



The Senior Bulletin

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

FEBRUARY 2024



ARE YOU
READY
FOR SOME
FOOTBALL?

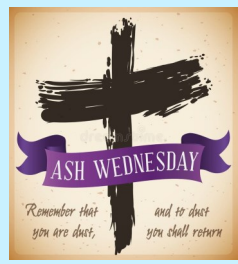
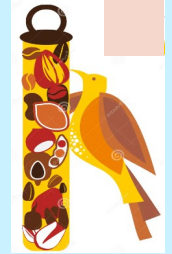
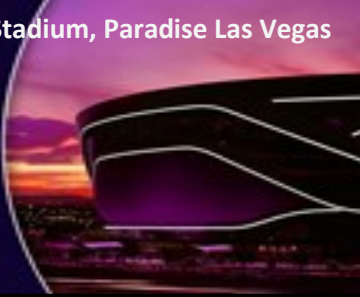
Super Bowl LVIII (58)
Sunday,
February 11, 2024
5:30 p.m.



- 2/2 - Groundhog Day
- 2/12 - Lincoln's Birthday
- 2/11 - Super Bowl Sunday
- 2/14 - Valentine's Day
- 2/14 - Ash Wednesday
- 2/15 - Singles Awareness Day
- 2/20 - President's Day - **SITES CLOSED**
- 2/22 - Washington's Birthday



Allegiant Stadium, Paradise Las Vegas



"It takes three springs to make one Leap year."

Donations Accepted

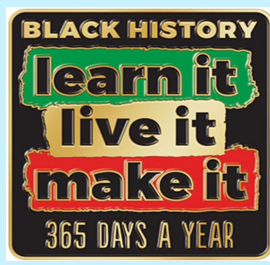
To provide our customers with quality finds every time, Joppa can only accept high-quality new and gently used items.

THEREFORE, THE JOPPA DONATION CENTER MAY REFUSE ITEMS AT THE DOOR AND CANNOT ACCEPT THE FOLLOWING:

1. Items that are low-quality, broken, stained, ripped, or in poor condition
2. Anything that needs repair, cleaning, or is covered in pet hair
3. Things that smell unpleasant or like smoke, mildew, or pets



See the detailed list of accepted items at joppa.org/DonationCenter



- American Heart Month
- Black History Month
- Canned Food Month
- Great American Pie Month
- Bird Feeding Month
- Cherry Month
- Grapefruit Month
- Weddings Month



Please bring new and gently used items to:

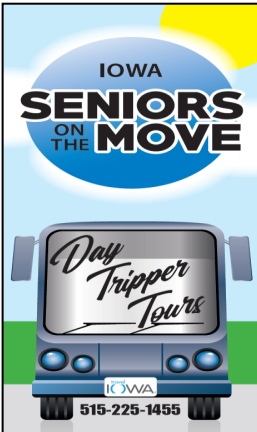
THE JOPPA DONATION CENTER

Tuesday - Saturday

10:00 AM to 6:00 PM

2326 Euclid Avenue
Des Moines, IA 50310

Thriftmart.com ---



Winter Weather Safety Tips

Written by Rodney Tucker, Polk County Risk Management

A website called [Ready.gov](https://www.ready.gov) is a great resource for tips on handling the winter hazards along with other types of disasters and emergencies.

They have a great page that has information on winter weather terms, signs of cold injuries, generator safety along with other great info.

Please take a minute and look at the webpage.

[https://
www.ready.gov/
winter-weather](https://www.ready.gov/winter-weather)



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

TIPS TO STAY HEALTHY in the winter



Stay Hydrated

Make sure you are drinking plenty of water each day. Avoid too much soda, coffee, juices.



Eat Veggies

Keeping a balanced diet in the winter is crucial. Make sure you are eating your vegetables to stay up on your vitamins and minerals.



Get Enough Sleep

Are you getting 8 hours of sleep each night? In the winter we don't burn as much energy during the day which sometimes makes us not as sleepy. Make sure you are trying to get 8 hours of sleep each night.



Get Outside When You Can

With the cold temperatures it makes it difficult to get outside. When you are able, take time to get outside to soak up some Vitamin D and get some fresh air.



Wash Your Hands Regularly


During the winter months we are more prone to sickness. Wash your hands regularly to avoid sickness during the winter months.



Exercise

Make sure you are staying active. Try to get some exercise every day or stay active by walking.





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!


