

The Senior

Polk County Senior News!

August Bulletin

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



The New Centurion, Sam Brunk with Polk County Board of Supervisor Angela Connolly



Celebration of a Centurion!

A West Des Moines Senior, Sam Brunk, celebrated his Centurion Birthday (100) on July 19th, 2016. In honor of this tremendous milestone, Board of Supervisor, Angela Connolly came out, along with all his friends at the WDM Senior Center to congratulate him and wish him a very HAPPY, SPECIAL BIRTHDAY!

August



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.

NOTHING COMPARES

to my STATE FAIR



AUGUST

11-21

2016



Southside Senior Center
100 Payton Ave.
Saturday, August 6th

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 with coffee and tea.

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

Join us for a
LUAU!

Southside Senior Center
100 Payton Ave.
DSM 287-0092

Friday, August 26th
@ 9:30 a.m.

Wear your "Hawaiian" Best !!

Please call by August 24th
for a lunch reservation.



"You are never too old to set another goal or to dream a new dream..."

- C. S. Lewis

shout OUT! The staff at West Des Moines Community Center received a nice surprise email from Kate Rittman, with Aging Resources of Iowa about their exponential growth in the last year. Woohoooo!! You made it! 539 unduplicated clients and 20,919 meals served!!

Congrats! While for some of you this won't make sense completely, it just means that the community is loving the new building and utilizing many of the services provided there. Keep It Up!



the United States military who can show proof of veteran or active military status and their spouse enjoy \$8 gate admission (7 a.m. to 5 p.m.)

Older Iowans' Day

On Wednesday, August 17, Fairgoers ages 60 and up get in for \$8 at the gate until 5 p.m. (not good with any other offer).

Extreme Sunday

Half off regular admission until 9 p.m. on Sunday, August 21 (not good with any other discount).

Whether you park your vehicle in a lot on the Iowa State Fairgrounds or use the convenience of DART's Park & Ride buses, once you arrive, "Nothing Compares" to the Iowa State Fair!

Parking

Three parking lots are available for Fair motorcycle and vehicle parking at \$10 per vehicle: North, Sims and Northeast Lots. Bicycle parking is available inside Gate 10 for \$2. Buses and drivers are admitted free.

DART Park & Ride

Show your advance Fair admission ticket at one of DART's three State Fair Park & Ride locations and receive half off the round-trip fare. Parking is free at all DART locations.

Discounted round-trip fares with advanced Fair admission tickets are \$1 for adults and 50 cents for seniors (ages 65+), disabled persons, Medicare card holders and children (ages 6-10). Children ages 5 and under are free. Regular round-trip fares are \$2 for adults and \$1 for seniors (ages 65+), disabled persons, Medicare card holders and children (ages 6-10). All buses are wheelchair-accessible. Cash only; exact fare required.

DART offers three convenient Park & Ride locations where Fairgoers can park for free:

- Center Street Park & Ride – 7th and Center Street, enter on 7th Street\
- Southeast Polk School – E. 80th Street and Highway 163
- State Capitol – East 12th Street near the State Capitol bell

The hours are 8:30 a.m. to Midnight every day of the Fair at all Park & Ride locations. Call DART at 515.283.8100 for more details.

Wheelchair & Scooter Rentals

HomeTown Mobility is now accepting reservations online at www.htmia.com and by phone at 877/928-5388 from 9 a.m. to 5 p.m. Monday through Friday, and all 11 days during the Fair (August 11-21). Save \$5 by placing your reservation online versus calling in. Call-in reservations will be charged a \$5 processing fee.

A limited number of wheelchairs and scooters will be available for walk-up customers during the Fair on a first come, first serve basis. Reservations will be accepted for full day scooter and wheelchair rentals only. Reservations must be made 24 hours in advance. A security deposit of a driver's license is required at the time of pick-up for all rentals. Cancellations must be made at least 48 hours in advance to receive a full refund (less a \$5 cancellation fee per unit). Rental locations are at Gates 11 & 15 and on the southeast corner of the Swine Barn.

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.



AUGUST PIE MENU



- AUGUST 4** **PECAN PIE**
- AUGUST 11** **CHERRY PIE**
- AUGUST 18** **PEACH PIE**
- AUGUST 25** **FRUIT FOREST PIE**

'Thought is action in rehearsal'

- Sigmund Freud

WesleyLife HOME-DELIVERED MEALS

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

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

Roast beef Lemon pepper fish Country herb chicken

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

United Way POLK

1700-068-5-13

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Email: _____

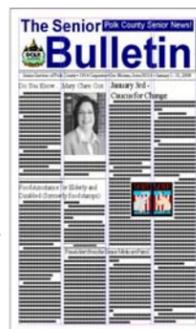
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Mail to:
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Senior Bulletin Subscription
2309 Euclid Avenue
Des Moines, Iowa 50310

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.





Mobile Food Pantry Locations & Schedule

<https://www.dmarcunited.org/food/mobile/>

John R. Grubb YMCA

1611 11th Street
Des Moines, IA 50314
515-246-0791
Wednesday ~ 9:00 a.m. – 12:00 p.m.

South Suburban YMCA

401 E Army Post Road
Des Moines, IA 50315
515-285-0444
Wednesday ~ 2:30 – 6:00 p.m.

Norwoodville Community Center

3077 NE 46th Avenue
Des Moines, IA 50317
515-266-5794
Thursday ~ 1:00 – 4:00 p.m.

Clive Community Services

2190 NW 82nd Street
Clive, IA 50325
Friday ~ 3:00 – 6:00 p.m.

What Can I Receive?

