

Bulletin

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

Biscuit & Gravy Breakfast

Wednesday, September 28th

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



**Norwoodville
Community Center**

3077 NE 46th Ave (Broadway)
DSM, IA 50317

All-U-Can-Eat for \$5.00

**2 Buttermilk Biscuits with
Sausage Gravy**

Also served - Eggs, Pastries,
Juice & Coffee.



**Meet
for
Breakfast**



EASTSIDE SENIOR CENTER POTLUCK AND DANCE

FRIDAY, SEPTEMBER 9th

5:00 - 7:00 p.m.

\$3.00 per person

MUSIC BY DON DECAMP

EASTSIDE SENIOR CENTER
1231 E. 26th STREET
DES MOINES, IA

SERVING STARTS AT 5:00 P.M.
QUESTIONS? CALL 265-8461



Do You Know?!?!

Lisa McDonald

Hello, my name is Lisa McDonald. I was born in Iowa City, went to high school at Regina Catholic and graduated from the University of Iowa. I married my high school sweetheart and we have been blessed with four wonderful children, Timothy, Colin, Caleb and Mary. We also have a beautiful grandchild, Grace Mae, who is 16 months old.

I was a stay at home mom for 20 years, until I was hired by Roche Diagnostics. I was an Internal On-Site Coordinator at Pioneer Hi-Bred in Johnston until my company sold their rights to another company and my position was eliminated.

After only a week and a half here at the center, I have experienced a very welcoming and supportive group of people at Northwest. The seniors have completely surpassed my expectations. Thank you everyone for making me feel so welcome.



September



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.



Southside Senior Center
100 Payton Ave.

Saturday, September 3rd

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.



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
Phone: TBA
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.

The Senior Medicare Patrol needs VOLUNTEERS to help fight healthcare fraud and abuse. Volunteers may share information on scams and fraud through small group presentations in the Polk County area. There are other roles a volunteer can choose if not comfortable talking to groups. Orientation to the program and ongoing training is provided! You can volunteer as often as you'd like. If you would like more information on this program, please contact Jane Moore, SMP Coordinator, at 515-633-9514 (jane.moore@agingresources.com).

Background checks are required of all volunteers.



Annual Pancake Breakfast Fundraiser
North Senior Center
100 Euclid Ave & 2nd Ave.
Saturday, September 24th
8:00 – 11:00 a.m.
\$7.00 Adults/\$5.00 Children 10 & Under

Donations Needed!

Altoona Meal Site is in need of FLEECE MATERIAL donations to make blankets.

1.5 to 2 yards needed.
Prints, Solids, Any Color Accepted.

Our sites goal is to make 50 blankets which will all be donated back to seniors in the community.

Call Natalie Olson for details at 967-1853



Thanks in Advance!



Editor's Blurb

The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or may be of interest to older adults. We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell or solicit to the senior population involved with our senior centers. For those holding special events or have general information they would like to submit (not promoting your business itself), contact the editor for more details on this.

The Senior Bulletin reserves the right to decide to publish or not; as well as determine whether to publish all or part of any material submitted. Deadline is usually around the 3rd Monday of each month for the next month's issue, but does vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.



SEPTEMBER PIE MENU



- SEPTEMBER 1 APPLE PIE (3)**
- SEPTEMBER 8 PUMPKIN PIE (3)**
- SEPTEMBER 15 BLUEBERRY PIE (3)**
- SEPTEMBER 22 STRAWBERRY CRÈME (3)**
- SEPTEMBER 29 STRAWBERRY RHUBARB (3)**



The number in () indicate the carbohydrate exchange (1)=15 grams

The greatest discovery of all time is that a person can change his future by merely changing his attitude.

~ Oprah Winfrey

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



1700-068-5-13

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Don't miss a single issue!

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Polk County Treasurer

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.



September Recipes



Pumpkin Cream Cheese Cake Balls

Source: www.Delish.com

Ingredients:

- Pillsbury Perfectly Pumpkin Cake Mix
- 1 Tub of Cream Cheese Icing
- 1 Pack Vanilla Almond Bark

Directions:

Just follow the instructions on the box, and once baked crumble cake in a large bowl and mix with about 1/2-3/4 of the jar of frosting. Roll into balls and coat with vanilla almond bark. If you want to make them look fancier, sprinkle with crumbled graham crack crumbs.

*We have added DETAILED, STEP-BY-STEP instructions for actually making the cake balls below:

After baking, let the cake cool for a couple minutes, but not completely. Start breaking up cake and transferring to a large bowl with a spoon. With two forks crumble the cake until you are left with ultra fine crumbs. The finer the better. Start with the center of the cake and slowly work my way outwards. Try to avoid using the harder, crispier edges because it creates lumps in your cake balls when you roll them.

Next it's time to mix the cake crumbs with about 3/4 jar of frosting to form the "dough". It is helpful to refrigerate the dough for a little bit before rolling so it doesn't get quite as messy. Chill them until they're firm. This will make the Almond Bark coating much easier.

Now, microwave Almond Bark for 30 seconds to start. It can be quite finicky, and there is no way to revive overcooked chocolate so after the first 30 seconds increase in 10-15 second increments. Be sure to stir chocolate each time to avoid overheating since it holds its shape even when warm.

Next, remove your cake balls from the fridge or freezer and pour a small amount of Almond Bark over each one (enough to fully coat). Or, you can place Popsicle sticks into each one and dip them into the melted Almond Bark.

COOL until the outer layer has hardened, and EAT!

