

The Senior

Polk County Senior News!



Bulletin

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

Treasure & Bake Sale



Southside Senior Center

100 Payton Ave.

(Corner of South Union and Payton)
515-287-0092

Thursday, October 13th 8:30 to 4:00 p.m.

Friday, October 14th 8:30 to 4:00 p.m.

Proceeds to Benefit South Senior Center Activities.

The Golden Thread Society

will also be selling items that benefit local area charitable organizations. The proceeds will go to purchase yarn to lovingly create the items they donate to these organizations.



Look for



Throughout this Issue!

CRISP AIR,
PRETTY LEAVES,
SWEATERS & BOOTS,
FOOTBALL, PUMPKINS,
AND COFFEE

I LOVE FALL!



Southside Senior Center
100 Payton Ave.

Saturday, October 1st

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

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

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

Polk County Senior Center Flu Shot Schedule

9/29/2016	11:30 – 1:00	Polk Co. River Place	2309 Euclid Ave	Des Moines	515-286-3034
10/1/2016	10:00 – 12:00	PCHD Drive Thru	1907 Carpenter	Des Moines	515-286-3798
10/6/2016	9:30 – 11:30	Westside Community Ctr.	134 – 6 th St.	WDM	515-274-0373
10/7/2016	10:00 – 1:00	South Senior Center	100 Payton Ave	Des Moines	515-287-0092
10/12/2016	9:30 – 12:00	Urbandale Senior Center	7305 Aurora Ave.	Urbandale	515-278-3907
10/13/2016	9:30 – 11:00	Central Senior Center	2008 Forest Ave	Des Moines	515-286-3677
10/13/2016	10:00 – 12:00	MLK Senior Center	1650 Garfield	Des Moines	515-266-5445
10/18/2016	10:00 – 12:00	East Senior Center	1231 E 26 th St.	Des Moines	515-265-8461
10/19/2016	10:00 – 12:00	Mitchellville Senior Center	120 2 nd St. NE	Mitchellville	515-967-3194
10/20/2016	9:00 – 11:00	North Senior Center	100 E. Euclid Ave	Des Moines	515-288-1524
10/20/2016	10:30 – 12:30	NW Community Center	5110 Franklin Ave	Des Moines	515-279-2767
10/21/2016	10:00 – 11:00	Scott Four Mile Senior Ctr.	3711 Easton Blvd	Des Moines	515-265-9977
10/26/2016	10:30 – 12:30	Norwoodville Com. Ctr.	3077 NE 46 th Ave	Des Moines	515-266-5794
11/5/2016	8:00 – 12:00	Dsm University Senior Fair	3200 Grand Ave	Des Moines	515-271-1374

For complete PUBLIC flu shot schedule, go to: <https://www.polkcountyiowa.gov/health/get-a-flu-shot/>

Most major insurances accepted- please bring your card. \$20 fee for people without health insurance.
No one will be turned away because of inability to pay. Walk-ins are welcome at Polk County Health Department,
1907 Carpenter Ave, 9:00 a.m. to 4:30 p.m. Monday- Friday and Tuesdays until 7:00 p.m. through the end of flu season.
For updates or changes in the clinic schedule call the Polk County FluLine, 286-3609.

FYI: Flu Vaccinations



Scientific advances in flu vaccinations have increased the options for flu vaccinations, ranging from painless to extra strength. Your doctor, a nurse or a pharmacist can help you decide which of the following types of vaccination is best for you:

- The trivalent shot that has been the standard flu shot to protect against three strains of flu and can be used by anyone age 6 months and older.
- New this year is the quadrivalent shot that protects against four strains of the flu and should be especially helpful for protecting children (note: this vaccination is NOT available at the Polk County Health Department clinics).
- The nasal spray, or FluMist, is a painless option that is popular with children and includes protection against four strains of flu. It should not be used by pregnant women or those with chronic health conditions because it contains live, weakened flu viruses.
- A high-dose vaccine, FluZone, that protects against three strains is used mainly for older adults to give them a quick boost in immune response and protection since this population is at higher risk for complications from the flu.
- The intradermal vaccine is a smaller needle that injects the vaccine into the skin rather than the muscle and is a good option to protect against three strains of the flu for those who are afraid of needles.
- FluBlok is a new vaccine made available this year and is made without eggs and is a good alternative for adults 18-49 with egg allergies (note: this vaccination is NOT available at the Polk County Health Department clinics).

To speed up the process at the flu clinics people can download the Consent Form from the Health Department Web Page (www.polkcountyiowa.gov/health) and bring the completed Consent Form to the clinic.



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?

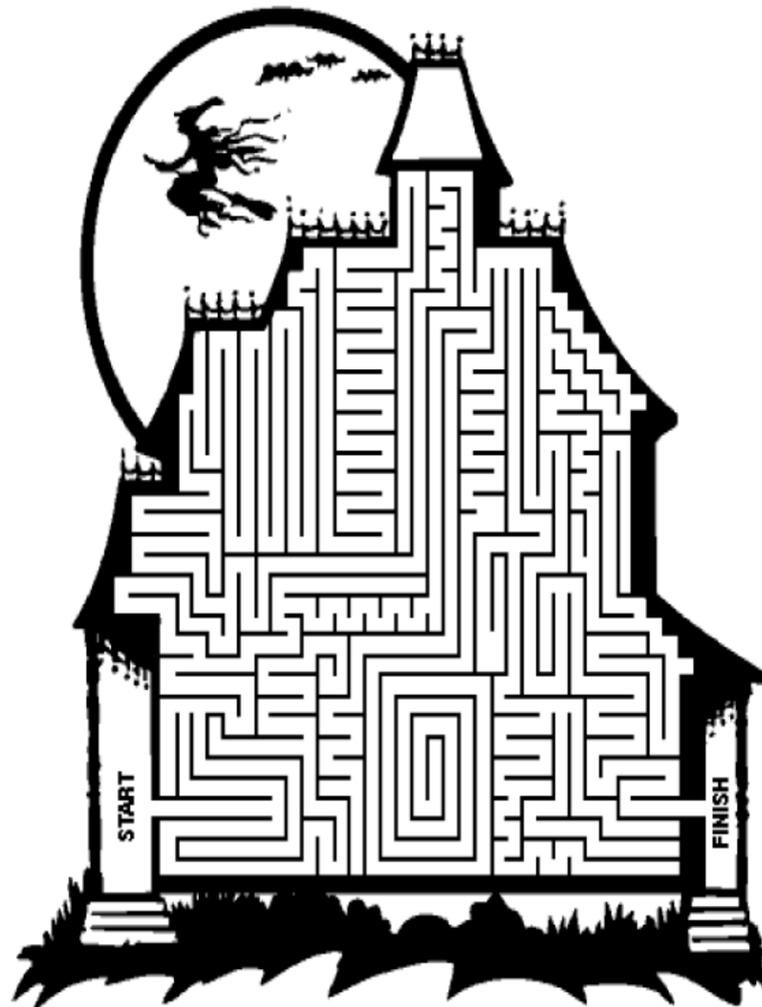
- There are no income requirements.
- Bring a photo ID for every adult member of your household, and some other form of ID for all children in the household.
- At the mobile food pantry, you will go through a short intake process.

