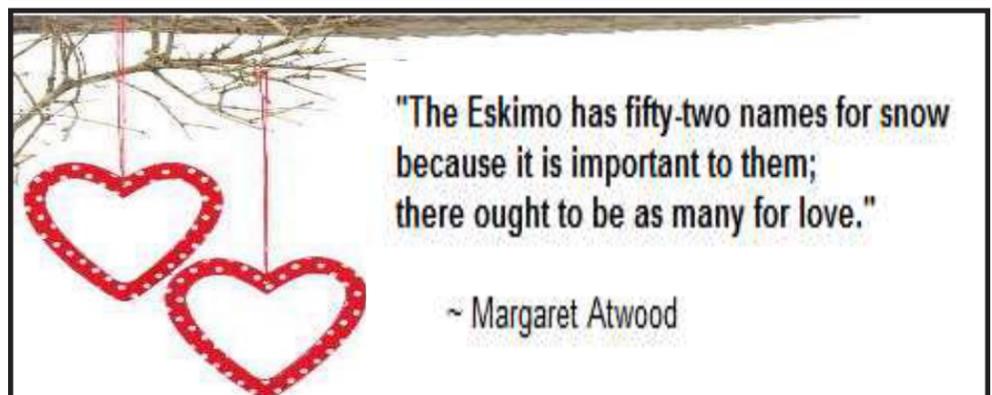
The words below are listed with their starting row and column

BORBORYGMUS 13:14	MAIEUTIC 8:8	SCRIMSHANKER 16:26
CHATOYANT 26:19	MALLEMAROKING 2:19	SEPULCHRAL 25:1
CHTHONIC 8:14	MELLIFLUOUS 11:16	SESQUIPEDALIAN 6:25
CRENELLATE 19:11	METANOIA 8:21	SINECURE 18:21
CREPUSCULAR 27:15	MORAL TURPITUDE 23:6	SLUBBERDEGULLION 5:17
CRYPTOMNESIA 1:27	OMPHALOSKEPSIS 24:2	SPANGHEW 26:10
DEFENESTRATE 2:28	OXTER 28:8	SPELUNKING 11:27
DISCOMBOBULATED 3:16	PALIMPSEST 24:25	SPHYGMOMANOMETER 12:2
ENERVATING 15:9	PALINDROME 19:17	SUSURRUS 11:27
ERYTHRISMAL 9:23	PANGLOSSIAN 4:4	SYZYG Y 14:28
ESTIVATE 28:5	PETRICHOR 8:11	TATTERDEMALION 7:4
FLOCCINAUCINIHIPIPILIFICA 2:20	POODLE FAKER 6:1	TERMAGANT 16:2
FRIPPET 26:17	PROPRIOCEPTION 13:15	TINTINNABULATION 8:3
FUG 1:11	PUSILLANIMOUS 16:12	TMESIS 22:19
IDEATION 1:22	QUIDNUNC 18:18	URT 27:1
ISCHIAL CALLOSITIES 23:2	RODOMONTADE 19:2	ZAREBA 14:24
KAKISTOCRACY 17:11	RUNCIBLE 21:10	

# S.A.L.T.

## Meeting

(Seniors and Law-Enforcement Together)  
February 16th • 12:30 p.m.  
North Senior Center  
**Presentation:**  
**Matter of Balance & Fall Safety**



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

## Central News: All in a Year at the Central Senior Center

Submitted by Sam McCrorey  
Site Supervisor

2015 saw us begin a collaboration with Lutheran Services of Iowa and their refugee program. This program helps refugees from countries such as Burma, Tibet, Malaysia and Nepal as well as some African countries assimilate to the U.S. They offered ESL classes along with Citizenship classes. Seniors who utilized LSI came to the center on Tuesdays for fellowship and to socialize with each other. They also had a Citizenship class that met once a week.

The group enjoyed playing cards, working puzzles, doing crafts and utilizing the exercise room. When they first started coming, Sara and Sam took them on a tour of the building and demonstrated how to use the various pieces of equipment that they had access to. The pure joy that they had as they tried their hands at playing pool or using the Wii was infectious. The voices or different dialects as they played cards or just had coffee and interacted has been both different and wonderful. Central is truly a melting pot that reflects the world in which we live today.