Bistro Chicken Pasta

Source: www.delish.com

By Lauren Miyashiro

You'll definitely want seconds of these creamy alfredo shells.

Total Time: 35 MIN
Prep: 5 min
Level: Easy
Yield: 4 servings

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1 c. flour
- kosher salt
- Freshly ground black pepper
- 1 lb. thin chicken cutlets
- 2 tbsp. butter
- 1/4 c. white wine
- 1/2 c. chicken stock
- 2 c. heavy cream
- 1/2 c. Parmesan
- 1/4 c. chopped sun-dried tomatoes
- 3/4 lb. cooked medium pasta shells
- 1/4 c. finely sliced basil



Four-Cheese Spaghetti Squash

Source: www.Delish.com

By Chelsea Lupkin

You can feel great about eating this extra-cheesy faux-ghetti dish!

Total Time: 1 HOUR
Prep: 10 MIN
Cook: 50 MIN
Level: eASY
Serves: 4

Ingredients:

- 4 spaghetti squash, halved
- 1/4 c. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 3 tbsp. unsalted butter
- 3 cloves garlic, minced
- 3 tbsp. All-purpose flour
- 1/2 c. milk
- 1/2 c. low-sodium chicken broth
- 1/2 c. shredded mozzarella
- 1/2 c. shredded Parmesan
- 1/3 c. shredded provolone
- 1/3 c. shredded Fontina
- Chopped fresh parsley, for garnish

Directions:

1. Preheat oven to 400 degrees F. On a large rimmed baking sheet, brush squash (cut side up) with olive oil and season generously with salt and pepper. Bake until tender, 45 minutes.

2. Heat broiler.

3. Make sauce: In a large skillet over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute, then stir in flour and whisk until golden, 2 minutes. Stir in milk and broth and whisk until combined, then stir in all cheese but 1/2 cup cheese. Whisk constantly until creamy.

4. Scoop out spaghetti squash from skin and add to skillet. Stir until completely combined, then return to squash boats.

5. Top with remaining cheese. Broil until golden.

6. Garnish with parsley and serve



Directions:

1. Heat olive oil in a large skillet over medium heat.

2. Meanwhile, combine 1 teaspoon salt, 1/2 teaspoon pepper and flour in a medium bowl. Lightly coat both sides of each chicken cutlets in the flour mixture, then shake the chicken over the bowl to remove excess flour.

3. Working in batches, add chicken to the pan and cook through, about 4 to 5 minutes per side. Slice cooked chicken into bite-size pieces and set aside.

4. Add butter and garlic to pan and cook for about 1 minute; add mushrooms. Season to taste with salt and pepper, and cook until mushrooms are tender and slightly golden-brown. Deglaze the pan with wine. Let simmer to reduce slightly, then add chicken stock, cream, parmesan, and sun-dried tomatoes. Let simmer to thicken slightly, about 2 to 3 minutes. Stir in cooked pasta, garnish with basil and season to taste with more salt and pepper

Franklin Avenue Library News

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

Franklin Evening Book Discussion

Tue, Sept. 6, 6:30 p.m.

Join us for a discussion of *All the Light We Cannot See* by Anthony Doerr. Copies of the book are available at the Information Desk. All are welcome.

Franklin Afternoon Book Discussion

Mon, Sept. 12, 1:00 p.m.

Join us for a discussion of *Orhan's Inheritance* by Aline Ohanesian. Copies of the book are available at the Information Desk. All are welcome.

Author Visit: Susan Elizabeth Phillips

Tue, Sept. 13, 6:30 p.m.

Award-winning New York Times bestselling author Susan Elizabeth Phillips will discuss her new book *First Star I See Tonight: A Novel*, the eighth in her popular Chicago Stars series, but first in the series in ten years. *First Star I See Tonight* pairs a no-nonsense former football hero and a feisty female detective who go head-to-head in a funny, fresh, and seductive story from the author known for her unforgettable characters, heartfelt emotion, and laugh-out-loud humor. Phillips is a five-time recipient of the RITA, the premier award given to writers of romance fiction, bestowed by the Romance Writers of America.

The Palace Site: Life in Des Moines 7,000 Years Ago

Tue, Sept 20, 6:30 p.m.

Franklin Avenue Library welcomes William E. Whittaker, Interim Research Director, Office of the State Archaeologist to speak on the excavation of the Palace site, an exceptionally well-preserved 7,000-year-old site in Des Moines.

Free Advice for Your Device

Sat, Sept 24, 10:00 a.m.

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

North Side Library News

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

Adult Coloring Time!

Tuesdays

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 when we have our book discussion. 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!

Grant Wood: What Did He Do and How Did He Do It?

DMPL - 150th Anniversary Event

Saturday September 17

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

Description: Roy R. Behrens, Professor of Art and Distinguished Scholar at the University of Northern Iowa, will share some fascinating insights and rare historic photographs of Grant Wood, his students, and his Regionalist contemporaries. Space is limited. Please preregister online or call 515-283-4152 press 3.

North Side Book Discussion

Tuesday September 20

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

Description: We will be discussing *True Sisters*, by Sandra Dallas. Copies of the book may be picked up at the library.

The Election of 2016

DMPL - 150th Anniversary Event

Tuesday September 20

Time: 6:00 - 7:00 p.m.

Description: What in the world is happening in American politics this year? Dennis Goldford, Professor of Political Science at Drake University and KCCI-TV political analyst, will discuss the dynamics that are shaping the race for the presidency and the battle for control of Congress. Space is limited. Please preregister online at www.dmpl.org or call 515-283-4152 press 3.