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

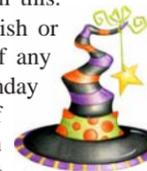
The DMARC Mobile Food Pantry was made possible by the Polk County Board of Supervisors and the Partnership for a Hunger-Free Polk County. Special thanks to Stivers Ford Lincoln, Schneider Graphics, Snappy's Trailer Store, H & H Trailers, and two individual bequests.



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.



October Pie Menu

- Oct. 6th Chocolate Crème Pie (2.5)
- Oct. 13th Pumpkin Pie (3)
- Oct. 20th Peach Pie (3)
- Oct. 27th Cherry Pie (3)



WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-988-5-13

UNITED WAY OF CENTRAL IOWA – Celebrating 100 Years!

Submitted by Joy Talmon
RSVP 55+ Initiative Director
United Way of Central Iowa
www.unitedwaydm.org



Senior Life Conference – October 31st

The Third Annual Senior Life Conference will be held on Monday, October 31st at Prairie Meadows from 9:30 a.m. to 3:00 p.m. Educational breakout sessions include: Social Media for Seniors, Financial Planning for Women, Volunteerism, Estate Planning, Senior's Guide to Selling your Home, End of Life Decisions, Living & Care Options, and so much more. Visit with over 65 local companies and businesses, flu shots and health screenings will be available, and enjoy a complimentary lunch.

This event is FREE to those who register. Call 515-985-7077 to register or for more information visit, www.centraliowasenior.com.

We are also looking for a few volunteers to help with registration from 8-9:30 a.m. If interested, please contact Joy Talmon at 515-246-6544.

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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.





Where can I sign-up for a Free Tai Chi for Arthritis And Fall Prevention 4 Week Program

Space is limited. Sign-up today!

BENEFITS:

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



For more information please call **515-779-7815**

Tuesdays and Thursdays

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

A Free suggested contribution will enable us to continue to provide services

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

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



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

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

Franklin Avenue Library News

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

Franklin Afternoon Book Discussion

Mon, Oct 3, 1:00 p.m.

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

The Belin Quartet Plays in Celebration of the Library's 150th Anniversary

Tue, Oct 4, 6:30 p.m.

The Franklin Avenue Library welcomes The Belin Quartet, which will play music from the era of the library's founding. The quartet is well known in the greater Des Moines community for their free noon-time concerts during the summer. Members of the quartet include violinists Julie Fox Henson, John Helmich, Tracy Engman Finkelshteyn, violist Sherida Josephson, and cellist George Work.

Franklin Evening Book Discussion

Tue, Oct 11, 6:30 p.m.

Join us for a discussion of *A Man Called Ove* by Fredrik Backman. Copies of the book are available at the Information Desk. All are welcome.

Friends of the Franklin Ave Library Quarterly Meeting

Sat, Oct 15, 11:00 a.m.

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

Free Advice for Your Device

Tue, Oct 25, 12:30 p.m.

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

The Villisca Ax Murders

Tue, Oct 25, 6:30 p.m.

The brutal ax slayings of eight people that occurred in Villisca, IA on June 10, 1912 will be discussed by Dr. Ed Epperly, widely recognized as the foremost expert on the subject. The murders are all the more notorious because the case remains unsolved. Dr. Epperly, a retired Luther College professor, has been researching the murders since 1955, when he first visited Villisca as a UNI student doing a report on Iowa history.

North Side Library News

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

Adult Coloring Time!

Date: Tuesdays Oct. 4, 11, and 25

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 and the month of December. We provide coloring materials and coloring sheets, but you can also bring your own materials.

Garage Sale!

Event Date: 10/15/2016

Event Time: 10:00 a.m.

Age Group: All Ages

Description: Join us for our annual garage sale sponsored by the Friends of the North Side Library!

Book Discussion at North Side Library

Date: Tuesday October 18

Time: 2:00 p.m.

Description: We will be discussing *Whistling Past the Graveyard*, by Susan Crandall. Copies of the book may be picked up at the library.

Family Movie Matinee

Event Type: Movie

Event Date: 10/22/2016

Event Time: 2:00 p.m.

Age Group: Middle School, High School

Description: Join us for this scary Halloween movie (PG) that will make shivers go up and down your arms! Bring your snacks. Popcorn provided while supplies last.

Paranormal Researchers of Iowa

Event Type: 150th Anniversary

Event Date: 10/26/2016

Event Time: 5:30 p.m.

Age Group: Adult

Description: Denise Mendenhall, Founder/Lead Investigator will share some haunting insights just before Halloween.

Family Movie Matinee

Event Type: Movie

Event Date: 10/28/2016

Event Time: 3:30 p.m.

Age Group: All Ages, Elementary School, and Middle School

Description: Join us for this movie (G) about Golden Retriever puppies and their Halloween adventures. Bring your snacks. Popcorn provided while supplies last.

Southside Senior Center



**Friday,
October 28th
9:30 a.m.**

Halloween, the best time of the year!

