

The Senior

Polk County Senior News!



Bulletin

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



The National Association of Triads, Inc.

Des Moines Metropolitan Area TRIAD

Addressing the safety and security needs of our community's older adults.

TRIAD is...

...a commitment shared by the Polk County Sheriff's Office, Des Moines Metropolitan Police Department, Des Moines Fire Department, AARP (and other affiliated organizations) to reduce the victimization of older adults and increase law enforcement services to older adults.

...a commitment to work together to share and mobilize resources to meet the needs for our older adult community.

S.A.L.T. Council is...

...Seniors And Law Enforcement Together

...a TRIAD action group that focuses on older adult crime, safety, prevention and security.

...a group of adult community members, professionals who work with older adults and law enforcement.

...a united 'working group' of community volunteers along with law enforcement personnel.



If you would like further information on this exciting Senior Advisory Council (S.A.L.T.) and /or TRIAD, please contact one of the following websites:

Polk County Sheriff's Office @ www.polkcountyiowa.gov/sheriff/news-press-releases/

AARP @ www.aarp.org/ia

Coming Soon in 2017 -

Meetings to be held at the South Senior Center - 100 Payton Ave

Come Check It Out! Different topics are focused each month.

Other Contributing Organizations serving Older in Adults in Des Moines Metropolitan Area include: Alzheimer's Association of Iowa, Aging Resources of Central Iowa, Polk County Attorney's Office, Polk County Senior Services, Home Choice Senior Care (Des Moines), Iowa Department on Aging, Mercy Health Sciences, Better Business Bureau (Des Moines Area)

Look for



Throughout this Issue!



Southside Senior Center
100 Payton Ave.

Saturday, December 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 coffee and tea.

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

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



** Tuesday, December 20th, 12:30 to 1:30 p.m. **

at the Polk County North Senior Center

Topic: "Fraud Watch Network"

Presented by: AARP - Iowa,
Ann Black or Connie Eastman

Inclement Weather Policy

for Polk County Senior Services

During the winter months, it is the intention of Polk County Senior Services to open and operate its centers as scheduled. However, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times.

When this occurs, announcements will be made.
As a rule, when the Des Moines Public Schools are closed, due to inclement winter weather, so are the Polk County Senior Centers.

There are several ways seniors can find out if sites are closed:

- Go to www.polkcountyiowa.gov. Scroll down the left hand column to the Polk County Updates header.
 - Click on the Polk County Sr. Services link to find the info.
 - Listen/watch for the school closing announcements on local television stations.
- If still unsure: Call your senior center and listen to the recorded message for updates and directions.
- Call the administrative office at 286-3679 for information.

The Music of Scott Davis

Submitted by Caroline Ver Schuer, Site Supervisor
Johnston Senior Center - Crown Point Center



We look forward to you joining us for a **DANCE** on Thursday, December 8th, from 1:00 to 3:00 p.m., at **Crown Point Community Center**. We are located at 6300 Pioneer Parkway, Johnston IA.

Lunch will be served at Noon. Please call day in advance to 515-251-3707 for reservations. Menu that day will include: Shredded Pork Sandwich, Chips, Peas n' Carrots, Orange Dessert: Coconut Cream Pie.

Beverages provided: Milk, Lemonade, Coffee, Iced Tea and Water.
Put on your dancing shoes and come join in our Holiday Celebration with Big Band, Swing and Holiday Tunes.

Polk Health Department Kicks Off 2016 Mitten Tree Project



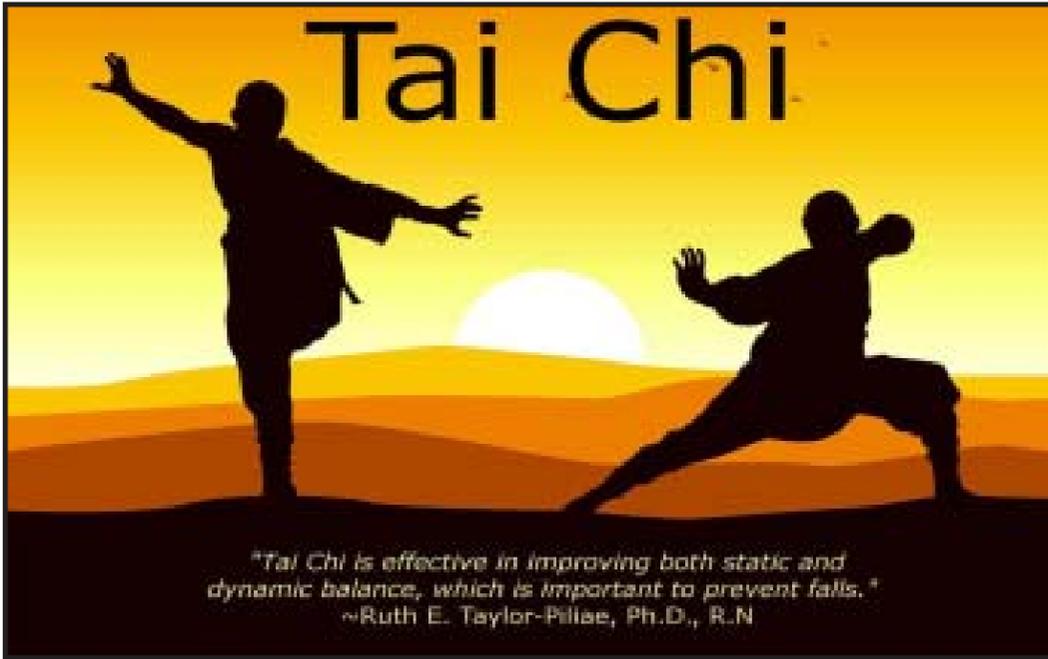
With the colder weather moving in and the holidays fast approaching, the Polk County Health Department is continuing the tradition since 2007 of collecting donations of new or "gently used" mittens, gloves, hats, and scarves to distribute to their clients of all ages. Last year over 330 items were collected to keep children and families safe and warm during the winter season.

If you wish to participate in the Mitten Tree Project, simply drop off your donated items at the **Polk County Health Department, 1907 Carpenter Avenue, Des Moines, IA 50314**.

Please contact Nola Aigner at (515) 286-3848 with any questions!

We greatly appreciate your generosity and support to this project and helping spread the warmth to others!

