

The Senior

Polk County Senior News!

JULY

Bulletin

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

Polk County Senior Services & the Senior Recreation Committee

Would like to acknowledge and thank the following businesses for their generous donations, contributions, participation and efforts in helping to make the 2016 Polk County Annual Senior Fishing Derby Event a huge success!

- | | |
|---|--|
| Johnston Bait n' Tackle | Hy-Vee (SE 14 th & Park Ave) |
| Taher Catering | Jim's Johns |
| Tumea and Sons | Baratta's |
| SCHEELS | Jethros BBQ/Splash |
| Caseys General Store | Fridley Theatres |
| Target (Altoona location) | Walmart |
| McDonalds (Euclid & NE 14 th location) | Carmike Theatres |
| Applebees (SE 14 th location) | IHOP |
| Scornovacca's Pizza (south location) | Subway (SE 14 th & Urbandale) |
| Hardee's | Fazoli's (SE 14 th location) |
| B-Bops | Hiland Bakery |
| Tasty Tacos | Bass Pro Shop |
| Dairy Queen | Menards |



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.

South Senior Center
100 Payton Ave
Saturday, July 2nd

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

Interested in Volunteering at the Food Pantry?

Submitted by Kelly Trave
Program Aid, RP Food Pantry

The River Place Food Pantry is open Monday through Friday from 8:00 a.m. to 5:00 p.m. Volunteers at the Food Pantry will help clients with selecting a 3 day supply of healthy, nutritious food. Volunteers are asked to work a 2-3 hour shift.

Food Pantry 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, for more information, contact Paulette at 515-286-3780.

River Place Food Pantry
2309 Euclid Ave
Des Moines, IA 50310
515-286-3695



Those who won our independence...
valued liberty as an end
and as a means.
They believed liberty to be the
secret of happiness, and courage
to be the secret of liberty.
- Louis D. Brandeis



BEACHES



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

- | | | |
|------------------|------------------|-------------|
| ATLANTIC OCEAN | LIFEGUARD | SHOVEL |
| BATHING SUITS | MINI GOLF | SOUVENIRS |
| BEACH TOWEL | MYRTLE BEACH | SPLASH PARK |
| BOARDWALK | PAIL | SUNGLASSES |
| CARIBBEAN RESORT | POOL | SUNSCREEN |
| DOLPHINS | SAILBOAT | SUNSHINE |
| FISHING PIER | SANDCASTLE | SURFBOARD |
| FLIP FLOPS | SANDY TOES | UMBRELLA |
| ICE CREAM | SEASHELL | WATER SLIDE |
| JELLYFISH | SEAWEED | WAVES |
| LAZY RIVER | SHELBY ALEXANDRA | |
| LIFE VEST | SHORELINE | |

Beaches Word Search Answer/Hints: See Page 10

Yarn Needed!!

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



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

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

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



July Pie Menu



- July 7 Boston Crème Pie**
- July 14 Pecan Pie**
- July 21 Strawberry Rhubarb Pie**
- July 28 Blueberry Pie**



Recreation Committee

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

WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-068-5-13

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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.



July Recipes

Lasagna Roll Ups

Ingredients

4 Tbsp olive oil, divided
 8 oz lean ground beef
 1/4 cup finely chopped yellow onion
 1 (28 oz) can crushed tomatoes
 3 cloves garlic, minced
 3 Tbsp chopped fresh basil or 2 tsp dried basil*, plus more for serving
 1/2 tsp dried oregano
 Salt and freshly ground black pepper, to taste
 1 (15 oz) container ricotta cheese
 1 large egg
 3 Tbsp fresh flat leaf parsley, chopped, plus more for serving
 2 1/2 cups freshly grated mozzarella cheese, divided
 3/4 cup freshly, finely grated Parmesan cheese, divided
 1/3 cup freshly, finely grated Romano cheese
 1/4 tsp salt
 1/4 tsp freshly ground black pepper
 12 uncooked lasagna noodles

Directions

Preheat oven to 375 degrees. Drizzle one tablespoon olive oil into a large non-stick fry pan. Heat over medium high heat, crumble ground beef over oil, add chopped onions and cook mixture stirring occasionally and breaking up meat, until browned. Drain fat from beef. Pour beef mixture into a food processor and pulse for about 5 seconds until it is ground into fine pieces. Pour beef mixture back into fry pan and add crushed tomatoes, minced garlic, basil, oregano and 1 tablespoon olive oil and stir. Season sauce with salt and pepper to taste then cover with a lid and simmer over low heat while preparing pasta and cheese mixture.

Cook lasagna noodles in a large pot of boiling water along with 1 tsp salt and 2 tablespoon olive oil to al dente according to directions listed on package. Once noodles are cooked, drain and line noodles in a single



layer on waxed paper or cookie sheets sprayed lightly with non-stick cooking spray.

Prepare cheese mixture (I do this while pasta is cooking) by stirring together ricotta cheese, egg, 1/4 tsp salt and 1/4 tsp pepper with a fork in a large mixing bowl until well combine. Stir in chopped fresh parsley. Add in 2 cups grated mozzarella cheese, 1/2 cup Parmesan cheese and 1/3 cup Romano cheese, stir mixture until well combine.

