

# The Senior

Polk County Senior News!

# June Bulletin

Senior Services of Polk County • 2309 Euclid Avenue • Des Moines, Iowa 50310 • June 1 - 30, 2016



## Do You Know?! Missy Ulmer

My name is Missy Ulmer. I am the new Site Coordinator for the Runnells Senior Center. I graduated from East High in 2009, then graduated from Iowa Central Community College and Grand View University.

My fiancé, John, attends Iowa for Nursing. Our wedding is coming up fast, on October 22, 2016. We have two pets, a cat named, Mo and Bloodhound named, Watson. I enjoy doing outside activities and spending time with family and friends.

I am excited for my new position and look forward to getting to know the seniors at the Runnells meal site.

June

Watch for  
Upcoming  
Events!  
Check Them Out !!

### Polk County River Place 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.

## Help Stop Neglect, Exploitation and Abuse in Our Community



Submitted by John Sarcone, Polk County Attorney

I am proud to serve the citizens of Polk County as your County Attorney. It is indeed an honor and a privilege to serve such good and caring people at a time when so many positive things are happening in our community. We have a very safe community, but there are some who try to take advantage of others, particularly senior citizens.

Some studies estimate that each year, nearly 10% of our older citizens are abused, neglected and/or exploited, but because these crimes occur behind closed doors, it is difficult to know the true magnitude of the problem. We at the Polk County Attorney's Office have seen and prosecuted neglect cases where people are denied adequate food, clothing, medication, supervision, medical care and safe housing. We

are sometimes presented with cases where older people are assaulted or even repeatedly physically abused. As our population ages, financial exploitation seems to be on the rise and this can include exploitation by strangers or even by those close to the victim.

Protecting all citizens is important, but the Polk County Attorney's Office has dedicated additional resources to protecting older citizens. Years ago, our office established an Elder Abuse Unit which specializes in the prosecution of these unique cases. The individuals in this unit have received special training in handling crimes against the elderly. These staff members work very hard to protect elderly victims to the extent the law allows. The Elder Abuse Unit is committed to holding people accountable who try to take advantage of the older citizens of Polk County.

We can all do more to protect these innocent victims and to prevent the abuse from occurring. It begins with people in the community watching out for vulnerable friends, neighbors and family. If you suspect someone is the victim of abuse, neglect or exploitation, please report this information to the Iowa Department of Human Services at 1-800-362-2178 and to your local law enforcement agency. Together we can help reduce the victimization of our older friends, family and neighbors.

### Eastside Senior Center Potluck and Dance



The Eastside Senior Center is hosting a Potluck and Dance on Friday, June 24, from 5:00 - 7:00 p.m. Music will be provided by Ron Muhlenberg. Dinner will be served at 5:00 p.m. Bring a ready to serve dish to share. Music starts at 6:00 p.m. Admission is \$3.00 per person. Any questions call Kris or Ranae at 265-8461.

South Senior Center  
100 Payton Ave  
Saturday, June 4<sup>th</sup>

IT'S A POTLUCK

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

Just bring a dish to share.  
Doors open at 10:30 a.m. Eat at noon,  
then stay in the afternoon to play  
cards, bingo, dominoes, etc.  
Table Service is provided, along  
with coffee and tea.

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

the only thing better  
THAN HAVING  
YOU AS A **DAD**  
IS MY CHILDREN HAVING YOU AS THEIR  
**grandpa**



# June Recipes

## Early Summer Time Yummies



### Italian Pasta Skillet

Source: www.readyseteat.com

Prep Time: 10 min.

Total Time: 30 min.

Number Of Ingredients: 6

Servings: 8

Pasta, sausage, tomatoes and spinach cooked together for a quick and easy meal

#### Ingredients:

- PAM® Original No-Stick Cooking Spray
- 1 pound Italian turkey sausage, casings removed if necessary
- 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic and Oregano, undrained
- 1 can (8 oz each) Hunt's® Tomato Sauce-No Salt Added
- 1-1/4 cups hot water
- 8 ounces dry multigrain farfalle pasta, uncooked (8 oz = about 3-1/2 cups)
- 1 pkg (6 oz each) baby spinach leaves
- 1/2 cup shredded part-skim mozzarella cheese

#### Optional – Additional Ingredients

- o add more oregano and/or basil
- o add parmesan or provolone
- o onion and/or garlic

#### Directions:

1. Spray large skillet with cooking spray; heat over medium heat. Add sausage; cook until crumbled and no longer pink, stirring occasionally. Drain.
2. Stir in undrained tomatoes, tomato sauce, water and pasta. Bring to a boil.
3. Reduce heat; cover and simmer 20 minutes or until pasta is tender, stirring occasionally. Add spinach; cook and stir until spinach wilts. Sprinkle with cheese.



### Mini Tex-Mex Turkey Meatloaves

Source: www.readyseteat.com

Prep Time: 15 min.

Total Time: 30 min.

Number Of Ingredients: 6

Servings: 6

Ground turkey combined with flavorful tomatoes and taco seasoning bakes quickly in mini loaves for a fast

#### Ingredients:

- PAM® Original No-Stick Cooking Spray
- 1 pkg (20 oz each) lean ground turkey (93% lean)
- 1/4 cup Egg Beaters® Original (eggs or egg whites)
- 1/3 cup dry unseasoned bread crumbs
- 1 can (10 oz each) Ro\*Tel® Original Diced Tomatoes & Green Chilies, drained, liquid reserved (Mild or Hot)
- 2 tablespoons (1/2 of 1.25-oz pkg) 30% less sodium taco seasoning mix (may want to use more seasoning)
- 1/4 cup finely shredded Mexican blend cheese

#### Optional – Additional Ingredients

- o add Onion/Garlic or other favorite seasonings for additional taste.

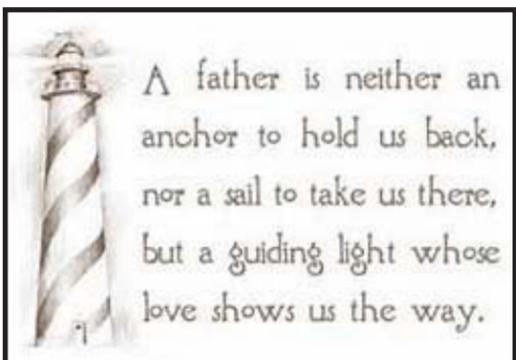
#### Directions:

1. Preheat oven to 400°F. Spray 12 regular muffin cups with cooking spray.
2. Mix turkey, Egg Beaters/Egg, bread crumbs, drained tomatoes plus 1/4 cup reserved liquid and taco seasoning in medium bowl. Form into 12 balls (1/4 cup each) and place in muffin cups. Top each with 1 teaspoon cheese.
3. Bake 18 to 20 minutes or until browned and cooked through (170°F).