Tai Chi



*"Tai Chi is effective in improving both static and dynamic balance, which is important to prevent falls."
~Ruth E. Taylor-Pillae, Ph.D., R.N*

Tuesdays and Thursdays
from 3-4 p.m.

January 10 – March 2, 2017
Register: 8 Weeks, 16
Classes for \$75

Classes held in Wellness Center
in the SEC Des Moines University
3200 Grand Ave.
Des Moines, IA 50312

Call 271-1717 for more information

Tai Chi for Arthritis and Fall Prevention

Submitted by **Brianne Sanchez**
Community Relations Manager
www.dmu.edu

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

Taught by Dr. Kathy Mercuris and Michael Walsh, Certified Tai Chi for Arthritis and Fall Prevention instructors.

Better Choices, Better Health Program

Submitted by **Stacey Clough**
Program Coordinator
Better Choices, Better Health &
Stepping On—Fall Prevention
Mercy Medical Center – Des Moines
www.mercydesmoines.org



What Is Better Choices, Better Health?
It is a series of six weekly, 2 ½ hour classes that will help participants learn ways to self-manage their health and take charge of their lives. Each week focuses on different tools that can help you successfully manage your condition. These tools include: dealing with difficult emotions, physical activity, healthy eating, communication, relaxation, positive thinking and many more.

Who Should Attend?
Classes are very helpful for people with ongoing health conditions. Classes are not specific to any one disease, but instead address a variety of topics that are commonly encountered when dealing with ongoing health conditions—including asthma, arthritis, diabetes, heart disease, stroke, depression, COPD, osteoporosis, fibromyalgia, mental health conditions, and many more. Spouses, family members and friends are encouraged to attend as well.

When Is The Class?
The workshop will start on January 10th, running for six weeks. The workshop begins at 12:30 p.m. and will be held at the South Senior Center, in a private area. **Please call 287-0092.**

Polk County Health Offers Flu Shots

Walk-ins for flu shots are welcome at the Polk County Health Department, 1907 Carpenter Ave, from 9:00 a.m. to 4:30 p.m. Monday- Friday and Tuesdays from 9:00 a.m. to 6:30 p.m. through the end of flu season. For more information goto: www.polkcountyia.gov/health/programs/clinical-services/seasonal-flu/



Yarn Needed!!

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

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

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



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.



December Pie Menu



DEC. 1	BLUEBERRY PIE (3)
DEC. 8	COCONUT CREAM PIE (3)
DEC. 15	STRAWBERRY CREAM PIE (3)
DEC. 22	PECAN PIE (3)
DEC. 29	CHOCOLATE CREAM PIE (2.5)

Happy Holidays!

The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment then where is it to be found?

- J.B. Priestley

WesleyLife HOME-DELIVERED MEALS

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

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



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



1700-068-5-13

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



Fitness & Fun!

Please Join Us!



Edencrest™

Edencrest at Riverwoods sponsors free fitness classes: *a great way to improve your balance, energy and strength while getting to know your neighbors at Edencrest Riverwoods.*

Everyone who attends the class can look forward to *improving strength, balance and flexibility while improving mood and lowering stress.* Please come and try our exercise program.

Mon, Wed and Fri 10:45am – 11:30am

Address: 2210 East Park Ave., Des Moines

Key Features of the Live 2 B Healthy program:

- ✓ Designed specifically for seniors
- ✓ Instructors are Certified Personal Trainers
- ✓ Customized to the group
- ✓ Safe and effective for everyone
- ✓ Fun together on a regular basis

Let's create a healthier life, and a happier you!



Proud To Be A
Live 2 B Healthy®
Wellness
Certified
Community



A few of the many benefits of regular physical activity:

- Better Balance and Flexibility
- Enhanced Circulation
- Renewed Energy and Endurance
- Improved Cognitive Skill
- Lower Risk of Heart Disease and Stroke
- Lower Blood Pressure
- Decreased Joint Pain
- Improved Sleep
- Reduced Medication

www.Live2BHealthy.com **Helping Seniors Live Happier, Healthier Lives.**

Franklin Avenue Library News

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

Capra's Christmas Classic, Starring James Stewart and Donna Reed Friday, December 2, 1:30 p.m.

Frank Capra co-wrote the script, produced, and directed this holiday classic set in the fictional town of Bedford Falls. The plot revolves around George Bailey (played by James Stewart), the hard-working owner of a small savings and loan company, who must face a financial crisis not of his own making. Through the intervention of an angel, the distraught George learns just how much his life, though constantly fraught with personal disappointment, has meant to other townspeople.

Franklin Afternoon Book Discussion Monday, December 5, 1:00 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 Evening Book Discussion Tuesday, December 6, 6:30 p.m.

What was your favorite book of 2016? Bring a treat to share, if you wish, while we discuss our favorites. All are welcome.

Free Advice for Your Device Tuesday, December 13, 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.

Songs of the Season, Performed by Des Moines Camerata Tuesday, December 13, 6:30 p.m.

Des Moines Camerata is a chamber group mainly focusing on music from the Renaissance under the direction of Mark Woodcock. Now in its second season, the choir is comprised of eleven young professionals in the Des Moines area who work in a variety of fields from actuarial science to music education. The repertoire for this concert will include a collection of choral works from the English Renaissance paired with seasonal songs from the choir and soloists.

North Side Library News

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

Celebrate the 150th Anniversary of DMPL with the North High School Orchestra

Date: Wednesday December 7, 2016
Time: 1:30 p.m.

Description: Join us at the North Side Library for a festive musical event with Joyce Beyer and the North High School Orchestra performing a half hour concert open to the public. Refreshments to follow.

Glimpses of Iowa's Capitol: Its History, Art, Architecture and Restoration

Date: Saturday December 10, 2016
Time: 2:00-3:00 p.m.

Description: Join history detective and former state restoration painter Rosa Snyder as she divulges untold stories and reveals hidden treasures of Iowa's most recognized landmark. Tools of the trade will be on display and the intricate restoration process explained. Several before and after photos of its one-of-a-kind artwork will be shown, interesting historical tidbits shared and photos of areas not normally seen by visitors. Voted #1 as the most beautiful state capitol. Space is limited. Please preregister online at www.dmpl.org or call 515-283-4152 press 3

History of the Colleges in Highland Park

Date: Wednesday December 14, 2016
Time: 6:00 p.m.