Stir meat sauce and spread 1/3 cup evenly into a 13x9 inch baking dish. Spread 1/4 cup cheese mixture evenly onto each cooked lasagna noodle (it will be a thin layer), then spread 1 heaping tablespoon meat sauce along the top of cheese covered noodle. Roll noodles up jellyroll style and arrange seam side down in baking dish. Cover rolled noodles with remaining meat sauce then sprinkle remaining 1/2 cup Mozzarella cheese and 1/4 cup Parmesan cheese evenly over roll-ups. Tent baking dish with foil (don't allow foil to rest on cheese or it will stick you just want to loosely tent to prevent the cheese from browning) and bake for 35 minutes in preheated oven. Serve warm garnished with chopped fresh basil and parsley.

*Along with the basil and oregano, you can also add in a little bit of rosemary, thyme and crushed fennel seeds if desired.

Recipe Source: *Cooking Classy*



Summer Vegetable Bake

Ingredients

1/8 1 tsp dried thyme, dried
 2 Cloves garlic, minced
 1 Medium potato
 1 medium tomato
 1 medium yellow onion
 1 medium yellow squash
 1 medium zucchini
 1/8 1 tbsp olive oil
 1 1/2 1 cup shredded Italian cheese

Instructions

1. Preheat the oven to 400°F. Finely dice the onion and mince the garlic. Sauté the onion and garlic with olive oil over medium heat until the onions are soft and transparent.

2. While the onion and garlic are sautéing, thinly slice the remaining vegetables. Make sure the potatoes are very thin so that they soften quickly while in the oven.

3. Coat the inside of an 8x8" casserole dish with non-stick spray. Spread the sautéed onion and garlic in the bottom of the dish. Arrange the other sliced vegetables, stacked vertically like dominos, in an alternating pattern. Season the top of the vegetables generously with salt, pepper, and dried thyme.

4. Cover the dish with foil and bake in the preheated oven for 30 minutes. Remove the foil and top with the shredded cheese. Bake for an additional 15-20 minutes, or until the cheese is golden brown.



BLT Sliders with Basil

This summer make BLT sliders with a special basil, ranch and mayo sauce that put these mini sandwiches over the top when it comes to flavor!

Ingredients

1 1/2 lbs apple wood thick sliced bacon
 1 1/2 tsp Basil, dried leaves
 1 Lettuce
 1 Tomatoes
 1/4 cup Mayo
 1 tbsp Ranch dressing
 1 package Hawaiian rolls

Instructions

1. Cook Bacon
2. Allow the bacon to cool while you chop the lettuce and slice the tomatoes.
3. In a small bowl, mix together the mayo, ranch and basil.
4. Build your BLT sliders by spreading the mayo on the roll, add the lettuce, tomato and bacon. Serve immediately.

Your diet is a bank account. Good food choices are good investments.

~ Bethenny Frankel

North Side Library News

Submitted by Laura Walth, Adult Programming Librarian
 North Side Library • 3516 5th Avenue • DSM, IA 50313

Family Movie Matinee

Event Type: Movie
 Age Group(s): All Ages
 Date: Friday July 1, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: Bring your blankets and join us for a movie about a race horse named Secretariat and his amazing journey of becoming a champion. Popcorn provided while supplies last. You may bring your own drink (with lid).

Family Movie Matinee

Event Type: Movie
 Age Group(s): All Ages
 Date: Friday July 8, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: Join us for a movie about 11 year old Akeelah who gets in trouble at school. To avoid detention, she enters into a spelling bee competition and wins. Soon, she is in the spelling bee championships and must face her insecurities. Popcorn provided while supplies last. You may bring your own drink (with lid).

Adult Coloring Time!

Event Type: Special Event
 Age Group(s): Adult
 Date: Tuesdays in July except the third Tuesday
 Start Time: 2:00 PM
 End Time: 3:00 PM

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

Event Type: Movie
 Age Group(s): All Ages
 Date: Friday July 15, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: Join us for a movie about Balto and a sled-dog team that must travel 600 miles in a blizzard to find medicine and bring it back to the town. Popcorn provided while supplies last. You may bring your own drink (with lid).

North Side Book Discussion

Event Type: Book Discussion
 Age Group(s): Adult
 Date: Tuesday July 19, 2016
 Start Time: 2:00 PM
 End Time: 3:00 PM

Description: We will be discussing *Where'd you go, Bernadette*, by Maria Semple. Copies of the book may be picked up at the library.

The History of Early Des Moines

Event Type: 150th Anniversary
 Age Group(s): Adult
 Date: Saturday July 16, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: How did Des Moines get its name? We'll answer that question and many more. See maps and photos from the city's earliest days to the present and learn about the people, places and events behind them. The presentation will include historic and current aerial views of the city taken from the old Polk County Courthouse. Presented by local historian and researcher, Archie Cook.

Family Movie Matinee

Event Type: Movie
 Age Group(s): All Ages
 Date: Friday July 22, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: Join us for a movie based on real life surfer Bethany Hamilton, and her encounter with a shark attack. After losing her arm, she must learn to surf again and overcome her fear of sharks. Popcorn provided while supplies last. You may bring your own drink (with lid).

Family Movie Matinee

Event Type: Movie
 Age Group(s): All Ages
 Date: Friday July 29, 2016
 Start Time: 2:00 PM
 End Time: 4:00 PM

Description: The Mighty Ducks hockey team is back! Join us for the second movie in this Disney series. Popcorn provided while supplies last. You may bring your own drink (with lid).

Summer Afternoon;
 to me those have
 always been the
 two most beautiful words
 in the English language.
 Henry James

Ask the Naturalist

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



Question: I'm not 100% sure, but I think I have a bumble bee nest in my back yard. I don't want to kill the bees, but I also don't want my dog trying to eat them. Is there a way to relocate the nest?