#### Cook's Tips

An ice cream scoop works well for scooping balls of the meat mixture into the muffin cups.

June Recipes: Continued on page 4



### 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.

### 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.

### Editor's Blurb



The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or June 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 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.



### June Pie Menu

June 2	Peach Pie
June 9	Strawberry Crème Pie
June 16	Boston Crème Pie
June 23	Pecan Pie
June 30	Pumpkin Pie



### Recreation Committee



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

### Subscribe Today

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

- New Subscription
- Renewal Subscription

#### Don't miss a single issue!

Checks/Money Orders made payable to:  
Polk County Treasurer

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



## 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

**Very Hard Words**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

1 EADLHIEBIPARAGONVACAKQ  
 2 ELLEATPNGLLEUQGXNTOGNW  
 3 CILNTINEGSAERCNAPRUXTN  
 4 ICOAWRVETAZRHRPPTONUDE  
 5 DERIOIULASTIZAAIGGEUC  
 6 NADLEBNTLULTHJHENLRGLR  
 7 UFGAALEKUPPURGAUBOIRUO  
 8 AAUDDHLXNSQRCAUBGDGELM  
 9 JSIEHEDESUMIOITALYNGAA  
 10 CTLPEEFYSUCODCTINTOITN  
 11 AILIIILTELOPNROLSOEMOIC  
 12 PDOURLYINOTERTEXENIUOY  
 13 RITQOERODEQYRC SMIGNSNA  
 14 IOISPBCMNUSUMFWLWFYESN  
 15 CUNEHLRDIQRTAOLF EJEPI  
 16 ISESATOVCCUERCIUEAHJNL  
 17 OIFSNKGUQQHXSAISOYMAUO  
 18 UATE TALUTI PACCTOXUVSBG  
 19 SOLOGOMACHYNEMI IUYSMIN  
 20 IDNUGAMLASYIVLANOSIR A  
 21 HIBERNATIONKTTABDNMNOP  
 22 ESUFNIUYDNI CEWVFLGPEMI

- |                |             |                |
|----------------|-------------|----------------|
| ALICE          | FASTIDIOUS  | MICHAEL        |
| AORTA          | GESTICULATE | MORIBUND       |
| ASPHYXIAE      | GNU         | NAUGHT         |
| BEAR           | GUILLOTINE  | NECROMANCY     |
| BELLE          | HEIROPHANT  | PANCREAS       |
| CAPITULATE     | HIBERNATION | PANGOLIN       |
| CAPRICIOUS     | IBEX        | PARAGON        |
| CINDY          | ICONOCLAST  | PLUVIAL        |
| CORPULENT      | IGNOMINY    | QUELL          |
| DEFENESTRATION | INFUSE      | RESCIND        |
| DEROGATORY     | JASMINE     | SALMAGUNDI     |
| DETRITUS       | JAUNDICE    | SESQUIPEDALIAN |
| DROLL          | JEST        | SUPERFLUOUS    |
| EGREGIOUS      | KIN         | TROGLODYTE     |
| ELLE           | LOGOMACHY   | ULULATIONS     |
| ENGASTRATION   | LOQUACIOUS  | UNKNOWN        |
| ERUDITE        | MAELSTROM   |                |

Hard Words: Answers on Page 5

**Ask the Naturalist**

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

**Question:** Every morning a robin repeatedly attempts to fly through the large windows on the front of our house (usually beginning at first light) and ending finally around 10:30. What are some strategies for getting rid of these pests? Can I put out a plastic owl like they do at pools? Are there any other strategies that will work?

*Thanks, Bird-brained in Perry*

**Answer:** Robins can be territorial and when they see their reflection in the window they think it's another bird. Robins and other birds like cardinals will repeatedly attack its own reflection by flying into the window to try to scare it away. There are a few ways to deter birds from this behavior. Tape 2 to 3 metallic streamers to the top of your windows. Tape the other end of the streamer to the bottom of the window. It should hang loosely to wave in the breeze. You can also try sticking several stickers to the outside of the window. The streamers and stickers will break up the reflection in the window and hopefully the bird will stop attacking its reflection. I've also heard good things about decals and sprays from WindowAlert. The decals reflect UV light which we can't see, but is very visible to birds. Go to this link to learn more: <http://windowalert.com/>.

A plastic owl will probably not work in this situation.



**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!**

Date: Tuesdays: June 7, 14, and 28  
 Time: 2:00-3:00 p.m.

Description: Join us for some calming coloring time at the North Side Library, 3516 5th Avenue, every Tuesday except the third Tuesday. Use our coloring sheets or bring your own. We provide coloring materials or you can bring your own colored pencils, markers, or crayons. Meet some new people and de-stress while coloring with us!

**Family Movie Matinee**

Date: Friday, June 3  
 Time: 2:00-4:00 p.m.

Description: Join us for a movie about a pee wee hockey team called the Ducks and the coach who turns them into a winning team. Popcorn provided while supplies last. You may bring your own drink (with lid).

**How to Write a Letter to the Editor and Why You Should**

Celebrating 150th Anniversary of Libraries in Des Moines  
 Date: Saturday, June 4  
 Time: 2:00-3:00 p.m.

Description: Lynn Hicks, Opinion and lead engagement editor for the Des Moines Register, will share tips on how to write a letter to the editor and why it's important to share your opinions.

**Food Preservation 101**

Celebrating 150th Anniversary of Libraries in Des Moines  
 Date: Wednesday, June 8  
 Time: 6:30-7:30 p.m.

Description: Wondering what to do with all the good stuff harvested from your garden? Nutrition and Health specialist Mary Krisco from Iowa State University Extension Outreach will give a presentation on preserving food.

**Family Movie Matinee**

Date: Friday, June 10  
 Time: 2:00-4:00 p.m.

Description: Bring your blankets and join us for a movie about Michael Jordan and Bugs Bunny who have to play basketball against space aliens in order to save their friends. Popcorn provided while supplies last. You may bring your own drink (with lid).

**Welcome to Medicare: Presented by SHIIP Counselor Nora Nurre**

Date: Saturday, June 18  
 Time: 2:00-4:00 p.m.

Description: Learn about the basics of Medicare—Medical and Hospital benefits, Medicare Part D Prescription Drug Coverage, Medicare Advantage Plans, and Medicare Supplement Insurance. Presented by SHIIP (Senior Health Insurance Information Program) Space is limited. Pre-register online <http://dmpl.org> or call SHIIP at 800-351-4664.

**North Side Book Discussion**

Date: Tuesday, June 21  
 Time: 2:00-3:00 p.m.