So pick out your **costume**,
Dust off your **broom**,
Bring along some **friends**...
We have plenty of **room**

We'll have **Games, Treats and
Entertainment Galore**...
Southside Senior Center
Always has something **FUN** to explore!

Mark your calendar, we hope it's **Us**
you choose... A **Great Community Day**,
You have nothing to lose.

**Call and sign up for
lunch by Wednesday,
October 26th
287-0092**



Ask the Naturalist

Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org



Question: We have seen two or three very unusual bullfrogs in our pond this summer that are blue in color. They're really quite striking but I have never seen such a thing before. What would cause this? Is there something wrong with the pond water?

Answer: The pond water isn't causing the bullfrogs to turn blue, but instead it's a rare genetic mutation. Most frogs possess blue and yellow pigments in their skin making them look green. This in turn helps them blend into their surroundings to avoid predation. In this particular case, the bullfrogs are lacking the yellow pigment and only the blue appears. Consider yourself lucky to have witnessed such a rare sighting!



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



Serving Iowans on Medicare Since 1990

Answering your questions about Medicare and health insurance!
A service of the State of Iowa Insurance Division
www.theightcalliowa.gov
1-800-351-4664 (TTY 1-800-735-2942)

Submitted by Sue Wittmack
Senior Health Insurance Information Program
Iowa Insurance Division

Medicare Open Enrollment Period 10/15-12/7

Medicare drug plans change each year the drugs they cover, co-payments, premiums and deductibles. You can change plans anytime during this period.

Several Polk County Senior Centers will be hosting a Medicare Part D Drug plan comparison day. Appointments are required. Call 281-6793 for your appointment with a SHIIP Senior Health Insurance Information volunteer.

- Wednesday, October 19, Westside Community Center, 134 - 6th St, WDM - 9:00 to 4:00 p.m
- Thursday, October 20, Kirkendahl Library 1210 NW Prairie Ridge Dr, Ankeny - 9:15 to 4:00 p.m.
- Tuesday, October 25, Urbandale Senior Center, 7305 Aurora Ave. - 9:00 to 4:00 p.m
- Wednesday, October 26, Urbandale Senior Center, 7305 Aurora Ave. - 9:00 to 4:00 p.m
- Tuesday, November 1, East Senior Center, 1231 E 26th St. - 9:00 to 4:00 p.m
- Wednesday, November 2nd, Dallas County Hospital 610-10th Street, Perry - 9:00 to 4:00 p.m
- Thursday, November 10, Northwest Community Center, 5110 Franklin Ave. - 9:00 to 4:00 p.m
- Tuesday, November 15th, South Senior Center, 100 Payton Ave. - 9:00 to 4:00 p.m

Appointment is required call 281-6793.



Monster Halloween Puzzle

Find the words in the list hidden in the puzzle grid below.



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

- | | | | | |
|------------|-----------|--------------|-----------|-----------|
| bones | creepy | jackolantern | potion | terror |
| brew | crypt | magic | prank | tombstone |
| broomstick | fear | mask | pumpkin | treat |
| candle | frighten | monster | scarecrow | trick |
| candy | ghost | moon | scary | vampire |
| carnival | ghoul | mummy | skeleton | warlock |
| cauldron | goblin | nightmare | skull | web |
| cemetery | halloween | october | spider | werewolf |
| costume | haunted | party | spooky | witch |
| creature | horror | phantom | teeth | wizard |

Source: Created by Julie Vickery-Smith with [Word Splash Pro/www.theholidayzone.com](http://www.theholidayzone.com)



Social Security News

Don't Be Skeptical, Social Security Is Here To Stay

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

It's healthy to be skeptical in a world of uncertainties. Major news networks sometimes broadcast conflicting facts that require a bit of research to verify. There's even a day in October dedicated to skeptics. So, this is the perfect time to tell all the skeptics that there's no reason to think Social Security won't be here for you well into the future.

Recently, the Social Security Board of Trustees released its 76th annual report to Congress presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. We're pleased that legislation signed into law by President Obama last November averted a near-term shortfall in the Disability Insurance (DI) trust fund that was detailed in a previous report.

With that small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full benefits until 2023, and the retirement fund will be adequate into 2035. It is important that members of Congress act well before 2023 in order to strengthen the finances of the program. As a whole, Social Security is fully funded until 2034, and after that it is about three-quarters financed.

Many people wonder if Social Security will be there for them. Here's a fact that will relieve any skepticism you might have: the increased cost of providing Social Security benefits for Baby Boomers is less than the nation's increase in spending was for public education when the baby boomers were children.

Put your skepticism aside and rest assured that Social Security is with you today and will be with you tomorrow. You can read the entire report at www.socialsecurity.gov/OACT/TR/2016.

Social Security Q & A's

Submitted by Derek Nichols

Social Security Assistant District Manager in Des Moines

Question: Is it true I can save about \$4,000 per year if I qualify for Social Security's *Extra Help* with the Medicare prescription drug program?

Answer: Yes. If your income and resources meet the requirements, you can save nearly \$4,000 in prescription costs each year. Resource limits for 2016 are \$13,640 (or \$27,250 if you are married and living with your spouse). Income limits are \$17,820 (or \$24,030 if you are married and living with your spouse). If your income or resources are just a bit higher, you might be eligible for some help with prescription drug costs. To learn more, visit www.socialsecurity.gov/prescriptionhelp.

Question: I usually get my benefit payment on the third of the month. But what if the third falls on a Saturday, Sunday, or holiday? Will my payment be late?

Answer: Just the opposite. Your payment should arrive early. For example, if you usually get your payment on the third of a month, but it falls on a Saturday, we will make payments on the Friday prior to the due date. Find more information about the payment schedule for 2016 at www.socialsecurity.gov/pubs/calendar.htm. Any time you don't receive a payment, be sure to wait three days before calling to report it missing. To ensure that your benefits are going to the right place, create a *my Social Security* account. There, you can verify and update payment information without visiting your local office. Please visit www.socialsecurity.gov/myaccount to create your account.

Question: How many Social Security numbers have been issued since the program started?

Answer: Since 1935, we have assigned more than 465 million Social Security numbers and each year we assign about 5.5 million new numbers. With approximately 1 billion combinations of the 9-digit Social Security number, the current system will provide us with enough new numbers for several generations into the future. To learn more about Social Security numbers and cards, visit www.socialsecurity.gov/pubs/10002.html.