- Once per calendar month, you may receive a 3-day supply of food, measured by family size.
- Our food follows a healthy food guideline.
- Select which food items you want with our choice pantry service model.
- Daily food items are available to anyone, any time the pantry is open.

How Do I Get Help?

- There are no income requirements.
- Bring a photo ID for every adult member of your household, and some other form of ID for all children in the household.
- At the mobile food pantry, you will go through a short intake process.

Volunteer

We are currently looking for ride-along mobile pantry volunteers available approximately 3.5 hours every week on a regular schedule. If interested, please contact Joe Dolack at jdolack@dmarcunited.org or 515-282-2026.

About the Mobile Food Pantry

The DMARC Mobile Food Pantry was made possible by the Polk County Board of Supervisors and the Partnership for a Hunger-Free Polk County. Special thanks to Stivers Ford Lincoln, Schneider Graphics, Snappy's Trailer Store, H & H Trailers, and two individual bequests.

Franklin Avenue Library News

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

Meeting Room

Anniversary Fun, Explore Life 150 Years Ago

Friday, Aug 5, 3:00 p.m.

What was life like for an Iowa pioneer family in 1850? How did the pioneers get to Iowa, and what brought them here? What did they need to do to set up their home and farms? What was daily life like for a pioneer family who settled in Iowa? Learn the answers to these and many more questions by participating in hands-on activities like learning to drive a team of oxen and plotting out a farm. Of course, it wasn't all work and no play; learn some typical games played by children on the prairie, as well.

Friends of the Franklin Avenue Library Quarterly Meeting

Saturday, Aug 6, 11:00 a.m.

Join the Friends of the Franklin Avenue Library for their quarterly meeting. Everyone is welcome.



The Franklin Evening Book Discussion Welcomes Iowa Author Kali VanBaale Tuesday, Aug 9, 6:30 p.m.

Iowa-based author Kali VanBaale will discuss her new novel, *The Good Divide*, the story of a 1960's Wisconsin dairy farm wife who finds her world shaken when a new sister-in-law dredges up dark secrets, long-kept lies, and the unresolved death of an old friend. Discussion will include a short visual presentation on Kali's research for the novel, her own experiences growing up on a dairy farm, and the little-known genre of Midwestern Gothic fiction. Book Discussion copies will be available at the Franklin Information Desk on a first-come, first-served basis. Copies for sale will be available that evening, provided by Beaverdale Books.

Please visit http://dmpl.org/events/list?title=&field_location_tid%5B%5D=11 to view a complete list of upcoming Franklin Avenue Library events.

North Side Library News

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

Adult Coloring Time!

Date: Tuesday August 2, 9, 23, 30

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. We provide coloring materials and coloring sheets, but you can also bring your own sheets, colored pencils, markers, or crayons. Meet some new people and de-stress while coloring with us!

Family Movie Matinee

Date: Friday August 5, 2016

Time: 2:00-4:00 p.m.

Description: Join us for a movie about Arlo the dinosaur and his human friend who go on an adventure together and must face their fears. Popcorn provided while supplies last. You may bring your own drink (with lid).

Family Movie Matinee

Date: Friday August 12, 2016

Start Time: 2:00-4:00 p.m.

Description: Join us for a movie about superstar football player Joe, who must adjust to a new lifestyle when his 8-year old daughter shows up suddenly. He soon learns that winning the heart of his daughter may mean more to him than a championship trophy. Popcorn provided while supplies last. You may bring your own drink (with lid).

North Side Library Book Discussion

Date: Tuesday August 16

Time: 2:00-3:00 p.m.

Description: We will be discussing *My Story*, by Elizabeth Smart with Chris Stewart. Copies of the book may be picked up at the library.

Family Movie Matinee

Date: Friday August 19, 2016

Time: 2:00-4:00 p.m.

Description: Join us for a movie about a French rat who dreams of being a chef. When he teams up with a young chef, the two create some amazing dishes. How long can their secret last? Popcorn provided while supplies last. You may bring your own drink (with lid).

The Nixon Whitehouse Redecoration Program 1969-1974 DMPL 150th Anniversary

Date: Saturday August 20, 2016

Time: 2:00-3:30 p.m.

Description: If you missed hearing Patrick Phillips-Schrock at the East Side Library in June, stop by the North Side Library in August. He will take you behind the scenes in the creation of his latest book, *The Nixon White House Redecoration and Acquisition Program*. He will even include some interesting gossip. Patrick, an Iowa native and resident of Urbandale, is also author of an earlier book, *The White House: An Illustrated Architectural History*, about which he is considered a foremost world authority.

Family Movie Matinee

Date: Saturday August 26, 2016

Start Time: 2:00-4:00 p.m.

Description: Join us for a movie about Air Bud, a talented dog who can play basketball, football, and volleyball, and his five puppies who have their own secrets. Popcorn provided while supplies last. You may bring your own drink (with lid).

August Recipes



Bruschetta Pasta Salad

This salad is the epitome of summer in a bowl.

Total Time: 0:25

Prep: 0:15

Cook: 0:10

Level: Easy

Serves: 4

Ingredients

- 1 lb. orecchiette (a small ear-shaped pasta, similar to cavatelli)
- 1/4 c. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- kosher salt
- Freshly ground black pepper
- 1 clove garlic, minced
- 1 pint cherry tomatoes, preferably multi-colored, halved
- 1/4 c. torn basil, for garnish

Directions

1. In a large pot of salted boiling water, cook orecchiette according to package directions until al dente. Drain and set aside.
2. In a small bowl, whisk together olive oil and balsamic vinegar. Season with salt and pepper to taste.
3. To bowl, add pasta, garlic and tomatoes. Toss with dressing to combine.
4. Garnish with basil.