Description: We will be discussing *The Secret Rescue*, by Cate Lineberry. Copies of the book may be picked up at the library.

**Family Movie Matinee**

Date: Friday, June 24  
 Time: 2:00-4:00 p.m.

Description: Join us for a movie about Casey and how she uses physics to improve her ice skating skills. Popcorn provided while supplies last. You may bring your own drink (with lid).



# Dinner & Dance

at the  
 Southside Senior Center

**Tuesday, June 14, 2016**  
 5:00 to 7:30 p.m.     \$5.00 per person

*Menu*  
 Pork Loin  
 Hash Brown Casserole  
 Seasoned Green Beans  
 Roll and Butter  
 Dessert

**Please call 287-0092  
 to make your reservation  
 by June 8th**



Music by Gina Gedler



## 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

Monday, June 6<sup>th</sup>, 1:00 p.m.

We will discuss *My Name Is Mary Sutter* by Robin Oliveria. Copies of the book are available at the Information Desk.

### Franklin Evening Book Discussion

Tuesday, June 14<sup>th</sup>, 6:30 p.m.

We will discuss *Orphan #8* by Kim Van Alkemade. Copies of the book are available at the Information Desk.

### Iowa's Cinematic Heritage: 1918 to 2016

Tuesday, June 21<sup>st</sup>, 6:30 p.m.

Marty S. Knepper, co-author of *The Book of Iowa Films*, will trace Iowa's movie history through clips and anecdotes. Knepper, a professor of English and chair of English and Modern Languages at Morningside College in Sioux City, has been researching the subject for two decades.

## SHIIP News Release

### Letters Alert Eligible Medicare Beneficiaries To Missed Benefits

Submitted by Jaime Stevens

For more information contact: SHIIP

Iowa Insurance Division 515-281-5705

Over 28,000 Iowa Medicare beneficiaries will receive a letter from the Social Security Administration (SSA) telling them that they may be eligible for help with their out-of-pocket medical and drug expenses. The State of Iowa's Senior Health Insurance Information Program (SHIIP) encourages beneficiaries who receive these letters to contact SHIIP to learn how they can potentially save hundreds of dollars through the Medicare Savings Program (MSP) and Part D Extra Help.

The letters are sent annually to people with Medicare with limited incomes who could be eligible for—but are not enrolled in these programs. The Medicare Savings Programs help with Medicare out-of-pocket costs. Medicare Part D Extra Help lowers the costs of prescription drugs.

"These letters are not a scam," said Kris Gross, Director of SHIIP. "They are an important notice that people on Medicare should review and consider. SHIIP can help determine if you're eligible, apply, and understand these new benefits once you're approved."

Contact SHIIP at 1-800-351-4664 (TTY 800-735-2942) if you have questions about this assistance or other Medicare topics. SHIIP's services are free, confidential and objective. They do not promote or sell any insurance products.

## SMP Coordinator Job Opening

Aging Resources of Central Iowa is seeking to fill the position of Senior Medicare Patrol Coordinator for our eight county area. The position requires eight hours of work each week.

The Coordinator works with the Iowa State SMP Coordination team to educate Medicare Beneficiaries, families and their care givers on how to detect and report Medicare Fraud. The Coordinator does education through presentations and a monthly newsletter.

Requirements are a knowledge of Medicare (there is training provided), be comfortable with public speaking, travel within the eight county area, and computer skills with Microsoft Word and Microsoft Excel

If you are interested in this position please contact Nancy G. Anderson, Tel: 515-633-9514 or [Nancy.Anderson@agingresources.com](mailto:Nancy.Anderson@agingresources.com)

June Recipes: Continued from page 2

### Apple-Bacon-Chicken Salad

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

4Prep Time: 20 min.

Total Time: 30 min.

Number Of Ingredients: 7

Servings: 4

Fresh chicken salad with crisp, sweet apple, flavored with turkey bacon and spicy brown mustard



#### Ingredients:

- 1 tablespoon Parkay® Original Spread-tub
- 2 slices turkey or regular bacon, cut into 1/2-inch pieces
- 3/4 pound boneless skinless chicken breasts, cut into bite-size pieces
- 1/2 teaspoon salt
- 1-1/2 cups chopped unpeeled apple
- 1 container (6 oz each) plain nonfat yogurt (6 oz = 2/3 cup)
- 2 green onions, chopped
- 1 tablespoon Gulden's® Spicy Brown Mustard

#### Optional – Additional Ingredients

- o Walnuts or Pecans

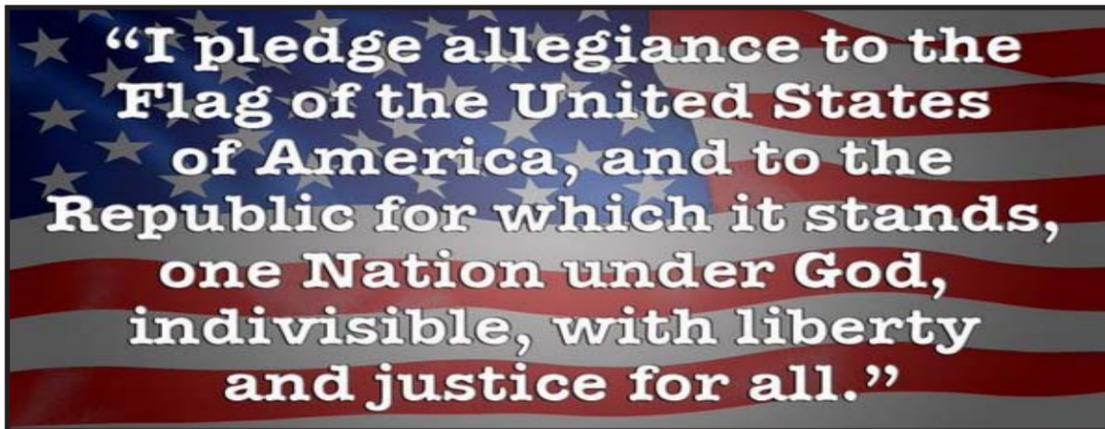
#### Directions:

1. Melt Parkay in large nonstick skillet over medium heat. Add bacon and chicken; sprinkle with salt. Cook 5 minutes or until chicken is no longer pink in centers, stirring occasionally. Remove from skillet; place in shallow dish. Cool in freezer 10 minutes.

2. Meanwhile, combine apple, yogurt, onions and mustard in medium bowl. Stir in cooled chicken and bacon.

#### Cook's Tips

Enjoy this chicken salad served on lettuce or spinach leaves with a slice of multigrain bread. Or, place in pita pockets or a wrap to make a sandwich.