Family Movie Matinee

Date: Saturday September 24

Time: 1:00 - 4:00 p.m.

Description: Join us for the first movie (PG) about the legend of the Boy Who Lived and his many adventures at Hogwarts School of Witchcraft and Wizardry. Bring blankets and snacks for the children. Popcorn provided while supplies last.

Ask the Naturalist

Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org



Question: I have noticed more fireflies this summer than in previous years. What has caused the increase in numbers?

Answer: Fireflies are an iconic summer sighting and the nighttime show has been great this year! According to Donald Lewis, Iowa State University Extension Entomologist, the weather over the last couple of years has been favorable for fireflies. "Fireflies live in damp locations where they can feed on small insects, snails, and slugs. As we eliminate the swampy moist depressions where fireflies used to develop, that limits their population, and we get prolonged dry summers, that limits their population," said Lewis. We are less likely to see fireflies in towns with our manicured lawns compared to the countryside where there is a lot of tall vegetation.

Adult fireflies only live for a couple of weeks, so enjoy the show while they're here!

Second Series of Evolve, Des Moines Area Adult Leadership Academy to Begin On October 7th

Submitted by Ann Black

Applications are now being accepted for the second Age-Friendly Greater Des Moines Adult leadership program, Evolve: Reigniting Self & Community. This is a series of classes designed for 50+ residents interested in building community leadership skills, exploring their purpose and implementing a community project.

The project is being offered in collaboration with a grant from Polk County in support of the Greater Des Moines Age-Friendly Initiative, which is led by the City of Des Moines, AARP, Aging Resources of Central Iowa and Des Moines University.

"We are thrilled to again be able to offer this

leadership opportunity for older, and possibly retired residents," said Barb McClintock, co-chair of the Greater Des Moines Age-Friendly Initiative social capital committee and coordinator of the leadership academy. "Life's too short to get stuck thinking about what you could do, and this program will help retirees and older residents get started doing what's important to them to produce real outcomes that will make our community better."

Anyone interested in learning more about the series is invited to attend one of the free "Evolve Info Sessions" on either Thursday, September 1 from

Evolve: Continued on page 10

VNS VISITING NURSE SERVICES OF IOWA
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

TREES – Word Search Puzzle

Find and circle all of the Trees that are hidden in the grid. The remaining letters spell a secret message - a Greek Proverb.

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

Source: <http://www.puzzles.ca/wordsearch.html>

- | | | | |
|------------|------------|-----------|-------------|
| APPLE | CEDAR | LINDEN | POPLAR |
| APRICOT | CHERRY | LONDON | REDBUD |
| ASH | CHESTNUT | PLANE | RUBBER TREE |
| ASPEN | COTTONWOOD | MAPLE | SEQUOIA |
| ARBORVITAE | ELM | NECTARINE | SPRUCE |
| BALD | FIR | OAK | SYCAMORE |
| CYPRESS | GINKGO | PALM | TULIPTREE |
| BEECH | GOLDENRAIN | PEACH | WALNUT |
| BIRCH | HAZELNUT | PEAR | WITCHHAZEL |
| BOXWOOD | HEMLOCK | PECAN | WILLOW |
| BUCKEYE | HICKORY | PLUM | YELLOWWOOD |
| BUTTERNUT | LARCH | PINE | |
| CATALPA | | | |

Trees Word Search Answers: Continued on page 10



Social Security News

Social Security Joins The Hispanic Heritage Month Celebration
Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Social Security joins you and your family in celebrating Hispanic Heritage Month, which runs from September 15 to October 15.

We know the contributions of Hispanics can be traced to before the origins of the United States with the discovery, exploration, and naming of many places in our nation, such as state names like California, Colorado, and Texas and city names like San Antonio, Santa Barbara, and Boca Raton. Hispanics have influenced every facet of life, from language to our cultural development. Hispanics play a crucial role in American life.

The most important things to you are your family and maintaining the feeling of individuality through your language. That's why Social Security provides a website — www.segurosocial.gov — with a variety of publications and services in Spanish that are important to you and your family.

If you need to apply for your first Social Security number or a get a replacement Social Security card, we invite you to read our publications *Social Security Numbers for Children* and *Your Social Security Number and Card*.

We offer a toll free number, 1-800-772-1213, which provides automated instructions for Spanish speakers. We also try to have employees available on the phone and in many of our offices who speak Spanish. However, if you need an interpreter, you can go to www.segurosocial.gov/espanol/interpreter.htm to find out more about our free interpreter services.

Just as grandparents help guide their grandchildren through life's journey, we at Social Security are with you throughout yours. The services we provide guide you through your journey from birth, with your first social security card, to your dream of a secure retirement.

You don't have to wait to find out what your retirement benefits may be. We provide the *Retirement Estimator*, one of our most popular online calculators, in Spanish. It offers instant, approximate estimates of your future retirement benefits. Try it for yourself at www.segurosocial.gov/calculador. Remember what your father wisely said to you: "It is up to this generation to secure our community's today and tomorrow."

Whether it's through our website, visiting one of our offices, or calling our toll free number, we at Social Security maintain our commitment of providing first-class service to the nation's growing Latino community. To learn more, visit www.segurosocial.gov.

Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Question: Why should I sign up for a my Social Security online account?

