



The Senior Bulletin

Senior Services of Polk County
River Place West—2309 Euclid Ave.
Des Moines, Iowa 50310

APRIL

2024



UPCOMING EVENTS

Come join Polk County Senior Services for a fun day of free fishing on Free Fishing Weekend in the state of Iowa. Fishing will start at 9a.m. on Friday, June 7th, and will end sometime around noon.



There will be prizes for the biggest fish, smallest fish, and the most fish caught. If you have your own pole, you are asked to bring your own. There will be a limited number of poles available, provided by Polk County Conservation. Bait will be provided. This event will take place at Easter Lake, located at 2830 Easter Lake Drive, Des Moines 50320.

Sack lunches will be provided as a meal that day. If you want to sign up for lunch, you need to let your site staff know where you normally attend. If you do not normally attend a site, reach out to Matt at the Central Senior Center (515-286-3677).

RSVP by Noon on Friday, May 24th.

Important Dates and INFORMATION

- 4/1 - April Fool's Day
- 4/15 - Tax Deadline Day
- 4/22 - Passover Begins
- 4/22 - Earth Day
- 4/24 - Administrative Professional's Day
- 4/26 - Arbor Day



Polk County Senior Fest Almost HERE!!

Mark Your Calendars!

Don't miss this popular event with Older Adults in mind! Sponsored by Polk County Board of Supervisors.

Wednesday, May 15, 2024

Come enjoy a fun, informative, interactive day with vendors, games, lunch, entertainment and more.

Varied Industries Building at the Iowa State Fairgrounds 9 a.m. to 2 p.m.



Call site nearest you for sign up info. and deadline.

- Global Astronomy Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Card and Letter Writing Month
- National Frog Month
- National Humor Month
- National Kite Month
- National Pecan Month
- National Poetry Month
- Stress Awareness Month
- Sexual Assault Awareness Month





Community, Family & Youth Services

Polk County River Place - 2309 Euclid Avenue - Des Moines – Iowa - 50310

Eric Kool, Director
Joy Ihle, Deputy Director



To: Congregate Meal Participants
From: Eric Kool, Director
Re: Congregate Meals

Letter from the Director

March 12, 2024

In September and October of 2023, I was able to visit each of the Polk County senior meal sites and meet with many of you about your experiences with mid-day meals. We had changed providers in July of 2023 and I was hearing some mixed reviews those first few months. The Wesley Life Meals on Wheels director also made rounds to each of the sites, after which she and I compared notes.

During these visits we heard a lot of feedback about individual preferences. However, we also heard consistent feedback regarding quality. A summary of those visits and the feedback we received can be found in the November 2023 newsletter.

Since the time of those visits, I am happy to confirm that several changes have been implemented, including:

- November 2023** Whipped sweet potatoes removed from the menu (sweet potato pieces remain)
- December 2023** Liver and Onions added to the menu
- December 2023** Fruit pies added to the rotation (only cream pies had been served previously)
- January 2024** Butter replaces margarine
- January 2024** Vegetables – trial of new preparation techniques – substantial improvement
- February 2024** Locally grown salad – fresh from the Meals on Wheels’ own hydroponic garden
- February 2024** Fruit quality – changes in packaging to maximize freshness, with less bruising

One particular change I want to highlight is with butter. The fact that margarine had been served instead of butter is because of my own oversight; I had not specifically required butter in our contract. Nevertheless, starting in January 2024 Wesley Life Meals on Wheels made that change at your request. While we can’t accommodate every request such as this, we knew that was a big one.

Wesley Life Meals on Wheels has also added a number of new menu items that have received positive reviews, their menus have generally been clear and predictable and the kitchen has been experimenting with new preparation techniques to address concerns about over and under cooked items.

Wesley Life Meals on Wheels deserves significant credit for these changes. This has been a new model of service for them and they have really grown into it. That’s not to say everyone will always like every menu item, that dietary preferences can be accommodated or that there won’t ever be quality issues but almost all the feedback I have received in the last few months is that the meals have been significantly better.

Going forward, we will continue to fine tune and adjust menus based on preferences as presented through the nutrition committee, so please keep giving them feedback. Please also give those folks a warm thank you for the difficult work of balancing many individuals, and sometimes opposite, preferences.

We will also continue trying to break the code with preparation of rice and pasta because those items have been difficult to get “just right” within the reality of required time frames for preparation and delivery, then sitting in steam-trays at the sites prior to serving.

Eric N. Kool, Director





Old Time Radio Shows



	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
1	N	L	A	L	L	S	M	F	E	D	O	U	R	M	I	S	S	B	R	O	O	K	S	X	J	T	T	F
2	T	N	I	A	S	E	H	T	I	D	E	A	T	H	V	A	L	L	E	Y	D	A	Y	S	X	P	Q	T
3	H	A	Y	U	H	M	X	S	S	B	O	X	C	A	L	L	I	N	G	A	L	L	C	A	R	S	H	Q
4	E	C	F	R	S	R	V	E	V	O	B	W	T	E	I	R	R	A	H	D	N	A	E	I	Z	Z	O	I
5	S	R	L	E	K	E	R	V	Y	E	A	E	P	S	M	N	L	E	Y	S	R	Z	S	T	M	D	T	I
6	H	E	A	L	J	D	O	E	Y	O	S	D	R	N	E	I	N	D	N	W	A	E	T	B	V	S	V	C
7	A	L	S	A	K	R	N	E	X	E	E	U	E	M	G	R	N	E	T	B	M	M	T	U	P	E	N	Z
8	D	T	H	N	G	I	A	L	U	N	R	L	O	H	C	A	A	B	R	L	A	S	S	A	L	O	R	G
9	O	S	G	D	B	D	M	S	V	U	V	F	T	H	D	G	U	D	O	S	E	D	Y	P	D	F	F	Z
10	W	I	O	H	E	E	R	R	C	J	S	S	D	N	Y	L	E	H	L	B	A	S	N	C	A	Z	P	I
11	R	H	R	A	L	R	E	E	G	L	O	I	A	O	C	A	K	E	S	I	T	N	R	A	Y	D	L	F
12	I	W	D	R	L	Z	P	D	M	U	O	S	H	T	G	C	L	W	A	O	K	E	C	R	M	Y	E	E
13	C	E	O	D	T	D	U	L	T	Y	O	A	S	T	O	R	O	P	B	N	T	R	O	T	L	U	J	F
14	H	H	N	Y	E	R	S	I	H	M	F	A	K	L	P	N	U	E	Y	A	D	T	O	I	U	O	L	I
15	A	T	M	S	L	A	X	G	A	R	F	A	R	A	K	O	I	H	E	T	C	M	M	T	H	M	B	L
16	R	A	M	U	E	G	J	T	C	K	T	E	V	R	N	N	T	H	T	I	I	A	O	N	C	G	D	R
17	D	M	G	S	P	N	T	A	A	L	H	E	E	O	N	D	T	U	V	R	F	C	N	L	E	O	S	U
18	D	E	U	P	H	E	G	E	C	S	G	H	X	O	R	E	D	O	O	H	A	Y	O	N	L	R	D	O
19	I	R	N	E	O	T	R	R	T	K	T	R	C	A	E	I	T	A	C	Y	D	E	E	I	E	Y	R	Y
20	A	I	S	N	N	B	N	G	J	A	B	E	E	N	C	S	T	I	G	O	N	A	M	G	D	J	M	T
21	M	C	M	S	E	Q	A	E	F	Y	N	E	I	E	G	O	R	E	L	G	U	A	O	V	A	A	R	E
22	O	A	O	E	H	L	V	H	Z	T	U	T	N	N	N	D	T	L	H	T	E	R	C	C	N	Y	R	B
23	N	N	K	J	O	H	R	T	B	Y	A	I	I	N	L	H	A	H	R	U	Y	R	K	F	A	W	M	U
24	D	T	E	L	U	V	P	X	Q	M	M	W	Y	A	Y	R	O	Y	E	O	S	P	T	P	M	R	V	O
25	K	R	Q	P	R	T	H	E	L	O	N	E	R	A	N	G	E	R	R	A	A	B	I	Z	T	H	E	Y
26	Y	A	B	B	O	T	T	A	N	D	C	O	S	T	E	L	L	O	N	A	T	B	A	U	A	N	O	N
27	Q	I	Z	Y	D	I	S	S	A	C	G	N	O	L	A	P	O	H	R	E	N	E	M	N	B	K	G	J
28	K	L	S	R	E	T	R	A	U	Q	D	A	E	H	E	C	I	L	O	P	T	A	R	I	D	F	C	H