- 2016 SENIOR EXPO -

# June Affair

**THURSDAY, JUNE 16, 9 to 11:30 AM**  
NORTHVIEW MIDDLE SCHOOL, 1302 N ANKENY BLVD.

GET RESOURCES ABOUT HEALTH AND EDUCATIONAL SERVICES, HOUSING, TRANSPORTATION AND LEISURE ACTIVITIES FOR SENIORS AND FAMILY CAREGIVERS!

**FREE**  
**50+ EXHIBITORS**  
INCLUDING SEVERAL FIRST TIME VENDORS  
**LIVE ENTERTAINMENT FEATURING:**  
**HARRY & FRIENDS**



Bring in current medications to be reviewed or disposed of correctly!

MORE INFO AT [WWW.ANKENYIOWA.GOV](http://WWW.ANKENYIOWA.GOV)



**ANKENY**  
COMMUNITY SCHOOL DISTRICT



city of **Ankeny**  
bringing it all together™

**BINGO BINGO BINGO**

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

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

**BINGO BINGO BINGO**

# Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

**Question:** Will my son be eligible to receive benefits on his retired father's record while going to college?

**Answer:** No. At one time, Social Security did pay benefits to eligible college students. But the law changed in 1981. We now pay benefits only to students taking courses at grade 12 or below. Normally, benefits stop when children reach age 18 unless they are disabled. However, if children are still full-time students at a secondary (or elementary) school at age 18, benefits generally can continue until they graduate or until two months after they reach age 19, whichever is first. If your child is still going to be in school at age 19, you'll want to visit [www.socialsecurity.gov/schools](http://www.socialsecurity.gov/schools).

**Question:** When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

**Answer:** Social Security survivors benefits can be paid to:

- A widow or widower — unreduced benefits at full retirement age, or reduced benefits as early as age 60;
- A disabled widow or widower — as early as age 50;
- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits;
- Unmarried children under 18, or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to stepchildren, grandchildren or adopted children;
- Children at any age who were disabled before age 22 and remain disabled; and
- Dependent parents age 62 or older.

Even if you are divorced, you still may qualify for survivors benefits. For more information, go to [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:** I want to make sure I have enough credits to receive Social Security retirement benefits when I need them. How can I get a record of my Social Security earnings?

**Answer:** The best way for you to check whether you have earned enough credits (40 total, equaling 10 years of work) is to open a free my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to review your Social Security Statement.

Once you create an account, you can:

- Keep track of your earnings to make sure your benefit is calculated correctly. The amount of your payment is based on your lifetime earnings;
- Get an estimate of your future benefits if you are still working;
- Get a replacement 1099 or 1042S.
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
  - o Change your address; and
  - o Start or change your direct deposit.

Accessing my Social Security is quick, convenient, and secure, and you can do it from the comfort of your home.

In some states, you can even request a replacement Social Security card online using my Social Security. Currently available in some areas in the United States, it's an easy, convenient, and secure way to request a replacement card online. To find out where we offer this service, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

**Question:** Where can I go to find general information about Medicare benefits?

**Answer:** Social Security determines whether people are entitled to Medicare benefits, but the program is administered by the Centers for Medicare & Medicaid Services (CMS). You can visit CMS' Medicare website at [www.medicare.gov](http://www.medicare.gov), or call them at 1-800-MEDICARE (1-800-633-4227). Online or by phone, you can find answers to all your Medicare questions at CMS.

# Social Security News

Social Security Supports National Cancer Survivor's Day

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

In 2016, more than a million people will be diagnosed with cancer around the world. This alarming statistic affects people and families everywhere. On June 5, 2016, we observe National Cancer Survivors Day in the United States. In support of this day, Social Security encourages getting checkups to provide early detection, raise awareness through education, and recognize the survivors who have gone through this battle or are still living with the disease.

Social Security stands strong in our support of the fight against cancer. We offer services to patients dealing with this disease through our disability program and our Compassionate Allowances program. Compassionate Allowances are cases with medical conditions so severe they obviously meet Social Security's disability standards, allowing us to process the cases quickly with minimal medical information. Many cancers are on our Compassionate Allowance list.

There's no special application or form you need to submit for Compassionate Allowances. Simply apply for disability benefits using the standard Social Security or Supplemental Security Income (SSI) application. Once we identify you as having a Compassionate Allowances condition, we'll expedite your disability application.

Social Security establishes new Compassionate Allowances conditions using information received at public outreach hearings, from the Social Security and Disability Determination Services communities, from medical and scientific experts, and from data based on our research. For more information about Compassionate Allowances, including the list of eligible conditions, visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

If you think you qualify for disability benefits based on a Compassionate Allowances condition, please visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to apply for benefits.

## SUPPLEMENTAL FOOD PROGRAM FOR SENIORS – 2016 GUIDELINES

The Elderly Commodity Food Program serves persons **60 years of age or older**. This does not include handicapped people under 60 years of age. A person must reside within the geographical boundaries of **Polk, Warren, Jasper, Dallas, Story and Boone Counties**.

A person must meet the following income eligibility guidelines established by the United States Department of Agriculture as follows:

FAMILY SIZE	GROSS ANNUAL	GROSS MONTHLY*
1	\$15,444	\$1,287
2	\$20,826	\$1,736
3	\$26,208	\$2,184
Additional member add:	+5,408	+451

\*Use net amounts on Social Security Income, gross amounts on all other forms of income.

**FOODS RECEIVED:** Shelf stable milk; non-fat dry milk; rice, macaroni or spaghetti; ready-to-eat cereal, farina, or oatmeal; peanut butter or dry beans; canned meats; canned juices, fruits, and vegetables; and cheese.

### POLK, DALLAS, JASPER, WARREN, STORY AND BOONE COUNTIES

Applications are taken at the location listed below. For those who are unable to come to the office, call to have an application sent to you. Proof of age and income are required. Volunteer delivery is available for those who have no other way.

**LOCATION:** 2309 Euclid Ave., Des Moines, IA 50310.

**DAYS OPEN:** Monday through Friday.

**Closed** the last two working days of every month, weekends, and County Holidays.

**HOURS:** 8:00 am to 5:00 pm

**PHONE:** 515-286-3655 or Toll Free at 1-877-288-3655.

“A Service of the Polk County Department of Community, Family & Youth Services”  
 “The USDA is an equal opportunity provider and employer”

**Norwoodville's**  
**Biscuit & Gravy w/ Eggs**  
**Breakfast Fundraiser**

All-U-Can-Eat 7:00 to 10:00 a.m.  
 Or while supplies last

Norwoodville Community Center  
 3077 N.E. 46<sup>th</sup> Ave (Broadway)  
 266-5794

**Wednesday, June 29<sup>th</sup>**  
**\$5.00 per person**  
 \* All-U-Can-Eat applies to B&G only \*

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

**FARMERS MARKET**  
 EAT LOCAL

**Farmer's Market Coupons**  
**Are Here!**

**Don't delay, Limited Supply available.**

To sign up or get more information about these great coupons that allow you to shop locally at nearby Farmer's Markets, contact your nearest Polk County Senior or Community Center.