Catherine Smith 515-246-6571
or Catherine.smith@unitedwaydm.org

[Power Read](#)

Volunteer reading mentors are matched one-to-one with a student for about an hour each week and together they read and engage in conversation. Programs may take place during breakfast, lunch, after-school, or evening dinner sessions primarily at elementary schools. Orientation and training provided.

[Grimes Volunteer Support Services](#)

Volunteers provide transportation for clients living in Grimes, to medical appointments, shopping, pharmacy, library and social events. Must have a vehicle in good repair, a valid & current driver's license submit to a background check and provide proof of liability insurance.



American Government

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

ANARCHY	IDEOLOGY	PLURALISM
ARISTOCRACY	INITIATIVE	POLITICAL CULTURE
AUHTORITARIANISM	INSTITUTION	POLITICAL SOCIALIZATION
AUTHORITY	LEGISLATURE	POLITICS
BILL OF RIGHTS	LEGITIMACY	PROPERTY
CIVIL LIBERTIES	LIBERALISM	RECALL
CONSENT OF THE PEOPLE	LIBERTARIANISM	REFERENDUM
CONSERVATISM	LIBERTY	REPRENTATIVE DEMOCRACY
DEMOCRACY	LIMITED GOVERNMENT	REPUBLIC
DEMOCRATIC REPUBLIC	MAJORITARIANISM	SOCIALISM
DIRECT DEMOCRACY	MAJORITY	THEOCRACY
ELITE THEORY	MAJORITY RULE	TOTALITARIAN REGIME
EQUALITY	OLIGARCHY	UNIVERSAL SUFFRAGE
GOVERNMENT	ORDER	

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

Library Winter Weather Policy

- If school is delayed due to inclement weather, all morning programs will be canceled.
- If school is dismissed early due to inclement weather, all afternoon/evening programs will be canceled.
- If school is canceled due to inclement weather, a decision about opening the library will be made by 9:00 a.m. All programs will be canceled.

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

Join Rachel via Zoom! We will be broadcasting the class on the big screen in the library, or you can join us from home. Chair yoga is a gentle practice in which postures are performed while seated and/or with the support of a chair. No experience is necessary. *Gentle strength training may also be incorporated into the practice. Props such as hand weights, resistance bands and a yoga block may be helpful, if desired, but not necessary. **Zoom link can be found on our online catalog at polkcitylibrary.org**

Geri-Fit® Strength Training Workouts

Tuesdays 9:00 a.m. Ages 50 and over. Stretch bands and a zoom link are available upon request. Call ahead to let know.

Ladies' Wednesday Coffee

10:00 a.m. - Noon

Sit N' Stitch Thursdays 6:00 - 8:00 p.m.

Men's Friday Coffee - 10:00 a.m. to Noon

Wednesday Book Club

Wednesday, February 7th @ 7:00 p.m.

The Bluest Eye by Toni Morrison

The chronicle of the tragic lives of a poor black family in 1940s America. Every night Pecola, unlovely and unloved, prays for blue eyes like those of her white schoolfellows.

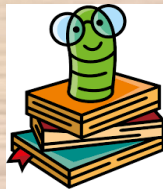
Soaking It Up: What a Rain Garden Can Do For You

Thursday, February 8th, 6:00 p.m.

Hear from a representative from Polk County Public Works on the How's and Why's of rain gardens: a yard feature that can absorb rain runoff that might otherwise run into streets and storm drains. After, hear from Polk City's City Manager's office on funding opportunities to help offset the cost of starting a rain garden.

Hot Cocoa Spoons - Monday, February 12th, 6:00 p.m.

Come make a yummy gift for yourself or someone you love at this DIY food program! We'll make stirring spoons to flavor and decorate your hot chocolate with candy melts and sprinkles. Ages 17+, registration required.



Adult Coloring at Fender's Brewing

Wednesday, February 14th, 5:00 p.m. - 7:00 p.m.

Come for a night of relaxation and fun with friends!

Adult Evening DIY: Candle Painting

Thursday, February 15th, 6:00 p.m.

Create your own custom candle by painting on one with melted wax. *17 and over *RSVP www.polkcitylibrary.org. Registration required.



Monday Adult Book Club

The Measure by Nikki Erlick

Monday, February 19, 2:00 p.m.

It seems like any other day. You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live.

Adult Crafternoon: Scented Handwarmers

Tuesday, February 20, 1:00 p.m.

Spring is on its way, but it is not here yet! If your hands are still feeling chilly, come craft your own scented hand warmers.

Ages 17+, RSVP—Registration Required.

Adult Coloring

Tuesday, February 20, 5:00 p.m. - 7:00 p.m.