Question: I recently retired and am approaching the age when I can start receiving Medicare. What is the monthly premium for Medicare Part B?

Answer: The standard Medicare Part B premium for medical insurance is currently \$121.80 per month. Since 2007, some people with higher incomes must pay a higher monthly premium for their Medicare coverage. You can get details at www.medicare.gov or by calling 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).

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.

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



** Tuesday, October 18th, 12:30 to 1:30 p.m. **

at the Polk County North Senior Center

Topic: "Fire Safety"

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"

BINGO BINGO BINGO

Polk County Senior/Community Center Bingo Schedule

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



Pioneer Columbus Congregate Meal Site



**Submitted by Ray Ann Scione
Site Coordinator
Hello South Side and All!**

Would like to extend an invitation to stop by Pioneer Columbus, say hello and see what we are all about.

We have a friendly crowd and lots of activities going on throughout the day. Our exercise class is well-attended on Monday, Wednesday and Friday. You can also find Wii Bowling, Puzzles, Dominos, Cards and the group is always open to try and looking for new, fun things to do.

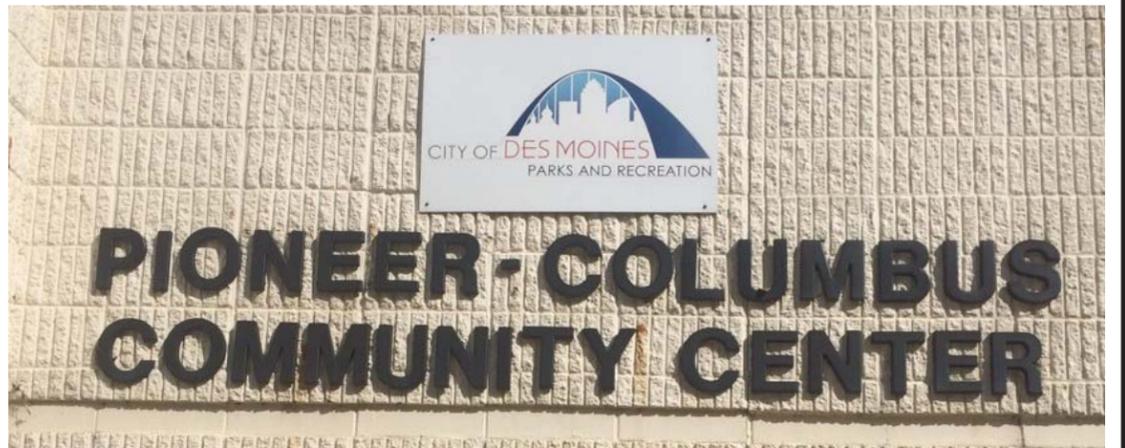
With holidays coming up we invite you to join us in some great parties.

Don't sit at HOME!! Come join in and have some fun!

If you do not drive, give me a call and I can help make arrangements for bus services to get you to and from the center. The bus service also lets you shop Hy-Vee on Thursday.

**Pioneer Columbus Building
Written by Steve Nelson-Vaux**

Prior to 1970 almost all community centers and free meals were run by churches but Des Moines and Polk County were gradually developing their public programs. October 28, 1973 – Lt. Gov Arthur Neu and Mayor Richard Olson were at the ground-breaking ceremony for a new “multi-purpose facility” located on grounds of city-owned Stone Park which had been ac-



quired in 1925. Before that it had been a privately owned, semi-public area, known as “Black Diamond” ballpark in the Savastapol Mining Community South of Des Moines. This area is now the McKinley School/Columbus Park Neighborhood area.

February 1976, after the building was completed, it was at first referred to as “Stone Park Community Center” but was to become officially called “Pioneer Columbus Center” because it was midway between the two parks in the area: Columbus Park and Pioneer Park. At that time a mural was painted by 20 retirement-age women - and one man, under the direction of Grand View College Art Teacher, Jim Engler. The mural shows highlights of Iowa and US history - done “in a kind of Early American style” and it is still to be found on the wall in the meal-serving area!

Meal program began near immediately. The venue was popular for political candidates to campaign with senior citizens. One example is reported in the DM Register in October 1978. Democratic candidate for governor “Fitzgerald spent the noon hour Monday lunching with senior citizens at the Pioneer-Columbus neighborhood center on Des Moines’ southeast side where he found some support.”

In January of 1982, money was scarce and the free meals at Pioneer-

Columbus and the Polk County Senior Citizen Center were being provided by a civic and church organization named “Our Community Kitchen”. In February of 1982, to save money, Polk County wanted to close a congregate meal site, called “The Coop”, (which is now South Senior Center on Payton Ave.) on Southwest Lally Street, which was “run down”, It was a converted pigeon coop, or had been “used to house chickens”, another source said. Considering a move to former Hoak Percy Elementary School and to make it “financially viable” they would close the meal site at Pioneer Columbus and move it to Hoak Percy also. The plans were “strongly protested by elderly persons” who wanted to stay at Pioneer Columbus. About 350 senior citizens ate meals there with average daily attendance “around 100”. Unable to agree on lease terms regarding the former Hoak Percy building, in December, Polk County announced they would continue to provide meals at Pioneer to the relief and happiness of many seniors.

The various names of the facility over the years, due to the history of the area, is very interesting. Even in the 1930’s and 40’s, this area of the Des Moines south side was referred to as Pioneer Columbus. There was a Pioneer Columbus Neighborhood Association. In 1972 a very active and big

supporter of the center and south side, Archie Brooks, head the Pioneer Columbus Community Development Center, was also City Councilman for Des Moines for several terms.