(Listing of centers is located on Page 9)

**Hard Words Puzzle: Page 3**

**Very Hard Words - Word Search Answer/Hints**

The words below are listed with their starting row and column numbers to help you locate them on the actual puzzle.

ALICE 1:2	FASTIDIOUS 7:2	MICHAEL 14:8
AORTA 1:20	GESTICULATE 13:18	MORIBUND 22:21
ASPHYXIA 13:22	GNU 5:19	NAUGHT 10:17
BEAR 7:17	GUILLOTINE 7:3	NECROMANCY 3:22
BELLE 14:6	HEIROPHANT 9:5	PANCREAS 3:17
CAPITULATE 18:13	HIBERNATION 21:1	PANGOLIN 21:22
CAPRICIOUS 10:1	IBEX 5:5	PARAGON 1:10
CINDY 22:12	ICONOCLAST 9:12	PLUVIAL 7:10
CORPULENT 10:14	IGNOMINY 7:19	QUELL 2:14
DEFENESTRATION 8:5	INFUSE 22:6	RESCIND 15:11
DEROGATORY 4:21	JASMINE 16:20	SALMAGUNDI 20:10
DETRITUS 1:3	JAUNDICE 9:1	SESQUIPEDALIAN 16:4
DROLL 6:3	JEST 15:18	SUPERFLUOUS 9:9
EGREGIOUS 5:20	KIN 21:12	TROGLODYTE 2:18
ELLE 9:8	LOGOMACHY 19:3	ULULATIONS 5:21
ENGASTRATION 1:7	LOQUACIOUS 11:9	UNKNOWN 9:10
ERUDITE 16:12	MAELSTROM 17:19	



# Grimes Congregate Meal Site



Submitted by Rene' Leppert  
Grimes Site Coordinator

"Where Everybody Knows Your Name", is the theme song from the popular, 1980's television sitcom Cheers. If you're looking for a great senior center with friends who really know your name and really care how you're doing, you'll find it at the Grimes Senior Center! We are located in the Grimes Community Complex which is in the Governor's District of Grimes, at 410 SE Main Street.

Grimes is named after James W. Grimes, former senator and third governor of the State of Iowa. Constructed over the course of a 20-year period, beginning in 1940, the center originally housed Grimes Elementary and Middle School. After it served its purpose as an educational building, the City of Grimes purchased it and renovated it into a Community Complex, which opened in the summer of 2006. It has over 35,000 square feet, divided between recreational and community activity spaces. The Grimes Park & Recreation Department has their office in the building, and there are also several other tenants including the Grimes Senior Center, Grimes Heritage Museum, Crossroads Community Church and Jazzercise. The Grimes Community Complex, also fondly known as the "GCC" is a hub of activity for people of all ages, ranging from tots in Park & Rec's "Tiny Adventures".....to young moms in Jazzercise.....and super seniors at the Grimes Se-



nior Center!

Our Senior Center was the vision of former Polk County Supervisor E.J. Giovannetti. He knew Grimes needed a Senior Center, and that vision became a reality in October 2012, when the Grimes Senior Center opened. We are a part-time Center, open from 9:30 a.m. to 1:30 p.m., Monday through Friday. We serve a congregate meal at 11:30 a.m. and have planned activities before and after lunch. Our food is prepared by Taher Food Services in Slater, Iowa, and trucked to our site by our faithful driver James Minot. We are very pleased with the quality and variety of our daily meals. We have two Nutrition Representatives from our site, seniors Angie Roan and Roberta Shuey. They attend the monthly Nutrition meetings at Senior Services and faithfully share our comments/ideas about the meals at that meeting. We love it that Taher Food Services is open to trying new main dishes or side

dishes.

Our Site Coordinator is René Leppert who has been at the Grimes Senior Center

listen to the Dining Room....."sweet music to her ears" are the voices and laughter of

the seniors chatting away and waiting for another delicious meal.

Our Center enjoys many activities such as: Wii Bowling, Cribbage, Canasta, Chair Yoga and Senior Moments (where seniors share something of interest to them....a hobby, a collection, memories of a past career). One of our favorite activities is Antiques Roadshow, which is every Friday after lunch. Seniors take turns sharing something old or just a "favorite". We have enjoyed Jenny's, Salt & Pepper Collection, Vivian's, Keokuk Atlas, Yalanda's, Depression Glass, Paul's, brass lamp, Marilyn's, tapestries, and many others. Each Friday, it's something new and the memories "Antiques

Roadshow" brings back are just part of the fun. We have Blood Pressure Clinic every other month, Foot Clinic with Tim every 4th Tuesday and Health Screenings in the Fall and Spring by the Drake Pharmacy students. We enjoy having the second graders from nearby South Prairie Elementary read to us once a month, September through May.....and we enjoyed teaching them some Italian words and phrases this year. We have a variety of interesting speakers, with topics ranging from Machu Picchu, a trip to Alaska in a Model T, Grimes Watercolor Artist, Nadine Hawbaker and how to plant a container garden. We enjoy Crafts with Linda Mason, from the Westside Senior Center. Each month we have "Gem from the Heritage Museum". The "gem" is something from the Museum that the Board Members choose to share with us at the Senior Center. We have viewed old scrapbooks and photo albums, an an-

tique wedding dress and shoes, as well as an old card table from the early days of Grimes. It makes us realize what a wonderful and strong community Grimes is.

We look forward to Governor Days in June, a grand Summer Festival in Grimes. We've had a float in the Parade for the past three years, and it is pulled by senior, Dick Piphon with his Allis-Chalmers WD Tractor. Six seniors usually ride on the float, waving little flags and waving to the crowd, while our boom box on the float plays "The Stars & Stripes Forever". Our float features two slogans (borrowed from the Westside Senior Center): "Old Age Ain't For Sissies!" and "Food, Friends and Fun". We think those two phrases pretty much sum up what our Center is all about. We invite you to visit the Grimes Senior Center. We're a friendly bunch. Give us about a week and "Everybody will know your Name!"