Join us for a relaxing evening of coloring! Colored pencils and gel pens will be provided. You are also welcome to bring your own. *17 and over.

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

Subscribe Today

If you wish to have the Senior Bulletin delivered to your home on a monthly basis, for a one-year subscription, ***fill out and mail the form in with a \$10.00 check or MO.***

Or visit www.polkcountyiowa.gov. CFYS/Senior Services

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

Email: _____

Please check one:

New Subscription

Renewal Subscription

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Checks/Money Orders made payable to:

Polk County Treasurer

Mail to: River Place West –
Senior Services of Polk County
Senior Bulletin Subscription

2309 Euclid Avenue Des Moines, Iowa 50310



TRIVIA

Some of these may be easy. Some will seem so, but not the case. Regardless, enjoy and maybe learn a new fact or two about things in February.

- On February 5 there is a day to celebrate which sweet, spreadable treat?
A. Honey Peanut Butter B. Nutella C. Fruit Jam Preserves
- What should you fly to celebrate February 8 properly?
A. A Kite B. A Drone C. A Paper Airplane D. A Model Rocket
- To celebrate February 17 correctly, what should you do?
A. Go Sledding B. Do a Home DIY Project C. Recycle D. Do Random Acts of Kindness
- February 27 is the national day of which fruit?
A. Cherry B. Orange C. Strawberry D. Banana
- If you want to take part in the national holiday taking place on February 20, what should you do?
A. Eat Cherry Pie B. Eat Lemon Pie C. Eat Strawberry Creme D. Make a Pie
- Who should you thank on February 4?
A. Fireman B. Retail Salesperson C. Mail Carrier D. Law Enforcement
- What should you send to a friend to take part in the annual holiday on February 7?
A. A Poem B. A Card C. A Letter D. A Fruit Basket
- What food do we need to eat on February 2 if we want to be a participant in this national holiday?
A. Egg Rolls B. Pizza C. Hot Dog D. Tator Tots
- What type of cake do you need to eat on February 3 to take part in the associated holiday?
A. Red Velvet Cake B. Angel Food C. Carrot Cake D. Pineapple Upside Down
- What happens in America more in February than in any other month?
A. Snow B. Divorce C. Travelling D. Weddings
- February is the only month where it is possible to go the entire time without seeing what?
A. Birds B. Eclipse C. Shadow D. Full Moon
- According to folklore, what will there be in May if there's fog in February?
A. Draught B. Mist C. Landslides D. Floods
- What are the odds of being born on February 29?
A. Around 1 in 8,069 B. Around 1 in 5,055 C. Around 1 in 1,461 D. Around 1 in 3,456
- How much do Americans spend on gifts, chocolate, and more for Valentine's Day?
A. 19 million B. 29 million C. 39 million D. 49 million



FACT: 9 million buy Valentine's gifts for pets.

Answers found on Page 6

- Why does the word February stand out in the English language?
A. Has multiple meanings B. Most misspelled word there is C. Has no particular meaning

**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!



NORTHSIDE SENIOR CENTER PRESENTS

CASINO NIGHT DINNER & DANCE

Northside Community Center
3010 6th Ave, Des Moines IA 50313

SATURDAY, FEBRUARY 17TH
DOORS OPEN AT 4:30PM | DINNER 5:00PM | DANCE 6:00-8:00PM

FEATURING RICHIE LEE & THE FABULOUS 50'S!!

\$10 Per Person

MENU
SPAGHETTI & MEATBALLS | DINNER ROLL
SIDE SALAD | DESSERT

RSVP by Friday, February 9th.
Call 515-288-1524 to make reservations - seats are limited.
Payment requested by RSVP deadline.

Trivia Answer Key
1. B; 2. A; 3. D; 4. C; 5. A; 6. C; 7. B; 8. D;
9. C; 10. A; 11. D; 12. B; 13. C; 14. A; 15. B

Trivia Found on Page 5

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



00089 12/21

everystep.org

WHAT WILL YOU DISCOVER BY CALLING AGING RESOURCES?



"They explained services & answered my questions."

"Their staff helped me locate services for my parents."

"I wish I had called Aging Resources sooner!"



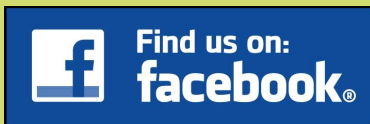
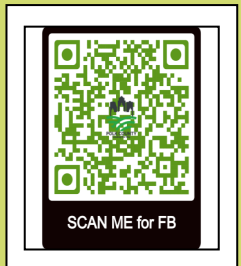
(515) 255-1310

www.agingresources.com

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



Senior Services is on Facebook.



