Join the Northwest Needlers!

Submitted by Kristi Carman, NW Site Supervisor

If you are crafty or are interested in a new hobby, the NW Needlers meet each Wednesday, at 10:00 a.m., in the craft room. Each crafter works on their own projects, but have expressed that they would be happy to teach anyone wanting to learn. They knit, crochet, needlepoint—the sky’s the limit! Check it out! You’ll meet some lovely folks!

Join the Northwest Needlers!

Southside Senior Center
100 Payton Ave
Saturday, April 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 if you attend a senior center or not.

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Contact
A Local Senior Site
or
Call
286-3679
Reservations due prior to May 5th!

Rent Reimbursement

Help with Rent Reimbursement will be at the following site in April.
Or you can call 515-286-2112, to set up an appointment,
at the River Place West Office, directly with Alison.

4/10 – East – 1231 E 26th Street
9:00 – 11:00 a.m.
No appointment necessary.

To be eligible for these programs in 2017, you must:
• Proof of household income/benefits. During 2016, must be less than $22,584.
• In 2016, be at least 65 years old OR at least 18 years old and have a disability.
• Proof of Social Security Income amount.
• Disability Income – provide proof.
Call 515-286-2112, for specifics on eligibility and what information you need to know and/or provide with you.

HEALTH SCREENINGS
Blood pressure, vision, dental, bone density, cholesterol, blood glucose, lab assessments, carotid screenings for the first 60 participants, blood chemistry for the first 20 fasting, massage, reflexology and more!

Senior Fest & Health Fair

Join adults 50 yrs and older from across Polk County
on
MAY 17th, 2017
9:00 a.m. – 1:30 p.m.
at the
Varied Industries Bldg
on the Iowa State
Fair Grounds

Lunch provided for those 60 yrs and older
11:30 a.m.
Reservations Required
by May 5th

Look for

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### OLD TV SHOWS – MEGA PUZZLE!

Tackle this trip down memory lane. Make sure to keep your wits about you.

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

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**ADDAMS FAMILY**

**DALLAS**

**HOWDY DOODY**

**NIGHT COURT**

**ALICE**

**DEAR JOHN**

**I LOVE LUCY**

**PERRY MASON**

**ANDY GRIFFITH**

**DOCTOR WHO**

**I SPY**

**QUINCY**

**BARNABY JONES**

**DRAGNET**

**KNIGHT RIDER**

**RHODA**

**BARNEY MILLER**

**DYNASTY**

**KNOTS LANDING**

**RIN TIN TIN**

**BATMAN**

**FALCON CREST**

**KOJAK**

**ROSEANNE**

**BENSON**

**FRASIER**

**LOU GRANT**

**SPIN CITY**

**BEVERLY HILLS BILLS**

**FULL HOUSE**

**MAGGYVER**

**TARZAN**

**BEWITCHED**

**GOMER PYLE**

**MAGNUM PI**

**TAXI**

**BONANZA**

**GOOD TIMES**

**MANNIX**

**THE NANNY**

**BRADY BUNCH**

**GREEN ACRES**

**MASH**

**THE WALTONS**

**CHEERS**

**GUNSMOKE**

**MATLOCK**

**TWIN PEAKS**

**CHIPS**

**HAPPY DAYS**

**MAVERICK**

**WEBSTER**

**CHINA BEACH**

**HART TO HART**

**MIAMI VICE**

**WINGS**

**COSBYS**

**HEE HAW**

**MISTER ED**

**XFILES**

**COACH**

**HAZEL**

**NEWHART**

**ZORRO**

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Mail to: River Place West - Senior Services of Polk County

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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.

- [ ] New Subscription
- [ ] Renewal Subscription

**Don’t miss a single issue!**

[Old TV Puzzle Solutions: Continued on page 10]
Legal Rights of Older Iowans

April 27, 2017

FREE Elder Law Seminar for Older Iowans and Their Caregivers over the Iowa Communications Network. The seminar starts promptly at 12:30 and ends at 4:00 p.m.

12:30 - 1:30 p.m. Protecting the Rights of Nursing Home Residents
Tanya Amos, Long-Term Care Ombudsman

1:40 - 2:40 p.m. Planning for the Worst to Protect Your Future
Andrew Cederahl, Attorney at Law, Iowa Legal Aid’s Elder Justice Fellow

2:45 - 3:45 p.m. Protecting Yourself from Consumer Scams & Deceptive Practices
Alberto Peralles, Consumer Protection Investigator, Iowa Attorney General’s Office

If you have questions or want details, call 515-282-8161 or email btharp@iowalaw.org.