Answer: My Social Security gives you a personal online account you can securely use to check your Social Security information and do business with us. With a my Social Security account you can:

- o Keep track of your earnings and verify them every year;
- o Get an estimate of your future benefits if you are still working;
- o Get a replacement Social Security card if you meet certain criteria and reside in these locations;
- o Get a letter with proof of your benefits if you currently receive them; and
- o Manage your benefits:
 - § Change your address or telephone number;
 - § Start or change your direct deposit;
 - § Get a replacement Medicare card; and
 - § Get a replacement SSA-1099 or SSA-1042S for tax season.

To find all of the services available and set up an account, go to www.socialsecurity.gov/myaccount.

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

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

Question: I heard there is a Social Security video available in American Sign Language. Where can I find it?

Answer: Yes, it's true. The video is called "Social Security, SSI and Medicare: What You Need to Know About These Vital Programs." The video is available in American Sign Language and it presents important information about our programs. You can watch the video now at www.socialsecurity.gov/multimedia/video/asl. The video is a part of our larger collection of on-demand videos and webinars available at www.socialsecurity.gov/webinars and at www.YouTube.com.

Question: Are Social Security numbers reassigned after a person dies?

Answer: No. We do not reassign Social Security numbers. In all, we have assigned more than 460 million Social Security numbers. Each year we assign about 5.5 million new numbers. There are over one billion combinations of the nine-digit Social Security number. As a result, the current system has enough new numbers to last for several more generations. For more information about Social Security, visit our website at www.socialsecurity.gov.

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



**** Tuesday, September 20th, 12:30 to 1:30 p.m. ****
at the Polk County North Senior Center
Topic: "Emergency Preparedness"

Presented by: Ted Jefferson,
Fire Inspector, DMFD

Interested in Volunteering at the 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](mailto:paulette@riverplacepantry.org) 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

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.



Johnston Crown Point Center Congregate Meal Site

Submitted by Caroline Ver Schuer

Program Coordinator

Young at Heart

Throughout Polk County there are senior centers, activity centers and fitness clubs. However, at Johnston's Polk County facility, Crown Point encompasses all three of these things. Located off of Pioneer Parkway in Johnston, Crown Point sets adjacent to Terra Lake Park. This center's ambiance, activities, meals and celebrations bring people together of all ages, thus making Crown Point the most 'young at heart'. As the City moves forward with this area adding fishing piers, picnic shelters, and an amphitheater, opportunities for our attendees will increase. With the current development, Crown Point is becoming the Crown Jewel of the area.

The history of Crown Point is a unique one; for its original purpose was built with private means and granted limited access to Johnston residents. However, as time evolved, Crown Point has become a cornerstone within the Johnston community due to a successful partnership between Polk County and the City of Johnston. Built by Pioneer Hi Bred in 1978, Crown Point was originally used as a clubhouse for Johnston's Green Meadow residents. However, in 1995, Pioneer donated Crown Point to the City of Johnston, who continued to use the facility for community purposes. Then, in 2007, a group of Johnston residents approached the Johnston City Council and requested that a Monday through Friday Congregate Meal Site/Activity Center be available for the community. Former Polk County Board of Supervisor, E.J. Giovannetti, was instrumental in ensuring that the seniors' wish for a 'Senior Center' was granted. Thus, Crown Point Senior Center was born on July 14th 2008. Since then, the partnership between Polk County and the City of Johnston has continued to be a blessing to Boomers' and Seniors' residing in the surrounding area.

While the primary purpose for Crown Point was to be that of a congregate meal site, over the past eight years, the facility's purpose has developed beyond such boundaries and instead plays a more focal role to both the community and the city. Here, "Baby Boomers" and "Se-



niors" visit our facility more for the Polk County's sponsored weekly activities, in addition to the meals. Such weekly sponsored activities include Pickle Ball, Tennis, Silver Sneakers, Wii Bowling, Yoga, and ZUMBA Gold. Additionally, as an alternative to weekly physical activity, Crown Point also provides traditional options such as quilting, knitting & crocheting, bridge, bingo, mahjong, canasta, pitch, etc., on a weekly basis. Either way, all of our activities have shown to be quite popular within the community and function as a great way for seniors and boomers to keep physically and mentally sharp during their 'retirement age'.

Lastly, Crown Point has been very fortunate to work with the Johnston Senior Advisory Board (through City of Johnston Parks and Rec). With the help of their financial support our attendees have the privilege of off-site excursions and wonderful musical entertainment and dances throughout the year.

Another key feature of Crown Point is our attendees' constant encouragement and contribution of community service to the area. Many of our talented and proficient attendees have converted Crown

Point's resources into a backdrop for various social and community service projects including: hospice angels, NICU babies, inner city and Johnston Community schools. Other service projects include: Quilts of Valor, Red Hearts, Prayer shawls, chemotherapy port pads, and busy blankets for Alzheimer patients. Volunteerism is at the core of our being. Our program would not be successful without the generosity of so many, whether it is washing dishes, serving food, sewing, knitting or sharing a musical talent. Our desire to serve others is prevalent throughout our center.

Aside from these physical and social activities, Crown Point also provides educational presentations and activities to all available attendees. From police detectives and health specialists to political candidates and historical presentations, Crown Point incorporates the ability for boomers and seniors to learn something new on a daily basis. Additionally, our program offers monthly blood pressure checks, foot care, wellness clinics and flu shots twice a year as an effort to encourage preventative care and healthy living.

Most importantly, while the usual se-

nior center demographic is aged 55 and older, here at Crown Point, we urge all "Baby Boomers" and "Seniors" to invite kids and grandkids as guests of the center. Even for our annual events, such as holiday parties, State Fair Extravaganza, and school plays. Crown Point tries to maintain a youthful atmosphere by incorporating kids/grandkids into our activities. Intergenerational connectivity is important to us. Sticking to the belief that "Youth is Good for the Soul", like Frank Sinatra's song says, Crown Point proves that for as rich as we are, it's much better by far, to be young at heart.