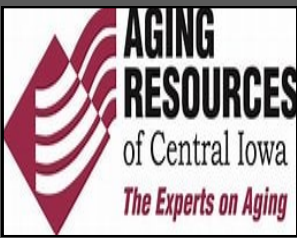
Look up:
Senior Services of Polk County

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?



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.



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Q. On these really cold winter days, I love seeing sundogs around the sun. When and why does this phenomenon occur?

A. Sundogs, also scientifically known as parhelion, are glowing spots around the sun. They are formed by sunlight refracting off ice crystals in cirrus clouds. Sundogs are frequently reddish on the side facing the sun and have bluish-white tails facing away from the Sun. We generally see sundogs when the sun is close to the horizon either at sunrise or sunset in cold winter months. Although sundogs can occur any time of year when there are ice crystals in the atmosphere and wherever there are cirrus clouds. As a reminder, be careful while observing any sun-related phenomena. Never look directly at the Sun.

Jalapeno Crisps

Great snacks for Super Bowl especially if you are trying to keep it on healthier side! Much better than packaged, processed chips and crackers! Takes just minutes to make and bake!

If you seed the jalapeno, these are not even all that hot. Leave the seeds in if you like to spice things up!

Ingredients:

- 1 to 1 1/2 cup shredded Monterrey Jack cheese
- 1 medium jalapeno, sliced real thin

Directions:

- Preheat oven to 350°.
- Place a sheet of parchment paper on a metal cookie sheet. DO NOT use a silicone/silpat sheet, waxed paper or foil (unless it's the special non-stick foil) to bake these or they will not cook properly.
- Using a tablespoon, scoop up 1 Tbsp. of cheese and make a small pile on the parchment.
- Press it slightly flat. Repeat 15 more times.
- Place a slice of jalapeno on top of each pile.
- Pop into 350° oven for about 10-12 minutes.

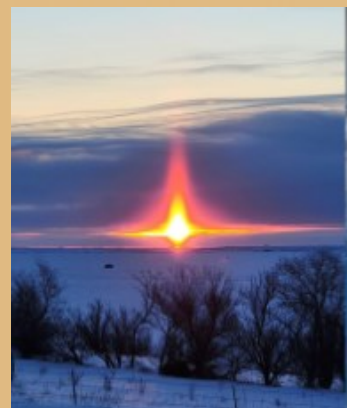
TIP: I would recommend browning them a wee bit more than shown in the photo for a firmer snack to serve at parties. These are somewhat pliable if under browned.

- Allow them to completely cool and fully firm up before removing from the pan for best results.

YIELD: Makes 16



Connect With Us on:





Looking for Affordable Housing???

Look no further than AHEPA Senior living! Call or stop by for an application!

AHEPA Senior Living offers:

- On-site management and maintenance
- Community room with TV/cable
- Computer room
- Library
- Fitness center
- Arts and crafts room
- Coin-operated laundry room
- Central trash collection
- Landscaped grounds
- Supportive Services Coordination
- Near public transportation
- Three floors with elevator
- Patio
- Storage area
- Monthly potluck dinners

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)

(All income information will be verified by the appropriate parties. Applicants will be added to the property's waiting list if initial information on the application meets the eligibility requirements for the waiting list. When you are next on the list, you will be contacted by the property manager.)

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

Tips for Living Alone With Early-Stage Dementia

Source: <https://www.nia.nih.gov/health/alzheimers-and-dementia/tips-living-alone-early-stage-dementia>



Have you, or has someone you love, recently been diagnosed with [mild cognitive impairment](#), early-stage [Alzheimer's disease](#), [vascular dementia](#), [Lewy body dementia](#), or a [fronto-temporal disorder](#)? Do you worry about how to manage if you live alone? If so, these tips offer ways to help cope with changes in memory and thinking, prepare for the future, and stay active and engaged.

Make Everyday Tasks Easier

Many people with early-stage dementia continue to manage their everyday activities. But it's important to look ahead to a time when performing daily tasks will be harder. The sooner you adopt new strategies to help you cope with changes, the more time you will have to adjust to them.

- **Organizing your days.** Write down to-do lists, appointments, and events in a notebook or calendar. You can also keep track of activities with computer software or a smartphone app. Some people have an area in their home, such as an entryway table or bench, where they store important items or organize the things they need each day. You may also want to consider using a digital clock that displays the day of the week and date, in addition to the time.