ABBOTT AND COSTELLO

- ALDRICH FAMILY
- AMERICAN TRAIL
- AMOS AND ANDY
- ARTHUR GODFREY
- BATMAN
- BELL TELEPHONE HOUR
- BREAKFAST CLUB
- CALLING ALL CARS
- CAN YOU TOP THIS
- CLOAK AND DAGGER
- DEATH VALLEY DAYS
- DOCTOR KILDARE
- DRAGNET
- FATHER KNOWS BEST
- FIBBER MCGEE AND MOLLY
- FLASH GORDON

GENE AUTRY

- GREEN HORNET
- GUNSMOKE
- HOPALONG CASSIDY
- INNER SANCTUM
- ITS PAYS TO BE INNOCENT
- JACK BENNY
- JACK PAAR
- JOHNNY DOLLAR
- LAUREL AND HARDY
- LIGHTS OUT
- LUM AND ABNER
- MATINEE THEATER
- MY FAVORITE HUSBAND
- OUR MISS BROOKS
- OZZIE AND HARRIET
- POLICE HEADQUARTERS

RADIO CITY PLAYHOUSE

- RED RIDER
- RICHARD DIAMOND
- ROY ROGERS
- SAM SPADE
- SHERLOCK HOLMES
- SUPERMAN
- SUSPENSE
- TEXACO THEATER
- THE GREAT GILDERSLEEVE
- THE LONE RANGER
- THE SAINT
- THE SHADOW
- THE WHISTLER
- WINGS TO VICTORY
- YOU BET YOUR LIFE

Answers Found on Page 17

Polk City Community Library

1500 W. Broadway 515-984-6119

Register online

@ www.polkcitylibrary.org

*Visit our website and Facebook page for the Zoom links. Call for details. Submitted by Jamie Noack, Director

Chair Yoga - Mondays @ 9:00 a.m.

This chair yoga practice will include breathwork, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair and a small hand towel or kitchen dish towel. Join the zoom meeting on our website at polkcitylibrary.org.

Geri-Fit® Strength Training Workouts Tuesdays 9:00 a.m.

Strength Training workouts that work for all ages and fitness levels. **The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout.** Ages 50 and over. Stretch bands and a zoom link are available upon request.



Adult Crafternoon: Acrylic Painting

Tuesday, April 2nd, 2:00 p.m.

Join us for a fun afternoon of crafting. We will be making flower bouquets with buttons, floral wire, and salt shakers. All supplies will be provided. 17 and over, registration required.

Adult Evening DIY: Wire Tree Suncatchers

Thursday, April 20th 6:00 p.m.

Come create a decorative suncatcher to sparkle in your window, with just wire, beads, and an embroidery hoop. *17 and over, reservation required.

Plant Swap

Thursday, April 25th 5 - 7:00 p.m.

Stop by the library to trade plants, seeds, and tips with other enthusiastic gardeners! Registration is requested, but not required.

***FREE Wi-Fi at the library! *Download an audio or e-book at: bridges.lib.overdrive.com**



April Blood Pressure Checks



Services provided by EveryStep Community Health Team Nurses

**** (check specific center for time of clinic)**

- 2nd West
- 3rd Ankeny
- 3rd North
- 8th East
- 9th Grimes
- 10th Northwest
- 12th Scott Four Mile
- 15th West
- 17th Pioneer Columbus
- 19th Altoona
- 23rd South
- 24th Norwoodville
- 25th Runnells
- 26th North



Dates Subject to Change.

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Senior Bulletin Subscription

2309 Euclid Avenue Des Moines, Iowa 50310





Norwoodville Community Center

Biscuit n' Gravy Breakfast Fundraiser

3077 NE 46th AVE (Broadway) 266-5794

May 8th from 7 to 10 a.m.

All-U-Can-Eat for \$5.

including Coffee, Orange Juice, Water & Tea

Soo...YUMMY! Don't Miss Out!!



**Meet
for
Breakfast**



A P R I L Lunch-n-Learn

Healthy Moving Tips & Tricks

Submitted by Kimberly Cisna, President Seniors on the Move

Tuesday, April 16th

11:30 to 1:00 p.m.

Easter Seals of Iowa

401 NE 66th Ave.,

Des Moines, IA 50313

Non-Member—\$20.00

<https://seniorsonthemove-ia.com/event-5404051>

Feature Presentation sponsored by:



<https://seniorsonthemove-ia.com/event-5643301>

NORTHSIDE SENIOR CENTER PRESENTS



EVERY OTHER TUESDAY @ 12:00

NORTHSIDE COMMUNITY CENTER

3010 6TH AVE | DES MOINES IA 50313

CALL 515-288-1524 WITH QUESTIONS



JAM SESSION

**EVERY FRIDAY
@ NOON**

NORTHSIDE SENIOR CENTER
3010 6TH AVE, DES MOINES

**Do you play an instrument?
Do you love music and singing?**

Join us for a musical jam session featuring a variety of music styles. Anyone 60 years and up is welcome! Bring your instrument and/or voice and join in!