Easy Omelette Cups

Source: www.buzzfeedtasty.com

36 frozen tater tots, thawed

8 eggs

3 Tbsp. milk

Salt & Pepper to taste

Your favorite omelette fillings!

Push 3 tater tots in each cup of a non-stick muffin tin. Bake at 425°F/220°C for 10 minutes. Remove from oven. Place your favorite omelette fillings in each muffin tin on top of the tater tots. In a bowl, whisk together the eggs, milk, salt, and pepper. Pour egg mixture into each muffin tin. Bake at 350°F/177°C for 20 minutes, or until fully cooked!

Ask the Naturalist

By Heidi Anderson
Polk County Conservation
Naturalist

www.leadingyououtdoors.org

Question: I saw and heard the most awesome thing the other night. My cat was sitting out in the back yard while I was working on my garden. I suddenly heard the cry of a red-tailed hawk several times in a row. It sounded surprisingly close. I looked up in my walnut tree and on the lower branch was a blue jay which was calling like a red tailed and my cat quickly ran indoors. Why would a blue jay imitate a hawk?
~ Michael



Answer: Blue jays are able to mimic a variety of calls, including red-tailed hawks. There are a couple of theories on why they do this. One is they may be trying to deceive other birds into thinking that there is a hawk in the area. Or these calls may provide information to other jays that a hawk is around. In this case the call was enough to scare the cat away!

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



*** Tuesday, August 16th, 12:30 to 1:30 p.m. ***
at the Polk County North Senior Center

Topic: "Self Defense"

Presented by: Peggy Wharton-Elder Rights,
Specialist from Aging Resources



Health Issues

Circle the various health issues in this puzzle.



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

1 LDMECUJCARDIOVASCULARO
2 PSPYOKMATKEPZPEPILEPSY
3 UEOIGAUEVMJINVISIBLEB
4 LILGNTZCRXOHQOPNLIMBSL
5 MTIQISTRMCRUPIHANDICAP
6 OIOSTNHUISDLYTPBIXFUAAU
7 NLMYIONTNEENPTANIFAQMME
8 AILYVIOCO TYA INQFEEHPHC
9 RBATE TNHLTSRSIU IPTRAEE
10 YAIIRAVEOESARDADSOFRMC
11 ASCLAZISGRTPERDADVEAON
12 IIIILISDYUTLVOR IABVLBA
13 LDFBUNIECOEE IOIMRHIYIR
14 ULICUBAITHGDCPAWESMLU
15 CATSSMLFNSRIOULXXAUPID
16 LCRSUMENOOXATPEWGLAITN
17 AIAEMIWERMJA AZGKUTLCYE
18 CSBCOFVSHQTLZUIPEHKSXZ
19 SYJCRMLSCISIMPAIRMENTS
20 YHFAUOEQOYLTADEXTERITY
21 DPTAECBNWGNDEFINITIONS
22 SYFUNCTIONNEUROLOGICAL

Health Issues – Word Search List

ACCESSIBILITY	DISABILITIES	NEUROLOGICAL
AMPUTATION	DIVERSITY	NEUROMUSCULAR
ARTIFICIAL	DYSCALCULIA	NONVISIBLE
ASTHMA	ENDURANCE	PARALYMPICS
AUTISM	EPILEPSY	PARAPLEGIA
CARDIOVASCULAR	EQUAL	PHYSICAL
CEREBRAL PALSY	FUNCTION	POLIO
CHRONIC	HANDICAP	PULMONARY
COGNITIVE	HEALTH	QUADRIPLEGIA
COORDINATION	IMMUNIZATIONS	RHETTS SYNDROME
CRUTCHES	IMPAIRMENTS	SPINA BIFIDA
DEAFNESS	INVISIBLE	TERMINOLOGY
DEFINITIONS	LIMBS	TOURETTES
DEXTERITY	MOBILITY	VISUAL

Health Issues Word Search Answers: Continued on page 10

VNS Senior Companion Program

FREE Right Here in Polk County!

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

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

Do you have a regular weekly need?

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

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

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



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

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



Social Security News

Hit A Home Run With Social Security

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

A home run is a highlight of any baseball game. The fans cheer with excitement to see a player rocket the ball into the stands. So, what are you doing to prepare for your retirement home run? Your goal should be to get past 1st, 2nd & 3rd base and make it home with a hefty plate of savings.

Social Security has many tools to help you achieve financial security. Take the first step and visit www.socialsecurity.gov/myaccount. The benefit of having a *my Social Security* account is that it gives you access to your personal *Social Security Statement*, verification of correct earnings, and an estimate of your early retirement benefits at age 62, full retirement age of 66, and delayed age at 70.

We protect your information by using security features and strict identity verification to detect fraud. In several states including the newly added Idaho, Mississippi, and North Dakota, you can request a replacement Social Security card online. Find out if your state offers the service at www.socialsecurity.gov/ssnumber.

In addition to using your personal *my Social Security* account to prepare for a comfortable retirement, you can visit www.myra.gov. At *myRA*, you can access new retirement savings options from the Department of the Treasury. This service is designed for the millions of Americans who struggle with saving for retirement — it's an easy and safe way to help you take control of your future.

myRA is designed for people who don't have a retirement savings plan through their employer, or are limited from other savings options. If your employer provides a retirement savings plan, such as a 401(k), learn more about that plan's potential for matching contributions or other benefits.

Since *myRA* isn't connected to any employer, it allows workers to hold on to it when they move to different jobs. *myRA* makes your money grow faster than a traditional savings account.

Having both *my Social Security* and *myRA* accounts in place, you're guaranteed to hit a home run in successfully planning for your future. Learn more about all of your choices at www.socialsecurity.gov.

Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Question: I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

Answer: You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to www.socialsecurity.gov/applyonline. This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!

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

Answer: No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at www.socialsecurity.gov/r&m1.htm.

Question: I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

Answer: The easiest and most convenient way is to apply online! Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at www.socialsecurity.gov/medicareonly.

Question: Can I refuse to give my Social Security number to a private business?

Answer: Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.



Pickleball Clinics Held at Johnston Senior Center

Submitted by Caroline Ver Schuer

Site Coordinator, Johnston

Polk County Johnston Senior Center had two advanced Pickleball Clinics recently instructed by Denny Bane. Denny has been the recipient of both Silver and Gold Medals at the Iowa Senior Games, Iowa Winter Games and many other tournaments.

Beginner clinics can be arranged if you are interested in learning Pickleball. Contact the Senior Center for more information at 515-251-3707.

Pickleball is played every Tuesday and Thursday from 9 - 12 at Crown Point. Come join us!

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"

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.



West Community Center Meal Site



L to R: Linda Mason, Program Aide & Mary Clare Cox, Site Supervisor

**Submitted by Linda Mason
Program Aide**

The Westside Senior Center is located in the heart of Valley Junction at 134 6th Street, in West Des Moines. The center is open from 8:00 to 5:00 p.m., Monday through Friday. We are located across the street from the West Des Moines Human Services office (which also provides many resources for our seniors).

Our Facility

Our building has several things to offer to seniors and community members alike. The facility is used for various activities. There is nothing you can't find here. We have a great exercise room, computer room, TV room, and pool room. For the reading enthusiast, there is a nice selection of donated books for the taking in our library. In addition, the facility can be rented out for special events/gatherings by the public, at an extremely reasonable price.

You will always hear laughter coming from our Senior Center because there is never a dull moment. Our motto is FOOD, FRIENDS AND FUN. We have so much fun here, that many times you hear comments such as, "What happens at West Des Moines Senior Center, STAYS at West Des Moines Senior Center." We never are lacking for a reason to celebrate life.

Our Staff

Mary Clare has been with Polk County for 10 years. She worked in the Recorder's Office before she came to Senior Services. Linda has been with Polk County Senior Services for 8 years. They both love being a part of the Senior Services Team. Each truly has a passion for the seniors and love to make them happy and smile.

Volunteering And Community

We have an unbelievable number of talented seniors who do things like making prayer shawls, knitting caps and scarves for the homeless and overseas to Africa. One even sews for a program call Days for Girls. They are involved in many civic groups, as well offer their invaluable time helping out around the center. We always have an abundance of willing, helping hands around here.

Every late winter/early spring, AARP comes in to help participants and residents living in the nearby community with preparing their tax returns.

Lunch, Classes, And Activities

We serve a nutritional meal Monday through Friday at 11:30, with a special treat every Thursday - pie. We even have our own wonderful pianist who volunteers his talent at lunch time on Tuesdays and Thursdays.

Please call a day ahead by 1:00 to make your lunch reservation. We always try to accommodate walk-ins.

Our center is always hopping with activities ranging from our Current Events Class, History Class, Ceramics, Crafts, Knitting, Exercise, Meditation Yoga and BINGO.

We offer a variety of health screenings, blood pressure checks, foot clinic, flu shots, balance evaluations and hearing screenings. There is even a unique nutritional round table discussion that we call "Fresh Conversations" to keep us informed of healthy tips for a healthier lifestyle.

We have several special celebrations throughout the year, as well as our "just because" fun and silly celebration days. The largest being our annual Christmas Party. We have a country band performing monthly. And we also have themed teas, and a variety of entertainment several times throughout the year. Everyone has such a good time.

We always welcome new guests. Please feel free to stop in, see our facility and check out the Westside Senior Center Activity Calendar for lunch menus and all our special events going on each month.



L to R: Mary Clare Cox, Building Attendant, Roger Dewey & Linda Mason



Board of Supervisor, Angela Connolly helping out Joyce Sondag with Bingo.

Blast From The Past – A Look Back At Some Fun Momentous Events/Occurrences

Senior Companions at Governor’s Award Ceremony

Submitted by Katie McIntyre
 Media Relations Coordinator
 HCI Care Services and Visiting Nurse Services of Iowa
www.hcicare.com
www.vnsia.org

Five Senior Companion volunteers received Governor’s Volunteer Awards for serving five or more years at the annual ceremony, which was held at SE Polk High school on Tuesday, June 21. Visiting Nurse Service of Iowa’s Senior Companion Program offers seniors the opportunity to serve other older adults who need assistance to stay independent at home. Senior Companions generally visit each of their clients once a week to provide transportation, social support and respite care. Senior companions must be ages 55+ and earn a tax-free hourly stipend, mileage reimbursement, and other benefits for serving 15-40 hours a week. Those ages 55+ and interested in earning \$300+ extra each month by helping others maintain their independence are encouraged to contact Julia Tiedeman at 515.558.9957 or at juliat@vnsia.org

Pictured L-R: Giselle Bendig (Des Moines), Marsha Mills (Bondurant), Shirley Wade (Indianola), Dixie Houge (Des Moines) and Mary Carothers (Indianola).