Description: Lisa (Elm) Taber, a graduate of Drake University with a major in history, while researching information for a novel, came across David Wiggan's, *The Fall of Old Des Moines U.* There wasn't much online, so she started a blog collecting information about the college ever since. Lisa is a member of the Des Moines Historical Society. Join us as she shares her research on the history of Highland Park College and Des Moines University as we celebrate 150 years of the Des Moines Public library. Space is limited. Please pre-register at www.dmpl.org or call 515-283-4152 press 3.

North Side Book Discussion

Date: Tuesday December 13, 2016
Time: 2:00-3:00 p.m.

Description: Discuss a book of your choice from the Des Moines Public Library collection.

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.

THE GOOD & BAD OF SODIUM

Sodium is an essential mineral and along with chloride makes up one of the three electrolytes in the body.



Sodium: Essential in small amounts

Our body needs some sodium to function properly. Sodium:

- helps maintain the right balance of fluids in our body
- helps transmit nerve impulses
- influences the contraction and relaxation of muscles

Our kidneys regulate the amount of sodium kept in our body. When sodium levels are low, our kidneys conserve sodium. When levels are high, they excrete the excess amount in urine. If our kidneys can't eliminate enough sodium, the sodium starts to accumulate in our blood. Because sodium attracts and holds water, our blood volume increases. Increased blood volume, in turn, makes our heart work harder to move more blood through your blood vessels, increasing pressure in our arteries.

Too much salt is toxic to our body

Excessive sodium intake has been linked to conditions, such as:

- hypertension (high blood pressure), stroke
- kidney problems, kidney stones
- edema, excess water retention
- osteoporosis

How much sodium do we need?

Did you know that the human body requires only about 500 milligrams (mg) of sodium per day? Most Americans, however, consume closer to 4000-6000 mg daily. Various organizations, including the Dietary Guidelines for Americans (FDA), have published recommendations for daily sodium intake, most recommend between 1,500 and 2,300 milligrams (mg) a day. However, a lower sodium intake has a more beneficial effect on blood pressure.



Main sources of sodium

A pinch and a dash can quickly add up to unhealthy levels of sodium, especially when many foods already contain more than enough sodium.

- 11% of the sodium in the average U.S. diet comes from adding salt or other sodium-containing condiments to foods while cooking or eating. One teaspoon of salt contains almost 2325 mg of sodium.
- 12% comes from food where sodium naturally occurs, such as meat, poultry, dairy products and vegetables. For example, 1 cup of low-fat milk has about 110 mg of sodium.
- 77% of the sodium eaten by Americans comes from eating prepared or processed foods.

Become "Salt Aware"

- Use a little salt in cooking, try not to add extra salt at the table and limit the use of sodium-laden condiments.
- Eat more fresh foods and cut down on salty processed foods and ready meals.
- Check out food labels for salt and opt for lower salt choices or low-sodium products.
- Use herbs, spices and other flavorings to enhance foods.

Your taste for salt is acquired, so it's reversible. To unlearn this salty savoring, decrease your use of salt gradually and your taste buds will adjust. Most people find that after a few weeks of cutting their salt intake, they no longer miss it. As you use less salt, your preference for it lessens, allowing you to enjoy the taste of food itself.



Health, Wellness & Nutrition

Ask the Naturalist

Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org



Question: We have many large light brown spiders lurking in the corners in my garage. They are at least 1 inch with legs and have two darker brown stripes running down their bodies. They don't seem to have webs, and they run very fast. Are they some kind of wolf spider? Also I'm wondering where spiders go in the winter? Do some hibernate or do they die when it's cold? David, Des Moines

Answer: It may be a wolf spider, but there are other spiders that look similar. To tell the difference between spiders, you need to look closely at the size and arrangement of the eyes and other tiny features. There are over 3,000 different kinds of spiders in the United States. If you'd really like to know what kind of spiders it is, check out a field guide or on-line resource like bugguide.net. To answer your second question, spiders survive the winter in a variety of ways. They may overwinter as eggs, tiny spiderlings, or mature adults in protected locations like underground, under rocks, or in tree cavities. So in a sense some spiders do hibernate, while others lay their eggs and die before winter.

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. This may vary a little from site to site, so if interested, always check with a center for their specific schedule.

Please contact site staff on when class will be held at the site you participate (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.

Des Moines University - Mini Medical School



Submitted by Brianna Sanchez
Community Relations Manager
www.dmu.edu

Five Tuesdays, February 7- March 14, 2017 (7-9 p.m.)

Experience the DMU campus and expand your medical knowledge – without taking the MCAT. Attend Mini Med School, a program that offers the public non-credit education on popular topics in health and medicine. Talks are conducted by Des Moines University faculty and local experts in an accessible style appropriate for all audiences, aged middle school and up. The five-session, Tuesday evening series, explores interesting, relevant topics:

February 7 – Dr. Julie Meachen

“Spelunking for Carnivores: Climate Change, Ice Age Extinctions & DNA”

February 14 – Dr. Jeritt Tucker

“Valentine’s Day Special: The Science of Love and Loneliness”

February 21 – Dr. Patricia Quinlisk

“Outbreak! Dodging Contagious Disease & Cognitive Decline”

February 28 – Dr. Maria Barnes

“Have your cake and eat it, too: Balancing weight and hypertension”

March 7 – Dr. James Mahoney

“Go with the Flow: Assessing circulation in your legs”

Register at : www.dmu.edu/minimed

Cost: \$25 covers all sessions. \$10 for students and educators.

Questions about Mini Medical School can be directed to Brianna Sanchez, 515-271-1374 or brianna.sanchez@dmu.edu.