Sponsored by Iowa Legal Aid’s Legal Hotline for Older Iowans. Funded in part with grants from the Prairie Meadows Racetrack and Casino, Equal Justice Works, and Iowa’s Lawyer Trust Account Commission. For details or a registration form, call 1-800-992-8161, or 282-8161 in Des Moines, or email btharp@iowalaw.org.

Life is like riding a bicycle. To keep your balance, you must keep moving.
— Albert Einstein

Social Security Q & A’s

Submitted by Derek Nichols
Social Security Assistant District Manager in Des Moines

Question: I’m trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security’s Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, you’ll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions. Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov

Question: Why doesn’t my estimate using the Retirement Estimator take into account my work as a teacher? I’ve worked for 20 years for the state and thought it would count.

Answer: If you work for a state or local government agency — including a school system, college, or university — your earnings may not be covered by Social Security. If you are covered only by your state or local pension plan and you don’t pay Social Security taxes, your earnings won’t be shown on your Social Security record. (Your record will show your Medicare wages if you pay into that program.) For information on how your pension from non-covered state or local employment may affect the amount of your Social Security benefit, you can visit www.socialsecurity.gov/retire2/wep-chart.htm

Question: My husband has been in poor health for some time, and doctors have recently diagnosed him with Amyotrophic Lateral Sclerosis (ALS) – commonly referred to as Lou Gehrig’s Disease. I’ve heard Social Security has a “fast track” for some people who are disabled. Can you tell me about it?

Answer: We have two processes to “fast track” applications for disability benefits. Our Compassionate Allowances initiative allows us to fast track certain cases of individuals with very severe disabilities. There are dozens of different types of disabilities that qualify for this expedited decision, including ALS, and that list continues to expand. Learn more about Compassionate Allowances and see the full list of conditions at www.socialsecurity.gov/compassionateallowances.

Another way we speed up decisions is with our Quick Disability Determinations initiative, which uses technology to identify applicants who have the most severe disabilities and allows us to expedite our decisions on those cases. Read more about Quick Disability Determinations at www.socialsecurity.gov/disabilityresearch/qdd.htm

Question: I need proof that I receive Medicare benefits. Where can I get a letter proving that?

Answer: If you need proof that you get Social Security benefits, Supplemental Security Income, or Medicare, get an instant benefit verification letter online by using your personal Social Security account. If you don’t receive benefits, your letter will serve as proof that you don’t receive benefits. If you recently applied for benefits, the letter will make that clear as well. The information on your benefit verification letter will include information that applies to your situation. You can set up your secure, personal my Social Security account at www.socialsecurity.gov/myaccount.

Mini Medical School

Tuesday, April 7th (7:00 - 9:00 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.

April 7 – Dr. James Mahoney
“Go with the Flow: Assessing circulation in your legs”

Register: www.dmu.edu/minimed
Cost: $5 covers the last session.

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

3200 Grand Avenue • Des Moines, IA 50312 • 515.271.1374
Submitted by Brianne Sanchez
Community Relations Manager
www.dmu.edu

Legal Rights of Older Iowans Seminar Registration Form

NEEDS DONE ASAP!!! To register for these free seminars – mail, fax or email this form to:
Legal Hotline for Older Iowans
Iowa Legal Aid
1115 9th Street, Suite 230
Des Moines, IA 50314
Fax 515-244-5525 or email btharp@iowalaw.org.

If you have any questions or want more details, call 1-800-992-8161 or 515-282-8161 (in Des Moines)

Name: ____________________________
Organization: ________________
Address: __________________________
City & Zip Code: __________________________
Phone: __________________________
Email Address: __________________________

☐ I am a person with disabilities and will need the following accommodations to take part: __________________________

I want to attend the April 27th Seminar, at the location in:

______________________________
VITA Information Free Tax Preparation

Do I Qualify?
You may qualify for VITA (Volunteer Income Tax Assistance) if you made $58,000 or less in 2016.