Fun, Fun, Times at Norwoodville

Submitted by Daiynna Brown, Bulletin Editor

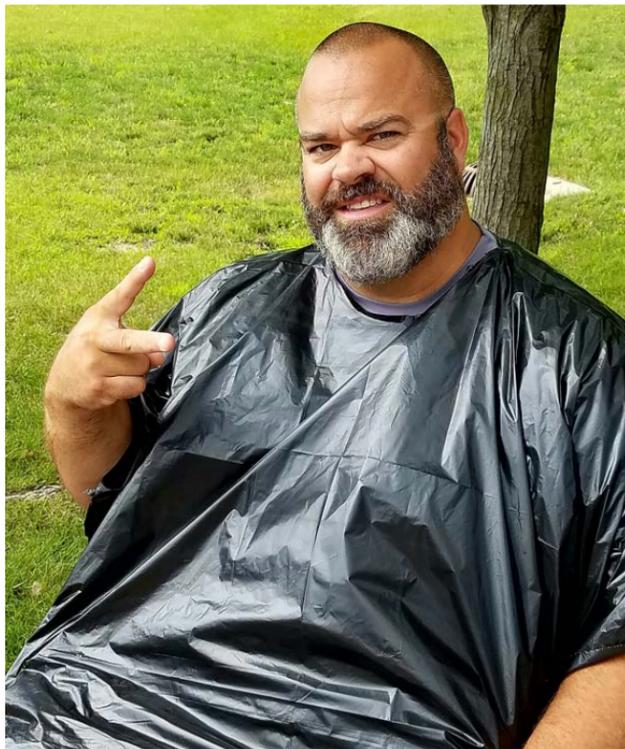
During the summer, things out Norwoodville way are chock-full of fun activities, trips, fundraising events, silly antics, laughs and structured craziness between our Senior and Summer Camp Programs.

This year, creative minds united together and came up with a unique and silly fundraising event called “Pie in the Face”. The staff out at Norwoodville - Dan Sauser, Site Supervisor; Krystal Simonson, Program Aide; Daiynna Brown, Program Specialist and Kaitlyn Albers, Summer Office Staff, each had their photo taken and placed upon a covered, mason jar. The idea was for seniors or whomever to put money in the jar of the person they would like to see receive a “Pie in the Face”. The person who had the most money collected in their jar...won!

And the Winner Is....

Dan, now referred to as Dan, the “Pie Man” Sauser, was the clear favorite to receive the victory. On July 13th, the seniors and children with the summer day camp program all joined together, on our south patio, to witness the winner of our Summer Fun Fundraiser, receiving his prize. Frank Schmitz, was randomly chosen to bestow the creamy surprise to our winner. Frank did an EXCELLENT job of making sure every bit of the strawberry and whipped concoction was utilized over Dan’s entire face and head.

Although, we know we didn’t technically win, us gals really consider ourselves the ultimate winners, by avoiding such reward and mess! Whew!



- Month:**
- Admit You’re Happy Month
 - National Catfish Month
 - National Eye Exam Month
 - National Golf Month
 - Peach Month
 - National Picnic Month

- Weekly Events:**
- Week 1 National Simplify Your Life Week
 - Week 2 National Smile Week
 - Week 3 Friendship Week
 - Week 4 Be Kind to Humankind Week
- www.HolidayInsights.com

If You're Happy



and You Know It!