Answer: I'm guessing the bumble bees you're observing are nesting underground. Bumble bee nests are very difficult to dig up without destroying the entire nest. Some of these nests have long tunnels so it would be difficult to find the actual nest anyway. I'd advise just leaving the nest alone. Bumble bees are not generally aggressive, but may get aggravated if you mess with the nest. I'd like to think if your dog did try to eat one and got stung, it'd be less likely to try eating another one. Check out www.bumblebeeconservation.org for more information. Good luck!

Senior Companion Program

VISITING NURSE SERVICES OF IOWA

FREE Right Here in Polk County!

We can help you maintain independence in your own home. We provide a friendly volunteer companion to meet with you on a weekly basis to help with:

- **Transportation** to local medical appointments, the grocery store and pharmacy;
- **Companionship** and social support; and
- **Respite services** for caregivers.

Do you have a regular weekly need?

Call us today to be matched with a companion in your neighborhood!

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

(515) 558-9957
or email Julia at juliat@vnsia.org



*This program is free to those over the age of 21, regardless of income, except in cases where the client has Elderly Waiver funding.

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.

Green Bag PROGRAM FOR SENIORS 60+



FREE 10 pound bag of Fruits and Vegetables once a month

Third Wednesday of Every Month at 1pm
at Park Fair Mall, Lower level, Ste;150
100 E. Euclid Avenue
Des Moines, IA 50313

The Green Bag Program serves persons 60 years of age or older. A person must reside within the geographical boundaries of Polk, Warren, Jasper, and Dallas Counties.

Program Requirements:

Must Meet Gross Income Requirements
(\$15,301 or less annually or \$1,276 or less monthly for one person in the home)

Must be **ATLEAST** 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



Brought to you by *Senior Care of Iowa*

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	\$15,301	\$1,276
2	\$20,709	\$1,726
3	\$26,117	\$2,177
Additional member add:	+5,408	+451

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

BINGO BINGO BINGO

Polk County Senior/Community Center Bingo Schedule

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



Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

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

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I want to estimate my retirement benefit at several different ages. Is there a way to do that?

Answer: Use our *Retirement Estimator* at www.socialsecurity.gov/estimator to get an instant, personalized retirement benefit estimate based on current law and your earnings record. The *Retirement Estimator*, which also is available in Spanish, lets you create additional "what if" retirement scenarios based on different income levels and "stop work" ages.

Question: I plan to retire soon. When are Social Security benefits paid?

Answer: Social Security benefits are paid each month. Generally, new retirees receive their benefits on either the second, third, or fourth Wednesday of each month, depending on the day in the month the retiree was born. If you receive benefits as a spouse, your benefit payment date will be determined by your spouse's birth date.

Here's a chart showing how your monthly payment date is determined:

Day of the Month You Were Born	Social Security Benefits Paid On
1st-10th	Second Wednesday
11th-20th	Third Wednesday
21st-31st	Fourth Wednesday

For a calendar showing actual payment dates, see the *Schedule of Social Security Benefit Payments* at www.socialsecurity.gov/pubs.

Question: I pay my monthly premium directly to my Medicare prescription drug plan provider. Why can't I also pay my income-related monthly adjustment amount directly to my Medicare prescription drug plan provider?

Answer: By law, we must deduct your income-related monthly adjustment amount from your Social Security payments. If the amount you owe is more than your payment, or you don't get monthly payments, you will get a separate bill from another federal agency, such as the *Centers for Medicare & Medicaid Services* or the *Railroad Retirement Board*. Read our publication, *Medicare Premiums: Rules for Higher-Income Beneficiaries*, for an idea of what you can expect to pay. You'll find it at www.socialsecurity.gov/pubs.

Social Security News

You Can Still File and Suspend, Even With These Changes

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

You probably heard that changes in the law now affect the way you file for certain benefits. These changes place limits on when voluntary suspension and reinstatement can begin for you and your family members who might also be entitled to benefits on that record. This is not the demise of "file and suspend." It's still one of your best tools for boosting your Social Security benefit after you reach your full retirement age.

The Bipartisan Budget Act of 2015 made changes to the Social Security claims filed by married couples. The law affected an unintended loophole primarily used by married couples to gain more money.

If you're full retirement age or older and apply for Social Security retirement benefits, you can suspend your benefits for any amount of time up to age 70. You may do this to earn "delayed retirement credits," which result in a higher benefit payment when you turn 70 or when you request reinstatement of benefits, whichever comes first.

Under the new law, when you submit a request to suspend your benefits to earn delayed retirement credits on or after April 30, 2016, you will no longer be able to receive spouse's or widow(er)'s benefits during this voluntary delay period. In addition, if you suspend your benefit, any benefits payable to your spouse and children on your record (except for a divorced spouse) will also be suspended for the same time period.

There is an exception. A request for voluntary suspension will not suspend a divorced spouse's benefit. Also, your divorced spouse can receive benefits on your record during this voluntary delay period.

Remember, you can still plan and make the most of your retirement benefit by filing and suspending. These new rules don't prevent you from doing what's best for you and your family. We have a wealth of retirement information at www.socialsecurity.gov/planners/retire.

For more information and answer to your questions about these changes in the law, go to www.socialsecurity.gov/planners/retire/claiming.html.