What To Bring
- Proof of identification
- Social Security cards for you, your spouse, and dependents and/or a Social Security number verification letter issued by the Social Security Administration
- Current year’s tax package if you received one
- Wage and earning statement(s): Form W-2, W-2G, 1099-R from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year’s federal and state returns
- Bank routing numbers and account numbers for direct deposit. Blank check or deposit slip required.
- Total paid for child care provider and the child care provider’s tax identifying number (the provider’s Social Security number or the provider’s business Employer Identification Number)
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

Where To Go?
2017 VITA Sites - Call 211 for up-to-date information.

![EARTH DAY Crossword Puzzle](image)

By Evelyn Johnson - www.qets.com

Earth Day Puzzle Solutions: Page 10
Answer: One of the first butterflies to emerge in the spring is the mourning cloak. It’s a dark colored wing that absorbs heat and when the air temperature may still be cool. Mourning cloaks overwinter as adults underneath the bark of trees or in tree holes making them one of the longest lived butterflies! When they emerge early in spring, they will feed on tree sap as it begins to flow. Mourning cloaks search for woodpecker holes or open wounds on a tree to access the tree sap. Their long proboscis like tongue allows them to reach into these areas easily. Mourning cloaks will mate soon after they emerge in spring.

As Tax Day Approaches, Get Your Benefit Statement Online

By Derek Nichols
Social Security Assistant District Manager in Des Moines

Social Security is with you through life’s journey, putting you in control of your finances and future. With this in mind, we have made getting a replacement Social Security Benefit Statement even easier. Now you can instantly print or save a replacement any time you want. That’s control! The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. An SSA-1042S is for a noncitizen who lives outside the United States and received or repaid Social Security benefits last year.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form with a my Social Security account at www.socialsecurity.gov/myaccount.

If you already have a my Social Security account, you can access your online account to view and print your SSA-1099 or SSA-1042S. If you don’t have a my Social Security account, creating a secure account is very easy to do and usually takes less than 15 minutes.

Keep in mind, your Social Security benefits may be taxable. Visit www.socialsecurity.gov/planners/taxes.html if you have other substantial income. Social Security puts you in control of your finances and future.

Editor’s Blurb

The Senior Bulletin is published monthly with the premise to entertain, inform, share information that pertains or may be of interest to older adults. We are not set up for or looking to advertise for agencies/businesses which are seeking to directly sell products or services 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.

Deadlines are 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 what specific deadline is for the month, please call 286-3679 to get in touch with the Editor, Daiynna Brown.
Franklin Avenue Library News
Submitted by Kevin C. Kretschmer, Adult Services Librarian
5000 Franklin Avenue • DSM, IA 50310 • Ph: 515-248-6271

Honeybee Basics
Saturday, April 1, 2:00 p.m.
Carly Kaye, the 2017 Iowa Honey Queen, will discuss all aspects of beekeeping, from creating a hive to harvesting honey. Carly started beekeeping two years ago through the Iowa Honey Producers’ Association’s Youth Scholarship Program and currently manages three hives of her own.

Franklin Afternoon Book Discussion
Monday, April 3, 1:00 p.m.
Join us for a discussion of Old Heart by Peter Ferry. Copies of the book are available at the Information Desk. All are welcome.

Iowa in The Great War: Observing the 100th Anniversary
Tuesday, April 4, 6:30 p.m.
Historian Jack Lufkin will talk about the Iowa presence in the First World War on the eve of the hundredth anniversary of the United States’ entry into that conflict. Lufkin, a former state historian, is now curator at the Fort Des Moines Museum.

Free Friday Flicks at Franklin
Friday, April 7, 1:30 p.m.
Helen Mirren stars as the owner of a Michelin-starred restaurant in a small French village that suddenly faces surprising competition from a restaurant operated by an immigrant Indian family. Om Puri also stars, as the patriarch of the Indian family, in this 2014 film by noted Swedish director Lasse Hallström.

Franklin Evening Book Discussion
Tuesday, April 11, 6:30 p.m.
Join us for a discussion of Ordinary Grace by William Kent Krueger. Copies of the book are available at the Information Desk. All are welcome.

Free Advice for Your Device
Tuesday, April 18, 12:30 p.m.
Get the lowdown on your library’s downloadable books. 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.

Friends of the Franklin Ave Library
Saturday, April 22, 18:00 a.m.
Come to the quarterly meeting of the Friends of the Franklin Ave Library. All are welcome to attend.

East Side Library News
Submitted by Carrie K. Anderson, Librarian
2559 Hubbell Avenue • DSM, IA 50317
Events are all FREE

East Side Knit-In
Date: Saturday, April 8th
Time: 1-3 p.m.
Description: Join us for an afternoon of fellowship and fun with other knitters. Bring your latest project! Refreshments provided.