*Wishing everyone
a holiday season
that brings peace,
relaxation, prosperity
and joyful times
spent with friends
and family!*

december:

[dɪˈsɛm-bər] -n.

a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true



Holiday Crossword Puzzle



1	2	3	4		5	6	7	8	9		10	11	12
13					14						15		
16					17						18		
19				20				21	22				
			23				24						
25	26	27				28			29		30	31	32
33				34				35			36		
37			38						39	40			
41						42						43	
44				45	46		47				48		
			49			50			51				
52	53	54						55			56	57	58
59						60	61				62		
63				64							65		
66				67							68		

Across

- * Twinkly Tree Topper
- Those who believe in a reasoned existence of God
- Give a nickname to
- Money in Malta
- Type of salad dressing
- Summer plaything
- Not for
- Consequently
- Exercise result
- * Make Merry during the Holidays
- * Decorations on Doors
- Solution for Wounds, minus the "ine"
- Come into adjustment
- * Festive Flyer
- * Things like #3D can be found at a what?
- Alphabet letters
- Type of Tree
- Start to "sphere"
- * Festive story by Dickens
- Heard at School: "Is ___ good mark?"
- Ms. McLachlan of Music
- Land mass on water, briefly
- * Lengthy Lecture
- * They are used in celebrations of Hanukkah, the Feast of Lights
- Scent
- Bind
- * They are used in celebrations for #15D and Hanukkah
- * In 1966, he developed the celebration of #15D: Dr. Maulana ___
- Certain Currency in China (Var. Sp.)
- Trinket, minus the "ickey"
- Blood vessel
- Direct a Helmsman
- Australian Animal
- Icicle holder
- Caustic solution
- Unique person
- Hearty dish

Down

- Cole Completer
- Turner of Tunes
- * Holiday Handiwork: ___ and Crafts
- Dried fruit
- * Fun toys at Hanukkah
- British nobleman
- Verb suffix
- Facial expression of dislike
- * Green and Red Day!: December 25 ___
- * Everyone pledges to go on a what after the Holidays?
- The Beehive State
- Gambles
- * This Holiday means "First Fruits" in the Swahili language. It lasts for seven days (December 26th to January 1st), and it is celebrated by people of African descent to honor family, community and culture.
- * Game Name under the Tree
- Vestment of Vietnam
- Poke fun
- * Heard during the Festive Season: " ___ and Papa coming here, or should we go to their place for the Holidays?"
- Studies
- * Host at a New Year's Eve Party
- Heard at Work: " ___ boss ever going to learn how to make his own coffee?"
- Summer hrs. in VA (Pl.)
- Courtyards
- Concert Conversation: "Is there ___ pit near the stage?"
- Buns in a Basket
- Uncommon
- * This ninth month of the Muslim calendar is celebrated by Muslim people who fast during the daylight hours to commemorate the first revelation of the Koran to Muhammad
- * It's part of the outfit worn by Rudolph's master
- * Music Maker during the Festive Season
- Plinth
- Type of Boat, minus the "Ca"
- "The Matrix" (1999) name
- Trademark relating to Microcomputers
- Roman Numerals for 350
- Said by a Sailor
- How many lives do Cats have?
- Low caste
- Nifty
- * People do it during the Festive Season
- Again, but in a different way
- Clod
- Sumerian goddess personifying earth





Social Security News

With the New Year, Comes New Changes

By Derek Nichols

Social Security Assistant District Manager in Des Moines

Monthly Social Security and Supplemental Security Income (SSI) benefits will see a slight increase in 2017.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Thresholds for benefits will change slightly next year including the Substantial Gainful Activity (SGA), SSI Federal Payment Standard, and SSI Student Exclusion.

Information about Medicare changes for 2017 are available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the Cost of Living Adjustment is calculated. To read more, please visit www.socialsecurity.gov/cola.

Learn more about the resulting changes at our factsheet on the subject: www.socialsecurity.gov/news/press/factsheets/colafacts2017.pdf.

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:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a replacement Social Security card if you meet certain criteria and reside in these locations;
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
 - o Change your address or telephone number;
 - o Start or change your direct deposit;
 - o Get a replacement Medicare card; and
 - o 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: Do Members of Congress have to pay into Social Security?

Answer: Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at www.socialsecurity.gov.

Question: How can I get a copy of my Social Security Statement?

Answer: You can get your personal Social Security Statement online by using your my Social Security account. If you don't yet have an account, you can easily create one. Your online Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits you and your family may be eligible for.

To set up or use your account to get your online Social Security Statement, go to www.socialsecurity.gov/myaccount.

We also mail Statements to workers attaining ages 25, 30, 35, 40, 45, 50, 55, 60 and older three months prior to their birthday if they don't receive Social Security benefits and don't have a my Social Security account.

Question: I didn't enroll in Medicare Part B back when my Part A started a few years ago. Can I enroll now?

Answer: It depends. The general enrollment period for Medicare Part B, medical insurance, begins January 1 and runs through March 31. Keep in mind that although there is no monthly premium for Medicare Part A, there will be a premium for your Medicare Part B. And in most cases, that premium goes up each 12-month period you were eligible for it and elected not to enroll. If you are covered by a group healthcare plan based on your employment or the employment of a spouse, you may qualify for a special enrollment. Special enrollments may be processed at any point during the year, but require proof of coverage. To find out more about Medicare, visit www.medicare.gov or www.socialsecurity.gov/medicare.



America's First Federal Holidays

In 1870 the U.S. Congress approved New Year's Day, Independence Day, Thanksgiving Day and Christmas Day. In 1879 George Washington's Birthday was created. Decoration Day (Memorial Day) was approved in 1888 and Labor Day was approved in 1894.



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 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.



NW Community Center



L to R: Kristi Carman, Site Supervisor & Lisa Mc Donald, Program Aide

Submitted by Kristi Carman
Site Supervisor

If you've never been to Polk County's Northwest Community Center, we are located at 5110 Franklin Avenue—directly west of the Franklin Avenue Library, in the Beaverdale/Merle Hay Neighborhoods.

Kristi Carman has been the Site Supervisor for nearly 3 years and Lisa McDonald recently came on as Program Aide in August 2016. Together, they work very hard at implementing new programs, crafts and anything their imaginations can muster!

On a regular basis, the Northwest Community Center hosts fitness classes, craft classes, cards and dominos, coloring classes and Bingo. On a monthly basis, you will find site council meetings, a book club, a current events class, a self-improvement class (A Better Way to Age), Fresh Conversations and inflatable baseball.

As if that's not enough, we are always trying new things. We've had Tai Chi classes, the Northwest Needlers and are excited about getting a Wii group started so that we can compete against other centers. We hope to get a monthly karaoke day implemented by the beginning of 2017.

If you are looking for a nutritious meal or just some lovely socialization, then we encourage you to give us a try. We are a friendly group and have lots of fun!



December Recipes



Sugar Free Holiday Nog

By Charlotte J.

