Do You Know?!
Submitted by Pam Appleby
Polk County Senior Services welcomes Pam Appleby, the new Site Coordinator at the Runnells Congregate Meal Site.
Prior to receiving my current position as Site Coordinator, I worked for nine weeks in the Polk County Sheriff Department/Civil Division – as a On Call Specialist. I worked at Principal Financial Group for 36 years before starting with Polk County.
I was born, raised on the east side of Des Moines, Iowa.
I attended Garton Elementary, May Goodrell Junior High and East High School.
I’m married, have two sons, two daughter-in-laws and have been blessed with three wonderful grandchildren.
I enjoy spending time with family and friends. Also, like shopping and quilting. I’ve been labeled as a material collector.

Fabracadabra! Doesn’t the quilter with the most fabric win? I am happy to begin working in Senior Services and I look forward to getting to know my group of seniors at Runnells.
Social Security News

Every Day is Internet Security Day

By Derek Nichols

Social Security Assistant District Manager in Des Moines

Being safe online is important every day. There may be days devoted to internet security awareness, but you need to be careful every time you go online.

Do you know what it takes to be safe online? You probably connect daily to get information, shop, socialize, or work. Every time you go online, you need to avoid the risk of theft or fraud. Here are some tips to use while visiting the Social Security website and the other websites you use.

1. Use Strong Passwords—Strong passwords have at least eight characters and include capital letters, numbers, and non-letter characters. These passwords make it harder for someone to hack your account.

2. Don’t Recycle Passwords—Although it requires effort to think of new passwords constantly, it provides safety when you do. What if you use the same password for every site and you lose your password? If someone finds it, they could get access to all your accounts. Many people choose to reuse the same password for every site and you lose your password? If someone finds it, they could get access to all your accounts. Many people choose to reuse passwords constantly, it provides safety when you do.

3. Take Advantage of Multi-Factor Authentication—Many websites offer the option to use a second factor—or method—in addition to just a username and password to ensure that only you access your information. Using more than one factor to identify makes it harder for someone to get into your account and steal your personal information. Beginning June 18, 2017, Social Security requires multifactor authentication to access my Social Security account. Customers choose whether to receive a one-time password code to either their phone or email in order create a new account or sign into their account. Visit this link to find out more about how to secure your Social Security account: www.socialsecurity.gov/myaccount/

4. Review Your Online Accounts and Credit Reports—An annual credit report is available from the three credit rating agencies (Experian, Equifax, and Transunion) at www.annualcreditreport.com/ and check it for incorrect information. Get a free copy of your credit report available annually from the three credit reporting agencies (Experian, Equifax, and Transunion) at www.a

5. Use Security Software—Security software can protect your personal information. However, you may be asked to pay to renew your software each year. Social Security’s Office of the Inspector General investigates fraud involving Social Security and they publish Fraud Advisories at oig.ssa.gov/advisories/oa-releases. The Federal Trade Commission website publishes information about scams that appear in the news at the Social Security website and the other websites you use.

6. Take Advantage of Multifactor Authentication—Many websites offer the option to use a second factor—or method—in addition to just a username and password to ensure that only you access your information. Using more than one factor to identify makes it harder for someone to get into your account and steal your personal information. Beginning June 18, 2017, Social Security requires multifactor authentication to access my Social Security account. Customers choose whether to receive a one-time password code to either their phone or email in order create a new account or sign into their account. Visit this link to find out more about how to secure your Social Security account: www.socialsecurity.gov/myaccount/

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--End--
That IRS Call Might Now Be Legit!

Submitted by Tom Miller
Iowa Attorney General

For years, we’ve given you this advice: The caller claiming to collect on an IRS debt is not legitimate, so hang up the phone.

There’s a new twist: Now it’s possible an IRS debt call is legitimate after all—but only with certain types of debts and only under limited circumstances and utilizing strict procedures. A federal law that Congress enacted in late 2015, called the IRS Private Debt Collection Program, authorizes the IRS to use private collection agencies to call certain taxpayers who owe IRS debts. The IRS began implementing the program in April.

The debt that private collection agencies may attempt to recover are tax debts that the IRS no longer actively seeks to collect—they are generally older debts. But keep these important points in mind to help you understand whether an IRS debt call is legitimate:

- The IRS will notify you by mail that it is transferring an outstanding debt to a private collection agency. The private debt collection agency will send a second, separate confirmation letter. That means you will ALWAYS receive several mailed collection notices before receiving a call.
- Private collection agencies calling on behalf of the IRS will identify themselves as independent contractors of the IRS collecting taxes. The only four agencies authorized to collect on behalf of the IRS are CBE Group of Cedar Falls, IA; Conserval of Fairport, NY; Performant of Livermore, CA; and Pioneer of Horseheads, NY.
- Private collection agencies calling on behalf of the IRS will NOT request immediate payment over the phone through prepaid cards, gift cards or wire transfers. Collection agencies will urging payment by check payable to the U.S. Treasury and mailed directly to the IRS, NOT a private collection agency. They will also provide electronic payment options available ONLY through the IRS website at www.irs.gov/payments.
- Private collection agencies will NOT threaten arrest by law enforcement for not paying; however, private collection agencies working on behalf of the IRS are required to abide by the Fair Debt Collection Practices Act, be courteous, and respect taxpayer rights.
- If you would like to confirm whether you owe a debt to the IRS, call the IRS at 800-829-1040. While this type of call may be legitimate in very limited circumstances, there are countless scams targeting taxpayers that are not legitimate.
- IRS Impersonation Scams: A live or automated caller claiming to be an IRS agent says you owe back taxes or fees and demands immediate payment through a money card or wire transfer. The caller may manipulate your caller-ID display to trick you. The IRS will NEVER call and demand immediate payment over the phone—you’ll first receive mailed notices. The IRS NEVER seeks prepaid card numbers or threatens arrest. Through a written notice, the IRS will give you the chance to question a debt or appeal it.
- IRS Email Scams: Criminals use emails that look official to trick you into providing or “confirming” personal or financial information, or clicking on a link that will either damage your computer/device or enable someone to view its contents. These links may direct you to a website that appears as a legitimate IRS site but is not. Remember, the IRS generally does not initiate contact with taxpayers through email to request personal or financial information. Also, criminals send fake notices from legitimate tax preparation service providers that seek personal information or try to get you to click on a link.
- Tax-Related Identity Theft: This occurs when a criminal uses your Social Security number to file a false tax return in your name and collect a tax refund. Contact the IRS immediately if you receive a tax-related notice that an employer you don’t know paid you, or that the IRS recorded a tax return in your name and collect a tax refund. Contact the IRS immediately if you receive a tax-related notice that an employer you don’t know paid you, or that the IRS recorded a tax return from you and you didn’t file one.

Report IRS tax scams to the agency that provides independent IRS oversight: the U.S. Treasury Inspector General for Tax Administration (TIGTA) at: Go to www.tigta.gov, or call 800-366-4484. You can also report IRS tax scams to the Federal Trade Commission (FTC) at www.ftc.gov, or the Office of the Attorney General of Iowa’s Consumer Protection Division at consumer@iowa.gov or 515-281-5926 (outside of the Des Moines metro area, the toll-free number is 888-777-4590).

The Iowa Senior Medicare Patrol seeks volunteers to share the mission!

Help us fight Medicare fraud and abuse! SMP volunteers are retired professionals trained to help older Iowans:

1) Protect their personal information;
2) Detect healthcare errors/fraud; and
3) Protect their personal information.

We share information on scams and Medicare fraud in central Iowa. If you enjoy helping others, you might enjoy being a SMP volunteer. Through and friendly training is provided. A volunteer may present once a month, or as often as desired. The average time spent averages two hours. Contact Jane Moore at 515-633-9514 if you are interested in learning more.

Submitted by Jane Moore, SMP Coordinator, Aging Resources of Central Iowa.
Email: jane.moore@agingresources.com; Phone: 515-633-9514 or 1-800-747-5352.

Social Security Q & A’s

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

Question: I worked for the last 10 years and I now have my 40 credits. Does this mean that I get the maximum Social Security retirement benefit?

Answer: Probably not. The 40 credits are the minimum number you need to qualify for retirement benefits. However, we do not base your benefit amount on those credits, it’s based on your earnings over a lifetime of work. To learn more about how you can earn Social Security credits and how they work, read or listen to our publication How You Earn Credits, available at www.socialsecurity.gov/mybenefits.

Question: How are my retirement benefits calculated?

Answer: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are adjusted or “indexed” to account for changes in average wages since the year you were born. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to those earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator which offers estimates based on your Social Security earnings. You can find the Retirement Estimator at www.socialsecurity.gov/estimator.

Question: I need to apply for disability benefits. Where do I start?

Answer: Begin by looking at our Disability Starter Kit. You can find it online at www.socialsecurity.gov/disability/disability_starter_kit.htm or you can request a copy by calling 1-800-772-1213 (TTY 1-800-325-0778). The Disability Starter Kit will help you prepare for your application and interview. When you are ready, you can apply online at www.socialsecurity.gov/applyondisability or make an appointment to apply in person at a local Social Security office. And remember, our online disability application is convenient and secure. Don’t stand in line, go online at www.socialsecurity.gov.

Question: I found out that my daughter submitted incorrect information about my resources when she completed her Application for Help with Medicare Prescription Drug Plan Costs. How can I get an application changed to show the correct amount?

Answer: You can call 1-800-772-1213 (TTY 1-800-325-0778) and let us know. We will match information on your application with data from other federal agencies. If there is a discrepancy that requires verification, we will contact you. For additional information about Medicare prescription drug plans or enrollment periods, visit www.medicare.gov or call 1-800-633-4227.