Caroline Ver Schuer has been our site coordinator since we opened eight years ago. You will find her at Crown Point, Monday through Friday 9:00 to 3:00. We invite you to take a drive out to Johnston. See for yourself it's not just all about the meal. It's a sense of belonging, community pride and extended family during a noon meal. As you'll quickly discover, Crown Point's food may bring people together, but it's our activities and hospitality that draws boomers and seniors back on a regular basis. We look forward to meeting you, soon!

Important Dates

Sept 5th – Labor Day – SITES CLOSED
 Sept. 11th – Patriot Day
 Sept. 22nd – Autumn Begins

LABOR DAY

USA PATRIOT DAY
NEVER FORGET

Autumn Begins

classical
orchestra
instrument
music

CELEBRATE
Hispanic Heritage Month

September is Square Dance Month

Chicken Month

SEPTEMBER IS NATIONAL HONEY MONTH

September is Better Breakfast Month

Month:

- Classical Music Month
- Hispanic Heritage Month
- Fall Hat Month
- International Square Dancing Month
- National Blueberry Popsicle Month
- National Piano Month
- Chicken Month
- Honey Month
- Self Improvement Month
- Better Breakfast Month

www.HolidayInsights.com

Johnston News: State Fair Fun at Crown Point

Submitted by Caroline Ver Schuer • Program Coordinator

Johnston Forevergrees 4H Group

Presentations were enjoyed by all when the Johnston Forevergrees 4H group - Shelby, Laurel, Jack and Grace shared their Fair projects on August 11th. Also presenting was Quinn (Granddaughter of Senior attendee Loretta Marsh). Quinn won a blue ribbon on her "Spam n Bacon Pineapple Pie." Yum!

Left to right: Shelby Davis, Laurel McGonegle, Quinn Harbison, Jack McGonegle, and Grace Whitlow.



Polk County Supervisor Robert Brownell and Pat Lengeman at Crown Point Holiday event in front of quilt backdrop. The antique quilt blocks of each US state and flower were donated to us. Our "Sew-cial" group completed this beautiful piece of artwork.



E.J. Giovannetti (former Polk County Board of Supervisor, prior to retiring) and Gina Gedler performer, at Crown Point Holiday event.



All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

~ Martin Luther King, Jr.

M

T

W

Th

F



got milk?

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

1
Honey Mustard Chicken Breast
Corn (1)
Orange Juice (1)
Pea Salad (1)
WW Dinner Roll (1)
87
645

2
Pork Chop w/Gravy
Red Mashed Potatoes (1)
Mixed Vegetables (1)
Strawberries
Wheat Bread (1)
Chocolate Milk (1)
66
544

5 **Closed**
Happy Labor Day
LABORDAY

6
Oven Roasted Chicken Breast
WW Bun (1)
Broccoli Cheese Soup
Carrots w/Dill
Mandarin Oranges (1)
60
585

7
Minestrone Soup (1)
Seafood Salad over Lettuce
WW Crackers
Applesauce (1)
65
556

7 **FLEXMEAL OPTION**
Crunchy Asian Noodle Salad (1)
Applesauce (1)
55
504

8
Turkey w/Gravy
Mashed Potatoes (1)
Broccoli
WW Dinner Roll (1)
Fresh Orange (1)
81
573

9
Sloppy Joe
WW Bun (1)
Cooked Cabbage
Diced Potatoes (1)
Craisins (2)
Chocolate Milk (1)
114
792

12
Chicken Supreme
Spinach
Tropical Fruit (2)
Cinnamon Raisin Bread
Pudding (1)
88
662

13
Penne Pasta w/Meatsauce (4)
Green Beans
Applesauce (1)
Breadstick (1)
109
849

14
Chef Salad w/Tomato Wedge
Baby Potatoes (2)
Banana (2)
Dinner Roll (1)
81
600

14 **FLEXMEAL OPTION**
Liver N Onions
Baby Potatoes (2)
Lettuce Salad
Banana (2)
Dinner Roll (1)
119
802

15
Pulled Pork
WW Bun (1)
Peas n Carrots
Fresh Orange (1)
69
611

16
BBQ Chicken
WW Bun (1)
Zucchini and Tomato Salad (2)
Banana (2)
Chocolate Milk (1)
119
828

19
Goulash (2)
Harvard Beets (1)
Rosy Applesauce (1)
Breadstick (1)
91
840

20
Cali Burger
WW Bun (1)
Lettuce/tomato/onion
Coleslaw (1)
Warm Cinnamon Apples
60
602

21
Sweet N Sour Meatballs (1)
Key Largo Vegetables
Orange (1)
Brown Rice (1)
Birthday Cake (2)
118
858

21 **FLEXMEAL OPTION**
Hot Dog
WW Bun (1)
Key Largo Vegetables
Orange (1)
Birthday Cake (2)
98
597

22
Meatloaf
Sweet Potatoes (2)
Green Beans
Banana (2)
WW Dinner Roll (1)
100
809

23
Hamburger Cabbage Casserole
Peas (1)
Mixed Fruit (1)
Rye Bread (1)
Chocolate Milk (1)
68
668

26
Beef Chili (1)
Squash (1)
Raisins (3)
Cornbread (1)
117
702

27
Loose Meat Sandwich
WW Bun (1)
Seasoned Potatoes (1)
Cooked Cabbage
Blueberry Crisp (4)
116
748

28
Baked Cod
Stewed Tomatoes
Creamy Coleslaw (1)
Fresh Orange (1)
Brownie (4)
110
817

28 **FLEXMEAL OPTION**
Chicken Caesar Salad (1)
Fresh Orange (1)
Brownie (4)
108
948