- 6/14 - Flag Day
- 6/19 - Father's Day
- 6/20 - Summer Begins

- Month:**
- Aquarium Month
  - Candy Month
  - Dairy Month
  - Gay Pride Month
  - National Adopt a Cat Month
  - National Fresh Fruit and Vegetables Month
  - Rose Month
  - Turkey Lovers Month



## Polk County Health Department: Prepare for HOT Weather!

Submitted by Nola Aigner  
Health Educator/Public Information Officer  
[www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health)

The hot summer days are quickly approaching! Hot and humid days make it unbearable to stay comfortable and can also cause health problems. When the temperatures and humidity are high and there is little overnight cooling, your body's ability to sweat and cool itself off decreases. This means that your body temperature can quickly rise to dangerous levels that can cause damage to your brain and vital organs. Hot weather can be extremely dangerous to the elderly. As we age our bodies are not able to adjust as well to sudden changes in temperatures. The elderly are also more likely to have a chronic health condition that can make them less likely to sense and respond to temperature changes and some prescription medications can worsen the impact of extreme heat. Young children, outdoor workers, athletes and pets are also at a higher risk of heat related illness.

Heat stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees Fahrenheit or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Warning signs of heat stroke vary but include:

- an extremely high body temperature (above 103 degrees Fahrenheit, orally)
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness

Heat exhaustion is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. Warning signs of heat exhaustion include:

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting

The skin may be cool and moist. The person's pulse rate will be fast and weak, and breathing will be fast and shallow.

To avoid heat related illness or death, follow these simple tips:

- Spending just two hours a day in air conditioning can greatly reduce your chances of heat related illness or death.
- Drink lots of fluids; don't wait until you are thirsty. Drink cold water or an electrolyte drink. Avoid alcoholic or caffeinated beverages.
- Try to limit outdoor activities to morning and evening hours. Rest often in shady areas to let your body cool down. Drink water continuously.
- Never leave children or pets in a car, even if the windows are cracked or open.

If you know someone who does not have air conditioning check on them twice a day to make sure they are okay or to see if they need help going to a cooler location for a few hours. You can also help them implement the following tips to cool their home without air conditioning:

- Install temporary window reflectors (between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings. Outdoor awnings can reduce the heat that enters a home by up to 80%.
- Keep storm windows up in the summer.
- Avoid using appliances such as washer and dryer (if on the main level), dishwasher and stove during the hottest periods of the day.
- Use a fan to circulate air. Do not sit directly in front of a fan because it will dehydrate you quicker.

During periods of extreme heat many public buildings, such as libraries and community centers, allow community members to get a few hours of relief from the heat. For a complete list of cooling centers, ask your site supervisor or visit our website at [www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health). During extreme heat the Polk County Health Department may open an overnight cooling shelter. For information on shelters or transportation to shelters call 211.



## Des Moines University: Active Older Adult Exercise

Submitted by Brianne Sanchez  
Community Relations Manager  
[www.dmu.edu.com](http://www.dmu.edu.com)

An exercise class specially designed for older adults, focused on improving balance, strength and flexibility. Taught by Des Moines University Physical Therapy Clinicians

Tuesdays, 9:45–10:30 a.m.

\$10 per class or 5 classes for \$45

Des Moines University Clinic

9th floor, 3200 Grand Avenue, Des Moines

Call 271-1717 for information. Some participants may require a physical therapy evaluation prior to the first class.



## Fun in Johnston: Elvis & Cinco de Mayo!

The Johnston group enjoyed a visit from Elvis in April and had fun at our Cinco de Mayo celebration in May. Stop out sometime at the Johnston site to see the many different activities we have going on. Helping to keep our mind, body and spirits young and lively!



"Roger Rothamel"



Left to Right. Gary Adams, Marilyn Freerksen, Roger Rothamel.



Elvis Caption!

# M

# T

# W

# Th

# F

**got milk?**

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



1  
Honey Mustard Chicken Breast  
Seasoned Potatoes  
Lime Jello w/ pears  
Broccoli  
Apple  
  
88  
525

1  
**Flex Meal Option**  
Hot Dog  
Seasoned Potatoes  
Lime Jello w/Pears  
Broccoli  
Apple  
  
104  
587

2  
Open Faced Pork Gravy Sandwich  
Mashed Potatoes  
Peas  
Tropical Fruit  
Wheat Bread  
  
93  
685

3  
BBQ Chicken Sandwich  
Green Beans  
Tomato Zucchini Salad  
Craisins  
Hamburger Bun  
Chocolate Milk  
  
146  
967



6  
Hamburger Cabbage Casserole  
Peas  
Tropical Fruit Salad  
Bread Pudding  
  
77  
702

7  
Pork Chops w/ Gravy  
Carrots  
Red Mashed Potatoes  
Strawberries  
Sponge Cake  
  
69  
554

8  
Chef Salad w/ Tomato Wedge  
Baby Potatoes  
Banana  
Dinner Roll  
  
81  
600

8  
**Flex Meal Option**  
Liver N Onions  
Baby Potatoes  
Lettuce Salad  
Banana  
Dinner Roll  
  
93  
625

9  
Salisbury Steak  
Brussels Sprouts  
Mashed Potatoes  
Raisins  
WW Dinner Roll  
  
106  
779

10  
Tuna Salad Sandwich  
Creamy Cucumbers  
Lettuce Salad  
Fresh Orange  
Chocolate Milk  
  
76  
555

13  
Ham Sandwich  
Broccoli Cheese Soup  
Mixed Vegetables  
Fresh Apple  
Chocolate Chip Cookie  
  
95  
865

14  
Cali Burger  
Lettuce/tomato/onion  
Coleslaw  
WW Bun  
Warm Cinnamon Apples  
  
60  
602

15  
Sweet n Sour Meatballs  
Key Largo Vegetables  
Banana  
Brown Rice  
Birthday Cake  
  
133  
917

15  
**Flex Meal Option**  
Crunchy Asian Noodle Salad  
Banana  
Birthday Cake  
Wheat Roll  
  
111  
775

16  
Meatloaf  
Sweet Potatoes  
Green Beans  
Pear  
WW Dinner Roll  
  
87  
759

17  
Stuffed Pepper Soup  
Corn  
Orange  
WW Dinner Roll  
Chocolate Milk  
  
89  
679

20  
Chicken Supreme  
Spinach  
Mixed Melon  
Bread Pudding  
  
85  
690

21  
Penne Pasta w/meatsauce  
Caesar Salad  
Applesauce  
Breadstick  
  
104  
826

22  
Tilapia  
Brown Rice Pilaf  
Fresh Orange  
Peas  
Baklava  
  
102  
684

22  
**Flex Meal Option**  
Gyro Salad  
Brown Rice Pilaf  
Fresh Orange  
Baklava  
  