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



*** Tuesday, July 19th, 12:30 to 1:30 p.m. ***

at the Polk County North Senior Center

Topic: "Home Security"

Presented by: Des Moines Police Department

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"



Where can I sign-up for

Tai Chi for Arthritis And Fall Prevention

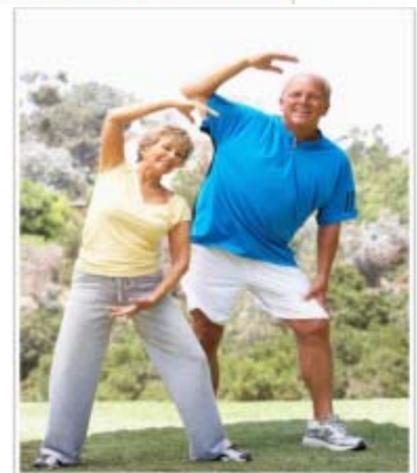
New Groups Forming NOW

4 Week Program

Space is limited. Register today!

BENEFITS:

- Reduce blood pressure
- Improved strength, conditioning, coordination, and flexibility
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Reduce depression
- Overall greater awareness, calmness, and sense of well-being



For more information please call 515-779-7815

Tuesdays and Thursdays

1:15p.m. to 2:00p.m.

\$35 for 8-class card or \$5.00 per individual class

Tai Chi for Arthritis is easy and enjoyable to learn, bringing with it the many healthy benefits safely and quickly. Medical studies have shown this program help people with arthritis reduce pain and improve on many aspects of health.

This program is based on the Sun style tai chi, chosen because of its healing component.



Class held at **Senior Care of Iowa Enrichment Center**

100 Euclid Ave,
Park Fair Mall, Lower-Level Room 150
Des Moines, IA 50313



Scott Four Mile Congregate Meal Site



Kathy Gates ~ Site Coordinator



**Submitted by Kathy Gates
Site Coordinator**

The Polk County Four Mile Senior Meal Site is located on the N.E. side of Des Moines and is housed within a City of Des Moines Building.

Our multi-purpose room underwent a complete remodel the first of the year. Our space transformed from the 70's to an updated, open and bright area for the seniors to enjoy. The north and west walls have large windows. On the west side it overlooks a beautiful view of 4-mile creek, woods and meadows. The group frequently get to watch deer and geese from their seats.

Our center is family, our members support each other in a variety of ways, be it individual help, volunteering around the site or even off-site support.

We look out for one another.

We have a variety of activities, and listen to what ideas our members suggest. In addition to "normal" Bingo games, we offer: Wii, Nutrition Ed, mental health support, Medicare education; Blood Pressure Checks and Foot clinics.

Every month we offer at least one special themed activity or party. Some months are busier than others. One of our newer activities is "Arm Chair Adventures" facilitated by our community each month, a member shares an adventure—be it a trip to another country, state or a visit to one of our parks. We get to experience an adventure, without leaving the center and learn a thing or two!

We started YAHTZEE last fall and have a core group that plays regularly. Any are welcome that would like to join in. It's a simple and fun game, we play on Wednesdays @ 10 a.m. to 11 ish.

Please feel FREE to join us for any activity! If you'd like to eat lunch with us, make sure to make your reservation by phone, by noon, the day before or sooner. If unable to answer your call, please make sure to leave a message and we'll take care of your request.

In addition to what the county has to offer, you also get to enjoy the benefits of offerings the City of Des Moines program offers, such as: a large gym that is used strictly for walking only, 8 a.m. to 11 a.m. A new fitness room that has both weights and aerobic equipment for use. A computer lab with computers. Also there is free WiFi, so you can bring your own device—tablet, smartphone, laptop and get onto the internet for FREE!!

We hope, perhaps when you are in our neck of the woods, that you will stop by and check out the activities and friendly faces here, that are ready to meet you.



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, Jul 11, 1:00 p.m.

Join us for a discussion of Mister Owita's Guide to Gardening by Carol Wall. Copies of the book are available at the Information Desk. All are welcome.

Franklin Evening Book Discussion

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

Join us for a discussion of the 2016 All Iowa Reads title Lila by Marilynne Robinson. Copies of the book are available at the Information Desk. All are welcome.

SOAR with the Eagles

Friday, Jul 22, 3:00 p.m.

SOAR, Saving Our Avian Resources, will present a live eagle program at the Franklin Avenue Library. This program is dedicated to the understanding, appreciation, and protection of our national symbol. In addition to SOAR, the Iowa Department of Natural Resources will have a full-size replica of an eagle's nest in the lobby during the month of July.

SHIIP: Medicare Supplement Changes Does Not Mean You Have to Change

SHIIP — Iowa Insurance Division 515-281-5705



Let's face it - Medicare is confusing. It's even more confusing when changes in the law occur. Sometimes those changes are easy to understand. Other times laws are so hard to interpret that everyday Iowans throw their hands up in disgust without getting the answers they need.

Luckily, the Iowa Insurance Division's or Health Insurance Information Program – better known as SHIIP – is available to provide free, unbiased information about how changes may affect people on Medicare. Recently, SHIIP counselors have been getting many calls regarding a change in Medicare law that will take place in 2020 regarding Medicare Supplement plans C and F.

Medicare Supplement plans are sold by private insurance companies to fill the gaps in traditional Medicare plans (Parts A and B). Medicare plans help pay for things like coinsurance, copayments or deductibles on Medicare-covered services.