29
Salisbury Steak
Mashed Potatoes (1)
Brussels Sprouts
Banana (2)
WW Dinner Roll (1)
92
730

30
Creamy Chicken Noodle Soup (1)
Carrots
Strawberries
Sponge Cake (1)
Chocolate Milk (1)
71
634



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

NEW, NEW, NEW! SENIOR SERVICES OF POLK COUNTY
Menus, with the exception of the optional Wednesday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs). All menus are subject to change.

**** The number in parentheses indicates the carbohydrate exchange. (1)=15 grams**

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 Day

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.
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.

Pennies from Heaven

West.....Wednesdays @ 12:30 p.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.

September Tournaments

<p>Cribbage 15th @ South – 12:30 p.m. 1st Friday @ North – 12:30 p.m. 22nd @ South – 12:30 p.m. 5th Friday @ North – 12:30 p.m. 29th @ South – 12:30 p.m. (when applicable) Every Friday @ South – 12:30 p.m.</p>	<p>10 Point Pitch 6th @ South – 12:30 p.m. 13th @ South – 12:30 p.m. 20th @ South – 12:30 p.m. 27th @ South – 12:30 p.m.</p>	<p>26th @ N’ville – 12:30 p.m. 26th @ South – 12:30 p.m.</p> <p>8 Ball Pool Tournament 9th @ North – 9:00 a.m. 23rd @ North – 9:00 a.m.</p> <p>9 Ball Pool Tournament 2nd @ North – 9:00 a.m. 16th @ North – 9:00 a.m. 30th @ North – 9:00 a.m.</p>
<p>Double Pinochle 1st @ South – 12:30 p.m. 8th @ South – 12:30 p.m.</p>	<p>500 - Closed 9/5 Labor Day 12th @ N’ville – 12:30 p.m. 12th @ South – 12:30 p.m. 19th @ N’ville – 12:30 p.m. 19th @ South – 12:30 p.m.</p>	<p>Cost \$1.00 per person. Tournaments start at 12:30 p.m. unless otherwise indicated.</p>

September Social Card/Domino Parties

Mondays - Closed 9/5 Labor Day
Social Bridge @ North @ 12:30 p.m.
Social Canasta @ Altoona @ 12:15 p.m.
Pokeno @ East @ 10:30 a.m.
Hand & Foot @ South @ 12:30 p.m.
Cribbage @ Grimes @ 10:00 a.m.

Tuesdays
Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Jail House Rummy @ South @ 12:30 p.m.
Double Pinochle @ West @ 12:30 p.m.

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

Pennies From Heaven @ 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.

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.

Evolve: Continued from page 4

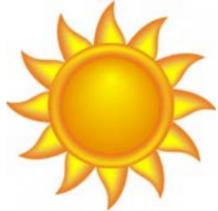
5:30-6:30 PM or Friday, September 16 from 9:30-10:30 AM at the AARP Iowa state office, 600 E. Court Ave., Des Moines. Call 1-877-926-8300 to register for either date or register online at aarp.cvent.com/evolveinfoSep1 or aarp.cvent.com/evolveinfoSep16

Based on the successful "Evolve" program in Minneapolis/St. Paul, Minn., the program gives participants the tools they need to provide leadership for positive community change. Participants match their interests, talents and skills to needs in their community and learn how to turn their ideas into action. Classes offer a mix of new ideas, in-depth discussions and reflection. Along the way, participants connect with other high-energy people who share their interest in making a difference and form an ongoing network of support.

Enrollment is open to interested older adults age 50+ in the Greater Des Moines area. Download the application [here](#). Class registration fee is \$175 and includes and includes all course materials. A limited number of scholarships are available through the support of the Polk County Board of Supervisors grant.

The 2016-17 classes begin Oct. 7 and will meet one day a month for eight months, ending in March 2017. Space is limited, and applications are due by Monday, Sept. 19th in advance of the first class on Friday, Oct. 7.

Evolve: Re-igniting Self & Community is a program of the Vital Aging Network, www.vital-aging-network.org For more information, contact Barb McClintock at 515.255.2108, mcclintockbk@gmail.com or the Greater Des Moines Age-Friendly Initiative at agefriendlydsm@gmail.com



*By all these lovely tokens
September days are here, With
summer's best of weather And
autumn's best of cheer.*

~Helen Hunt Jackson

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 | |

September 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 North
 - 6th South
 - 7th Ankeny (Health Talk only)
 - 8th Polk City
 - 9th Scott Four Mile
 - 12th East
 - 13th Grimes
 - 14th Northwest
 - 15th Central
 - 16th Altoona
 - 19th West
 - 20th South
 - 21st Pioneer Columbus
 - 22nd Runnells
 - 23rd North
 - 27th Johnston
 - 28th Norwoodville/Calvary
- Dates Subject to Change.



"Keep On Truckin"



Save the Date!!

Thursday, September 22nd

5:30 to 7:30 p.m. (Doors Open at 5:15)

Finger Food will be served beginning at 5:15 until 5:30 p.m.