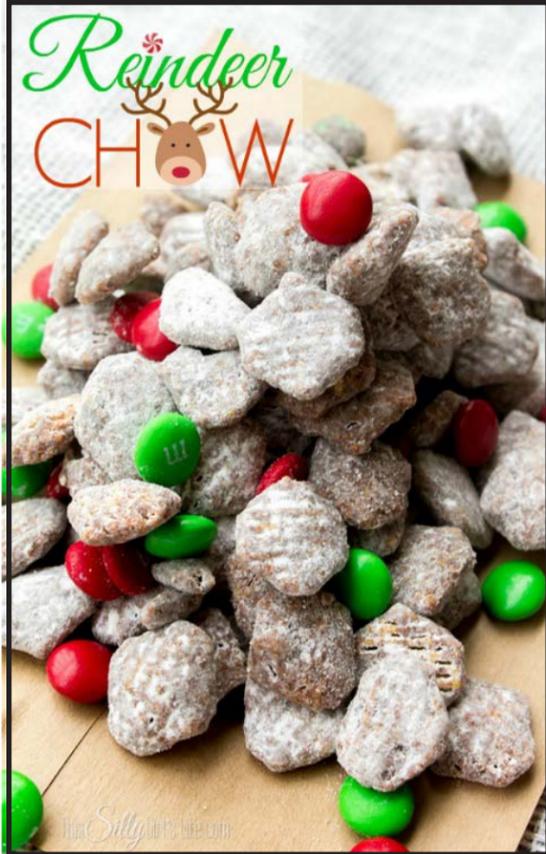
<http://www.food.com/recipe/sugar-free-holiday-nog>

Ingredients

- Yield - 8 - 1 cup servings
 - Prep Time - 10 minutes
 - 1 (1 ounce) package sugar-free instant vanilla pudding mix
 - 7 cups skim milk (divided)
 - 1 -2 teaspoon vanilla extract or 1 -2 teaspoon rum flavoring
 - Approx 2.5 teaspoons for sugar substitute
 - 1 cup evaporated skim milk
- Extras -Can add fresh grated nutmeg or regular nutmeg to enhance flavor. Grab so fat-free/light whip cream and add sprinkles or peppermint stick on top.

Directions

1. Combine pudding, 2 cups milk, vanilla and sugar substitute in a bowl; mix according to pudding directions.
2. Pour into a half gallon container with tight fitting lid.
3. Add 3 cups milk; shake well.
4. Add evaporated milk and shake.
5. Add remaining milk; shake well.
6. Chill.



Reindeer Chow Snack Mix {Muddy Buddies}

By Dana from This Silly Girl's Life

<http://www.recipelion.com/Christmas-Recipes/Reindeer-Chow>

Ingredients

- 14 Cups Chex Cereal (Rice and/or Corn) if use 2, split amount to use, in half
 - 18 oz Holiday M & M's
 - 12 oz Semi-Sweet Chocolate (bar or chips)
 - ½ Cup unsalted butter
 - 1 Cup peanut butter
 - 1 tsp vanilla extract
 - 4-5 Cups powdered sugar
- (Other Add In Options - Cheerios, Pretzels or Pretzel Sticks, Roasted Peanuts)

Instructions

- Melt the peanut butter and butter in a microwave safe dish. Microwave in 30 second intervals until butter is melted. Add the chocolate a little at a time until all is melted into the mix. You might need to microwave one last time to make sure everything is melted and add the vanilla. Stir together.
- In a large bowl add half of the cereal.
- Drizzle half of the chocolate peanut butter mixture into the cereal in the bowl. Mix with a spoon.
- Place one large paper bag into another one. Add ½ cup of the powdered sugar and half of the mixed cereal into the bag. Close this tightly and shake vigorously. Add more powdered sugar ½ cup at a time if needed until all the cereal is coated. Add ¼ of the M&M's into the bag and toss. Place in an air tight container.
- Continue these step with the remaining ingredients.
- Keep stored in an air tight container. I personally love to keep it in the freezer, YUM!
- Enjoy!

Sausage & Egg Breakfast Crescent Rolls

By Melodee Fiske | October 18, 2016

Source: <http://spaceshipsandlaserbeams.com/>

INGREDIENTS

- 2 packages crescent rolls
- 1 tablespoon butter
- salt and pepper
- 6 Johnsonville Fully Cooked Sausage Links
- 4 eggs
- 1 cup fresh spinach
- 1/3 cup shredded cheddar cheese

1. Place 1 tablespoon of butter into a skillet over medium heat.
2. Once the butter starts to sizzle, crack 4 eggs into the pan. Use a spatula to break each of the yolks. Mix the eggs around in the pan to scramble. Cook for 1-2 minutes until right before the eggs are all the way done. They should still have a little sheen to them.
3. Finely slice the sausage links.
4. Pile the spinach together and roll the leaves up and julienne.
5. Mix the spinach, sausage, eggs and cheese together.
6. Unroll the crescents and pile the scramble in the middle of the crescent.
7. Roll up and place on a baking sheet.
8. Bake at 375 for 10-12 minutes, until golden brown.

If you want extra sausage, it's easy to pop the Johnsonville sausage links in the microwave. They only take 40 seconds to heat up.



Words to Inspire the Soul...

"Be the change you want to see in the world." Ghandi

"A life lived for others, is the only life worth living." ~ Albert Einstein

"If you can't feed a hundred people, then just feed one." ~ Mother Teresa

The only time you should look down at someone, is when you are helping them up." ~Jesse Jackson

"If you have much, give your wealth; if you have little, give your heart." ~Anonymous

"You may be only one person in this world, but to one person at one time, you are the world." ~ Anonymous

"There is no such thing as can't." ~ Christopher Reeve

"There are two way to live your life. One as though nothing is a miracle, the other as though everything is." ~ Albert Einstein

"Always be kinder than necessary." ~ Sir James Barrie

it's the most **WONDERFUL** time of the year!

Important Dates

- 7th - Pearl Harbor Remembrance Day
- 21st - Winter Solstice
- 23rd - Holiday - SITES CLOSED
- 24th - Christmas Eve
- 24th - Hannukah Begins
- 25th - Christmas Day
- 26th - Holiday - SITES CLOSED
- 26th - Kwanzaa begins
- 31st - New Year's Eve

Month:

- Bingo Month
- Write a Friend Month

Source: www.HolidayInsights.com

NATIONAL PEARL HARBOR Remembrance Day
DECEMBER 7

Merry Christmas

KWANZAA

IT'S BINGO MONTH!