Tai Chi for Arthritis and Falls Prevention
Date: Monday, April 10th
Time: 10:30-11:30 a.m.
Description: Join us at the East Side Library for a Tai Chi class with instructor Paul Black. This class will specialize in arthritis and falls prevention, and can be done standing or seated. The program is beginner friendly and requires no experience with Tai Chi.

AARP Fraud Watch Network
Date: Saturday, April 22nd
Time: 2:00 p.m.
Description: Every 2 seconds, someone’s identity is stolen. The AARP Fraud Watch Network helps protect you, your family and your neighbors. Scams seem to be everywhere these days. We’ll talk about the newest scams and how to spot them. Learn how to protect yourself and keep more of your hard earned money where it belongs, in your pocket.

Adult Coloring Party
Date: Monday, April 24th
Time: 10:30-11:30 a.m.
Description: Join us for some calming coloring time. Coloring sheets and pencils provided, but feel free to bring your own.

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

North Side Book Discussion
Date: Tuesday April 18, 2017
Time: 2:00 – 3:00 PM
Description: We will be discussing Boys in the Boat, by Daniel James Brown. Copies of the book may be picked up at the library.

Project 66: A Glimpse of Inspiration by Artist Dana K. Leahy
Saturday April 22, 2017
Time: 2:00 - 3:00 PM
Description: Mosaic art is Dana’s true artistic love. She also enjoys pastel drawing, oil and watercolor painting, woodworking, graphic design, writing, and music. Find out more about what inspires these artistic endeavors and how you can be inspired as well.

Saturday, April 22 | 2:00-3:00 PM
NORTH SIDE LIBRARY
3516 FIFTH AVENUE
Altoona News: Tin-Men Project
Submitted by Natalie Olson • Site Coordinator

Patricia Azzarelli, is our southern bell who joined our group after coming to Iowa from South Carolina. Patricia had previously made the Tin-Men project at the senior center, in South Carolina. When people at the site were wanting to make on, Patricia organized the project, materials and shared her knowledge with our group. The Tin-Man project took approximately three weeks and the group enjoyed making them very much. Thanks, Patricia!

AARP Driver Safety Course Offered Monthly
Submitted by Mary Kay Dial

AARP will hold a Safe Drive course on Tuesday, April 21, 2017. It will be held at the Urbandale Senior Center - located at 7205 Aurora. Class time is from 12:00 p.m. to 4:00 p.m.

The cost of the course is $15 for AARP members and $20 for Non-Members.

You may also go on line: www.aarp.org/drive.
To register call: 278-3907. We can’t wait to see you!

**APRIL PIE MENU**

<table>
<thead>
<tr>
<th>Date</th>
<th>Pie Type</th>
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<tbody>
<tr>
<td>APRIL 6</td>
<td>PECAN PIE (3)</td>
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<tr>
<td>APRIL 13</td>
<td>BOSTON CREAM PIE (2.5)</td>
</tr>
<tr>
<td>APRIL 20</td>
<td>LEMON MERINGUE PIE (3.5)</td>
</tr>
<tr>
<td>APRIL 27</td>
<td>BLUEBERRY PIE (3)</td>
</tr>
</tbody>
</table>

**Important Dates**

- National Humor Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Poetry Month
- National Pecan Month
- Records and Information Management Month
- Sexual Assault Awareness Month

Source: www.HolidayInsights.com
**The Senior Bulletin April 1 - 30, 2017 • Page 8**

**Free Community Dinner Meals Offered (No Age Requirement)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Menu Options</th>
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<tbody>
<tr>
<td>Norwoodville Community Center</td>
<td>Monday – Thursday: 2:30pm – 5:00pm (as long as food lasts)</td>
</tr>
<tr>
<td>Central Senior Center, 2008 Forest Ave.</td>
<td>Monday – Friday: 4:00pm – 5:00pm (as long as food lasts)</td>
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**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.**

**got milk?**

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

---

**New! Pig symbol = pork is in the menu that day**

**Salt Shaker = Higher Sodium Day**

**½ c dessert, 1 serving bread, fortified margarine, milk and coffee.**

**Serving size: 3 oz. meat/alternative, 2 ½ c servings of vegetables, ½ c fruit, are subject to change.**

**SENIOR SERVICES OF POLK COUNTY**

Questions? Call the site nearest you!