Northwest Community Center
(use south entrance)
5110 Franklin Ave
279-2767

Hosted by Suzi Henkel,
A Graduate of AARP's 8 month Leadership Program

"EVOLVE"

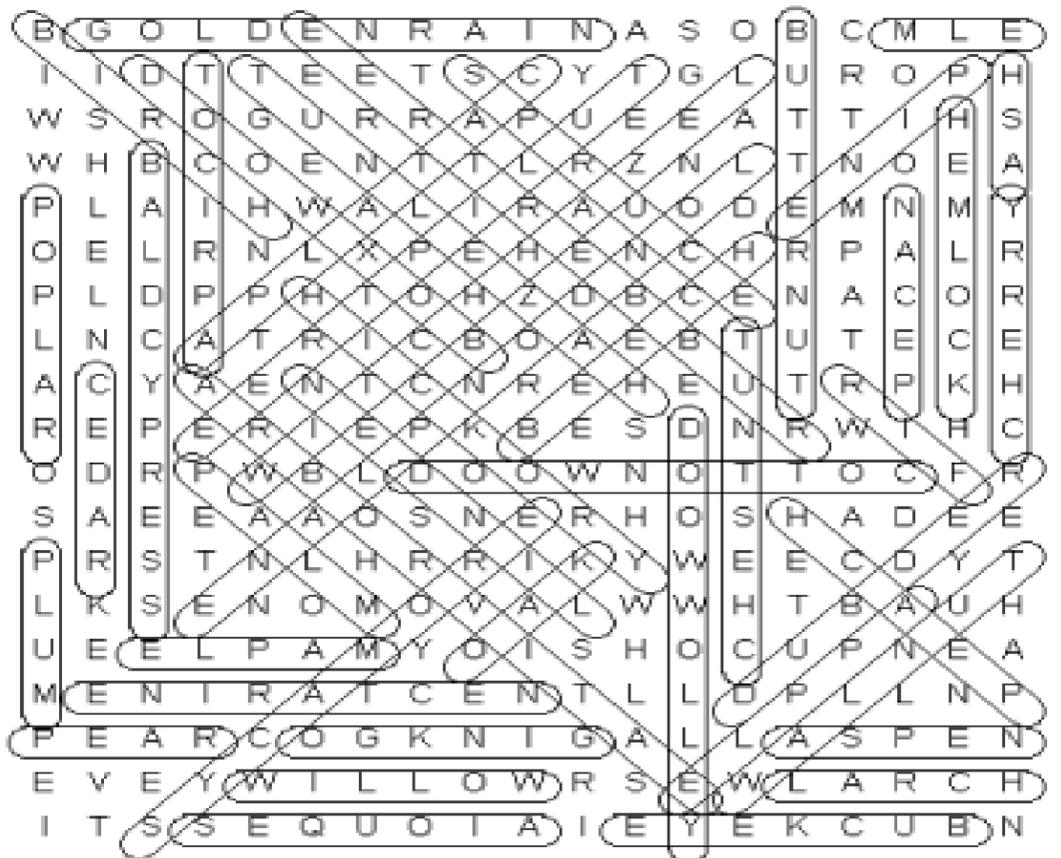
Admission: A Canned Good Donation.
These will be collected and distributed to a local pantry by Reverend Sari Rice.

PROGRAM

Come join us and enjoy a variety of entertainers from the Des Moines Area, Past to Present Time. They will showcase a variety of talents & backgrounds for you information and pleasure.

Trees

This is the solution to the puzzle.



- | | | | |
|--------------|------------|--------------|-------------|
| APPLE | CEDAR | LINDEN | POPLAR |
| APRICOT | CHERRY | LONDON PLANE | REDBUD |
| ASH | CHESTNUT | MAPLE | RUBBER TREE |
| ASPEN | COTTONWOOD | NECTARINE | SEQUOIA |
| ARBORVITAE | ELM | OAK | SPRUCE |
| BALD CYPRESS | FIR | PALM | SYCAMORE |
| BEECH | GINKGO | PEACH | TULIPTREE |
| BIRCH | GOLDENRAIN | PEAR | WALNUT |
| BOXWOOD | HAZELNUT | PECAN | WITCHHAZEL |
| BUCKEYE | HEMLOCK | PLUM | WILLOW |
| BUTTERNUT | HICKORY | PINE | YELLOWWOOD |
| CATALPA | LARCH | | |