Yarn Needed!!

The Golden Thread Society group which meets on Wednesdays, from 2 – 4 p.m., at the South Senor Center, is looking for new and/or clean yarn donations. The group is gearing up to make fall scarves and hats which are donated throughout the Polk County area shelters, homes, and hospitals.

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

Yield: 6 servings  
Prep Time: 5 minutes  
Total Time: 20 minutes  
All made in ONE Pan!!!

Ingredients:
- 1 Tablespoon salted butter
- 1 teaspoon olive oil
- 2 pounds chicken breast, cut into 1-inch pieces
- 2 teaspoons minced garlic
- 3/4 cup chicken stock
- 1/4 cup low sodium soy sauce
- 3 Tablespoons hoisin sauce
- 1 1/2 Tablespoons rice vinegar
- 2 Tablespoons corn starch
- Salt and pepper, to taste
- 3/4 cup unsalted cashews
- Lettuce cups or butter lettuce
- Green onions on top, for serving, optional

- Served over choice of rice (alternative option)

Directions:
- Heat the butter and oil in a large skillet over medium heat. Once the butter has melted, add in a single layer of chicken. Add a salt and pepper to chicken. Allow to cook for 3 minutes, or until brown and then flip onto the other side. Let cook an additional 3 minutes, or until golden brown. Turn the heat to low and then stir in the garlic and cashews.
- While the chicken is cooking, whisk together the chicken stock, soy sauce, hoisin sauce, vinegar, and corn starch in a small bowl. Stir into the skillet and cook with chicken over low heat, until the sauce has thickened. Stir in cashews.
- Serve in lettuce cups or over rice if preferred. Top with chopped green onions if desired.
- For a little heat, add a few dashes of hot sauce or Sriracha sauce to the sauce.
Ask the Naturalist
By Heidi Anderson
Polk County Conservation Naturalist
www.leadingyououtdoors.org

Question: My husband mowed the yard this weekend and uncovered a nest of six baby rabbits in the middle of the yard. I have young children and don’t want them messing with the nest. I don’t want to kill the rabbits, but I don’t want them in the middle of the yard either. Can I move the nest?

Answer: My first suggestion would be to leave the nest where it is and leave it alone. If the nest has been disturbed but the babies appear to be unjured, correctly replace the nest in its original location, put the babies in it, and recover it with as much of the original soil, grasses, leaves, or mulch. It is an old wives’ tale that if the young are touched, the mother won’t return. Leave the area because the mother won’t return if you are there. The mother would only abandon her nest if she has been killed or has been driven away by constant harassment of the nest by children, pets, or other disturbances. Baby rabbits spend most of the day and night by themselves. The mother only comes back to the nest at dawn and dusk to feed the young. Depending on the age of the babies, they will be in and around the nest area for up to four weeks.

Prepare For Summer's Extreme Heat
From the Iowa Department on Aging

If you think of spring as the transition into employment, Trial employments are offered to local employers to help participants increase their skills and receive assistance to enable them to earn minimum wage ($7.25/hr) for 18 hours a week. While in training, employers can find out what month for the next month’s issue, but DOES vary. They will be in and around the nest area for up to four weeks.

Before each issue comes out, we look for articles, events, or tips that are of interest to seniors. If you have any ideas or would like to submit an article, please call the Editor at 256-3679.

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

The Senior Bulletin reserves the right to decide whether to publish or not, as well as determine whether to publish all or part of any material submitted.

Deadline is usually around the 10th of each month for the next month’s issue, but DOES vary. If interested in submitting an article, event or to find out when specific deadline is for the month, please call 260-3679 to get in touch with the Editor, Giselle Brown.

CRAFT Class please note!
Each craft instructor comes up with their own projects for the sites that they teach at. The same projects are no longer done at the sites, county-side.

There will be classes held approximately 5-6 months of the year, with breaks during a couple of selected months and no classes held in summer/early fall months & December. This June vary from site to site, so if interested, always check with a center for their specific schedule.

Please contact site staff on when class will be held at the site you participate (or would like to participate) in and find out what project will be coming up at that instructor’s site.

Supplemental Food Program for Seniors
The Elderly Commodity Food Program serves persons 60 years of age or older. This does not include handicapped people under 60 years of age. A person must reside within the geographical boundaries of Polk, Warren, Jasper, Dallas, Story, and Boone Counties.

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

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<th>GROSS MONTHLY</th>
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Additional questions call Ranae at 265-8461

POLK, DALLAS, JASPER, WARREN, STORY AND BOONE COUNTIES

Applications are taken at the location listed below, on the website http://www.polkcountyiowa.gov/cfys/services/compatible-senior-fodsupp, or call the office to have an application sent to you. Proof of age is required. Volunteer delivery is available for those who have no other way.

LOCATION: 2309 Euclid Ave., Des Moines, IA 50310.

OPEN DAYS: Monday through Friday.

Closed the last two working days of every month, weekends, and County Holidays.