A piano is also available on site.

Questions? Call 515-288-1524

BILLIARDS LESSONS

for Beginner to Intermediate

Wednesdays at 1:00



Learn the fundamentals of aiming & shooting, the types of shots and the strategies to help you win the game.

Women welcome!!

515-288-1524

**Northside Community Center
3010 6th Ave, Des Moines**

BLT Chicken Salad

Source: <https://www.erinliveswhole.com>

Enjoy the best of two delicious dishes with this BLT chicken salad. The bacon, lettuce and tomato combined with the classic chicken salad ingredients creates a crunchy, juicy, mouth watering recipe. Perfect for enjoying with crackers or chips, on bread or a wrap or even in a salad!

Prep: 30 min. Cook: 30 min. Total: 1 hour Yield : 24 — 1/2 cup servings.

Ingredients

- 6 small cooked chicken breasts (or 4 large)
- 2 cup finely chopped lettuce
- 2 cup diced celery
- 2 cup sliced grape tomatoes
- 1 cup red onion, diced
- 24 slices cooked bacon, chopped small
- 2 cup plain Greek yogurt
- 1/2 cup mayonnaise
- 2 tbsp Dijon Mustard
- 2 tsp salt
- 1 tsp pepper
- 1 tsp onion powder
- 1 tsp garlic powder



Instructions

To finely shred chicken, add to food processor/blender and pulse for 10 seconds. Alternatively shred by hand.

1. Add shredded chicken to a large bowl, and then add lettuce, celery, tomatoes, red onion and bacon.
2. In a separate bowl, whisk together yogurt, mayo, Dijon mustard, salt, pepper, onion powder, and garlic powder.
3. Pour dressing over chicken and mix until well combined. Serve on bread, with chips, in a wrap, or on a salad!

Tools Needed

To make this recipe, you will need a handful of kitchen tools. Before you begin, grab the following:

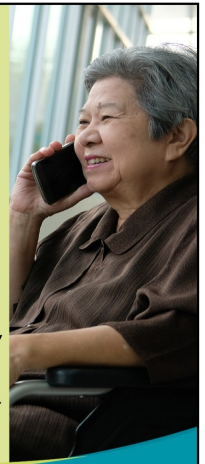
- Cutting board
- Chopping knife
- Food processor
- Large mixing bowl
- Stirring utensil
- Medium mixing bowl
- Whisk



Earn extra income while providing support to seniors.

Be a Senior Companion!

Senior Companions are people age 55+ who provide friendship and assistance to older adults to help them maintain their independence. You can earn **\$400+** per month without decreasing your housing, medical, food, disability or other assistance you may receive. You'll make new friends and help improve the quality of life for older adults in your community.



Senior Companions Provide:

- Friendship and social support
- Respite for caregivers
- Support with daily activities*
- Transportation for shopping, appointments and more

*Senior Companions do not provide physical assistance with lifting clients, ambulating, toileting, dressing, cooking or cleaning.



We also offer no-contact ways you can support seniors, including phone calls, pen pal services and delivery of meals, groceries and other items.

Benefits

You can be a Senior Companion if you:

- Have the ability to transport others
- Are at least 55 and live on a limited income.
- Live in Lucas, Marion, Polk, Pottawattamie or Warren County.

- Pay that is tax-free
- Pay that does not decrease any assistance you may receive including disability, food, housing and more
- Paid time off & holiday pay
- Meal & mileage reimbursement
- Flexibility & independence
- Create new social networks/ make new friends

Learn more! Contact us at **(515) 558-9957** or SeniorComp@everystep.org



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care & support services

00089 12/21

everystep.org

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5835 Grand Ave, Ste 106, Des Moines, IA 50312

Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

HOW TO SPOT AN IMPOSTER SOCIAL MEDIA ACCOUNT

Want to learn how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts

Fraudsters create imposter social media pages and accounts using Social Security-related images and vocabulary, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information

We will **never** ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.



How to spot a fake social media account

Identifying an imposter account may seem difficult at first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security's official page.
- Improper punctuation.
- Links to pages not on SSA.gov.
- Advertisements for forms or other Social Security documents for a price.
- Incorrect social media handles. To view the list of our official social media channels, we encourage you to visit www.ssa.gov/socialmedia.

Please report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You can find more information about scams on our Protect Yourself from Scams webpage at www.ssa.gov/scam.

Please share this information with your friends, family, and colleagues to help spread awareness about imposter social media accounts.



50's History Questions

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?

50's Music Questions

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a country music chart hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day?* in 1957?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?
10. B.J. Thomas sang *I Can't Help It If I'm Still In Love With You* in 1967. Who first recorded it in 1951?

Answers Found on Page 14



Looking for Affordable Housing???

Look no further than AHEPA Senior Living!

Call or stop by for an application or to learn more about site's amenities!

Eligibility:

- Residency is based on acceptance of a submitted application.
- 62 and older for any type of unit.
- For two people, one Head of Household must meet the minimum age requirement of 62.
- Capable of fulfilling the lease by yourself or with the services you provide.
- At or below income levels established by HUD or the Low-Income Housing Tax Credit E (LIHTC)

AHEPA 192-I Apartments
 6190 NW 59th CT
 Johnston, IA 50131
 515-276-6766

AHEPA 192-II Apartments
 202 SE 30th St
 Ankeny, IA 50021
 Phone: 515-964-0164

Penelope 38 Apartments
 717 NE 5th ST
 Ankeny, IA 50021
 515-965-5987

AHEPA 192-III Apartments
 112 SE 30th St
 Ankeny, IA 50021
 515-963-9519

April is Stress Awareness Month

Stress Management

Effective Way

VS

Ineffective Way



Keep busy



Sleep too much



Healthy lifestyle



Being lazy all day



Physical Activity - Live 2 B Healthy Class!



Increasing screen time



Eating balanced meals



Eating foods low in nutrition



Preventing Medicare Fraud

1-800-351-4664



PREVENT, DETECT, REPORT

Upcoming Library Events/ Adult Programs/ Classes at Des Moines Area Library Branches

For more programming info 515-283-4152 or visit www.dmpl.org



Check out our **Library for You** page at dmpl.org/library-you which highlights services and programs for older adults!

A list of upcoming programs and events can be found on this page, as well as new books and other information .