97  
807

23  
Roasted Pork Loin w/gravy  
Mashed Potatoes  
Broccoli  
WW Dinner Roll  
Pineapple  
  
78  
527

24  
Beef Chili  
Squash  
Raisins  
Cornbread  
Chocolate Milk  
  
117  
702

27  
Pork Ham Slice  
Texas Style  
Cheesy Potatoes  
Broccoli  
Strawberries  
  
73  
600

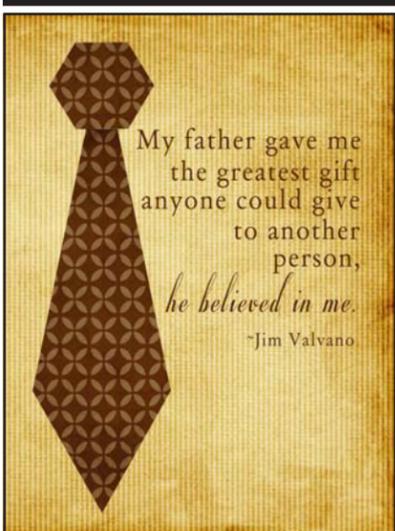
28  
Tuna Noodle Casserole  
Peas  
Three Bean Salad  
Orange Juice  
  
71  
568

29  
Minestrone Soup  
Seafood Salad  
over Lettuce  
Applesauce  
WW Crackers  
  
60  
555



29  
**Flex Meal Option**  
Harvest Chicken Salad  
Applesauce  
  
88  
614

30  
Italian Chicken Breast  
Lettuce Salad  
Marinated Veggies  
Craisins  
  
68  
567



**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

---

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.
- 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: Missy Ulmer  
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**  
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

#### Adult Coloring Club

East.....1st Wednesdays of month @ 9:30 a.m.  
South.....Mondays @ 10:00 to 11:00 a.m.

#### 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.  
South.....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 June 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 @ 9:00 a.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.

#### Pickleball

Johnston.....Tuesdays & Thursdays @ 10:00 a.m.

#### "Sew-cial": Quilting/N'point (no plastic canvas) Group

Johnston.....Wednesdays @ 10:00 a.m. - 3:00 p.m.

#### Skip Bo

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

#### Tennis

Johnston.....Mondays, Wednesdays & Fridays @ 10:00 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. - 3:00 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 June 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.

## June Tournaments

#### 8 Ball Pool Tournament

3<sup>rd</sup> @ North - 9:00 a.m.  
17<sup>th</sup> @ North - 9:00 a.m.

#### 9 Ball Pool Tournament

10<sup>th</sup> @ North - 9:00 a.m.  
24<sup>th</sup> @ North - 9:00 a.m.

#### 10 Point Pitch

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

#### 500

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

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

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

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

#### Cribbage

1<sup>st</sup> Friday @ North - 12:30 p.m.  
5<sup>th</sup> Friday @ North - 12:30 p.m.  
(when applicable)  
Every Friday @ South - 12:30 p.m.

#### Pinochle

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

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

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

#### Double Pinochle

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

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

## June 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 3<sup>rd</sup> Wednesday)  
Bridge @ Johnston @ 12:30 p.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 @ 12:45 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.  
Canasta @ Johnston @ 12:45 p.m.  
Hand and Foot @ Johnston @ 12:45 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.

**CRAFT CLASS PLEASE NOTE!**



Each craft instructor comes up with their own projects for the sites that they teach at. The same project/s are no longer done at the sites county-wide.

There will be classes held approximately 5-6 months of the year, with breaks during a couple of selected months and no classes held in summer/early fall months & December.

Please contact site staff on when class will be held at the site you participat (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 for those 60 years of age and older. Donations are accepted/appreciated. Any questions, call a center nearest you to speak with craft instructor.

**Senior Advisory Council**



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

Altoona	Northwest	Runnells
Central	Norwoodville	Scott Four Mile
Grimes	Pioneer	Westside
MLK	Polk City	

**June Blood Pressure Checks**

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

- 2<sup>nd</sup> North
  - 3<sup>rd</sup> Ankeny (Health Talk Only)
  - 6<sup>th</sup> **Ankeny** (provided by Nurse Volunteer)
  - 7<sup>th</sup> North
  - 8<sup>th</sup> NW
  - 9<sup>th</sup> Polk City
  - 10<sup>th</sup> Scott Four Mile
  - 13<sup>th</sup> East
  - 14<sup>th</sup> MLK, Jr.
  - 15<sup>th</sup> Pioneer Columbus
  - 16<sup>th</sup> Central
  - 17<sup>th</sup> Altoona
  - 20<sup>th</sup> West
  - 21<sup>st</sup> South
  - 22<sup>nd</sup> Norwoodville/Calvary
  - 23<sup>rd</sup> Runnells
  - 24<sup>th</sup> North
  - 28<sup>th</sup> Johnston
- Dates Subject to Change.



**S.A.L.T (Seniors and Law-Enforcement Together) Meeting :**



**\*\*\* Tuesday, June 21<sup>st</sup>, 12:30 to 1:30 p.m. \*\*\***

**at the Polk County North Senior Center**

**Topic: Presentation on "Know 10 Signs of Alzheimer's: Staying Safe with Memory Loss"**

**Presented by: Susan Callison, Alzheimer's Program Specialist**

**COMMITTED TO OUR COMMUNITY**



**CELEBRATIONS IN THE CITY**



**Come help us celebrate! We're having a party that will include a performance from storyteller and illustrator Tim Read, snacks, games, and a fun photoshoot with props.**

**Franklin Avenue Library**

**Wednesday, May 4  
3:30-5:00 PM**



**DES MOINES PUBLIC LIBRARY**

dmpl.org | 515.283.4152



**Foster Grandparents**



**Give back to your community!**

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

**Share Today, Shape Tomorrow**

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

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



**(515) 558-9975 • www.vnsia.org**

**The 2nd Annual  
NORTHSIDE SENIOR CENTER  
WII BOWLING TOURNAMENT**

**JUNE 25<sup>th</sup> 8 a.m. to 4 p.m.  
LOCATION: 100 EUCLID (Park Fair Mall)**

- 32 (2) person teams (no handicap) 60 years or older
- 16 First round winners will go to championship bracket
- All other teams go to consolation bracket
- Lunch available for \$5.00
- MC announcing game play, results and prize winners
- Random prizes drawn throughout the day
- Trophies awarded to top 4 places of both brackets
- Medals awarded to all participants
- Register by June 17<sup>th</sup> @ 4 p.m.