National Golf Month



M

T

W

Th

F

1
Chicken and Noodles
Mashed Red Potatoes
Peas
Apple
Orange Jello w/Diced Pears

96
653

2
Beef Chili
Squash
Raisins
Cornbread

117
702

3
Baked Cod
Stewed Tomatoes
Creamy Coleslaw
Fresh Orange
Dinner Roll

83
615

3
Flex Meal Option
Bratwurst w/Sauerkraut
Stewed Tomatoes
Fresh Orange
WW Bun

69
723

4
Meatloaf
Sweet Potatoes
Green Beans
Banana
WW Dinner Roll

100
809

5
Egg Salad
WW Bun
Pea Salad
Craisins
Applesauce Bar

127
933



8
Pork Ham Slice
White Corn Pasta Salad
Broccoli
Cinnamon Applesauce

86
596

9
BBQ Chicken Sandwich
Cooked Cabbage
Dutchess Potatoes
Raisins
WW Bun

166
970

10
Chef Salad w/Tomato Wedge
Baby Potatoes
Banana
Dinner Roll

81
600

10
Flex Meal Option
Liver N Onions
Baby Potatoes
Lettuce Salad
Banana
Dinner Roll

119
802

11
Beef Pepper Steak in Sauce
Mixed Vegetables
Apple Juice
Brown Rice

83
729

12
Tuna Salad Sandwich
Creamy Cucumber Salad
Lettuce Salad
Fresh Orange

76
555

15
White Chicken Chili
Root Vegetable Blend
Cornbread
Apple

89
651

16
Cali Burger
WW Bun
Lettuce/tomato/onion
Baked Beans
Orange Juice

77
655

17
Orange Chicken
Brown Rice
Key Largo Vegetables
Pineapple Tidbits
Birthday Cake

102
661

17
Flex Meal Option
Hot Dog
WW Bun
Key Largo Vegetables
Pineapple Tidbits
Birthday Cake

88
552

18
Swedish Meatballs
Mashed Potatoes
Brussels Sprouts
Tropical Fruit Salad
WW Dinner Roll

83
800

19
Stuffed Pepper Soup
Corn
Orange
WW Dinner Roll
Cherry Jello

106
750

22
Ham Sandwich
Broccoli Cheese Soup
Mixed Vegetables
Fresh Apple
Chocolate Chip Cookie

95
865

23
Baked Tilapia
Brown Rice Pilaf
Creamed Peas
Mixed Berries

66
551

24
Goulash
Glazed Carrots
Mandarin Oranges
Breadstick

83
820

24
Flex Meal Option
7 Layer Salad
Mandarin Oranges
Breadstick

49
432

25
Italian Chicken Breast
Lettuce Salad
Marinated Veggies
Craisins

68
567

26
Breakfast Bake
Spinach
Strawberries
Biscuit w/Jam

88
708

29
Baked Chicken
Party Potatoes
Corn
Fresh Orange
WW Dinner Roll

83
682

30
Beef Meatballs in Tomato Sauce
Peas
Fresh Peach
Penne Pasta

77
669

31
Chicken Stew
Spinach
Banana
Trail Mix
Dinner Roll

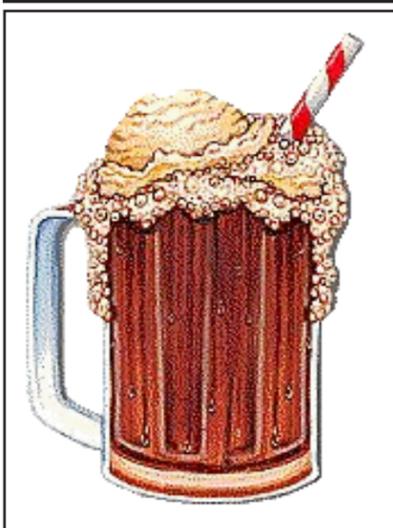
116
907

31
Flex Meal Option
Sweet Spinach Salad w/Chicken
Banana
Trail Mix
Dinner Roll

94
783

got milk?

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



Free Community Dinner Meals Offered
(No Age Requirement)

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

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

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

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, 2½c servings of vegetables, ½c fruit, ½c dessert, 1 serving bread, fortified margarine, milk and coffee.

All menus subject to change.
Top # = Carbohydrates
Bottom # = Calories
Salt Shaker = Higher Sodium Menu

Meals served at the centers are for those 60 years and older and spouse. Contributions are optional.
Questions? Call the site nearest you!

Polk County Senior Centers Meal Site Locations & Staff

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

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

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

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

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

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

Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline VerSchuer
Serving Time: Noon

MLK, Jr.
Open 9:30 a.m. to 1:30 p.m.
1650 Garfield
Des Moines 50316
Phone: 266-5445
Site Coordinator: Teresa Dixon
Serving time: 11:30 a.m.

North
Open 8:00 a.m. - 5:00 p.m.
2nd & Euclid - Park Fair Mall
Des Moines 50313
Phone: 288-1524
Site Supervisor: Diana Savage
Program Aide: Nicole Ledvina
Serving time: 11:30 a.m.

Northwest
Open 8:00 a.m. - 5:00 p.m.
5110 Franklin
Des Moines 50310
Phone: 279-2767
Site Supervisor: Kristi Carman
Program Aide: Lisa McDonald
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.

August Tournaments

Cribbage 1 st Friday @ North – 12:30 p.m. 5 th Friday @ North – 12:30 p.m. (when applicable) Every Friday @ South – 12:30 p.m.	18 th @ South – 12:30 p.m. 25 th @ South – 12:30 p.m.	15 th @ South – 12:30 p.m. 22 nd @ N’ville – 12:30 p.m. 22 nd @ South – 12:30 p.m. 29 th @ N’ville – 12:30 p.m. 29 th @ South – 12:30 p.m.
Pinochle 3 rd @ N’ville – 12:30 p.m. 10 th @ N’ville – 12:30 p.m. 17 th @ N’ville – 12:30 p.m. 24 th @ N’ville – 12:30 p.m. 31 st @ N’ville – 12:30 p.m.	10 Point Pitch 2 nd @ South – 12:30 p.m. 9 th @ South – 12:30 p.m. 16 th @ South – 12:30 p.m. 23 rd @ South – 12:30 p.m. 30 th @ South – 12:30 p.m.	8 Ball Pool Tournament 12 th @ North – 9:00 a.m. 26 th @ North – 9:00 a.m.
Double Pinochle 4 th @ South – 12:30 p.m. 11 th @ South – 12:30 p.m.	500 1 st @ N’ville – 12:30 p.m. 1 st @ South – 12:30 p.m. 8 th @ N’ville – 12:30 p.m. 8 th @ South – 12:30 p.m. 15 th @ N’ville – 12:30 p.m.	9 Ball Pool Tournament 5 th @ North – 9:00 a.m. 19 th @ North – 9:00 a.m.

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

August 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.	Phase 10 @ Scott Four Mile @ 12:15 p.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.	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.
Wednesdays Social 10 pt. Pitch @ NW @ 12:00 p.m. (except 3 rd Wednesday) Bridge @ Johnston @ 12:30 p.m. 65 @ South @ 12:30 p.m. Yahtzee @ Scott Four Mile @ 10:00 a.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.

Tai Chi for Arthritis and Fall Prevention-Class

Starts September 6th

Tai Chi is a low impact, relaxing form of exercise. With its gentle movements, Tai Chi is an excellent exercise for everyone.

Tai Chi Improves: Balance
Strength
Flexibility

Tai Chi Reduces: Pain
Stiffness
Stress
Anxiety



There is no charge for this class

Class will meet on Tuesdays and Thursdays for six weeks

This class will be offered at 2 locations:

Northwest Senior Center 5110 Franklin 9:00-10:00 a.m. Call 279-2767 to register	Eastside Senior Center 1231 E. 26 th Street 12:30-1:30 p.m. Call 265-8461 to register
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Additional questions call Ranae at 265-8461

*"People often say that motivation doesn't last.
Well, neither does bathing
- that's why we recommend it daily."*

- Zig Zaglar

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	

August Blood Pressure Checks

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

- 1st Ankeny (provided by Nurse Volunteer)
 - 2nd West
 - 3rd Ankeny (Health Talk Only) South
 - 4th North
 - 8th East
 - 9th MLK, Jr
 - 10th Northwest
 - 11th Polk City
 - 12th Scott Four Mile
 - 15th West
 - 16th South
 - 17th Pioneer Columbus
 - 18th Central
 - 19th Altoona
 - 19th South
 - 23rd Johnston
 - 24th Norwoodville/Calvary
 - 25th Runnells
 - 26th North
- Dates Subject to Change.