---

**March Menus:**

**Monday (M)**
- Cheeseburger Casserole (4)
- Broccoli
- Lettuce Salad
- French Dressing
- Cinnamon Apple sauce (3)
- Skim Milk (.75)

**Tuesday (T)**
- Pork Burger
- WW Bun (1.75)
- Mixed Veggies (1)
- Potato Salad (1)
- Mandarin Oranges (1)
- Skim Milk (.75)

**Wednesday (Th)**
- Chicken Ala King (1)
- Carrots (.5)
- Banana (2)
- WW Biscuit (1.5)
- Spice Bar (1)
- Skim Milk (.75)

**Thursday (F)**
- Flex Meal Option
- Brat w/ Sauerkraut
- WW Bun (1.75)
- Carrots (1)
- Banana (2)
- WW Dinner Roll (1)

**Friday (F)**
- Beef Meatball Sub
- WW Bun (1.75)
- Shredded Cheese
- Carrots (.5)
- Pears (1)
- Skim Milk (.75)

---

**April Menus:**

**Monday (M)**
- White Chicken Chili (1)
- Root Vegetable Blend (1.75)
- Corn Bread (1.5)
- Apple (1)
- Tapioca Pudding (1.5)
- Skim Milk (.75)

**Tuesday (T)**
- Beef Meatball Sub
- WW Bun (1.75)
- Shredded Cheese
- Carrots (.5)
- Pears (1)
- Skim Milk (.75)

**Wednesday (Th)**
- Chef Salad w/ Ranch Dressing
- Baby Potatoes (2)
- WW Dinner Roll (1)
- Skim Milk (.75)

**Thursday (F)**
- Flex Meal Option
- Liver and Onions
- Baby Potatoes (2)
- Salad w/ Ranch
- WW Bun (2)
- WW Dinner Roll (1)

**Friday (F)**
- BBQ Pork Riblet
- WW Bun (1.75)
- Party Potatoes (1)
- Brussels Sprouts
- Craisins (3)

---

**Mix and Match Menus:**

- Skim Milk (.75)
- Mandarin Oranges (1)
- Mixed Veggies (1)
- WW Bun (1.75)

**Monday (M)**
- Cheeseburger Casserole (4)
- Broccoli
- Lettuce Salad
- French Dressing
- Cinnamon Apple sauce (3)
- Skim Milk (.75)

**Tuesday (T)**
- Pork Burger
- WW Bun (1.75)
- Mixed Veggies (1)
- Potato Salad (1)
- Mandarin Oranges (1)
- Skim Milk (.75)

**Wednesday (Th)**
- Chicken Ala King (1)
- Carrots (.5)
- Banana (2)
- WW Biscuit (1.5)
- Spice Bar (1)
- Skim Milk (.75)

**Thursday (F)**
- Flex Meal Option
- Brat w/ Sauerkraut
- WW Bun (1.75)
- Carrots (1)
- Banana (2)
- WW Dinner Roll (1)

**Friday (F)**
- Beef Meatball Sub
- WW Bun (1.75)
- Shredded Cheese
- Carrots (.5)
- Pears (1)
- Skim Milk (.75)

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**Mix and Match Menus:**

- Skim Milk (.75)
- Mandarin Oranges (1)
- Mixed Veggies (1)
- WW Bun (1.75)

**Monday (M)**
- Cheeseburger Casserole (4)
- Broccoli
- Lettuce Salad
- French Dressing
- Cinnamon Apple sauce (3)
- Skim Milk (.75)

**Tuesday (T)**
- Pork Burger
- WW Bun (1.75)
- Mixed Veggies (1)
- Potato Salad (1)
- Mandarin Oranges (1)
- Skim Milk (.75)

**Wednesday (Th)**
- Chicken Ala King (1)
- Carrots (.5)
- Banana (2)
- WW Biscuit (1.5)
- Spice Bar (1)
- Skim Milk (.75)

**Thursday (F)**
- Flex Meal Option
- Brat w/ Sauerkraut
- WW Bun (1.75)
- Carrots (1)
- Banana (2)
- WW Dinner Roll (1)

**Friday (F)**
- Beef Meatball Sub
- WW Bun (1.75)
- Shredded Cheese
- Carrots (.5)
- Pears (1)
- Skim Milk (.75)
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 has 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 so.