If you own a Medicare Supplement C or F plan before January 1, 2020, there will be no need to replace it. You will be able to keep it after 2020. In fact, as long as you were eligible for or enrolled in Medicare prior to 2020, you can continue to purchase Medicare Supplement Plans C or F even beyond 2020. The change in law simply will take these two plan options off the table for those newly eligible for or enrolled in Medicare after January 1, 2020.

At the 18 Iowa Fraud Fighter events the Iowa Insurance Division held around the state, it was discussed that whenever there is a change in law, there is a certain amount of fear of the unknown. Whenever those changes occur, some individuals try to exploit that fear and make a profit by encouraging people to make a switch that may not be the right choice for the consumer.

SHIIP has been seeing items claiming that once 2020 hits, Medicare Supplement Plans C and F will become unaffordable so people should switch now. That is simply not the case. Medicare supplement plans have come and gone over the years but the Iowa Insurance Division has not seen rate spirals in the Medicare supplement market.

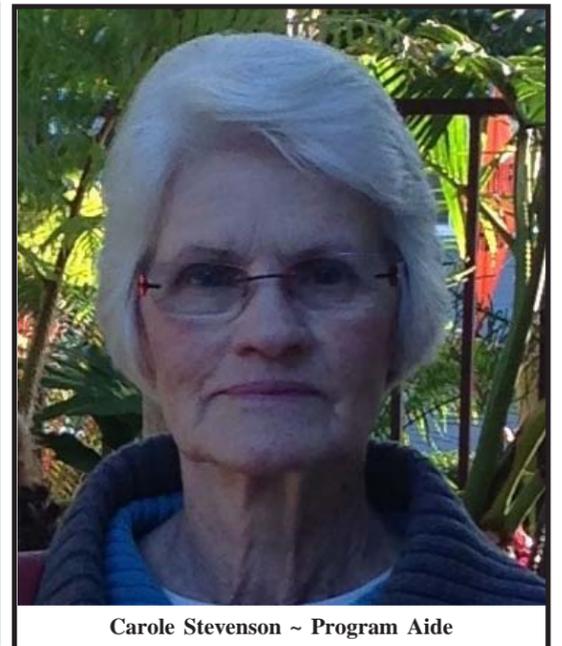
Medicare is confusing. Changes to Medicare are confusing. Don't try to understand all the changes yourself. SHIIP has over 350 volunteers all over Iowa to help you get answers and assistance with your Medicare questions. SHIIP counselors do such a great job that they helped save Iowans over \$20 million last year. Call SHIIP today at 800-351-4664 or visit www.therightcalliowa.gov. They can answer your questions and even review your policies to make sure you are getting the most from your Medicare and Medicare Supplement plans.



South Senior Center



JaNeil Long ~ Site Supervisor



Carole Stevenson ~ Program Aide

Submitted by JaNeil Long
Site Supervisor

Nestled in a quiet South Des Moines neighborhood, at the corner of South Union and Payton, you will find the Southside Senior Center. Our center was built on the site of the old Fort Des Moines School, which gives us many great stories and history to share. Many of our participants attended school at Fort Des Moines which makes it a fitting location for our senior center. We opened at this location in 1990, and in 2007 went through a remodel and expansion, which has left us with a spacious building to enjoy our many activities and classes.

What a wonderful place to enjoy a nutritious meal, stay connected, and participate in a full calendar of events. We are open Monday through Friday from 8:00 – 5:00 p.m. It's a bright cheerful building surrounded by beautiful trees. On the first Saturday of the month, our group welcomes all seniors for a pot luck and day of fellowship and fun.

Some exercise opportunities include

daily classes such as: Arthritis Exercise, Enhanced Fitness and Chair Yoga. You can also get your exercise by line dancing, walking on the treadmill, or peddling on one of the recumbent bikes. Or challenge someone to a Wii bowling game. There is something for everyone to help keep us up and moving!

Recreational activities include: Craft and Ceramic classes, Bingo and Pool. There is always a card game going on at South. Join in a tournament after lunch or just play in one of the social games. They love their cards here at South. We recently started the latest craze... "Coloring Class." This group meets on Monday mornings at 10:00. It's been fun and relaxing, and the tables are full!

We have 3 computers in our library that you are welcome to use, or sit and enjoy a book in one of the comfy recliners.

Our center has the best volunteers, always willing to help out in any way. They take great pride in their center, and rarely have to be persuaded to jump in and help.

There are many health clinics throughout the year that you can participate in. Everything from Foot Care to Flu Shots, and a Monthly Blood Pressure Check.

We love to party and have a good time at South. We have entertainment on a regular basis, and at least twice a year have an evening meal and dance. One of our biggest events of the year is our "Mother's Day Tea" in May. It has become quite the event that we all look forward to.

Our staff, JaNeil Long and Carole Stevenson would love to visit with you and show you around. JaNeil started out at the Ankeny Senior Center in 1988, and in 1997 came to South and has been here ever since. Carole started at the Pioneer Columbus Meal Site in 1999 and came to South in 2001.

We extend a hand to you to come and see what our senior center is all about. We think you will be pleasantly surprised.

Please give one of us a call or stop by...we would love to tell you all about the Southside Senior Center!!



7/4 – Independence Day
All Sites CLOSED

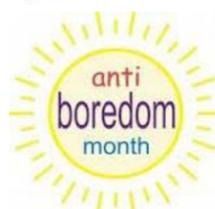
Month:

- National Blueberry Month
- National Anti-Boredom Month
- National Hot Dog Month
- National Ice Cream Month

Source: www.HolidayInsights.com



It's National Blueberry Month!