Happy Chanukah

HAPPY HANUKKAH

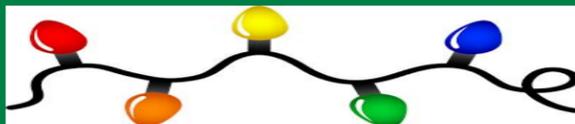
Bring on the NEW YEAR!

WRITE TO A FRIEND MONTH

M

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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

Salisbury Steak
Mashed Potatoes (1)
Brussels Sprouts
Fresh Orange (1)
WW Dinner Roll (1)

91
742

2

Porcupine Meatballs (1)
Cooked Cabbage
Lettuce Salad w/Italian Dressing
Raisins (3)
Breadstick (1)
Chocolate Milk (1.5)

98
837



5

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

88
662

6

Beef Taco w/
Lettuce and Cheese
WW Bun (1.75)
Stewed Tomatoes
Corn (1)
Fresh Apple (1)
Taco Sauce

84
717

7

Chef Salad w/
Ranch Dressing
Baby Potatoes (2)
Banana (2)
WW Dinner Roll (1)

101
686

7

Flex Meal Option
Liver and Onions
Baby Potatoes (2)
Salad w/Ranch Dressing
Banana (2)
WW Dinner Roll (1)

106
681

8

Shredded Pork
WW Bun (1.75)
Peas N Carrots
Fresh Orange (1)

69
611

9

Chicken Salad
WW Bun (1.75)
Broccoli Cheese Soup
Carrots
Craisins (3)
Chocolate Milk (1.5)

101
819

12

Hearty Italian Vegetable
Beef Soup (1.5)
Corn (1)
Fresh Orange (1)
Oreo Fluff (2)

114
845

13

BBQ Chicken
WW Bun (1.75)
Potato Salad (1)
Harvard Beets (1)
Raisins (3)

87
574

14

Penne Pasta w/
Meat Sauce (4)
Green Beans
Applesauce (1)
Breadstick (1)

109
849



14

Flex Meal Option
Chicken Caesar Salad
Applesauce (1)
Breadstick (1)

48
454

15

Swedish Meatballs
Mashed Potatoes (1)
Broccoli
Banana (2)
WW Dinner Roll (1)

83
727

16

Beef Chili (1)
Squash (1)
Fresh Apple (1)
Cornbread (1)
Chocolate Milk (1.5)

91
604

19

Chicken and Noodles (1)
Root Veggie Blend (1)
Spinach
Raisins (3)
Spice Bar (1)

115
755

20

Cali Burger
WW Bun (1.75)
Lettuce/tomato/onion
Baked Beans (1.5)
Banana (2)

94
718

21

Baked Cod
Corn (1)
Coleslaw (1)
Fresh Orange (1)
WW Dinner Roll (1)
Birthday Cake (2)

110
743



21

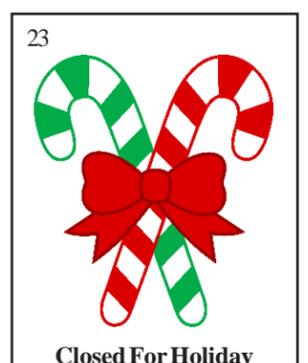
Flex Meal Option
Hot Dog
WW Bun (1.75)
Corn (1)
Coleslaw (1)
Fresh Orange (1)
Birthday Cake (2)

122
744

22

Cherry Glazed Pork Ham
Slice
Green Bean Casserole (.5)
Duchess Potatoes (3.5)
Fresh Apple (1)
WW Dinner Roll (1)

114
694



27

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

93
753

28

Seafood Salad w/Lettuce
Baby Potatoes (2)
Pears (1)
Wheat Bread (1)

85
535

28

Flex Meal Option
Ham Salad (.5)
w/Lettuce
Baby Potatoes (2)
Pears (1)
Wheat Bread (1)

90
654

29

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

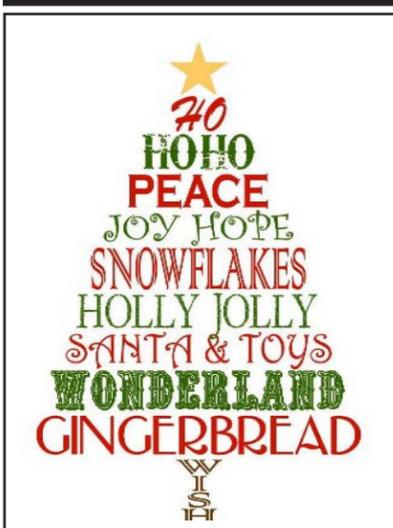
82
571



30

Loose Meat Sandwich
WW Bun (1.75)
Seasoned Potatoes (1)
Carrots
Fresh Orange (1)
Chocolate Milk (1.5)

84
693



Free Community Dinner Meals Offered
(No Age Requirement)



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

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

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

Meals Sponsored by Central Iowa Shelters

SENIOR SERVICES OF POLK COUNTY

Menus, with the exception of the optional Wednesday Flex, 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.



Monthly Activities At Your Senior Centers & Meal Sites

Each Polk County Senior/Community Center or Meal Site offer a variety of programs and activities daily. Below is a list of just some activities available. Each site have their own, more detailed, activity calendar that you can call the individual site to inquire about or stop by the center of interest to pick one up.

Remember, you are welcome to choose to attend any or all craft classes and special events offered at the centers, regardless of where you live in Polk County, so long as you have the transportation or means to do such.

Schedule of Activities

Adult Coloring Club

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

Billiards/Pool

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
Central.....Daily @ 8:00 a.m. to 5:00 p.m.
East.....Daily @ 8:00 a.m. to 5:00 p.m.
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
North.....Daily @ 8:00 a.m. to 5:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.
South.....Daily @ 8:00 a.m. to 5:00 p.m.
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Puzzles

Ankeny.....Daily @ 9:00 a.m. - 1:30 p.m.
Central.....Daily @ 8:00 a.m. to 5:00 p.m.
East.....Daily @ 8:00 a.m. to 5:00 p.m.
Grimes.....Daily @ 9:00 a.m. - 1:30 p.m.
Johnston.....Daily @ 9:00 a.m. - 3:00 p.m.
MLK.....Daily @ 9:00 - 3:00 p.m.
Northwest.....Daily @ 8:00 a.m. to 5:00 p.m.
Norwoodville.....Daily @ 8:00 a.m. to 5:00 p.m.
Pioneer Columbus.....Daily @ 9:00 - 11:30 a.m.
Westside.....Daily @ 8:00 a.m. to 5:00 p.m.