Central Library Adult Programs

1000 Grand Avenue

Pride & Prejudice Escape Room: The Flight of Lydia Bennet

Thursday, April 11th,

Session 1: 5:15-6:00 p.m.; Session 2: 6:30-7:15 p.m.

Calling all Janeites and escape room enthusiasts alike! Dressing for the occasion is encouraged.

Registration is required.

Books That Will Change Your Life: A Nonfiction Book Club

Wednesday, April 17, 6:00 p.m.

This month we will be reading *An Immense World: How Animal Senses Reveal the Hidden Realms Around Us* by Pulitzer Prize-winning science journalist Ed Yong. Registration is recommended..

East Side Library Adult Programs

2559 Hubbell Avenue



Mushroom Foraging

Monday, April 15, 6:30 p.m.

Join ISU Polk County Extension Natural Resources Program Coordinator, Gina Buelow, for a fun-filled program about mushroom foraging. Learn about what fungi are and how to identify mushrooms safely.

Paper Quilling

Monday, April 22, 6:00 p.m.

Whether you're a seasoned crafter or a beginner, this program is perfect for anyone interested in exploring the art of quilling. Discover the beauty of quilling and create unique, intricate artwork.

Franklin Avenue Library Adult Programs

5000 Franklin Ave.

Community Crafting – Mandalas with Paul Witmer

Saturday, April 13, 2:00 p.m.

Join Paul Witmer as he teaches how to create a mandala. You do not have to have "artistic" ability to enjoy this program. Supplies will be provided, but you can bring your own drawing/writing instruments.

What Can AI Do for History and Education?

Thursday, April 18, 6:30 p.m.

Explore the intersection of AI, education, and history. Discover how AI-animated portraits of historical figures leverage cutting-edge technology to create immersive educational experiences and decorate our memorials. Henry Winber, of Fine Spirits, will lead this hour of insights into the future of storytelling!

Seed Swap and Spring Gardening Workshop

Saturday, April 27, 12:30 p.m.—4 :00 p.m.

Des Moines Parks and Recreation's Holly Hallman is passionate about plants and organic farming. She aims to inspire others to appreciate the magic of gardening through these fun and educational events.

North Side Adult Programs

3516 Fifth Avenue

Crochet 101: Make a Circle Coaster

Saturday, April 13 and Saturday, April 27, 10:30 a.m.-12:00 p.m.

Learn the basics of crochet by making a flat circle that you can use as a coaster. Each participant will receive yarn and a crochet hook to take with them. Registration is required.

Memory Café

Friday, April 26, 2:00 p.m.-4:00 p.m.

Memory Cafés are a social gathering for people living with dementia and their care partners. We'll begin with relaxed socializing, move on to a planned activity revolving around a specific theme, and end with more social time. Registration is not required but care partners must be in attendance.

South Side Adult Programs

1111 Porter Avenue

Healthy Living for Your Brain and Body: Tips from the Latest Research

Tuesday, April 9, 2:00 p.m.

Learn about research in the areas of diet and nutrition, exercise, social engagement, and cognitive activity, while using hands-on tools to help incorporate these tips into a plan for healthy aging.



Seed and Plant Exchange

Saturday, April 20, 2:00 p.m.

Bring your extra seeds or plants to the South Side Library for a free Seed and Plant Exchange with other gardening enthusiasts.

South Side Evening Book Discussion: *Crying in H Mart*

Thursday, April 25, 6:30 p.m.

Join us for South Side's Evening Book Discussion! We will discuss *Crying in H Mart* by Michelle Zauner.



M	T	W	Th	F	Flex
1 Cranberry Chicken Thigh Oven Roasted Potatoes Capri Vegetable Blend Wheat Bread Graham Crackers Milk	2 Pizza Bake Green Peas Tossed Salad Salad Dressing Garlic Breadstick Pineapple Tidbits Milk	3 BBQ Pork Rib Patty Whole Red Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit Milk 	4 Turkey Ham Potato Casserole Corn w/Onions & Peppers Brussels Sprouts Wheat Roll Milk Apple	5 Hot Dog Baked Pinto Beans Coleslaw Hot Dog Bun  Carnival Cookie  Chocolate Milk 	5 Egg Salad Lettuce & Tomato Carrot Raisin Salad Multi-Grain Bread Fresh Fruit Fudge Round Cookie Chocolate Milk
8 Baked Chicken w/Dill Sauce Whole Kernel Corn Tossed Salad Salad Dressing Whole Wheat Bread Fresh Fruit Milk	9 Sausage w/Onions & Peppers Tiny Whole Potatoes Green Peas Whole Wheat Bread Fresh Fruit Milk 	10 BBQ Chicken Thigh Oven Roasted Potatoes Seasoned Green Beans Multi-Grain Bread Cinnamon Cake Milk	11 Turkey w/ Poultry Gravy Mashed Potatoes Three Bean Salad Raisins Milk Banana Cream	12 Liver & Onions Rice Broccoli Cornbread Fresh Fruit Chocolate Milk	12 Chef Salad Croutons Ranch Salad Dressing Pasta Salad Fresh Fruit Brownie Chocolate Milk 
15 Almond Dijon Chicken Mashed Potatoes Green Peas Wheat Bread Fruited Gelatin Milk 	16 Beef Taco Lettuce & Tomato Shredded Cheese Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fig Bar Milk	17 Baked Chicken Breast w/Poultry Gravy Mashed Potatoes Glazed Carrots Multi Grain Bread Strawberry Applesauce Milk Birthday Cake	18 Beef Meatloaf w/ Tomato Gravy Baked Pinto Beans Baby Red Potatoes Dinner Roll Milk Cherry	19 Sausage Patty (2) Hashbrown Casserole Cinnamon Roll Fresh Fruit Chocolate Milk 	19 Honey Mustard Chicken Salad Corn Salad Wheat Bread Fresh Fruit Rice Krispie Treat Chocolate Milk
22 BBQ Meatballs Whole Red Potatoes Green Beans Hot Dog Bun Fresh Fruit Milk 	23 Goulash Glazed Carrots Green Peas Garlic Breadstick Oatmeal Raisin Cookie Milk	24 Apple Glazed Pork Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk 	25 Hamburger Patty Lettuce, Tomato & Onion Italian Roasted Potatoes Baked Beans Wheat Hamburger Bun Milk Lemon Meringue	26 Fish Sandwich Macaroni & Cheese Green Beans Wheat Hamburger Bun Brownie Chocolate Milk	26 Chicken Caesar Salad Caesar Dressing Croutons Fresh Fruit Oatmeal Creme Pie Chocolate Milk
29 Salisbury Beef w/ Brown Gravy O'Brien Hashbrowns Glazed Carrots Whole Wheat Bread Fig Bar Milk	30 Honey Mustard Chicken White Rice Herbed Green Peas Wheat Roll Raspberry Cheesecake Pudding Milk				

A P R I L 2024 SENIOR SERVICES OF POLK COUNTY

Menus, with exception of the optional Friday Flex menu, have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs).