HOURS: 8:00 a.m. to 5:00 p.m.

PHONE: 515-286-3655 or Toll Free at 1-877-288-3655.

“A Service of the Polk County Department of Community, Family & Youth Services”

“The USDA is an equal opportunity provider and employer”

T’ai Chi for Arthritis and Fall Prevention
Submitted by Rane Neren, East Supervisor

Class Starts June 6
T’ai Chi is a low impact, relaxing form of exercise. With its gentle movements, T’ai Chi is an excellent exercise for everyone.

T’ai Chi Improves:
- Balance
- Strength
- Flexibility
- Stiffness
- Stress
- Anxiety

There is no charge for this class.

Class will meet on Tuesdays and Thursdays for six weeks.

This class will be offered at 2 locations:

- 9:00 – 10:00 a.m. - Northwest Senior Center
- 12:30 – 1:30 p.m. - Eastside Senior Center

Call 279-2767 to Register

Tai Chi Reduces:
- Pain
- Depression
- Memory Loss
- Arthritis

Additional questions call Ranae at 265-8461

Supplemental Food Program for Seniors

AARP Foundation Senior Employment
Submitted by Claudi Casabona

AARP Foundation Work Search

AARP Foundation administers the Senior Community Service Employment Program to assist low income job seekers 55+ find employment.

Short term paid training assignments at non-profit and public agencies provide an opportunity to earn minimum wage ($7.25/hr) for 18 hours a week. While in training, participants increase their skills and receive assistance to enable them to transition into employment. Trial employments are offered to local employers as an incentive to hire. For more information, please call (515) 287-1555.

Assistant

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Biscuit & Gravy Breakfast

Wednesday, June 21st, 2017
7:00 a.m. - 10:00 a.m.

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

All-U-Can-Eat for $5.00
Kids – 12 & Under $3.00
Includes: 2 Buttermilk Biscuits with Sausage Gravy, Eggs, Pastries, Juice &/or Coffee.

Proceeds from this event go into the Norwoodville Senior Recreational Activity Fund.

North Side Library News

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

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

** Tuesday, June 20th, 10:30 to 11:30 a.m. **
at the Polk County Southside Senior Center
100 Paisley Ave.

Topic: “Physical Independence:
Master of Balance”

Presented by: Aging Resources of Central Iowa
Speaker: Peggy Whorton, Elder Rights Specialist

Franklin Avenue Library News

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

Free Friday Flicks at Franklin
Meryl Streep Stars as an NYC Socialite Convinced She’s a Great Singer
Friday, June 2, 1:30 p.m.

Meryl Streep stars as a New York heiress who dreamed of becoming an opera singer, but was blissfully unaware that she actually had a horrible singing voice. Hugh Grant co-stars as her enabling husband in this 2016 biopic directed by Stephen Frears.

Franklin Afternoon Book Discussion
Monday, June 5, 1:00 p.m.
Join us for a discussion of The Leisure Seeker by Michael Zadoorian. Copies of the book are available at the Information Desk. All are welcome.

Viva Las Veggies!
Tuesday, June 6, 6:30 p.m.
Eating more fruits and vegetables is one of the most important things you can do for your health. In this program, presented by ISU Extension Agent Mary Krisco, you’ll learn ways to eat more vegetables - and enjoy doing it! She’ll suggest ways to prepare vegetables more easily and quickly. Plus, attendees will take home a wealth of low-cost, delicious recipes and instructions for choosing and storing the best-tasting veggies!

Franklin Evening Book Discussion
Tuesday, June 13, 6:30 p.m.
Join us for a discussion of Love in the Time of Cholera by Gabriel Garcia Marquez. Copies of the book are available at the Information Desk. All are welcome.

North Side Library News

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

Anis’ Story: Libyan Foreign Exchange Student Shares His Story
Date: Saturday, June 3, 2017
Time: 2:00-3:00 PM
Description: Find out more about the differences and similarities between Libya and the U.S. from Anis Eljorni, foreign exchange student from North High School. Hear what he has to share from his experience of coming from Libya to Iowa before he returns to his home country. Space is limited. Please preregister online www.dmpl.org or call 515-283-4152 press 3.

Frank Lloyd Wright—Or Was He Wrong?
Date: Saturday, June 10, 2017
Start Time: 2:00-3:00 PM
Description: Humanities Iowa speaker Roy Behrens will enlighten you on the history of Frank Lloyd Wright. There is a story (true or not) that Frank Lloyd Wright once testified in court that he was the world’s greatest living architect. “I had no choice,” he later explained, “I was under oath.” Find out more about this controversial architect. Space is limited. Please preregister at www.dmpl.org or call 515-283-4152 press 3.