Right before the holidays, we had a group of home schooled children and their families from AmeriCorps Community Youth Concepts come to the center to do a project with our group. They did up bird feeders made of pine cones attached to a string slathered with Crisco and rolled in bird seeds. Hundreds of feeders were made that day and a fun time was had by all. The sight of these young children interacting with seniors, many of which don't speak any English, and doing a project together was heartwarming. We will definitely have them back in 2016.



## West Des Moines Senior Center News

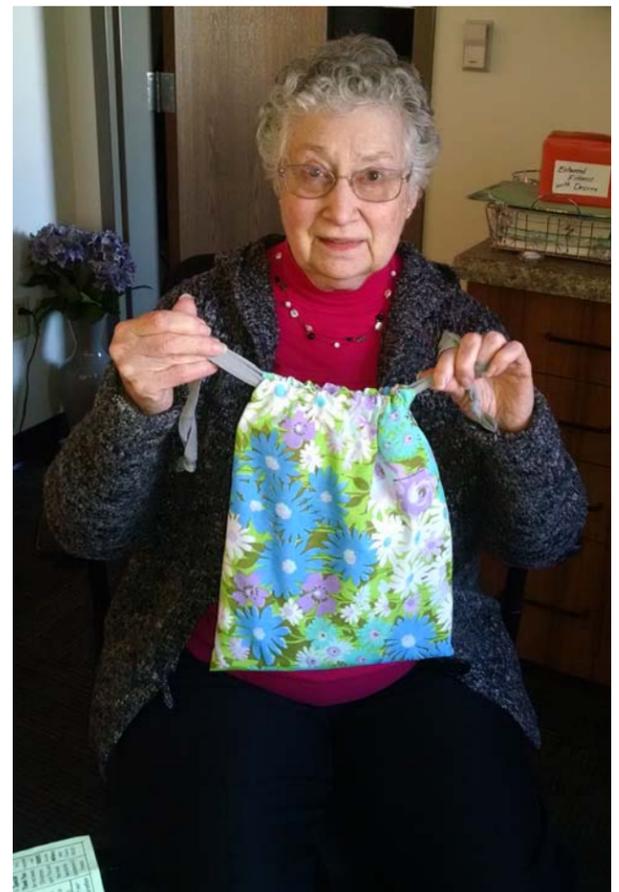
Submitted by Linda Mason  
Program Aide

We are so proud of our folks here at the West Des Moines Senior Center. As we were looking out into the dining room we were amazed to see how many of our seniors are reaching out to not only each other but to the community, the city and even to others in third world countries.

There are so many areas they are giving of their time, to mention just a few – playing Santa and Mrs. Claus at numerous places, raising money for Drake students, making kits for women in Africa (Days for Girls), embroidering items, crocheting and knitting hats, shawls and scarves for the women locally and in Africa, involved in helping other seniors get to appointments, volunteering at the VA hospital, along with all the volunteering they do at their churches and at the center.

Mary Clare and Linda just want to Thank-you and say how proud we are of you all. Hats off to the seniors at the Westside Senior Center.

Pictured left: Richard Lynn; Pictured right: Norma Warner holding bag for Days for Girls program.



## Birthday Celebration at Johnston Senior Center for Erma Kibby

Submitted by Caroline VerSchuer  
Site Coordinator

On Friday, January 22nd, Joan Whitten and Dorothy Anderson put together a birthday celebration for their fellow senior friend, Erma Kibby. These ladies met at the Johnston Senior Center several years ago and have developed such a unique bond of closeness. Their friendship continues to blossom each day. The gals even made their own T-shirts, "If You Have Crazy Friends, You Have Everything."



They bring a lot to the Crown Point atmosphere including volunteerism, hard work and lots of laughter. Some liken their experience at Crown Point as having an extended family. And isn't that what our Senior Centers are all about? Thank you ladies for making Erma's "Significant" Birthday such a fun day for all who were at the Johnston Center.



L to R: Joan Whitten, Erma Kibby, Dorothy Anderson. Their motto....."If You Have Crazy Friends, You Have Everything."