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
Beef Taco
Mexicali Corn
Lettuce/Cheese
Fresh Orange
Taco Shell
Churro

89
688

4 Closed



FOURTH OF JULY

5

BBQ Chicken Sandwich
Green Beans
Craisins
Oreo Fluff
Hamburger Bun

140
935

6

Chef Salad w/Tomato Wedge
Baby Potatoes
Banana
Dinner Roll

81
600

6

Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Dinner Roll

119
802

7

Turkey w/gravy
Mashed Potatoes
Broccoli
WW Dinner Roll
Fresh Orange

81
573

8

Tuna Noodle Casserole
Peas
Three Bean Salad
Rosy Applesauce

72
571

11

Hearty Italian Vegetable
Beef Soup
Bahama Veggies
Grape Juice
Chocolate Chip Bar

77
764

12

Cali Burger
WW Bun
Lettuce/Tomato/Onion
Coleslaw
Warm Cinnamon Apples

60
602

13

Teriyaki Chicken
Broccoli
Brown Rice
Mandarin Oranges
Chocolate Pudding

98
662

13

Flex Meal Option
Hot Dog
WW Bun
Broccoli
Mandarin Oranges
Chocolate Pudding

86
569

14

Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

15

Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
WW Dinner Roll

83
615

18

Beef N Noodles
Mashed Potatoes
Broccoli
Strawberries

67
624

19

Turkey Ham N Bean Soup
Brussels Sprouts
Raisins
Cornbread

101
563

20

Turkey Burger
Lettuce/tomato/onion
Valley Salad
Fresh Banana
WW Bun

81
978

20

Flex Meal Option
BBQ Riblet w/pickles
Lettuce/tomato/onion
Valley Salad
Fresh Banana
WW Bun

98
755

21

Scalloped Ham
Buttered Noodles
Peas N Carrots
Tossed Salad
Fresh Orange

80
564



22

Sloppy Joe
Cooked Cabbage
Diced Potatoes
Craisins
WW Bun

114
792

25

Pizza Bake
Green Beans
Lettuce Salad
Breadstick
Pineapple Tidbits

98
717

26

Beef Meatballs w/cheese
Spinach
Banana
WW Bun

75
655

27

Shepherd's Pie
Dinner Roll
Broccoli
Pears
Strawberry Jello

95
736

25

Flex Meal Option
Chicken Caesar Salad
Pears
Dinner Roll
Strawberry Jello

59
616

28

Shredded Pork
Corn
Three Bean Salad
Fresh Orange
WW Bun

93
750

29

Porcupine Meatballs
Cooked Cabbage
Lettuce Salad
Breadstick
Tropical Fruit

95
844



Free Community Dinner Meals Offered
(No Age Requirement)



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

Meals Sponsored by Central Iowa Shelters

Locations -
Norwoodville Community Center
3077 N.E. 46th Ave (Broadway)

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

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

Ran by Charlie Lee

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

- | | |
|---|---|
| <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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</p> <p>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.</p> | <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> |
|---|---|

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.



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.
WestsideMondays @ 9:30 a.m.

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

Due to different projects being done at different sites - dates/times/duration to complete 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.
Westside2nd & 3rd Wednesday @ 9:00 a.m.

Dominoes

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

Golden Thread Society: (Quilting, Crocheting & Knitting)
South.....Wednesdays @ 2:00 - 4:00 p.m.

Jam Sessions

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

Knitting, Crocheting & Quilting

Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
Johnston.....Mondays @ 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.

July Tournaments

<p>Cribbage 1st Friday @ North – 12:30 p.m. 5th Friday @ North – 12:30 p.m. (when applicable) Every Friday @ South – 12:30 p.m.</p>	<p>16th @ South – 12:30 p.m. 21st @ South – 12:30 p.m. 28th @ South – 12:30 p.m.</p> <p>10 Point Pitch 5th @ South – 12:30 p.m. 12th @ South – 12:30 p.m. 19th @ South – 12:30 p.m. 26th @ South – 12:30 p.m.</p> <p>500 11th @ N’ville – 12:30 p.m. 11th @ South – 12:30 p.m. 18th @ N’ville – 12:30 p.m. 18th @ South – 12:30 p.m.</p>	<p>25th @ N’ville – 12:30 p.m. 25th @ South – 12:30 p.m.</p> <p>8 Ball Pool Tournament 8th @ North – 9:00 a.m. 22nd @ North – 9:00 a.m.</p> <p>9 Ball Pool Tournament 1st @ North – 9:00 a.m. 15th @ North – 9:00 a.m. 29th @ North – 9:00 a.m.</p> <p style="text-align: center;">Cost \$1.00 per person. Tournaments start at 12:30 p.m. unless otherwise indicated.</p>
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July Social Card/Domino Parties

<p>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.</p> <p>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.</p> <p>Wednesdays Social 10 pt. Pitch @ NW @ 12:00 p.m. (except 3rd Wednesday) Bridge @ Johnston @ 12:30 p.m. 65 @South @ 12:30 p.m. Yahtzee @ Scott Four Mile @ 10:00 a.m.</p>	<p>Phase 10 @ Scott Four Mile @ 12:15 p.m.</p> <p>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.</p> <p>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.</p>
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Bring a friend to one of our senior centers to enjoy good food, good fun and fellowship!