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A Journey to America: Refugees from Burma Share Their Stories
Date: Tuesday, June 6, 2017
Start Time: 6:00-7:00 PM
Description: Find out more about EMBARC (Ethnic Minorities of Burma Advocacy and Resource Center), a nonprofit organization started by refugees for refugees. Krystal and Mone will share their stories of how they came to the U.S. as refugees and what life was like for them. Leslie Chareunsab with AmeriCorps Refugee Rise will share why she chose to be a volunteer with EMBARC. Space is limited. Please preregister at www.dmpl.org or call 515-283-4152 press 3.

North Side Library Book Discussion

Date: Tuesday, June 20, 2017
Time: 2:00-3:00 PM
Description: We will be discussing The Girl on the Train, by Paula Hawkins. Copies of the book may be picked up at the North Side Library.
Age Healthfully with a Geriatrician

By Paul Volker, M.D., FAAFP

As we age, our health needs change. Sometimes they increase. While an annual physical with a primary care provider is typically adequate in youth, older individuals also may need the services of a dermatologist, cardiologist, gastroenterologist or other medical specialist. These specialists provide critical care and expertise. But older adults can benefit from having another member on their health care team: a geriatrician.

Geriatricians are primary care physicians who are specially trained to meet the health needs of older adults. They work with other health care providers, including specialists, pharmacists and physical therapists, to help older adults achieve and maintain good health. Geriatricians play several key roles in their patients’ lives:

- Coordination of care. This is especially important for older patients who are also receiving care by specialists who may be functioning independently of each other. The geriatrician provides oversight of all services the patient is receiving, communicates with the patient’s other health care providers and works to ensure the patient is being treated effectively and efficiently.
- Monitoring of medications. It is not uncommon for adults over 65 to take multiple medications per week, including prescription and over-the-counter products. Such “polypharmacy” can be confusing for patients and may involve drugs that adversely interact. A geriatrician can regularly review patients’ medication regimes to check for the existence or potential for harmful side effects.
- Provision of preventive care. An ounce of prevention, they say, is worth a pound of cure. That’s especially true for older adults, including for those with chronic conditions. For example, if a young person fails to get a flu shot and gets sick, he or she is unlikely to become seriously ill. For older adults, however, the flu can lead to pneumonia and other life-threatening conditions. Screenings for high blood pressure, cholesterol, cancers, osteoporosis and other conditions are powerful ways to mitigate or avoid disease and disability.

In addition, patients can enjoy a higher quality of life with a geriatrician they trust. These physicians understand that the challenges of aging aren’t limited to physical issues; they also can stem from financial problems, dependency situations, transportation barriers and other factors that affect a person’s health and well being. If you’re an older adult who needs a primary care physician, consider choosing a geriatrician who can provide expert, coordinated care highly attuned to “life as we age.”

Paul Volker, M.D., FAAFP, is a family physician and geriatrician with the Des Moines University Clinic. Call 515-271-1710 to set up an appointment.

The DMU Physical Therapy Clinic also offers a number of exercise classes, for a moderate fee, designed to help keep active in all stages of life, including the following:

- Active Older Adult Exercise
- Core Strength with Pilates
- Tai Chi for Arthritis and Fall Prevention
- Yoga for Healthy Aging

All programs are held on the DMU campus.

For information, call 515-271-1717 or visit www.dmu.edu/clinic/physical-therapy.