Schedule of Activities

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Ballyhoo/Pontoon

Ankeny....Daily @ 9:00 a.m. - 1:30 p.m.
Johnston............Daily @ 9:00 a.m. - 1:30 p.m.
Central.............Daily @ 8:00 a.m. to 5:00 p.m.
Grimes..............Daily @ 9:00 a.m. - 3:00 p.m.
Northwestern........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.

Pancakes

Ankeny........Daily @ 9:00 a.m. - 1:30 p.m.
Central............Daily @ 8:00 a.m. to 5:00 p.m.
Grimes................Daily @ 9:00 - 3:00 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.

Crafts

Central................Mon., Fri. @ 12:30 p.m.
East........................Thursdays @ 9:00 a.m.
Pioneer Columbus............Thursdays @ 12:30 p.m.
South................Mon., Wednesdays @ 12:30 p.m.

Beach Club

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

Tennis

Johnston.........Mondays, Wednesdays, Fridays @ 10:00 a.m.

Pool Tournaments

$1.00 per person.

Tournaments start at 12:30 p.m. unless otherwise indicated.

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April Social Card/Domino Parties

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Polk Senior Services Administrative Staff
Program Administrator – Joyce Webb
Program Specialist/Editor – Dayna Brown
Program Specialist/PEER Advocate/SHIP – Alison Best
Administrative Office – 286-3679

North
Open 8:00 a.m. - 5:00 p.m.
2nd & Euclid - Park Fair Mall
Des Moines 50313
Phone: 266-1524
Site Supervisor: Diana Savage
Program Aide: Nicole Ledvina
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: 963-6527
Site Coordinator: Mauresa Schaefer
PT Site Coordinator: Mary Scaglione
Serving Time: 11:30 a.m.

Central
Open 8:00 a.m. - 5:00 p.m.
20105 5th St.
Des Moines 50315
Phone: 288-6508
Site Coordinator: Lisa McDonald
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: Kris Camus
Program Aide: Lisa McDonald
Serving Time: 11:30 a.m.

Norwoodville
Open 8:00 a.m. - 5:00 p.m.
3077 N. 46th Ave.
Des Moines 50317
Phone: 295-8798
Site Coordinator: Sondra Hische
Program Aide: Krystal Simonson
Serving Time: 11:30 a.m.

Pioneer Columbus
Open 9:30 a.m. to 1:30 p.m.
310 Van Dorn
Pella City 50216
Tues., Thurs. @ 984-6691
Site Coordinator: Scott Four Mile
Phone: 265-9977
Serving Time: 11:30 a.m.

Pioneer Columbus
Open 9:30 a.m. to 1:30 p.m.
108 Brown Street
Pioneer Columbus 50227
Phone: 986-4267
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 50315
Phone: 265-9977
Site Coordinator: Kathy Gates
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 Ver Schuer
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.
500 3rd St.
Des Moines 50315
Phone: 266-1524
Site Supervisor: Dawn Savage
Program Aide: Nicole Ledvina
Serving Time: 11:30 a.m.

Altoona
Open 9:30 a.m. to 1:30 p.m.
500 3rd St.
Altoona, 50009
Phone: 963-6527
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: 963-6527
Site Coordinator: Mauresa Schaefer
PT Site Coordinator: Mary Scaglione
Serving Time: 11:30 a.m.

Central
Open 8:00 a.m. - 5:00 p.m.
21005 E. 5th
Des Moines 50315
Phone: 266-5794
TTY @ DeafSeniors: 262-3420
Serving Time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only.
Open 8:00 a.m. - 5:00 p.m.
3077 N. 46th Ave.
Des Moines 50317
Phone: 266-5794
Serving Time: 11:30 a.m.

East
Open 8:00 a.m. - 5:00 p.m.
1231 E. 26th Street
Des Moines 50317
Phone: 266-5794
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
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 Ver Schuer
Serving Time: Noon

South
Open 8:00 a.m. - 5:00 p.m.
100 Paylan
Des Moines 50315
Phone: 287-0092
Serving Time: 11:30 a.m.

Westside
Open 8:00 a.m. - 5:00 p.m.
124 6th Street
West Des Moines 50265
Phone: 274-0737
Site Supervisor: Mary Clare Cox
Program Aide: Linda Mason
Serving Time: 11:30 a.m.

Monthly Social Card/Parties

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April 2017

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Cost $1.00 per person.