Book Club

Northwest.....First Monday of the Month @ 10:00 a.m.

Ceramics

Central.....Mon./Fri. @ 12:30 p.m.
East.....Thursdays @ 9:00 a.m.
Pioneer Columbus.....Thursdays @ 12:30 p.m.
South.....Mondays @ 12:30 p.m.
Westside.....Mondays @ 9:30 a.m.

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

Due to different projects being done at different sites - dates/times/duration to complete June change. Check with individual sites on specific class dates/times for any upcoming projects
Ankeny.....1st & 2nd 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.....3rd & 4th Wednesdays @ 10:00 a.m.
South.....Thursdays @ 10:00 a.m.
Westside.....2nd & 3rd Wednesday @ 9:00 a.m.

Dominoes

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

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

Jam Sessions

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

Knitting, Crocheting & Quilting

Grimes.....1st & 3rd Wednesdays @ 12:30 p.m.
Johnston.....Mondays @ 9:00 a.m.
Northwest.....2nd & 4th Monday @ 12:30 p.m.
Westside.....Thursdays @ 12:30 p.m.

Line Dancing

North.....Wednesdays @ 12:30 p.m.
South.....Thursdays @ 12:30 p.m.

Mah Jong

Ankeny.....Fridays @ 1:00 p.m. to 3:00 p.m.
Johnston.....Tuesdays @ 9:30 a.m. to 3:00 p.m.

Movie & Popcorn Day

Norwoodville.....Tuesdays @ 9:00 a.m.

Paper Crafting

Runnells.....1st Thursdays @ 10:30 a.m.

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.

December Tournaments

Cribbage - Closed 12/23

Every Friday @ South - 12:30 p.m.

29th @ South - 12:30 p.m.

19th @ South - 12:30 p.m.

Pinochle

7th @ N'ville - 12:30 p.m.
14th @ N'ville - 12:30 p.m.
21st @ N'ville - 12:30 p.m.
28th @ N'ville - 12:30 p.m.

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.

8 Ball Pool Tournament

2nd @ North - 9:00 a.m.
16th @ North - 9:00 a.m.
30th @ North - 9:00 a.m.

9 Ball Pool Tournament

9th @ North - 9:00 a.m.
22nd @ North - 9:00 a.m.

Double Pinochle

1st @ South - 12:30 p.m.
8th @ South - 12:30 p.m.
15th @ South - 12:30 p.m.
22nd @ South - 12:30 p.m.

500 - Closed 12/26

5th @ N'ville - 12:30 p.m.
5th @ South - 12:30 p.m.
12th @ N'ville - 12:30 p.m.
12th @ South - 12:30 p.m.
19th @ N'ville - 12:30 p.m.

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

December Social Card/Domino Parties

Mondays- Closed 12/26

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 - Closed 12/23

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.

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

VNS  **Senior Companion Program**
VISITING NURSE SERVICES OF IOWA

FREE Right Here in Polk County!

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

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

Do you have a regular weekly need?

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

- Our companions receive ongoing training and support.

Call to let us know how we can support you!

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



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

Be a Senior Companion



And Earn Extra Money Every Month – up to \$400!

- Earn extra income while visiting homebound individuals, helping them maintain a happy, healthy life at home.
- The stipend is considered non-taxable income and does not impact your ability to receive housing/medical/food assistance or social security disability.

Join the Senior Companion Program if you are:

- 55 years old or older
- Able to serve a minimum of 15 hours a week
- Open to providing friendly one-on-one visits to homebound individuals in your community
- Able to provide transportation to appointments and errands
- Earning an income at or below \$23,540/individual and \$31,860/couple (after out-of-pocket medical expenses)

The Benefits of the Program

- A tax-free hourly stipend (\$2.65 per hr.)*
- Meal reimbursement (\$1.50 per meal)
- Transportation reimbursement (.40 cents per mile)
- Holiday and leave pay
- Ongoing training and supervision
- An annual physical
- Supplemental accident/liability insurance while on duty



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

December 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 West
 - 5th Ankeny (provided by Nurse Volunteer)
 - 7th Ankeny (Health Talk only)
 - 8th Polk City
 - 9th Scott Four Mile
 - 12th East
 - 13th MLK, Jr.
 - 14th Northwest
 - 15th Central
 - 16th Altoona
 - 19th West
 - 20th South
 - 21st Pioneer Columbus
 - 22nd Runnells
 - 27th Johnston
 - 28th Norwoodville/Calvary
- Dates Subject to Change.



MAKE-A-WISH Iowa **Jolly Holiday Lights**
FREE Bus Tour

It's time to celebrate Christmas and Jolly Holiday Lights with Edencrest at Riverwoods!
R.S.V.P. for a FREE bus tour! Space is limited so sign up now! Bus will take off from Edencrest at Riverwoods and will return with hot cocoa and cookies waiting!

DATES:
Dec. 8th (6:00pm)
Dec. 15th (6:00pm)
Dec. 22nd (6:00pm)

All proceeds go to Make-A-Wish Foundation

RSVP:
(515) 288-4040

2210 E. Park Ave
Des Moines

Holiday Crossword Puzzle Solution

1	S	2	T	3	A	4	R	5	D	6	E	7	I	8	S	9	T	10	S	11	D	12	U	13	B			
13	L	14	I	15	R	16	A	17	R	18	A	19	N	20	C	21	H	22	K	23	I	24	T	25	E			
16	A	17	N	18	T	19	I	20	E	21	R	22	G	23	O	24	S	25	W	26	E	27	A	28	T			
19	W	20	A	21	S	22	S	23	A	24	I	25	L	26	W	27	R	28	E	29	A	30	T	31	H	32	S	
23	I	24	O	25	D	26	A	27	L	28	I	29	G	30	N	31		32		33		34		35		36		
25	R	26	E	27	I	28	N	29	D	30	E	31	E	32	R	33	B	34	A	35	Z	36	A	37	A	38	R	
33	E	34	M	35	S	36	A	37	L	38	D	39	E	40	R	41	A	42	T	43	M	44	O	45		46		
37	A	38	C	39	H	40	R	41	I	42	S	43	T	44	M	45	A	46	S	47	C	48	A	49	R	50	O	L
41	D	42	E	43	E	44	A	45	S	46	A	47	R	48	A	49	H	50	I	51	S	52	L	53		54		
44	S	45	E	46	R	47	M	48	O	49	N	50	M	51	E	52	N	53	O	54	R	55	A	56	H	57	S	
49	A	50	R	51	O	52	M	53	A	54	T	55	I	56	E	57		58		59		60		61		62		
52	C	53	A	54	N	55	D	56	L	57	E	58	S	59	K	60	A	61	R	62	E	63	N	64	G	65	A	
59	C	60	H	61	I	62	A	63	O	64	D	65	O	66	O	67	H	68	V	69	E	70	I	71	N	72		
63	C	64	O	65	N	66	N	67	K	68	O	69	A	70	L	71	A	72	E	73	A	74	V	75	E	76		
66	L	67	Y	68	E	69	M	70	I	71	S	72	F	73	I	74	T	75	S	76	T	77	E	78	W	79		