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	

July Blood Pressure Checks

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

- 5th South
 - 6th Ankeny (Health Talk Only)
 - 7th North
 - 8th Scott Four Mile
 - 11th Ankeny (provided by Nurse Volunteer)
 - 11th East
 - 12th Grimes
 - 13th Northwest
 - 14th Polk City
 - 15th Altoona
 - 18th West
 - 19th South
 - 20th Pioneer Columbus
 - 21st Central
 - 22nd North
 - 26th Johnston
 - 27th Norwoodville/Calvary
 - 28th Runnells
- Dates Subject to Change.



Consumer Focus: Phone Seller Wants Quick Electronic Payment? No!



By Attorney General Tom Miller

Thanks to a change in federal rules, beginning this month fraudulent telemarketers will have fewer ways to take money away from your wallet or bank account, and consumers will have greater protections.

The new restrictions target telemarketing fraud by banning certain payment methods that don't carry the types of protections for consumers that are guaranteed with credit cards and debit cards. These payment methods are often used by scammers and shady telemarketers who don't conduct business above-board.

Under the new changes to the Telemarketing Sales Rule (TSR), which take effect June 13, telemarketers will be prohibited from accepting funds through these payment methods:

Wire Transfer: This is a "cash-to-cash" money transfer, through services such as Western Union and MoneyGram. When a consumer pays for a wire transfer, the funds are loaded into a worldwide system and picked up by the recipient as cash. Once the transaction is complete, the money is gone—just like cash. Criminals try to convince their

victims to wire money to a stranger, and the money often ends up in a foreign country.

Reloadable Prepaid Card: This is commonly referred to as a prepaid money card or prepaid cash card. A consumer generally pays a service fee to obtain and activate a one-time use or reloadable card, and then load funds onto the account. Criminals seek a card number and Personal Identification Number (PIN) from consumers, and then transfer the funds out of the consumers' prepaid card accounts. While these cards seem similar to credit cards, they do not carry the same protections—they are much more like cash.

Remotely Created Check: A remotely created check (RCC) is also known as a demand draft. With a demand draft, a consumer is supposed to give a merchant permission to withdraw funds directly from his or her checking account without a signature. In other words, it's an approved payment transfer from one bank account to another. A criminal may seek to trick a victim into providing account information over the telephone or the Internet.

Remotely Created Payment Order: A remotely created payment

order (RCPO), also called an electronic check, or eCheck, is an electronic version of a remotely created check. It poses many of the same risks posed by remotely created checks when scammers are involved.

The rules are designed to reduce the options for scammers to arrange counter-to-counter cash transfers or directly access bank accounts for withdrawals.

The rules won't change how consumers may use these payments for legitimate, routine transactions, such as consumers authorizing online payments from their bank accounts. These payment methods are not what reputable telemarketers use to do business.

General Advice

Criminals and dishonest sellers who don't play by the rules will come up with any kind of story to convince you over the phone to pay them. And they may try to rush or even threaten you.

- Buy only from reputable sellers that you are familiar with.

- Do not rush into anything. Take the time you need to consider it, ask for written information, do research, and think about asking for advice from someone you trust.

- Callers can easily manipulate your caller-ID display to block your display or show any phone number or listing they want—even your own name and number. Those same callers may provide false information about their names, who they represent, and why they are calling.

- Be wary of a caller who seeks payment through any of the methods listed above (such as a wire transfer, prepaid card, etc.).

- Avoid paying by gift card. No legitimate business will ask you to pay in gift cards.

- If you purchase something by phone, a credit card offers you the best protections and enables you to dispute fraudulent charges.



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



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Beaches 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.

ATLANTIC OCEAN 7:6	LIFEGUARD 10:7	SHOVEL 1:19
BATHING SUITS 2:3	MINI GOLF 17:10	SOUVENIRS 2:8
BEACH TOWEL 16:1	MYRTLE BEACH 3:19	SPLASH PARK 16:16
BOARDWALK 12:4	PAIL 6:1	SUNGLASSES 19:2
CARIBBEAN RESORT 3:5	POOL 9:17	SUNSCREEN 20:3
DOLPHINS 1:13	SAILBOAT 16:14	SUNSHINE 5:16
FISHING PIER 12:15	SANDCASTLE 4:18	SURFBOARD 6:18
FLIP FLOPS 8:12	SANDY TOES 18:20	UMBRELLA 20:13
ICE CREAM 9:6	SEASHELL 18:6	WATER SLIDE 5:5
JELLYFISH 1:20	SEAWEED 7:17	WAVES 15:18
LAZY RIVER 13:14	SHELBY ALEXANDRA 19:3	
LIFE VEST 16:19	SHORELINE 9:2	



Des Moines University: Active Older Adult Exercise

Submitted by **Brianne Sanchez**
Community Relations Manager

9:45–10:30 a.m. at Des Moines University
Clinic – 9th floor, 3200 Grand Avenue, Des
Moines.

Active Older Adult Exercise

An exercise class specially designed for
older adults, focused on improving balance,
strength and flexibility. Taught by Des
Moines University Physical Therapy Clini-
cians. The classes are held on Tuesdays,

The cost is \$10 per class or 5 classes for
\$45.

For more information call 271-1717 or
visit: www.dmu.edu.com. Some participants
may require a physical therapy evaluation
prior to the first class.

Tai Chi for Arthritis and Fall Prevention

Tai Chi is a great exercise for older
adults and those with arthritis.