MENUS ARE SUBJECT TO CHANGE. Revised menus can be found on FB Page or website



= meal contains pork



= meal contains 700 mg or more of sodium

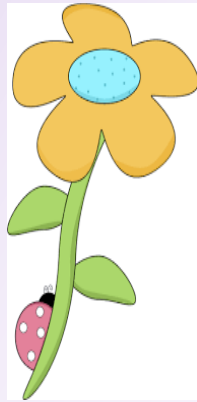
Senior Nutrition Program for those Age 60 and Older

POLK COUNTY SENIOR SERVICES ADMINISTRATIVE OFFICE STAFF

Program Administrator —
Joyce Webb
Program Manager — Sam McCrorey
Program Specialist —
**PEER Advocates/SHIP Coordinator
& Senior Bulletin Editor —**
Daiynna Brown

Administrative Office - 286-3679

**Front Desk
Office Specialists —**
Parker Waddell &
Jennifer Summers



Call front desk for any
information regarding
Senior Centers, including
location and phone
numbers or go to:

[https://
www.polkcountyia.gov/community-family-
youth-services/senior-services/about-us/](https://www.polkcountyia.gov/community-family-youth-services/senior-services/about-us/)



Serving Times for Lunch at Senior Centers

Altoona	11 to Noon
Ankeny	11 to 12:15 p.m.
Central	11 to Noon
East	11:30 to 12:30 p.m.
Grimes	11 to 12:30 p.m.
Johnston	Noon to 12:30 p.m.
MLK, Jr.	11:30 to 12:30 p.m.
North	11 to Noon
NW	11 to 12:30 p.m.
Norwoodville	11:30 to 12:30
Pioneer Columbus	11 to Noon
Runnells	11:30 to 12:15 p.m.
Scott Four Mile	11 to 12:30 p.m.
South	11 to Noon
West	11 to Noon



Visit website for locations or
call for information.

515.277.6969

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

Free Community Afternoon Meals Offered

(No Age or Income Requirement)

LOCATIONS

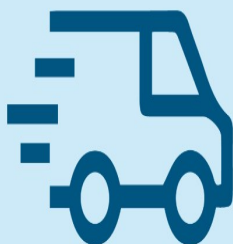
- Central - 2008 Forest Ave
- Norwoodville - 3077 NE 46th Ave
- South - 100 Payton Ave.
- West - 134 6th St (Valley Junction)

**** No Reservations Needed.**

One Time Intake Form Required

**M – W – F / Pick Up Only - No Dine In
To-Go Containers are provided.
Approx. serving starts @ 4:00 to 4:30 p.m.
*Times subject to change. *Call site to verify.**

**First Come – First Served.
Limited Quantities**



Food Pantry Delivery Service

Call 1-833-362-7220

Monday-Friday, 9am-12pm

to place an order for the next day



4944 Franklin Ave., Ste. N. Des Moines, IA 50310
 (515) 727-4738 info@tppm.org
 Open Saturdays 9 a.m. – 2 p.m.
<https://www.thepetprojectmidwest.org>



The Pet Project

The Pet Project is an all-volunteer-run, non-profit organization dedicated to keeping pets with the people who love them through proactive programming. We provide pet food and supplies to Des Moines area residents who are struggling to meet the needs of their pets. We also support a state-wide network helping reunite lost and found pets in Iowa.



Pet Pantry

The Pet Pantry provides five consecutive months of pet food and supplies to patrons who may be experiencing financial hardships.



AniMeals

AniMeals, a sister program to Wesley Life's Meals on Wheels, provides one week of pet food for a Meals on Wheels participant.



Paws for Life

Paws for Life provides food and supplies for the life of the pet for individuals who have already completed the Pet Pantry program and are still in need of support.



Iowa Pet Alert

Iowa Pet Alert is a state-wide, free program of The Pet Project, using the power of social media to reunite lost and found pets with their humans. Pets are not housed at The Pet Project.

Ways to Help More Pets

Volunteering, hosting a pet food drive, or donating to The Pet Project is a great way to make a positive impact in the lives of pets and their owners. By getting involved with TPP, you can help provide food and supplies to families in need and ensure that pets are able to stay with their loving owners.

Whether you're an animal lover or simply looking for a way to give back to your community, TPP offers a variety of opportunities to get involved and make a difference.

Volunteer

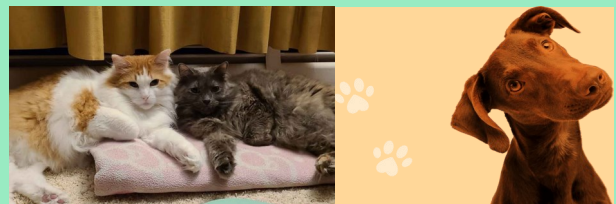
We are 100% volunteer-managed and -operated so we are always in need of people willing to lend a hand. Please consider sharing your knowledge, skills, talents, interests, and time with us! Together we can help keep Iowa pets with the families who love them, and out of shelters.

Host a Pet Food Drive

Want to host a Pet Food Drive at your office, place of business or upcoming event? Below are all the resources you need to get started!

Accepted Items:

- Adult dry dog and cat food (new or opened)
- Adult wet dog and cat food
- Cat and dog treats



Donate - Compassion is how The Pet Project Exists.

"My dog is part of my family and I'd do anything for him. The Pet Project helps others keep their pets with their families: a critical, invaluable, resource." – Jamie Angove, The Pet Project Supporter

Your action today will help fund programs and services that allow families to keep their loving pets. This is your chance to help pets stay with the people who love them! Accept Paypal and Credit Card Donations!

Polk County Financial Empowerment Center

Did you know that Polk County, in partnership with the Cities for Financial Empowerment Fund (CFE) and the Evelyn K. Davis Center for Working Families provides financial one-on-one counseling to Polk County residents as a public service? It's true!

Highly trained counselors are available to help residents develop plans to reduce debt increase savings, improve credit scores, access banking and achieve personal goals.

Hundreds of individuals, from college students to young parents, and from small business owners to seniors on fixed incomes, have met with financial counselors to look for opportunities to make their budgets work better or even to resolve specific areas of concern.

If you, or someone you care about, is trying to work their way out of financial troubles or has specific dreams and could use professional advice on how to get there, please contact the Polk County Financial Empowerment Center at:

515-697-7700 or visit www.empowermoney.org/

It's confidential, it's professional and it's free!



A P R I L 2024 Processed Foods

Ankeny: April 2nd @ 10:00 a.m.