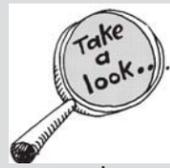


Des Moines University Adult Older Adult Exercise

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.

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 | |

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
ACTIVE ADULT EXERCISE
MON., WED/ & FRI. - 12:30 P.M.
INSTRUCTOR – KIM SLYCORD OF LIVE 2 B HEALTHY</p> <p>ARTHRITIS EXERCISE
WEDNESDAYS 10:00 A.M.
INSTRUCTOR - KRIS MCCAUGHEY</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>NORTH
ACTIVE ADULT EXERCISE
MON., WED/ & FRI. - 9:15 A.M.</p> <p>NORTHWEST
ACTIVE ADULT EXERCISE
MONDAY - 8:15 A.M.
TUESDAY/THURSDAY - 12:30 P.M.</p> | <p>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
ACTIVE ADULT EXERCISE
WEDNESDAYS & FRIDAYS - 12:15 - 1:15 P.M.</p> <p>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> |
|---|---|

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.
~ Lee Haney, 8 time Mr. Olympia



SHARE December Menu

Order before December 4th, 2016 for pick-up on the 18th or 19th depending on location
To order call 800-344-1107 or visit www.shareiowa.com

- (A) **Best Value Package \$28.00** *"Save up to 50% on your groceries"*
12 oz Center Cut Bacon
10 oz Panko Breaded Fish Sticks
12 oz Fully Cooked Grill Mark Chicken Breast Filets
1 lb Tyson Ham Steak
16 oz Frozen Peas
1 lb Sara Lee Pound Cake
12 oz Frozen Strawberries
Russet Potatoes, Sweet Potatoes, Celery, Carrots, Apples, Oranges
- (B) **Grocery Package \$14.50**
Russet Potatoes, Sweet Potatoes, Celery, Carrots, Apples, Oranges
16 oz Frozen Peas
1 lb Sara Lee Pound Cake
12 oz Frozen Strawberries
- (C) **Meat Only Package \$14.50**
12 oz Center Cut Bacon
10 oz Panko Breaded Fish Sticks
12 oz Fully Cooked Grill Mark Chicken Breast Filets
1 lb Tyson Ham Steak

- (D) **Christmas Dinner \$33.00**
6 – 7 lb Ripple Creak Spiral Ham
6 oz Combread Stuffing
16 oz Frozen Broccoli
6 Super Sweet Mini Corn on the Cob
16.5 oz Baking Mix
2 – 3 oz Cherry Gelatin
24 oz Pre Baked Apple Pie
Potatoes, Sweet Potatoes, Celery, Carrots, Apples, Oranges
- (E) **Breakfast Sandwiches \$25.00**
24 – 5.5 oz Schwann's Sausage Egg and Cheese Biscuit Breakfast Sandwich
- (F) **Stuffed Chicken Breast \$25.50**
24 – 8 oz Lady Astor Stuffed Chicken Breast, Boneless Breast with Wing Section Stuffed with Apple, Almond and Raisin
- (G) **4 lb Breaded Shrimp \$24.00** "Ovenable"
2- 2 lb Bags Beer Battered Shrimp

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

<p>*(H) Bacon Cheddar Burgers 5 lb Fully Cooked Bacon Cheddar Burgers (Price lowered)</p> <p>\$16</p>	<p>*(I) Cheese Pack 8 oz Cojack Block Cheese 9 oz Cheese Curds 8 oz Sharp Cheddar Cheese Spread 7 oz Original Summer Sausage 8 oz Beef Sticks</p> <p>\$17.50</p>	<p>*(J) Breaded Chicken Tenders 5 lb Fully Cooked Breaded Chicken Tenders (Top quality & a great deal)</p> <p>\$12.50</p>	<p>*(K) Pizza Box 20 – 5 oz Pepperoni Pizza</p> <p>\$18.00</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



Johnston News: Veterans Celebration in Johnston

Submitted by **Caroline Ver Schuer**
Johnston Site Coordinator

A “**Quilt of Valor**” made by the “Sew-cial” group at Crown Point Johnston Polk County Senior Center was presented to Paul Pickart on Wednesday, November 9th,

2016. Paul served in the Army during the Vietnam War and is a Purple Heart recipient. Paul and his wife, Dixie have been Johnston residents since the 1990’s. F

Following the presentation at Crown Point, all Veterans were honored at the noon luncheon. “**Quilts of Valor**”

are stitched with love, prayers and healing thoughts. These quilts are a way of saying “**Thank You**” for serving our Country. Total registered Quilt of Valor recipients to date: 149,327.

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Ankeny News: Giving, Caring and Sharing!

Submitted by **Kristi Carman**
NW Site Supervisor

Way to go, Mo!
Maureen Schaefer (Mo), Site Coordinator at the Ankeny Senior Center, is the hostess with the mostess! Not only does Maureen take good care of her seniors in Ankeny, but she shares a building with several other tenants—one of them being the Ankeny Quilting and Sewing Circle.
On days where the center has special occasions or treats, Maureen is very good to let folks know that they can partake and when she has time, will even

deliver goods throughout the building. Her customer service skills are exemplary and this is the second year it has paid off—literally.
The Ankeny Quilting and Sewing Circle recently raffled off a quilt and donated the proceeds to the Ankeny Senior Center. Below you’ll see the donation in the amount of \$1,249!
We want to commend Maureen for being such a good neighbor and special thanks to the Quilting and Sewing Circle for their generosity!
It is appreciated!