GETTING OLDER DOESN'T MEAN YOU HAVE TO SLOW DOWN

Aging with Agility

Discover the keys to healthy, active aging in three weeks.
Tuesday nights from 6:00 to 7:30 p.m.

SEPTEMBER 20 | Body systems and balance as we age

Presented by Paul Volker, M.D.
Gentle Yoga facilitated by Laura Covill, D.P.T.

SEPTEMBER 27 | Overcoming osteoporosis and the loss of bone mass

Presented by Noreen O'Shea, D.O.
Balance exercises and stretching facilitated by Michelle Brown, M.S.P.T.

OCTOBER 4 | Causes and coping with arthritis pain

Presented by Catherine Stevermer, P.T., Ph.D.
Tai Chi facilitated by Kathy Mercuris, P.T., D.H.S.

DES MOINES UNIVERSITY
Olsen Center
3200 Grand Avenue
Des Moines, Iowa 50312

REGISTER NOW!

\$25 covers all three interactive sessions. For more information and to register, call 515-271-1374 or visit www.dmu.edu/aging-with-agility.

Interested in Volunteering at the Food Pantry?

Submitted by Kelly Trave - Program Aide, 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, fill out the *Volunteer Forms* below and E-Mail or mail them to Paulette Stodgel at the River Place Food Pantry, 2309 Euclid Avenue, Des Moines, IA 50310. For more information, contact Paulette at 515-286-3780.

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

Health Issues Word Search: Continued from page 4

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.

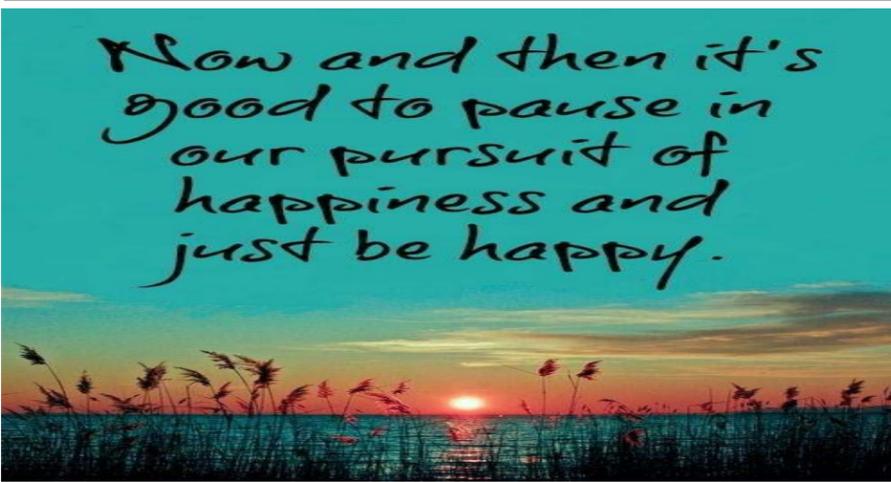
- | | | |
|---------------------|--------------------|-----------------------|
| ACCESSIBILITY 20:4 | DISABILITIES 13:2 | NEUROLOGICAL 22:11 |
| AMPUTATION 12:17 | DIVERSITY 14:13 | NEUROMUSCULAR 22:5 |
| ARTIFICIAL 17:3 | DYSCALCULIA 21:1 | NONVISIBLE 7:7 |
| ASTHMA 11:16 | ENDURANCE 17:22 | PARALYMPICS 8:20 |
| AUTISM 2:8 | EPILEPSY 2:15 | PARAPLEGIA 7:12 |
| CARDIOVASCULAR 1:8 | EQUAL 8:18 | PHYSICAL 21:2 |
| CEREBRAL PALSY 8:22 | FUNCTION 22:3 | POLIO 2:3 |
| CHRONIC 19:9 | HANDICAP 5:15 | PULMONARY 2:1 |
| COGNITIVE 1:5 | HEALTH 13:18 | QUADRIPLEGIA 8:15 |
| COORDINATION 14:14 | IMMUNIZATIONS 17:6 | RHETTS SYNDROME 15:11 |
| CRUTCHES 4:8 | IMPAIRMENTS 19:12 | SPINA BIFIDA 1:16 |
| DEAFNESS 12:8 | INVISIBLE 3:13 | TERMINOLOGY 2:9 |
| DEFINITIONS 21:12 | LIMBS 4:17 | TOURETTES 14:10 |
| DEXTERITY 20:14 | MOBILITY 10:21 | VISUAL 12:19 |



Des Moines University Adult Older Adult Exercise

Submitted by **Brianne Sanchez**
Community Relations Manager
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 more information. Some participants may require a physical therapy evaluation prior to the first class.



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**
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.