Pioneer Columbus: April 2nd @ 10:30 a.m.

North: April 9th @ 10:30 a.m.

Central: April 10th @ 12:15 p.m.

Grimes: April 12th @ 11:30 a.m.

Zoom: April 15th @ 10:00 a.m.
Contact Stephanie for link

East: April 16th @ 10:30 a.m.

MLK: April 16th @ 11:30 a.m.

West: April 18th @ 10:15 a.m.

South: April 18th @ 10:30 a.m.

Northwest: April 18th @ Noon

Runnells: April 23rd @ 11:00 a.m.

Scott 4 Mile: April 25th @ 11:00 a.m.

Norwoodville: April 26th @ 10:30 a.m.

Fresh Conversations is a social opportunity to connect with other adults age 60+ for a friendly discussion focused on nutrition and physical activity education.

Stephanie Labenz: 515-650-9505

Fresh Conversations is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



AMERICAN PARKINSON DISEASE ASSOCIATION MOVEMENT TRAINING

This class uses a variety of exercises to work on movement strategies, gait, balance, strength and flexibility. This class may use equipment, including hand weights, bands and balls.



WEDNESDAYS @ 9:15
NORTHSIDE SENIOR CENTER
3010 6TH AVE, DES MOINES
515-288-1524

for help
for hope
call or text

988

988, the three-digit mental health and suicide crisis line, was launched just over a year ago.

Since then, over 5 million contacts have been answered nationwide — nearly 2 million more than the previous 12 months.

That's lives changed, lives saved!

988 call, text, and chat is available 24/7, 365 days per year.

Spread the word!

Well-being Tip

Keep your Hydration Game Strong with these Tips

Source: <https://www.livehealthyignite.com>
on behalf of Polk County Wellness Program

Staying properly hydrated is key to maintaining good health and overall wellbeing.

To keep your hydration game strong, it's essential to stay mindful of your water intake throughout the day.



Start your morning with a glass of water, carry a reusable water bottle with you wherever you go, and set hourly reminders to take a sip.

You can also incorporate hydrating foods like watermelon, cucumbers, and leafy greens into your diet.

Dive into these additional tips for even more ways to be well:

- **Avoid sugary drinks.** Sugary drinks can dehydrate you. Instead, opt for water, unsweetened tea, or coffee.
- **Don't wait until you're thirsty.** By the time you feel thirsty, you're already dehydrated. So drink water throughout the day, even if you don't feel thirsty.
- **Pay attention to your body.** If you feel lightheaded, dizzy, or have a headache, it could be a sign of dehydration. Drink water and see if your symptoms improve.



By following these simple yet effective tips, you'll ensure that you stay adequately hydrated and feel your best every day.



Low-Income Home Energy Assistance Program (LIHEAP)

<https://www.impactcap.org/>

What help is available?

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program designed to assist low income families in Iowa to meet the cost of home. LIHEAP is a federally-funded program. Homeowners and renters are eligible, within the federal poverty guidelines.

Applications are accepted on a first-come, first-serve basis November 1 - April 30 of each year.

Assistance level depends on income level, family size, the type of fuel you use to heat your home and other factors.

How can I apply?

There are currently several ways to apply for LIHEAP at IMPACT.

Online Application: To complete an online application,

<https://www.impactcap.org/utility-assistance>

Appointment: To schedule a phone or in-person appointment, please call [515-518-4770](tel:515-518-4770).

Mail-In Application: To complete a mail-in application, please download and print the form, then mail the completed form to IMPACT's Administrative Office with copies of your documentation:

IMPACT Community Action Partnership
3226 University Avenue
Des Moines, IA 50311
ATTN: Energy Team



To print mail-in application:

<https://www.impactcap.org/>

Trivia Answers from Page 7

<https://www.lovetoknow.com>

- History Answers**
1. Dwight D. Eisenhower
 2. Polio
 3. Sputnik
 4. Fidel Castro
 5. 1955
 6. Sir Edmund Hillary
 7. Nikita Khrushchev
 8. Wisconsin
 9. Rosa Parks
 10. Queen Elizabeth II.
- Music Answers**
1. Que Sera Sera
 2. Tennessee Ernie Ford
 3. The Platter
 4. Nat King Cole
 5. Alan Freed
 6. West side Story
 7. Bill Haley and the Comets
 8. Buddy Holly and the Crickets
 9. Poison Ivy
 10. Hank Williams Sr.





Senior Services is on Facebook.

Find us on: **facebook**



Look up: **Senior Services of Polk County**



888.777.8881

<https://www.iowaseniorgames.org/event/summer-iowa-senior-games/>

Iowa Senior Games has worked to promote wellness and healthy living for adults 50 and above by hosting athletic, recreational and socially interactive competitions. Striving to encourage eligible participants to undertake and/or continue participating in a healthy and fitness-oriented lifestyle by providing a forum in which to compete with themselves and their peers in an atmosphere of friendship and support and receive recognition for their efforts and achievements.

ISG offers opportunities to compete for medals in 30 sports and skill contests with nearly 100 events.

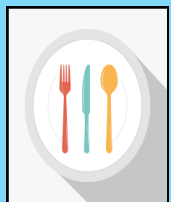
Age groups are broken into 5 year brackets (50-54 / 55-59 / etc.) with Gold, Silver and Bronze medals awarded for each age group.



The 38th Annual Iowa Senior Games main weekend will be held in West Des Moines from June 5-9, 2024. Join nearly 1,000 athletes ages 50 & up from around Iowa and the nation to compete in 30 sports and nearly 100 events!

Senior Nutrition Program is for those 60+ years of age and/or older and eligible spouse.

Monetary Contributions to help offset the cost of meals provided are appreciated and at your own discretion.



Questions? Call the site nearest you!

All services are available without regard for income. Contributions are accepted for all Older American Act Funded services at a site, main office or by mail.

Polk County appreciates the partnership with Aging Resources of Central Iowa (ARCI) who assists with partial funding of several programs Senior Services offer.



The NATIONAL Senior Games are coming to Greater Des Moines July 24 - August 4, 2025!!

Visit for more info: NSGA@NSGA.com



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Connect With Us on:



Q. It's been so warm already this spring, I was surprised to see a dark colored butterfly with a cream colored line on the edge of its wings flying around. What was it and what on earth would a butterfly eat since there are No flowers blooming yet?

A. One of the first butterflies to emerge in the spring is the mourning cloak. It's dark colored wings help it absorb heat and warm up 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.



How I Learned to Use and Enjoy Computers...

By Frank Spoerl, Volunteer Computer Instructor



My Momma told me...

“Don’t believe everything you read and only half of what you see!”