Times may 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.
April Blood Pressure Checks

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

• Anskay (provided by Nurse Volunteer)
• West
• Anksy (Health Talk only)
• North
• East
• MLK, Jr.
• Northwest
• Polk City
• Scott Four Mile
• West
• South
• Pioneer Columbus
• Central
• Altoona
• Norwalk/Calvary
• Russell
• North

Dates Subject to Change.

BEAT IDENTITY THEFT — DESTROY IT!!

The Iowa Senior Medicare Patrol and MDS are proud to sponsor the opportunity for YOU to shred all those old personal documents that you have.

What to shred:
Documents you don’t need to keep that contain personal information, such as your social security number, Medicare or insurance number, your bank numbers, birthdate, passwords, PINs and signature. Examples include:
• Cancelled Checks
• Medicare Statements
• Bank Statements
• Investment Records
• Pay Check Stubs
• Social Security letters
• Credit Card Statements

MDS will be on site to answer any shred-related questions you have.

For Information, call 515-633-9514

Polk County Senior Fest & Health Fair
Wednesday, May 17, 2017
9:00 a.m. – 1:30 p.m.
Iowa State Fairgrounds - Varied Industries Building

* Enter Gate 10, on E 38th. Turn right by Security office. Turn left to the South parking lot.
* Drop off at booth inside or at the mobile shredder truck outside.

This event is sponsored by:

OLD TV SHOWS – SOLUTION!

EARTH DAY

BEAT IDENTITY THEFT — DESTROY IT!!
Where can I sign-up for a Free Tai Chi for Arthritis And Fall Prevention

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 suggested IN-KIND 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 helps people with arthritis reduce pain and improve on many aspects of health.

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

Class held at Senior Care of Iowa Enrichment Center
100 Bluff Ave.
Park F Bett, Lower-Level Room 150
Des Moines, IA 50313

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**Exercise Classes Offered**

**ANKENY**
- **Wednesdays 10:45 - 11:15 A.M.**
- **CENTRAL**
  - **Arthritis Exercise**
  - **Fridays 10:00 a.m.**
  - Instructor - Sara Baratta
- **EAST**
  - **Active Adult Exercise**
  - **Mon., Wed. & Fri. - 12:30 p.m.**
  - Instructor - Kim Severson of Live 2 B Healthy
- **GRIMES**
  - **Chair Yoga**
  - **Tuesdays 10:15 a.m. - 11:00 a.m.**
  - Instructor - Kristin McCaughhey
- **JOHNSTON**
  - **Silver Sneakers**
  - **Wednesdays 10:00 a.m.**
  - Instructor - Dorothy McClellan
- **MLK**
  - **Arthritis Exercise**
  - **Mondays 10:30 - 11:00 a.m.**
  - Instructor - Sara Baratta
- **NORTH**
  - **Active Adult Exercise**
  - **MWF - Active Adult Fitness @ 8:15 a.m.**
  - Instructor - Kim Severson of Live 2 B Healthy
  - **Thursdays @ 9:00 a.m.**
  - Instructor - Nooreen Gosch
- **NORTHWEST**
  - **Active Adult Exercise**
  - **Mon. - Wed. & Fri. - 9:15 a.m.**
- **PIONEER COLUMBUS**
  - **Mon., Wed. & Fri. 10:30 a.m.**
  - Instructor - Gloria Annett
- **SOUTH**
  - **MWF - Active Adult Fitness @ 8:15 a.m.**
  - **Thursdays @ 9:00 a.m.**
  - **Instructor - Nooreen Gosch**
- **WESTSIDE**
  - **Active Adult Exercise**
  - **Wednesdays & Fridays - 12:15 - 1:15 P.M.**
  - **Chair Exercises**
  - **Mondays & Wednesdays 11:15 A.M.**
  - **Instructors: Maureen Severson, Richard Anderson and Fern Parker**
  - **Mediation Yoga**
  - **Tuesdays 12:30 p.m.**

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

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**Do you have questions about nutrition & healthy eating?**

Aging Resources of Central Iowa offers FREE NUTRITION COUNSELING from a licensed dietitian for individuals age 60+

Nutrition Counseling can be done over the phone or in person and can assist with variety of nutrition and health topics such as:

- Healthy Eating and Meal Planning
- Weight Management
- Food Allergies
- Digestive Concerns
- Nutritious Snacks & Meals on a Budget
- Nutrition for Chronic Health Conditions such as Diabetes, Cardiovascular Disease, and High Blood Pressure

Make an appointment today to meet with our registered dietitian to find out the best ways to improve your diet for maximum wellness!