The hidden sentence is: A SOCIETY GROWS GREAT WHEN OLD MEN PLANT TREES WHOSE SHADE THEY KNOW THEY SHALL NEVER SIT IN



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

- | | |
|--|---|
| <p>ANKENY
 WEDNESDAYS 10:45 - 11:15 A.M.</p> <p>CENTRAL
 ARTHRITIS EXERCISE
 FRIDAYS 10:00 A.M.
 INSTRUCTOR - SARA BARATTA</p> <p>EAST
 ARTHRITIS EXERCISE
 WEDNESDAYS 10:00 A.M.
 INSTRUCTOR - KRIS MCCAUGHEY</p> <p>ACTIVE ADULT EXERCISE
 EAST - 12:30 P.M. M W F
 INSTRUCTOR – KIM SLYCORD OF LIVE 2 B HEALTHY</p> <p>GRIMES
 CHAIR YOGA
 TUESDAYS 10:15 A.M. - 11:00 A.M.</p> <p>JOHNSTON
 “SILVER SNEAKERS”
 WEDNESDAYS 10:00 A.M.</p> <p>YOGA
 TUESDAYS 10:00 A.M. & 11:15 A.M.</p> <p>ZUMBA GOLD
 THURSDAYS @ 9:00 A.M.</p> <p>MLK
 ARTHRITIS EXERCISE
 MONDAYS 10:30 - 11:00 A.M.
 INSTRUCTOR - SARA BARATTA</p> | <p>NORTHWEST
 ARTHRITIS EXERCISE
 WED. AND FRI. AT 9:45 A.M.
 INSTRUCTOR - DOROTHY McCLATCHEY</p> <p>NORWOODVILLE
 CHAIR EXERCISES
 MON., WED. & FRIDAYS 9:00 A.M.
 INSTRUCTOR - VIDEOS</p> <p>PIONEER COLUMBUS
 MON., WED. & FRI. 10:30 A.M.
 INSTRUCTOR - GLORIA ANNETT</p> <p>EXERCISE ROOM WITH NEW EQUIPMENT
 AVAILABLE DAILY FROM 9:00 A.M. - 1:00 P.M.</p> <p>SOUTH
 MWF - ACTIVE ADULT FITNESS @ 8:15 A.M.
 INSTRUCTOR – KIM SLYCORD OF LIVE 2 B HEALTHY</p> <p>TUES – ARTHRITIS CLASS @ 9:30
 INSTRUCTOR - JA'NEIL LONG</p> <p>THURSDAY – CHAIR YOGA - 9 TO 10 A.M.
 DECEMBER 3RD & 17TH
 INSTRUCTOR – NOREEN GOSCH</p> <p>WESTSIDE
 CHAIR EXERCISES
 MONDAYS & WEDNESDAYS 11:15 A.M.
 INSTRUCTORS: MAUREEN SEXTON,
 RICHARD ANDERSON AND FERN PARKER</p> <p>MEDITATION YOGA
 TUESDAYS 12:30 P.M.</p> |
|--|---|



September is . . .
Self Improvement Month



September is . . .
Fall Hat Month

SHARE September 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

- | | |
|--|--|
| <p>(A) Best Value Package \$28.00 <i>"Save up to 50% on your groceries"</i>
 20 oz Vande Kamp's Crunchy Popcorn Fish
 14 oz Fully Cooked Bratwurst
 1 lb Skinless, Boneless Chicken Breast (IQF)
 1 lb 80% Lean Ground Beef
 4 Count Snack Pack Milk Chocolate Pudding Cups
 2- 4.75 oz Banquet Quick Fries Crinkle Cut
 Russet Potatoes, Lettuce, Onions, Apples, Kiwi, Pears</p> <p>(B) Grocery Package \$14.50
 Russet Potatoes, Lettuce, Onions, Apples, Kiwi, Pears
 4 Count Snack Pack Milk Chocolate Pudding Cups
 2- 4.75 oz Banquet Quick Fries Crinkle Cut</p> <p>(C) Meat Only Package \$14.50
 20 oz Vande Kamp's Crunchy Popcorn Fish
 14 oz Fully Cooked Bratwurst
 1 lb Skinless, Boneless Chicken Breast (IQF)
 1 lb 80% Lean Ground Beef</p> | <p>(D) Bacon Cheddar Burgers \$20.00
 5 lb Fully Cooked Bacon Cheddar Burgers
 30 – 2.8 oz Patties</p> <p>(E) Pork Chop Box \$22.50
 15 – 6 oz Boneless Pork Chops</p> <p>(F) Shrimp Box \$24.00
 4 lb Beer Battered Shrimp,
 Approximately 25 – 31 count per pound</p> <p>(G) In a "Snap Pack" \$25.00 <i>"Easy fix items"</i>
 14 oz Cocktail Smokies
 1.26 lb Mini Chicken Corndogs
 14 oz Bacon Cheddar Burgers
 15 oz Box Chicken Melt Sandwiches
 15 oz Box Egg and Cheese Sandwiches
 4- 4.75 oz Banquet Quick Fries Crinkle Cut
 12 oz Frozen Strawberries</p> |
|--|--|

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

<p>*(H) Chicken Breast Fillets 5 lb Skinless, Boneless Chicken Breast Fillet Pieces</p> <p>\$12.50</p>	<p>*(I) Baby Back Ribs 2 lb Ken Davis Fully Cooked Pork Loin Baby Back Ribs in BBQ Sauce</p> <p>\$13</p>	<p>*(J) Shullsburg Cheese Pack 8 oz Cojack Block Cheese 8 oz Colby Block Cheese 8 oz Shredded Cheddar Cheese 8 oz Shredded Mozzarella Cheese 12 oz Provolone Slices 8 oz Parmesan Shaker</p> <p>\$15.50</p>	<p>*(K) Pound Cake & Strawberries 2 - 1 lb Sara Lee Pound Cakes 2 – 12 oz Frozen Strawberries</p> <p>\$11.50</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

Norwoodville News: Fun, Fun, Times at Norwoodville Community Center

Submitted by Krystal Simonson
Program Aide

What an eventful summer it was for our seniors. Between our Summer Day Camp Program that is held throughout the summer months each year and the 50+ children running around and entertaining, our seniors had quite the excitement.

We wanted to share with you a couple pictures of our favorites.

For National Hot Dog Day we brought out the hot dogs, chips and goodies and adorned each senior with their very own Hot Dog Cap.

In early August, we had a Hawaiian Luau party. The group enjoyed contests, games, prizes and delicious pineapple and punch.

With summer coming to an end, that doesn't mean the fun has to stop. For upcoming events and parties, please give Dan or Krystal a call. We'd love to have you!!!!

Pictured left to right: Linda Sholley, Frank Schmitz and Melba Tingle