In some of my past editions, I’ve warned you of scams by email. Some time ago, news stations ran a story about them. In the story it said “If you received an e-mail today from a deposed Nigerian prince offering you millions of dollars in exchange for just a few thousand up front, would you immediately recognize this as one of the oldest e-mail scams in the book? (So old, in fact, that it led 'Dateline' and Chris Hanson to franchise 'To Catch a Predator' into 'To Catch a Con Man.')

If you didn't catch the scam, you're not alone. A recent study of 2,482 American adults found that 58 percent of us are totally unaware of scams such as this one. This is a scary percentage, and the sole goal is to separate you from your bank account.

This week I personally received numerous emails on the following:

- A bank account in a bank I have never used was being suspended until I verified myself
- A business I had never dealt with wanted to confirm that I had placed an order with them
- Blank messages with attachments from email addresses I have never heard of.
- A sweepstakes from Europe had pulled my winning ticket, that I didn't buy
- View an electronic greeting card from someone (anonymous) who loves me

In each case, I could just click on a link in the email and get sent to a site to provide the confidential information to verify my account/order/see the greeting card/winning ticket. I will repeat the warning once again; **NEVER TRUST ANY OF THE ABOVE EMAILS. DO NOT RESPOND BY CLICKING ON ANY HIGHLIGHTED LINK IN ANY OF THESE MESSAGES. JUST DELETE THE MESSAGE!**

This type of email is sent by scum to target the fear of identity theft that this type of scam uses. The person writing these will want your account number, personal information, maybe even passwords to help “verify” that you are the correct owner of the account/prize. Once they have the information, any money you might have will be stolen.

These schemes are written by professional crooks. They will use every means possible to get you to respond in any fashion. Treat them as you would any other crook trying to get into your home. Close the door on them. Hang up the phone. They don't deserve any courtesy. They won't give you any. And they intentionally target the large percentage of Americans who want to believe in their neighbors.



Now if you should get an email you think is legitimate, contact the source through the number from your own phone book. Don't trust any number in the message. I don't know of any bank that would contact a customer in this fashion. Just ask your personal banker the next time.

Does all of this make me sound paranoid? Perhaps. But I have seen many seniors fooled by these schemes. I even had a family member recently get taken because the source was supposedly a foreign missionary. Remember what your momma told you... It is better to be safe, than sorry! Paranoid or not.....there are people out there looking to get you if you give them a chance! Stay ALERT and informed.



Do you need help using a computer or the internet?

Our free basic computer classes will cover all the basics you need. Taught by Frank Spoerl.

In this class you will learn the parts that make up a computer, how to access the internet, including Facebook and Google, how to create, edit and save documents, how to play computer games and more!

As the classes continue, more specific topics/areas will be addressed. If you have some knowledge and comfort using the computer already you may come to learn new useful tips or some facts that you didn't know or maybe just fine tune existing skills.

Northside Community Center

3010 6th Ave. Dsm 288-1524

Each Wednesday @ Noon



Filing for 2023 Rent Reimbursement

Administration of the Program

The Iowa Department of Health and Human Services (DHHS) manages the Rent Reimbursement program. Local agencies like Polk County PEER Advocate or Aging Resources of Iowa help individuals apply online, over the phone.

Who can file for Rent Reimbursement

You can file if you meet all of the following requirements:

- 65 years of age or older OR
- Disabled and age 18 - 64
- Your income was less than 26,000(approx.)...info has not been shared at this time.
- You live in Iowa now
- You paid rent in Iowa at a property that pays property tax.



How You Will Apply

Applicants can apply for Rent Reimbursement online! You can use a computer or smart phone. This process is easier and anticipate you will receive your payment faster. **You can apply for reimbursement for 2023 and 2022 claims using any device that connects to the internet.**

How to Turn in Proof for the Information We Need

When you apply online, you will be given information about how to include the proof we need to review your claim. You can submit any required proof at the same time you apply online by uploading the info or complete without and DHHS will notify you by mail if any additional info is needed to complete process. Generally, you may need to provide proof of: Identity/Basic Info, Disability or SS gross household income, Rent paid, Business/Landlord name, address, phone amount of any assistance received. Bank routing and account number for check to be deposited into.

<https://benefits.stateofiwahhs.org/program/rentreimbursement>

Need Help When It's Time to Apply?

If want paper form contact DHHS RR at 515-420-6077, leave msg PEER Advocates - Phone assistance only. **Contact 515-286-2112.**

Here are a few volunteer opportunities that are available through United Way of Central Iowa's AmeriCorps Seniors program.

This program is for people aged 55 and over. Contact us to learn more!

Lynne Melssen 515-246-6544 or lynne.melssen@unitedwaydm.org

Not New Shop

Charity shop volunteers needed to Sort, size, and mark donated items according to suggested price list, using good judgment regarding discards. Assist customers with purchases, ring up sales, keep shop in order. Training provided.

Living History Farms Welcome Center

Greet visitors and provide information about Living History Farms, their special events and exhibits. Training provided.



Word Search Puzzle Answers

The words below are listed with their starting row and column

ABBOTT AND COSTELLO 26:2	GENE AUTRY 16:26	RADIO CITY PLAYHOUSE 22:27
ALDRICH FAMILY 24:14	GREEN HORNET 18:11	RED RIDER 4:6
AMERICAN TRAIL 16:2	GUNSMOKE 17:3	RICHARD DIAMOND 11:1
AMOS AND ANDY 15:9	HOPALONG CASSIDY 27:18	ROY ROGERS 25:19
ARTHUR GODFREY 18:21	INNER SANCTUM 4:15	SAM SPADE 5:20
BATMAN 27:25	ITS PAYS TO BE INNOCENT 4:28	SHERLOCK HOLMES 18:10
BELL TELEPHONE HOUR 9:5	JACK BENNY 16:7	SUPERMAN 14:7
BREAKFAST CLUB 20:6	JACK PAAR 20:26	SUSPENSE 15:4
CALLING ALL CARS 3:13	JOHNNY DOLLAR 13:27	TEXACO THEATER 16:11
CAN YOU TOP THIS 22:23	LAUREL AND HARDY 1:4	THE GREAT GILDERSLEEVE 23:8
CLOAK AND DAGGER 10:9	LIGHTS OUT 5:17	THE LONE RANGER 25:6
DEATH VALLEY DAYS 2:10	LUM AND ABNER 14:27	THE SAINT 2:8
DOCTOR KILDARE 18:27	MATINEE THEATER 24:10	THE SHADOW 2:1
DRAGNET 13:6	MY FAVORITE HUSBAND 12:9	THE WHISTLER 15:2
FATHER KNOWS BEST 21:9	OUR MISS BROOKS 1:11	WINGS TO VICTORY 24:12
FIBBER MCGEE AND MOLLY 1:8	OZZIE AND HARRIET 4:27	YOU BET YOUR LIFE 25:28
FLASH GORDON 4:3	POLICE HEADQUARTERS 28:20	

Continued from Page 3



To request a color brochure with more details, contact Seniors on the Move at

515-225-1455

**We Moved to: 4401 Westown Parkway
Suite 216 West Des Moines, IA 50266**

You can also view all the tours online at
seniorsonthemove-ia.com

Bada Bing Tour - Jersey Boys

Wed, June 12, 2024 - 7:45 a.m. to 6:30 p.m.