This is what the Des Moines’ City Directories tells us the names have been:

First called, by The City, “Stone Park Community Center” from 1975 to 1979. Then, from 1980 to 1984, two names are listed, same address, “Stone Park Community Center” in addition to “City Pioneer Columbus Community Center”. During this time the Des Moines Register refers to it as “Pioneer-Columbus Senior Citizen Center” and “P-C Community Center” and “P-C Neighborhood Center” and “P-C Development Center”. In 1985, “Stone” is finally gone and now just the one name, “Pioneer-Columbus Community Center” is listed. In 1986, and 1987, the center is not even in the directory and then, interestingly, in 1988 it is listed as “Polk County Pioneer Columbus Community Center”. Later, “Polk County” was dropped and the name stabilized from 1989 to 1995. The name changed in 1995 to 2006 to the “Archie Brooks Community Center and Recreation Complex.” In 2006, the name returned to and has since been known as and called the “Pioneer-Columbus Community Center.”

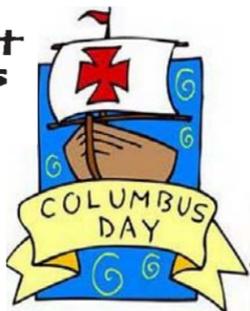


- 10th – Columbus Day
- 16th – National Bosses Day
- 24th – United Nations Day
- 31st - Halloween

Month:

- Adopt a Shelter Dog Month
- Breast Cancer Awareness Month
- Cookie Month
- Domestic Violence Awareness Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month

www.HolidayInsights.com



United Nations Day





Runnells Congregate Meal Site

Submitted by Missy Ulmer
Site Coordinator

Runnells Senior Center is open Monday through Friday from 9:30-3:00. Lunch is served daily at 11:30. Reservations can be made by calling the center at 515-966-2427. We have people come from not only Runnells, but outside towns such as Monroe and Prairie City.

The center is located in the heart of Runnells, in a community center that has been up since April of 1987. Missy Ulmer, is the new Site Coordinator, that started in May 2016.

We have multiple health care opportunities such as a Foot Clinic, Monthly Blood Pressure sessions, Fall Flu Shots and an Outreach Program for different health information.

We are huge fans of a good game of Canasta, which is played daily. There are a few seniors that are over the age of 90 and attend on a regular basis. Jim Frist has lived in Runnells for years and has attended the center for 16 years. He enjoys coming to the center to play cards with some great friends.



Closest Bottom Left: Jim Frist, Missy Ulmer, Darwin Boatwright
Closest bottom Right: Georgia Felder, Dorothy Smith, Myrtle Kurimski



★ ★ ★ ★ ★
Senior Medicare Patrol
(SMP) is looking for **VOLUNTEERS!**

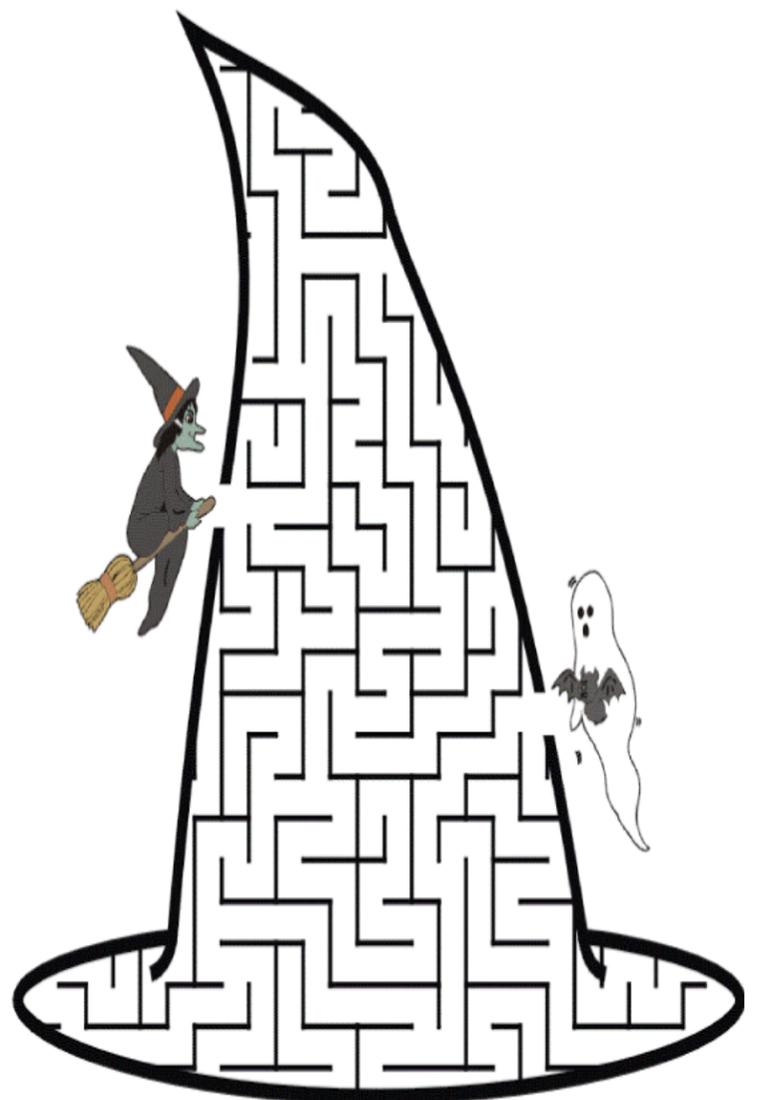
We are a group of mostly retired professionals who are trained to empower seniors to protect their personal information; detect healthcare errors, fraud and abuse, and report it.

We share information on scams and identity theft schemes through public awareness and small group presentations in our communities.

If you enjoy talking to groups (or helping other volunteers who do the actual presentations), setting up and hosting exhibits at health fairs, or serving in another of the different roles available, we would like to hear from you. Background checks are required. Thorough training is provided along with monthly updates.

Contact Iowa SMP if you have an interest or would like more information at:
1-515-633-9514 (Jane)

SMP is supported, in part by grant number 90MP0161, from the U.S. Administration for Community Living/Admin. on Aging, Dept. of Health & Human Services, Washington, D.C. 20201.