**TEAM ENTRIES ARE LIMITED TO 32 TEAMS SO REGISTER EARLY!!**

Registration Forms are available from your Site Staff.  
For more, info call 288-1524. Diana or Nicole



**JOIN US FOR A FUN DAY OF WII BOWLING-SEE YOU THERE!**

# 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 10:00 A.M.

YOGA  
TUESDAYS 10:00 A.M. & 11:15 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

**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.



## GOT FREE TIME? VOLUNTEER!

OPEN  
TO

WHERE

CONTACT

SENIORS 60 AND OLDER INTERESTED IN ADVOCATING FOR THEIR PEERS, ASSISTING WITH FORMS FOR COMMUNITY PROGRAMS, HANDLING INFORMATION AND REFERRAL SERVICES & EMERGENCY MEAL DELIVERIES. TRAINING PROVIDED

POLK COUNTY PEER ADVOCATES  
2309 EUCLID AVENUE  
DES MOINES, IOWA 50310

JAIME STEVENS  
(515)286-2112

### SHARE June Menu

Order before June 10<sup>th</sup>, 2016 for pick-up on the 24<sup>th</sup> or 25<sup>th</sup> depending on location  
To order call 800-344-1107 or visit [www.shareiowa.com](http://www.shareiowa.com)

- (A) **Best Value Package \$28.00** *"Save up to 50% on your groceries"*  
1 lb 80% Lean Ground Beef  
1.75 lb Boneless Skinless Chicken Thighs  
15 oz All Beef Hot Dogs  
12 oz Farmland Deli Ham  
6.9 oz Loretta Chicken Rice Side Dish  
Russet Potatoes, Carrots, Cabbage, Grape Tomatoes, Oranges, Mango and Apples
- (B) **Grocery Package \$14.50**  
Russet Potatoes, Carrots, Cabbage, Grape Tomatoes, Oranges, Mango and Apples  
6.9 oz Loretta Chicken Rice Side Dish
- (C) **Meat Only Package \$14.50**  
1 lb 80% Lean Ground Beef  
1.75 lb Boneless Skinless Chicken Thighs  
15 oz All Beef Hot Dogs  
12 oz Farmland Deli Ham
- (D) **Bacon Box \$36.00**  
12 - 1 lb Packages Bacon made by Oscar Mayer

- (E) **Summer Pantry Box \$25.00**  
16 oz Box Rigatoni  
14 oz Cut Green Beans  
15 oz Finest Pork & Beans  
14 oz Chicken Rice Soup  
12 oz Smooth Peanut Butter  
10 oz Fudge Brownie Mix  
11 oz Mandarin Oranges in Light Syrup  
24 oz Del Monte Four Cheese Pasta Sauce  
6 oz Loretta Roasted Garlic Mashed Potatoes  
6.9 oz Loretta Chicken Rice Side Dish  
6.9 oz Loretta Beef Rice Side Dish  
2.1 oz Pouch Van Camp's Chunk Light Tuna  
12.5 oz Premium Chunk Chicken Breast  
4 - 4 oz Applesnax Applesauce w/Raspberries
- (F) **Oven Roasted Chicken \$20.00**  
9 lb Box Oven Roasted Chicken. Mix of Thighs, Drums, Breast and Wings
- (G) **Grill Box \$25.50**  
8 - 4.5 oz Sirloin Steaks  
2.5 lb Boneless Skinless Chicken Breast  
15 oz All Beef Hot Dogs  
6 - 4 oz Hoten Hamburger Patties

\*Choice Items: Must purchase one package A, B, C, D, E, F or G to qualify\*

**\*(H) Breaded Chicken Tenders**  
5 lb Bag Breaded Chicken Breast Tenders  
**\$12.50**

**\*(I) Smithfield St. Louis Ribs**  
Ready to Cook  
3 lb St. Louis Ribs  
**\$12**

**\*(J) Cheese Pack**  
8 oz Block Colby Jack Cheese  
8 oz Block Colby Cheese  
8 oz Shredded Cheddar Cheese  
8 oz Shredded Mozzarella Cheese  
12 oz Provolone Slices  
8 oz Parmesan Shaker  
**\$15**



**\*(K) Cake Rolls**  
8 oz Mini Lemon Cake Roll  
8 oz Mini Chocolate Cake Roll  
8 oz Mini Red Velvet Cake Roll  
8 oz Mini Pumpkin Cake Roll  
**\$8**

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

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

## Visiting Nurse Services of Iowa’s Senior Companions Celebrate National Senior Corps Week



L - R: Deborah Daily (Des Moines), Randy Brown (Des Moines), Mary Carothers (Indianola), Mary Cason (Des Moines), Carol Ellsworth (Indianola), Chico Aguiniga (Des Moines), and Sue Lyons (Johnston).

By Katie McIntyre, VNS

On May 7, Visiting Nurse Services of Iowa’s Senior Companion volunteers gathered for their monthly in-service meeting where they socialize, receive lunch, and learn about community resources.

May 16 - 20 was also National Senior Corps Week. The Senior Companion Program (SCP) offers seniors the opportunity to serve other seniors needing assistance with staying independent in their own home.

Senior Companions generally visit each of their clients once a week to provide transportation, social support and respite care. Companions are ages 55+ and serve 15-40 hours a week. They earn a tax-free hourly stipend, mileage reimbursement and other benefits for their service.

If you are age 55+ and interested in helping people maintain independence in your community, contact Julia Tiedeman at 515-558-9957 or at [juliat@vnsia.org](mailto:juliat@vnsia.org).

The SCP is a National Senior Corps Program sponsored by the Corporation for National and Community Service and is offered through Visiting Nurse Services of Iowa.



### AHEPA Celebrates the 90’s

Residents at AHEPA 192-II apartments honored six fellow neighbors 90<sup>th</sup> birthdays on Wednesday, April 20<sup>th</sup>. Residents enjoyed cake and ice cream while traveling down memory lane to the live music of Freight Train Frank. Service Coordinator, Robyn Steffen, and Property Manager, Sandra Dzankovic, hosted the event. Residents who were honored for their birthdays: Millie Christensen, Ron Squier, Jackie Cornish, Elaine Hammond, Jean Riepe, Jean Mullen (not pictured), and Denise Majors (92).



### Robyn Steffen, Service Coordinator

AHEPA 192-II  
202 SE 30<sup>th</sup> ST  
ANKENY, IA 50021  
(515) 965-0857

TUESDAY, THURSDAY,  
2<sup>ND</sup> & 4<sup>TH</sup> FRIDAYS  
9AM – 5PM

AHEPA 192-III  
112 SE 30<sup>th</sup> ST  
ANKENY, IA 50021  
(515) 963-1037

MONDAY, WEDNESDAY,  
1<sup>ST</sup> & 3<sup>RD</sup> FRIDAYS  
9AM – 5PM



### East News: Seniors Enjoy School Choir

The Eastside Senior Center enjoyed a wonderful performance by the St. Joseph’s Catholic School Bell Choir to celebrate Mother’s Day. Under the direction of Jennie Gervais, this talented group of students received a standing ovation from our seniors. We appreciate them sharing their talents with us.