Addison Bilewicz, B.S.
DMU Student

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### June Menus

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Tuna Salad (1) WW Bun (1.75) Lettuce Salad Italian Dressing Creamy Cokeslaw (1.5) Orange Juice (1.5) Skim Milk (1.75)</td>
</tr>
<tr>
<td>6</td>
<td>Chicken Breast Carrots (.5) Pinto Beans (1.5) Orange (1.5) Raisin Bread (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>7</td>
<td>Swiss Steak (1) Mashed Potatoes (1) Spinach Banana (2) WW Dinner Roll (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>7</td>
<td>Flex Meal Option Bratwurst WW Bun (1.75) Mashed Potatoes (1) Spinach Banana (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>8</td>
<td>Shredded Pork WW Bun (1.75) Peas N Carrots (.75) Raisins (3) WW Dinner Roll (1) Chocolate Milk (1.5)</td>
</tr>
<tr>
<td>9</td>
<td>Beef Meatballs in Gravy Diced Potatoes (1) Broccoli Mandarin Oranges (1) WW Dinner Roll (1) Chocolate Milk (1.5)</td>
</tr>
<tr>
<td>10</td>
<td>Baked Chicken Sliced Beets (1.5) Copper Penny Salad (1) Fresh Fruit (1.5) WW Dinner Roll (1) Skim Milk (1.75)</td>
</tr>
<tr>
<td>11</td>
<td>Beef Spanish Rice (1.5) Black Beans and Corn (1.25) Mixed Berries (1.75) Chocolate Pudding (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>14</td>
<td>ChefSalad w/RanchDressing Baby Potatoes (2) WW Dinner Roll (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>15</td>
<td>Flex Meal Option Liver and Onions Baby Potatoes (2) Salad w/ Ranch Banana (2) WW Dinner Roll (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>16</td>
<td>Salmon Steak (1.75) Mashed Potatoes (1) Peas (.75) Tropical Fruit (2) WW Dinner Roll (1) Chocolate Milk (1.5) WW Dinner Roll (1)</td>
</tr>
<tr>
<td>17</td>
<td>Chicken Alfredo/ Broccoli (.75) Scandinavian Veggies (1) Peaches (1) Cinnamon Raisin Bread Pudding (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>18</td>
<td>Loose Meat Sandwich WW Bun (1.75) Sliced Onions Carrots (1.5) Party Potatoes (1) Mandarin Oranges (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>19</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>20</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>21</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>22</td>
<td>Beef Pizza Bake (2) Broccoli and Cauliflower Orange (1.5) Bread Stick (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>23</td>
<td>Tilapia Baked Beans (1.5) Creamy Cucumbers (.5) Banana (2) WW Dinner Roll (1) Chocolate Milk (1.5)</td>
</tr>
<tr>
<td>24</td>
<td>Beef and Noodles (1) Spinach Valley Salad (1.75) Apple (1) Chocolate Chip Bar (1) Skim Milk (1.75)</td>
</tr>
<tr>
<td>25</td>
<td>Beef and Noodles (1) Spinach Valley Salad (1.75) Apple (1) Chocolate Chip Bar (1) Skim Milk (1.75)</td>
</tr>
<tr>
<td>26</td>
<td>Loose Meat Sandwich WW Bun (1.75) Sliced Onions Carrots (1.5) Party Potatoes (1) Mandarin Oranges (1) Skim Milk (.75)</td>
</tr>
<tr>
<td>27</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>28</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>29</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
<tr>
<td>30</td>
<td>Pork Chop w/ Gravy Mashed Red Potatoes (1) Mixed Veggies (1) Strawberries (1) Wheat Bread (1) Birthday Cake (2) Skim Milk (.75)</td>
</tr>
</tbody>
</table>

**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 subject to change.

**The number in parentheses indicates the carbohydrate exchange.**

**Serving size:**
- 3 oz. meat/alternative
- 2 ½ c servings of vegetables
- ½ c fruit
- ½ c dessert, 1 serving bread, fortified margarine, milk and coffee.

**Top V = Carbohydrates
Bottom F = Calories
Salt Shaker = Higher Sodium Day
New! Pig symbol = pork is in the menu that day.**

**Meals served served at the centers are for those 60 years and older and spouse. Contributions are optional. Questions? Call the site nearest you!**
Polk County Senior Centers

Meal Site Locations & Staff

Altoona
Open: 9:30 a.m. to 1:30 p.m.
507-13th Avenue SW
Altoona, 50009
Phone: 286-1524
Site Coordinator: Natalie Olsen
Serving time: 11:30 a.m.

Ankeny
Open: 9:30 a.m. to 1:30 p.m.
406 S.W. School Street, Suite 104
Ankeny 50021
Phone: 963-0527
Site Coordinator: Maureen Scheierl
PT Site Coordinator: Mary Scaglione
Serving time: 11:30 a.m.

Central
Open: 8:00 a.m. - 5:00 p.m.
2005 S.E. 5th
Des Moines 50315
Phone: 220-0509
Site Supervisor: Milan Loccao
Program Aide: Sarah Weller
Serving time: 11:30 a.m.

Deaf (Norwoodville)
Wednesday Only
Open: 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 266-5794
TTY: 288-3734
Site Supervisor: Dan Saunder
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
Site Coordinator: Ranea Nerm
Program Aide: Kris McCaughy
Serving time: 11:30 a.m.

Grimes
Open: 9:30 a.m. - 1:30 p.m.
410 S.E. Main Street
Grimes 50111
Phone: 986-5747
Site Coordinator: Reva Leppert
Serving time: 11:30 a.m.

Johnston
Open: 9:30 a.m. to 1:30 p.m.
6300 Pioneer Pkwy
Johnston, Iowa 50131
Phone: 251-3707
Site Coordinator: Caroline Ver Schuer
Serving time: Noon

North
Open: 8:00 a.m. - 5:00 p.m.
3010 - 6th Avenue
Des Moines 50313
Phone: 286-1524
Site Supervisor: Diana Savage
Program Aide: Nicole Ledvina
Serving time: 11:30 a.m.

Northwest
Open: 8:00 a.m. - 5:00 p.m.
5110 Franklin
Des Moines 50310
Phone: 279-2759
Site Supervisor: Kristi Camuss
Program Aide: Lisa McDonald
Serving time: 11:30 a.m.

Norwoodville
Open: 8:00 a.m. - 5:00 p.m.
3077 N.E. 46th Ave.
Des Moines 50317
Phone: 288-3734
Site Supervisor: Dan Saunder
Program Aide: Krystal Simonson
Serving time: 11:30 a.m.