M

T

W

Th

F

3
Shepherd's Pie (1.5)
Brussels Sprouts (.5)
Banana (2)
Raisin Bread (1)

90
719

4
Taco Burger with Lettuce and Cheese
WW Bun (1)
Stewed Tomatoes
Craisins (3)
Taco Sauce

94
751

5
Tilapia
Creamed Spinach (2)
Carrots
Fresh Orange (1.5)
Breadstick (1)

66
533

5
FLEXMEALOPTION
Confetti Ham
Pasta Salad (2)
Breadstick (1)
Fresh Orange (1.5)

81
630

6
Roasted Pork Loin w/ gravy (1)
Mashed Potatoes (1)
Harvard Beets (1)
Orange Juice (1)
WW Dinner Roll (1)

92
583

7
Breakfast Bake (1.5)
Spinach
Strawberries
Biscuit with Jam (1.5)
Chocolate Milk (1.5)

88
708

10
Ham Sandwich
Wheat Bread (1.5)
Broccoli Cheese Soup
Squash (1)
Oatmeal Cookie (1)
Raisins (3)

116
755

11
Sausage Pizza Bake (2)
Green Beans
Copper Penny Salad (1)
Breadstick (1)
Pineapple Tidbits (1)

94
796

12
Chef Salad w/tomato wedge
Baby Potatoes (2)
Pears (1)
Dinner Roll (1)
Ranch Dressing

86
626

12
FLEXMEALOPTION
Liver N Onions
Baby Potatoes (2)
Lettuce Salad
Ranch Dressing
Pears (1)
Dinner Roll (1)

91
618

13
Scalloped Ham
Buttered Noodles (2)
Brussels Sprouts
Banana (2)

82
571



14
Stuffed Pepper Soup (1)
Corn (1)
Orange (1)
WW Dinner Roll (1)
Lime Jello (1.5)
Chocolate Milk (1.5)

106
750

17
Chicken Alfredo (.5)
Spinach
Craisins (3)
Oreo Fluff (2)

121
956



18
Beef Chili (1)
Squash (1)
Fresh Apple (1)
Cornbread (1)

91
604

19
Turkey Burger
Lettuce/tomato/onion
Valley Salad
Fresh Banana (2)
WW Bun (1)
Birthday Cake (2)

81
978

19
FLEXMEALOPTION
Bratwurst w/Sauerkraut
Valley Salad
Fresh Banana (2)
WW Bun (1)
Birthday Cake (2)

104
896

20
Meatloaf
Sweet Potatoes (2)
Green Beans
Orange Juice (1)
WW Dinner Roll (1)

93
753

21
Pork Burger
WW Bun (1)
Spinach
Potato Salad (1)
Mandarin Oranges (1)
Chocolate Milk (1.5)

98
818

24
Baked Cod
Corn (1)
Creamy Coleslaw (1)
Fresh Orange (1)
Dinner Roll (1)

96
682

25
Teriyaki Chicken (1)
Broccoli
Brown Rice (1.5)
Mandarin Oranges (1)
Banana Pudding (1.5)

109
698

26
Pork Chop w/ Gravy
Mashed Red Potatoes (1)
Mixed Veggies (1)
Strawberries
Wheat Bread (1)

66
544

26
FLEXMEALOPTION
Gyro Salad (.5)
Strawberries
Dinner Roll (1)

45
541

27
Cali Burger
WW Bun (1)
Lettuce/tomato/onion
Brussels Sprouts
Banana (2)

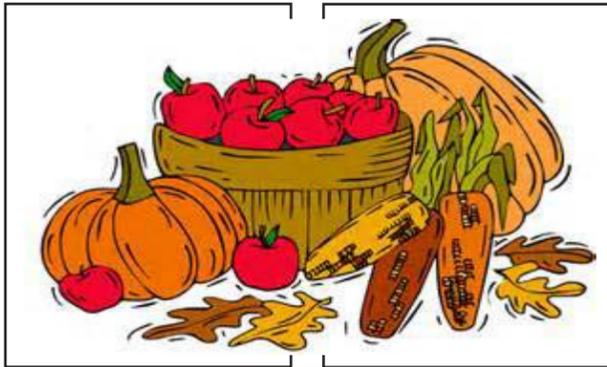
77
649

28
Chicken Fajita w/Peppers and Onions
WW Tortilla (2)
Mexicali Corn (1)
Raisins (3)
Chocolate Milk (1.5)

106
587

31
Baked Chicken
Party Potatoes (1)
Corn (1)
Fresh Orange (1)
WW Dinner Roll (1)

83
682



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

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.

October 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.	27 th @ South – 12:30 p.m.	24 th @ South – 12:30 p.m. 31 st @ N'ville – 12:30 p.m. 31 st @ South – 12:30 p.m.
Pinochle 5 th @ N'ville – 12:30 p.m. 12 th @ N'ville – 12:30 p.m. 19 th @ N'ville – 12:30 p.m. 26 th @ N'ville – 12:30 p.m.	10 Point Pitch 4 th @ South – 12:30 p.m. 11 th @ South – 12:30 p.m. 18 th @ South – 12:30 p.m. 25 th @ South – 12:30 p.m.	8 Ball Pool Tournament 7 th @ North – 9:00 a.m. 21 st @ North – 9:00 a.m.
Double Pinochle 6 th @ South – 12:30 p.m. 13 th @ South – 12:30 p.m. 20 th @ South – 12:30 p.m.	500 - Closed 9/5 Labor Day 3 rd @ N'ville – 12:30 p.m. 3 rd @ South – 12:30 p.m. 10 th @ N'ville – 12:30 p.m. 10 th @ South – 12:30 p.m. 17 th @ N'ville – 12:30 p.m. 17 th @ South – 12:30 p.m. 24 th @ N'ville – 12:30 p.m.	9 Ball Pool Tournament 14 th @ North – 9:00 a.m. 28 th @ North – 9:00 a.m.

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

October 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.