For more information, please call (515) 633-9518

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**Iowa Senior Medicare Patrol (SMP)**
A Project of Aging Resources of Central Iowa
Submitted by Jane Moore
SMP Coordinator, ARCI

The Iowa SMP program is looking for volunteer presenters to help spread the SMP message regarding Medicare fraud, and how to be cautious, informed, and alert to the scams in our area.

**New Medicare Cards:**
As you may have heard, next year Medicare will begin the process of generating a random “Medicare Beneficiary Identifier” (MBI) which will replace our social security numbers on our Medicare cards. A new Medicare card will be sent to each of us. The purpose is to decrease our exposure to identity theft by removing the social security number.

The Centers for Medicare and Medicaid Services (CMS), the agency that oversees Medicare, has established a transition period during which the new Medicare MBI number will be accepted by providers, health plans and others. They expect the process to run from April 2018 through December 31, 2019. After the transition period is complete, only the new card with the MBI number will be used.

Beginning in April 2018, CMS will start mailing new Medicare cards with the new MBI. Because there are approximately 60 million Medicare beneficiaries, CMS will mail the cards over a period of time. Remember, you can still use your current Medicare card during the transition period until you receive your new Medicare card.

**Potential Fraud And Scams Related To The New Medicare Cards:**
As you may have heard, next year Medicare will begin the process of generating a random "Medicare Beneficiary Identifier" (MBI) which will replace our social security numbers on our Medicare cards. A new Medicare card will be sent to each of us. The purpose is to decrease our exposure to identity theft by removing the social security number.

**Potential Fraud And Scams Related To The New Medicare Cards:**
The Iowa SMP wants all Medicare beneficiaries to be aware of possible fraudulent scams and frauds that may come our way related to these new Medicare cards. Remember, CMS and Medicare will NEVER contact you by phone or email to ask for personal information relating to the issuance of the new Medicare card. Any such contact is a SCAM. Don’t fall for it!

There is no cost to you for the new Medicare cards. If someone asks you to pay to receive your new card, this is a SCAM! We expect scams related to this, so please spread the word to your friends and family.

The issuance of the new Medicare card is a significant change. If you have questions regarding this change call IA SMP at 1-800-423-2449.

Until next month… remember that a representative from the IRS, Social Security and/or Medicare will never call you or come to your door!

E-mail: jane.moore@agingresources.com  Tel: 515-633-9514 or 1-800-747-5352.
Norwoodville News
Submitted by Krystal Simonson • Program Aide
In early March, the Norwoodville group welcomed the East Senior Center participants who chose to come visit us while renovations and such were taking place at their own site. What happens when you mix one senior center with another for a three week period??? New friendships were made, new card games were learned and lots of fun and laughter commenced. The two centers got to enjoy St. Patrick’s Day festivities together. The room was full of green clad lads and lassies as we enjoyed our Potluck, Bingo with the winner of the Bingo Blackout receiving a surprise goodie bag (including party favors, bag of candy, Cheesecake from Cheesecake Factory and a $5.00 Gift Card).

The party goer’s also participated in a group Word Scramble. Nancy Kuenen, was the winner and got to pick out a prize. Thank you to the folks from East Senior Center for coming and hanging out with our Norwoodville group. You were a great group of people and we enjoyed the new faces and personalities that make each center so unique and wonderful to attend. Please come back and visit us any time, as you will be missed.

Johnston News
Submitted by Caroline Ver Schuer, Site Coordinator
On March 4th, Johnston Senior Center celebrated St. Patrick’s Day a little early. The opportunity to schedule a very special and talented Irish Comedian & Musical Entertainer, named Stuart Walker, with the Stu Ryan O’Brien Band arose. They had many reasons for celebrations this day as two of their participant’s Matt & Josie Rita were celebrating 70 years of marriage and got to do so amongst some family and friends. Their daughter and son-in-law surprised the couple with a beautiful cake. The couple enjoyed a special serenade by Stuart Walker, guitar and Cheryl Cibula, accordion, during the St. Patrick’s Day festivities. Congratulations! Matt and Josie’s 70th Anniversary was on March 5. Here’s to many more.

To book the Stu Ryan O’Brien Band to come play at your center or event. Contact Stuart at 515-777-9783.

Matt & Josie with daughter and son-in-law, Suzanne & Richard Flanagan