Pioneer Columbus
Open: 9:30 a.m. to 1:30 p.m.
2100 S.E. 5th
Des Moines 50317
Phone: 266-5794
Site Coordinator: M-W @ Ankeny @ 963-0527
Serving time: 11:30 a.m.

Polk City
Open: 9:30 a.m. to 1:30 p.m.
309 Van Doorn
Polk City 50220
Tues., Thurs. @ 984-6691
Site Coordinator: Mary Scaglione
M-W @ Ankeny @ 963-0527
Serving time: 11:30 a.m.

Runnells
Open: 9:30 a.m. to 1:30 p.m.
108 Brown Street
Runnells 50227
Phone: 966-2427
Site Coordinator: Pamela Appleby
Serving time: 11:30 a.m.

Scott Four-Mile
Open: 9:30 a.m. to 1:30 p.m.
3711 Easton
Scott Four-Mile 50226
Phone: 265-9977
Site Coordinator: Kathy Gates
Serving time: 11:30 a.m.

South
Open: 8:00 a.m. - 5:00 p.m.
100 Paylan
Des Moines 50315
Phone: 287-0092
Site Coordinator: JaNeil Long
Program Aide: Carole Stevenson
Serving time: 11:30 a.m.

Westside
Open: 8:00 a.m. - 5:00 p.m.
134 - 6th Street
West Des Moines 50265
Phone: 274-0373
Site Coordinator: Mary Clare Cox
Program Aide: Linda Mason
Serving time: 11:30 a.m.

Monthly Activities At Your Senior Centers & Meal Sites

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

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

Schedule of Activities

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Westside</td>
<td>2nd &amp; 3rd Wednesday @ 9:00 a.m.</td>
</tr>
<tr>
<td>South</td>
<td>Thursdays @ 9:30 a.m.</td>
</tr>
<tr>
<td>Northwest</td>
<td>Tuesdays @ 10:00 a.m.</td>
</tr>
<tr>
<td>Central</td>
<td>1st Wed &amp; 2nd Wednesdays @ 10:00 a.m.</td>
</tr>
<tr>
<td>Norwoodville</td>
<td>Thursdays @ 9:30 a.m.</td>
</tr>
<tr>
<td>Westside</td>
<td>Thursdays @ 10:30 a.m.</td>
</tr>
<tr>
<td>South</td>
<td>Mondays @ 10:30 a.m.</td>
</tr>
<tr>
<td>Northwest</td>
<td>Wednesdays @ 10:30 a.m.</td>
</tr>
<tr>
<td>Central</td>
<td>Thursdays @ 10:00 a.m.</td>
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</tbody>
</table>

Programs

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Programs</th>
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<tbody>
<tr>
<td>South</td>
<td>Tennis</td>
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<tr>
<td>Norwoodville</td>
<td>Wii</td>
</tr>
<tr>
<td>Central</td>
<td>1st Wed &amp; 2nd Wednesdays @ 10:00 a.m.</td>
</tr>
<tr>
<td>North</td>
<td>Fridays @ 10:00 a.m.</td>
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<tr>
<td>South</td>
<td>Mondays @ 10:00 a.m.</td>
</tr>
<tr>
<td>Norwoodville</td>
<td>Tuesdays @ 10:00 a.m.</td>
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<tr>
<td>South</td>
<td>Tuesdays @ 10:00 a.m.</td>
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<tr>
<td>North</td>
<td>Fridays @ 10:00 a.m.</td>
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</tbody>
</table>

Juno Activities

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>South</td>
<td>Tuesday @ 9:30 a.m.</td>
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<tr>
<td>North</td>
<td>Thursdays @ 10:00 a.m.</td>
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<tr>
<td>South</td>
<td>Tuesdays @ 10:00 a.m.</td>
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<tr>
<td>North</td>
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<tr>
<td>North</td>
<td>Thursdays @ 10:00 a.m.</td>
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</tbody>
</table>

Juno Social Card/Domino Parties

<table>
<thead>
<tr>
<th>Site Location</th>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>South</td>
<td>12:00 @ 12:30 p.m.</td>
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<tr>
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</tr>
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<td>North</td>
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</tr>
</tbody>
</table>
June Blood Pressure Checks

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

1st North
5th Ankeny (provided by Nurse Volunteer)
6th West
7th Ankeny (Health Talk Only)
8th Polk City
9th Scott Four Mile
12th East
13th MLK, Jr.
14th Northwest
20th South
21st Pioneer Columbus
22nd Runnells
23rd North
26th West
27th Johnston
28th Norwoodville/Calvary

Dates Subject To Change.
Mobile Food Pantry

For a complete list of Mobile Pantry locations, go to:
https://www.dmaramounted.org/food/mobile/

Mobile Pantry Locations and Hours

South Suburban YMCA
401 E Army Post Road
Des Moines, IA 50315
515-285-6444

Highland Park Lutheran Church
447 East Euclid Avenue
Des Moines, IA 50313
515-244-6577