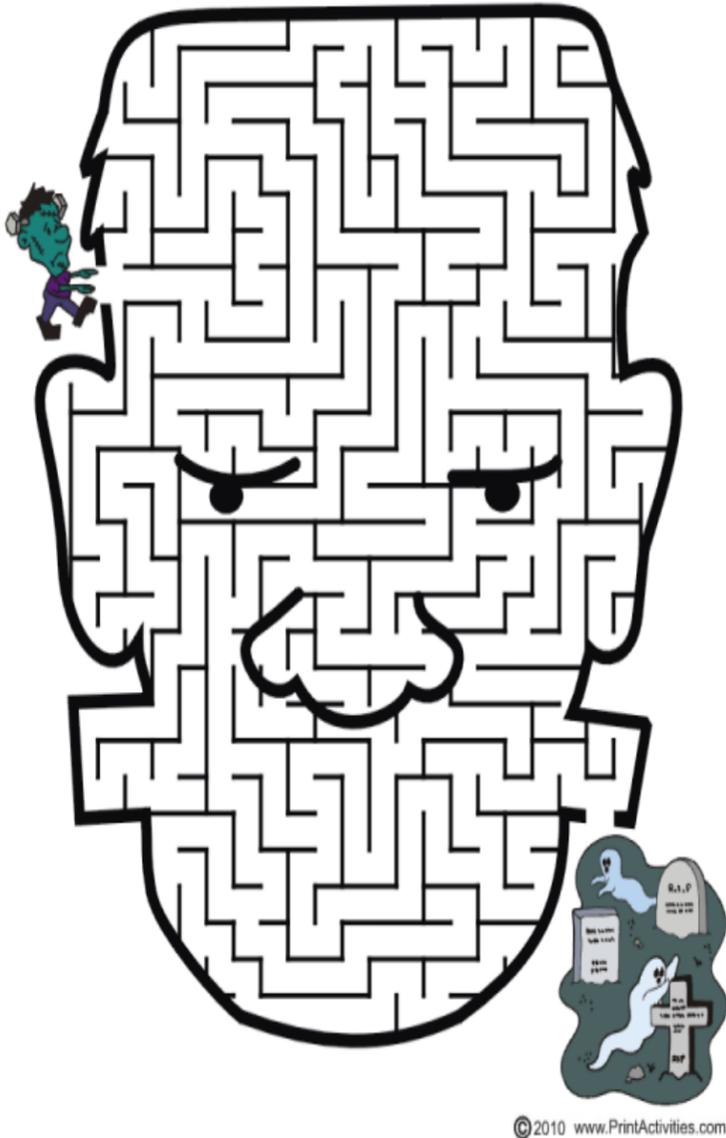
Tuesdays
Duplicate Bridge @ North @ 12:30 p.m.
Hand & Foot @ NW @ 12:00 p.m.
Hand & Foot/Group Choice @ East @ 12:30 p.m.
Jail House Rummy @ South @ 12:30 p.m.
Double Pinochle @ West @ 12:30 p.m.

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.



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Don't worry;
be happy ...
it's time for

Stone Crest's Annual Bazaar

with unique rummage, charming crafts,
yummy baked goods and delicious lunch for sale!

Saturday, October 8th

8:00 a.m. - 3:00 p.m.

3330 East 25th Street

in Des Moines

(directly south of Perkins Restaurant, off I-235 at Euclid Avenue ...
and a great place to live, too!)



Please park in Capitol Hill Christian Church's parking lot
and enter bazaar through patio door on SW side of Stone Crest.

For more information, please call 265-2172.

Proceeds from this event fund tenants' activities; Thank You!

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 | |

October Blood Pressure Checks

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

- 3rd Ankeny (provided by Nurse Volunteer)
 - 4th West
 - 5th Ankeny (Health Talk only)
 - 10th East
 - 11th MLK, Jr.
 - 12th Northwest
 - 13th Polk City
 - 14th Scott Four Mile
 - 17th West
 - 18th South
 - 19th Pioneer Columbus
 - 20th Central
 - 21st Altoona
 - 25th Johnston
 - 26th Norwoodville/Calvary
 - 27th Runnells
 - 28th North
- Dates Subject to Change.



Monster Halloween Puzzle – ANSWER KEY

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

- | | | | | |
|------------|-----------|--------------|-----------|-----------|
| bones | creepy | jackolantern | potion | terror |
| brew | crypt | magic | prank | tombstone |
| broomstick | fear | mask | pumpkin | treat |
| candle | frighten | monster | scarecrow | trick |
| candy | ghost | moon | scary | vampire |
| carnival | ghoul | mummy | skeleton | warlock |
| cauldron | goblin | nightmare | skull | web |
| cemetery | halloween | october | spider | werewolf |
| costume | haunted | party | spooky | witch |
| creature | horror | phantom | teeth | wizard |



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

NORTHWEST
ARTHRITIS EXERCISE
WED. AND FRI. AT 9:45 A.M.
INSTRUCTOR - DOROTHY McCLATCHEY

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
CHAIR EXERCISES
MONDAYS & WEDNESDAYS 11:15 A.M.
INSTRUCTORS: MAUREEN SEXTON,
RICHARD ANDERSON AND FERN PARKER

MENTATION YOGA
TUESDAYS 12:30 P.M.

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!



SHARE October Menu

Order before October 7th, 2016 for pick-up on the 21st or 22nd 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*

- 1 lb 80% Lean Ground Beef
- 1.75 lb Boneless Skinless Chicken Thighs
- 2 lb Market Day Ready to Cook Breaded Cod
- 12 oz Little Sizzler Sausage Links
- 16 oz Penne Rigate Pasta
- 24 oz Del Monte Traditional Pasta Sauce
- Russet Potatoes, Acorn Squash, Leaf Lettuce, Cauliflower, Apples, Pears

(B) Grocery Package \$14.50

- Russet Potatoes, Acorn Squash, Leaf Lettuce, Cauliflower, Apples, Pears
- 16 oz Penne Rigate Pasta
- 24 oz Del Monte Traditional Pasta Sauce

(C) Meat Only Package \$14.50

- 1 lb 80% Lean Ground Beef
- 1.75 lb Boneless Skinless Chicken Thighs
- 2 lb Market Day Ready to Cook Breaded Cod
- 12 oz Little Sizzler Sausage Links