Reduce pain and stiffness from ar-
thritis through a series of gentle, pain-
free movements. Improve balance,
strength, flexibility, stamina and, most
importantly, your quality of life.



The class, taught by **Dr. Kathy
Mercuris** and Michael Walsh, certified
Tai Chi for Arthritis and Fall Preven-
tion instructors, will be held at **Tues-
days and Thursdays from 3 - 4 p.m.,
July 12 – September 1** at the Wellness Center in the SEC, Des Moines University, 3200
Grand Ave., Des Moines, IA 50312. The cost for 16 classes is \$75.00.

For more information call 271-1717.

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 - KRystal 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 3RD & 17TH
INSTRUCTOR – NOREEN GOSCH
- WESTSIDE**
ACTIVE ADULTS EXERCISE
MON., WED. & FRI. 12:30 - 1:30 P.M.
INSTRUCTOR - DESIREE REICHENBACHER
- CHAIR EXERCISES
MONDAYS & WEDNESDAYS 11:15 A.M.
INSTRUCTORS: MAUREEN SEXTON,
RICHARD ANDERSON AND FERN PARKER
- MEDITATION YOGA
TUESDAYS 12:30 P.M.

SHARE July Menu

Order before July 8th, 2016 for pick-up on the 22nd or 23rd depending on location
To order call 800-344-1107 or visit www.shareiowa.com

Best Value Package \$28.00 “Save up to 50% on your groceries”

- 12 oz All Beef Meatballs
- 19 oz Bratwurst
- 4 – 4 oz Pork Chops Made by Omaha Steaks
- 3 lb Drumsticks
- 5 – 4 oz Pouch Frozen Kraft Mac & Cheese
- Surprise Item - Sure to please your sweet tooth
- Russet Potatoes, Green Leaf Lettuce, Cauliflower, Peaches, Plums, Apples

- (A) Grocery Package \$14.50**
Russet Potatoes, Green Leaf Lettuce, Cauliflower, Peaches, Plums, Apples
5 – 4 oz Pouch Frozen Kraft Mac & Cheese
Surprise Item - Sure to please your sweet tooth

- (B) Meat Only Package \$14.50**
12 oz All Beef Meatballs
19 oz Bratwurst
4 – 4 oz Pork Chops Made by Omaha Steaks
3 lb Drumsticks

- (C) Convenience Box \$25.00 “Easy fix items”**
14 oz Cocktail Smokies
1.26 lb Mini Chicken Corn Dogs
14 oz Bacon Cheddar Burgers
2-1 lb Pkgs. Breaded Chicken Breast, Thigh and Drum
12 oz Deli Ham
2 lb Steak Fries
4 – 4 oz Pouch Frozen Kraft Mac & Cheese
15 oz Box, Egg and Cheese Sandwiches
- (D) Grill Box \$25.50 “Great for Backyard cookouts”**
8 – 4.5 oz Sirloin Steaks
2.5 lb Boneless Skinless Chicken Breast
15 oz All Beef Hot Dogs
6 – 4 oz Holten Hamburger Patties
- (E) Salmon Box \$21.00 “Good for you”**
3 lb Individually Quick Frozen, Skin on, Salmon Fillets
- (F) Pork Chop Box \$22.50 “Invite the neighbors”**
15 – 6 oz Boneless Pork Chops

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

<p>*(H) Bacon Cheddar Burgers 5.25 lb Fully Cooked Bacon Cheddar Burgers \$20</p>	<p>*(I) Deli Roast Beef 2 – 20 oz Deli Sliced Roast Beef, Total 2.5 lbs Made for Costco \$12.50</p>	<p>*(J) Summer Fun Pak 9 oz Cheese Curds 8 oz String Cheese 10 oz Colby Cheese Slices 8 oz Honey Ham Sticks 8 oz Beef Bites 7 oz Original Summer Sausage</p>	<p>*(K) S'Mores Cake 8 Inch Double Layer Chocolate Cake, White Marshmallow Icing w/ a dusting of Graham Cracker Crumbs</p>
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Blast From The Past – A Look Back At Some Fun Momentous Events/Occurrences At The Senior Sites



Altoona Senior News: Center Participates in Red Nose Day!

Submitted by Natalie Olson, Site Coordinator

In May, the Altoona Senior Center participated in Red Nose Day to help fight kids poverty in America and around the world. Red Nose Day 2016 raised over 31.5 million dollars. With the funds raised the Red Nose campaign has helped children and families by:

- Serving nearly 8 million meals to American children at food banks in all 50 states;
- Getting more than 200,000 children reading in the U.S.;

- Providing more than 50,000 U.S. children and families with access to essential health care;
- Supplying more than 170,000 life-saving vaccinations for children across Africa;
- Getting clean water to over 30,000 children and families across Africa; and
- The Red Nose Day campaign raised funds for 12 domestic and international charities, including Boys & Girls Clubs of America,

charity: water, Children's Health Fund, Feeding America, Gavi, the Vaccine Alliance, LIFT, National Council of La Raza, National Urban League, Oxfam America, Save the Children, The Global Fund and United Way.

Source: (Johnsen, Michael. "Red Nose Day take two, 2016 date is set" *dsn drug store news*, 17 Dec. 2015. <http://www.drugstorenews.com/article/red-nose-day-take-two-01-date-set>)

The Declaration of Independence: IN CONGRESS, July 4, 1776

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.--Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public

Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harrass our people, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For Quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his

Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.