Summer always ends with good memories



SHARE August Menu

Order before August 12th, 2016 for pick-up on the 26th or 27th depending on location
To order call 800-344-1107 or visit www.shareiowa.com

- (A) Best Value Package \$28.00** *"Save up to 50% on your groceries"*
12 oz Fully Cooked Chicken Breast Strips
12 oz Package IQF Pure Beef Cube Steaks
12 oz Center Cut Bacon
1 lb 85% Lean Ground Turkey
12 oz Frozen Strawberries
4 - 4 oz Pouch Frozen Kraft Mac & Cheese
Russet Potatoes, Broccoli, Celery, Cantaloupe, Oranges, Plums
- (B) Grocery Package \$14.50**
Russet Potatoes, Broccoli, Celery, Cantaloupe, Oranges, Plums
12 oz Frozen Strawberries
4 - 4 oz Pouch Frozen Kraft Mac & Cheese
- (C) Meat Only Package \$14.50**
12 oz Fully Cooked Chicken Breast Strips
12 oz Package IQF Pure Beef Cube Steaks
12 oz Center Cut Bacon
1 lb 85% Lean Ground Turkey
- (D) Cube Steak Box \$29.00** *"No additives"*
10 lb IQF Pure Beef Cube Steaks
Approximately 50 Portions
- (E) Grill Box \$25.50** *"Great for Labor Day cookout"*
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
- (F) Bacon Box \$36.00** *"BLT time"*
12 - 1 lb Packages Bacon, made by Oscar Mayer
- (G) Chicken Breast Fillets \$24.50** *"Perfect with any meal"*
40 - 4 oz Chicken Breast Fillets, 10 lbs Total
Individually Quick Frozen

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

<p>*(H) Shredded Pork 5 lb Fully Cooked Shredded Pork in BBQ Sauce</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">\$19</p>	<p>*(I) Mini Beef Calzones 30 - 1.66 oz Mini Cheese Steak Crescents, Over 3 lbs total</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">\$15</p>	<p>*(J) Smithfield Baby Back Ribs 2.5 lb Ready to Cook Baby Back Ribs</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">\$12</p>	<p>*(K) S'mores Cake 8 Inch Double Layer Chocolate Cake, White Marshmallow Icing w/ a dusting of Graham Cracker Crumbs</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">\$9</p>
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Due to press deadline, monthly food package items may be subject to last minute changes

Blast From The Past – A Look Back At Some Fun Momentous Events/Occurrences At The Senior Sites

North Wii Bowling Tournament Results

Submitted by Nicole Ledvina
Program Aide, North

The Northside Senior Center held its Annual Wii Bowling Tournament on Saturday, June 25th. A great time was had by all! 58 bowlers traveled from all over Polk County to participate in the one day tournament. We had 29 - two person teams from the following senior centers: Ankeny, Grimes, MLK, Pioneer Columbus, South and of course, North.

The day started with check in at 8 am, where all bowlers received a trophy for participating. Next up was visiting over coffee and donuts as we waited for all bowlers to arrive and finalized last minute tournament details. The tournament began at 9 a.m., and the bowlers competed through 5 rounds of bowling.

There were two brackets, the "A" Bracket and the "B" Bracket. Results are as follows:

"A" Bracket

- 1st place: Dynamic Duo - Glenda Bradford and Richard Sargent from Northside
- 2nd place: Rascals #2 – Kathy Gifford and Terrie Russell from Northside
- 3rd place: Sidewinders – Ken Nivala and Gary Osborn from Ankeny
- 4th place: Pin Busters – Dick Ristau from Northside and Richard Savage from MLK

"B" Bracket

- 1st place: Sho’Nuff – Dennis Broadus and Beulah Fredericks from Northside
- 2nd place: Two Divas – Nadine Belken and Betty Reed from Pioneer Columbus
- 3rd place: Hot Shots – Barbara Henry and Kay Sutton from Grimes
- 4th place: Lucky Ducks – Deb Eikenberry and Angie Roan from Grimes

Congratulations to all the place winners! Each place winner received an engraved trophy to take home. This event would not have been possible without the help from our many, many wonderful volunteers! Chuck Knoop was the brains behind this operation, as he set up the brackets and filled them in as the day went on. John Carr, Pat Porter and Carolyn Roberts worked in the kitchen serving sloppy joes, chips, cookies and a drink for lunch. Many seniors from the Northside Senior Center donated the cookies that were served with lunch. Richard Sargent donated the morning donuts from Hiland Bakery. Chuck Knoop’s grandson, Dallas, and his friends volunteered by taking down scores after the games were complete and running them to be entered in the brackets. Dallas also was an excellent MC at the event! Northside’s building tech, Tricia Price, came to make sure the building was neat and tidy throughout the day. Tricia’s 14 year old son, Nick, volunteered to help mom and also helped with scoring. Chuck Knoop, his grandson Dallas, Bev Bosteder and Dennis Broadus set up the TVs and bowling lanes Friday afternoon in preparation for the tournament.

A huge thank you to Altoona, Ankeny, Central, East, Grimes, Johnston, MLK, Norwoodville, Pioneer Columbus, Polk City, Four Mile, Southside and Westside Senior Centers, as well as Teresa from Home Furnishings Furniture Store in Park Fair Mall for allowing us to borrow their TV’s and Wii’s the day of the event.

We had such a fun time and look forward to seeing everyone next year!



A1 Dynamic Duo: "A" Bracket 1st place winners: Dynamic Duo - Glenda Bradford and Richard Sargent from Northside



A2 Rascals #2: "A" Bracket 2nd place winners: Rascals #2 – Kathy Gifford and Terrie Russell from Northside



A3 Sidewinders: "A" Bracket 3rd place winners: Sidewinders – Ken Nivala and Gary Osborn from Ankeny



A4 Pin Busters: "A" Bracket 4th place winners: Pin Busters – Dick Ristau from Northside and Richard Savage from MLK



B1 Sho’Nuff: "B" Bracket 1st place winners: Sho’Nuff – Dennis Broadus and Beulah Fredericks from Northside



B2 Two Divas: "B" Bracket 2nd place winners: Two Divas – Nadine Belken and Betty Reed from Pioneer Columbus



B3 Hot Shots: "B" Bracket 3rd place winners: Hot Shots – Barbara Henry and Kay Sutton from Grimes



B4 Lucky Ducks: "B" Bracket 4th place winners: Lucky Ducks – Deb Eikenberry and Angie Roan from Grimes