(D) Baking/Pantry Box \$30.00

Stock your pantry with items for baking, snacking and cooking

- 4 lb Granulated Sugar
- 2 lb Brown Sugar
- 2 lb Powdered Sugar
- 5 lb Flour
- 5 oz Chopped Walnuts
- 6 oz Raisins
- 12 oz Real Chocolate Chips
- 16.5 oz Baking Mix
- 8 oz Vanilla
- .7 oz Cinnamon
- 16 oz Shortening
- 14 oz Oatmeal
- 18 oz Peanut Butter
- 5 oz Spray Oil
- 10 oz Mini Marshmallows
- 32 oz Shelf Stable 2% White Milk

(E) Steak Box \$28.50

- 8 – 6 oz USDA Prime New York Strips

(F) Rim Rock Farm's Chicken \$20.50

Ready to Cook

- 2.5 lb Bag Boneless Skinless Chicken Breast Fillet
- 2.5 lb Bag Breaded Chicken Breast Fillets
- 3 lb Bag Popcorn Chicken

(G) Bacon Box \$36.00

- 16 – 12 oz Packages Center Cut Bacon

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

***(H) Pizza Box**

- 20 – 5 oz Pepperoni Pizza

\$18

***(I) Chicken Breast Fillets**

- 5 lb Skinless, Boneless Chicken Breast Fillet Pieces

\$12.50

***(J) Beef Calzones**

- 14 – 5 oz Beef and Cheese Calzones

\$17

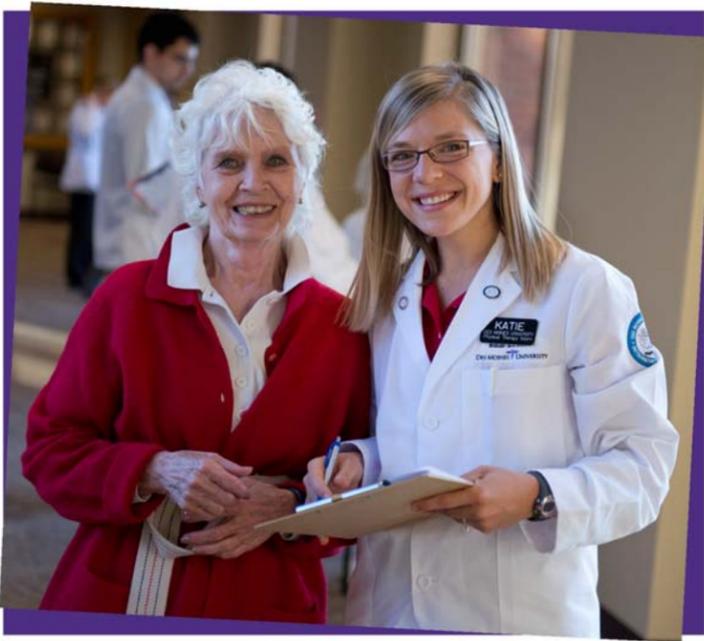
*** (K) S'Mores Cake**

Last taste of summer

- 8 Inch Double Layer Cake, White Marshmallow Icing w/ a Dusting of Graham Cracker Crumbs

\$9

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



Get your free health check-up at the 2016 Senior Health Fair!

FREE!

Free screenings for those 50 and older:
Blood glucose, blood pressure, foot health, skin cancer, vision, cholesterol, bone density and more



Saturday
November 5, 2016
8 a.m. – 12 p.m.

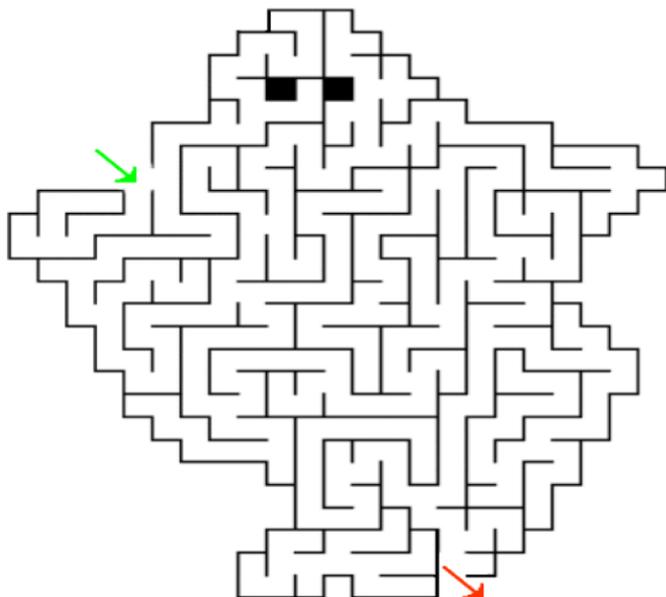


**Homemade Home and Holiday Crafts
And Bake Sale**

November 5th 10:00 – 6:00

AHEPA 192 Apartments 6190 NW 59th Court Johnston, IA

Hot Dogs and Beverages will be available.



Senior Resource Fair 2016

Friday, Oct 21st 2016

9:00 a.m. - 1:00 p.m.

*Park Fair Mall: Lower-Level
100 E. Euclid Ave, Des Moines, IA*



Free Admission
Free Screenings
Free Information

Free Refreshments
Variety of Vendors
Honoring Seniors

Sponsored By

Senior Care of Iowa

@

*Park Fair Mall: Lower Level
100 Euclid Ave, Des Moines IA 50313*

Come join us as we present Senior Resource Fair 2016.

Professionals will be on hand to answer various questions and more!

Free refreshments will be available as long as supplies last.

Event is Free to the Public.

Need More Information?

Call: 515-779-7815 or 515-423-2551.

**Green Bag PROGRAM
FOR SENIORS 60+**



FREE 10 pound bag of Fruits and Vegetables
once a month

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

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

Program Requirements:

Must Meet Gross Income Requirements

(\$15,301 or less annually or \$1,276 or less monthly for one person in the home)

Must be ATLEAST 60 years old

Must come and stay for the 20 minute nutrition presentation

Only one bag per household

For More Information Contact Frankie @ 515-779-7815

Questions? E-mail: info@seniorcareofiowa.com



Brought to you by Senior Care of Iowa Enrichment Center

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

FAMILY SIZE	GROSS ANNUAL	GROSS MONTHLY*
1	\$15,301	\$1,276
2	\$20,709	\$1,726
3	\$26,117	\$2,177
Additional member add:	+5,408	+451

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