Norwoodville Community Center
3077 NE 48th Avenue
Des Moines, IA 50317
515-266-5704

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
MIXED, WED & FRI - 12:30 p.m.
INSTRUCTOR - KIM SVERDLOV OF LIVE 2 B HEALTHY
Arthritis Exercise
WEDNESDAYS 10:00 a.m.
INSTRUCTOR - KRIS MCCAUGHEY
GABLES
Chair Yoga
TUESDAYS 10:15 a.m. - 11:00 a.m.
JOHNSTON
“Silver Sneakers”
WEDNESDAYS 10:00 a.m.
YOGA
TUESDAYS 10:00 a.m. & 11:15 a.m.
ZUMBA GOLD
THURSDAYS @ 9:00 A.M.
NORTH
Active Adult Exercise
MIXED, WED & FRI - 11:15 a.m.
NORTHWEST
Active Adult Exercise
MIXED, WED & FRI - 12:30 p.m.
WESTSIDE
Active Adult Exercise
WEDNESDAYS & FRIDAYS - 12:15 - 1:15 P.M.
CHAIR EXERCISES
MONDAYS & WEDNESDAYS 11:15 A.M.
INSTRUCTORS: MAUREEN S EXTON, RICHARD ANDERSON AND FERN PARKER
MEDITATION YOGA
TUESDAYS 12:30 P.M.

Treasure & Bake Sale Fundraiser

Thursday, June 15th
8:30 a.m. to 4:00 p.m.
Friday, June 16th
8:30 a.m. to 1:00 p.m.
held at the
SOUTH SENIOR CENTER
100 Payton Ave. Des Moines 287-0922

SMP News from Jane Moore,
Your Area SMP Coordinator

Change Regarding SMP Newsletter: Beginning immediately, SMP News will no longer be included with the monthly Nutrition Newsletter which is distributed to meal sites in printed form. We will continue to email newsworthy information and will submit information to be included in the Polk County Senior Bulletin. If you have any questions regarding this change, please let me know.

Those pesky phone calls! I’m still averaging around 35 phone calls a month from numbers I don’t recognize. That’s not surprising when you hear that the Federal Trade Commission (FTC) reports that 29 BILLION unsolicited calls are received by US citizens each year. They recommend not answering if you don’t recognize the number. Please tell others who might be vulnerable to these phone calls not to answer if they don’t recognize the caller. And if you get caught up in a call that sounds fishy, HANG UP!

People of all ages are targets. A friend in her 30’s received a call from someone claiming to be from the IRS who told her (in a very threatening manner) that she owed back taxes. The IRS would never contact you by phone. If there was an issue of some kind, they would mail a letter. Remember this, because if you have caller ID, there’s a chance one of these calls may show up as “IRS”. They have all sorts of tricks to get you to answer the phone. The IRS will not call you!

Fraud complaints have increased 60% since 2010 according to the FTC. Report suspected fraud to the Federal Trade Commission at www.FTC.gov. Or you can file a complaint with the Attorney General Office at www.lowertortageneral.gov or call 515-281-5926 or 888-777-1290. Report tax-related identity theft by calling 800-908-4490, 515-281-5966, or visit www.IRS.TaxGov. You can also call one of the three major credit reporting agencies to put a fraud alert on your credit report:

Don’t be pushed by your problems; be led by your dreams.
Source: www.nest-quotes-saying.blogspot.com
Des Moines Mayor Speaks at VNS of Iowa’s Senior Companion Meeting
Submitted by Katie McIntyre
Media Relations Coordinator
HCI Care Services and Visiting Nurse Services of Iowa

Des Moines Mayor Frank Cownie provided an impassioned speech recognizing the value of Visiting Nurse Services of Iowa’s Senior Companion program in its mission to assist 430 older adults living in the Des Moines Metro area maintain independence in their own home at the program’s in-service on April 6. Mayor Cownie read a proclamation marking April 6th as Mayor Recognition Day for National Service.

Des Moines Metro residents pictured from left to right: Last Row: Linda Poil, Barb Smith, Marj Johnston, Mayor Cownie, Linda Hamilton, Roger Clason. Middle Row: Margaret Franklin, Dixie Hogue, Jeannette Schultz, Mary Carothers, Laurel Hanus, Margaret Schueremann, Connie Boucher, Diana McCray, Carlotta Muhammad, Janet Grannis, Roger Cook. Front Row: Nancy Koll (Voya Volunteer), Audrey Bibbs, Walter Bonilla and Toni Parkins (Voya Volunteer).

Koll and Parkins are Voya Financial employees who were present to assist staff at the in-service. Each month, Voya sponsors two employee volunteers to support the program’s in-service trainings.

Do you know you can help stop Elder Abuse by just checking on your neighbor?
When older adults are lonely, they often become victims of abuse.

Together... we can reduce this abuse!

If you have a concern, call Aging Resources of Central Iowa at (515) 255-1310