Member Fee - \$159

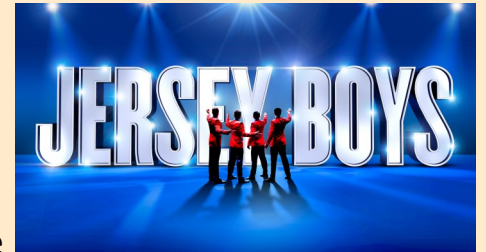
Non-Member Fee - \$175

DayTripper Club Member - \$139

(earn 50 DayTripper Miles)

2 pickup/drop off locations

We travel to Rock Island, Illinois to the historic Circa21 Theatre for a delicious meal and Tony-winning entertainment. The production follows the fascinating evolution of four blue-collar kids who became one of the greatest

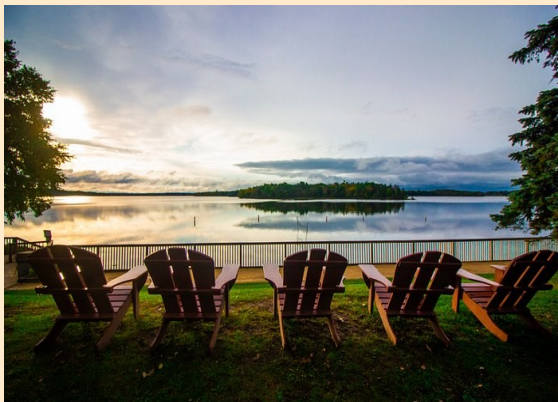


successes in pop music. With memory-sparking music and storytelling, Jersey Boys reveals the secret of how the 40-year friendship of Frankie Valli and The Four Seasons rose from the streets of New Jersey to stardom. You'll be thrilled with electrifying performances of chart-topping hits including Sherry, Big Girls Don't Cry, Can't Take My Eyes Off You, Dawn, and My Eyes Adored You, which brought The Four Seasons the highest honor: induction into the Rock and Roll Hall of Fame. No question - you're gonna love it. Fuhgeddaboutit.

Getaway to Ruttger's Bay Minnesota Lake Resort

August 25—28, 2024

Summer at Ruttger's Bay Lake Resort is the ultimate vacation. Our travelers asked for a repeat and extension of this special tour and we are delivering! We arrive at the resort midday with plenty of time to explore before our Welcome Reception. Your stay includes lakeside lodging, complimentary breakfasts and nightly dinners in the Main Lodge Dining Room.



You can enjoy the lake or curl up with a book and lounge by the pool. However, if you're feeling a bit more ambitious and want to join an activity, these are all included in your package: free use of tennis and pickle ball courts, discounts on golf and carts for resort transportation, beaches and pools, kayaks, paddle boats, plus bonfires and s'mores. There will also be a special Seniors on the Move pontoon outing.

To register for this tour, contact Seniors on the Move

You can also view and register for all tours online at seniorsonthemove-ia.com/



LET VITA PREPARE YOUR TAXES FOR FREE



You may be eligible to receive FREE tax preparation. You may also be eligible for the Earned Income Tax Credit (EITC) or Child Care Tax Credits. This is your money to keep and save.

Please contact the Iowa Center for any inquiries at **515-283-0940** or by visiting theiowacenter.org/services/tax-services/. Or, dial 211 for more information.

IMPORTANT!

VITA must have a copy of last year's tax returns or a tax return transcript to prepare your taxes. VITA will not have access to last year's return information.

To obtain a transcript, go to www.irs.gov/individuals/get-transcript or call **1-800-908-9946**

Iowa Center for Economic Success -

2210 Grand Ave
Des Moines, IA 50312
By Appointments (can sign up online)

Hours:
Tuesdays: 3:45 pm – 4:30 pm
Thursdays: 9:00 am – 12:00 pm

Ankeny Service Center

641 S. Ankeny Blvd., Ste. H
Ankeny, IA 50023
Appointments:
Walk-in appointments only

Valley Community Center

4444 Fuller Road
West Des Moines, IA 50265
Appointments:
Walk-in appointments only



Become a SHIP/SMP Volunteer!

HELP LOCAL IOWANS UNDERSTAND THEIR MEDICARE OPTIONS

Why be a part of SHIP / SMP?

- » Feel satisfied knowing you help Iowans make the best decisions for them, save money and gain a better understanding of Medicare.
- » Develop new skills or enhance your existing knowledge with our excellent training and resources.
- » Give back to your community and make lasting connections.



Learn more about our volunteer opportunities and start making an impact in your community today!

Visit: ship.iowa.gov/be-part-of-ship/be-a-ship-volunteer.



SHIP / SMP is a service of the State of Iowa. It does not sell or promote any insurance companies, policies or agents. This project was supported, in part by grant numbers 9554920070 and 20149920046 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Call for more information:
1-800-351-4664

Birthday wishes to those celebrating their special day in April



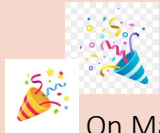
Have a wonderful Day!



Odell Jenkins, MLK, Jr. Center

Submitted by Debra Walsh

Let me began to tell those who have not met Odell Jenkins, what I have learned the past two years. Odell is friendly, respectful, shows dedication and untiring efforts in the community where he lives. His smile and laughter is contagious to all those around him.



On of his many achievements were in 2020, with the naming of the Odell Jenkins Community Room in the Martin Luther King Jr Park, by the City Council of the City of Des Moines.

On March 4, 2024, Odell celebrated his 87th birthday with his community. In attendance were fellow MLK Seniors, Polk County Sheriff, Deputies and staff, members of our City Council, Des Moines Chief of Police, many friends and family gathered for some delicious food.

Odell shows no signs of slowing down and remains active in his neighborhood group. Rarely, do you find his calendar empty, as he manages the rentals on the weekends at the MLK Park's Community Room, cooks breakfast on Saturdays and pickups donations of bread and pasties for his neighborhood and MLK Seniors Community. We are grateful to have him as part of the MLK family.