- **Paying bills.** Setting up automated payments is an easy way to pay your bills correctly and on time without having to write checks. Many companies and banks offer this service at no extra charge. You can set up automatic payments with your utility providers, insurance companies, bank and mortgage company or leasing office. Also consider asking someone you trust to help you pay bills. That person could review your financial statements and ask you about anything unusual.

- **Shopping for meals.** Many stores offer grocery delivery services, usually for a small fee. You can also order fresh or frozen meals online or by phone. [Meals on Wheels America](#) (888-998-6325) or local in Polk County area, Wesley Life Meals on Wheels (515-699-3243) can deliver free or low-cost meals to your home, too, and this service sometimes includes a short visit and safety check. Other possible sources of meals include religious communities and senior centers. If you make your own meals at home, consider easy-to-prepare items, such as foods that you can heat in the microwave.

- **Taking medications.** Several products can help you manage medications. You can try a weekly pillbox, a pillbox that gives you a notification (such as an alarm or vibration) when it's time to take medicine, or an automatic medication dispenser. You can buy these items at a drugstore or online, but you may need someone to help you set these up. Or try an electronic reminder system, such as a smartphone app or an alarm you set on your phone or computer.

- **Using transportation.** If you drive, you may find that you become confused, get lost or need help with directions more often than before. Talk with your doctor about these changes. If family or friends express concerns about your driving, take their concerns seriously. Some decide to give up driving and learn how to use public transportation /ride sharing. Neighbors, volunteers, or ride services for older adults may also be able to help with transportation.

DEMENTIA TOOLKIT

Living your life with hope.

Staying safe and well. Staying connected.

Keeping sense of purpose. Staying active. Staying positive.

Alzheimer's & Dementia
How to Interact

- Never argue - rather agree
- Never reason - rather divert
- Never shame - rather distract
- Never lecture - rather reassure
- Never say, "Remember" - rather reminisce
- Never say, "I told you" - rather repeat
- Never say, "You can't" - do what they can
- Never command - rather ask
- Never condescend - rather encourage
- Never force - rather reinforce

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

Seed Swap and Giveaway

Saturday, February 24, Noon – 2 p.m.

Start planning your garden and select free vegetable, herb, flower, and native prairie seeds provided by **Nine Square Feet**.

Pride and Prejudice Escape Room: The Flight of Lydia Bennett

Wednesday, February 21, 5:15 – 6 p.m. or 6:30 - 7:15 p.m.

Calling all Janeites and escape room enthusiasts alike for a Pride and Prejudice themed escape room! Registration required.

East Side Library Adult Programs 2559 Hubbell Avenue

ARL Valentine's Day Party

Wednesday, February 14, 6 - 7:30 p.m.

Come visit the East Side Library for Valentine's Day crafts and sweet animals from ARL Therapets!



Franklin Avenue Library Adult Programs 5000 Franklin Ave.

FREE Friday Flicks at Franklin – The Bookshop Friday, February 9, 1:30 p.m.

Emily Mortimer and Bill Nighy star in the 2017 drama set in a small town in 1959 Britain. Rated PG.

Community Crafting: Pressed Flower Cards with Ted Lare Sunday, February 11, 2:00 p.m.

Join us in creating the perfect valentines for the special people in your life with REAL dried flowers.

Franklin Cinema Club – The Whale

Monday, February 26, 6:30 p.m.

Brendan Fraser received an Oscar for Best Actor in the 2022 drama, directed by Darren Aronofsky.

Forest Avenue Adult Programs 1326 Forest Avenue

Explore Visual Black History

(During regular library hours February 4 - 17)

Drop by the Forest Avenue Library to look at photo books, graphic novels, and other visual records of Black history.

North Side Adult Programs 3516 Fifth Avenue

Technology Basics

Monday, February 5, 3 – 4 p.m.

Join us for a computer basics class and increase your skills!

Gardening with Native Plants Meet-Up

Thursday, February 8, 5:30 – 7 p.m.

Connect with others interested in environmentally friendly gardens. This program happens the second Thursday of each month.

South Side Adult Programs 1111 Porter Avenue

Library Date Night Scavenger Hunt

(During regular library hours in February)

Come discover the more romantic side of the South Side Library with a couples-themed scavenger hunt! Pick up your sheets at the Information Desk and enjoy at your own pace.

Crafternoon

Saturday, February 10, 1:30 p.m. - 3:30 p.m.

Spend a few hours with other crafters and work on your knit, crochet, or other craft projects. Please bring your own supplies and projects with you.

Introduction to Alzheimer's

Tuesday, February 13, 2 – 3 p.m.

This program will briefly cover a range of topics including the impact of Alzheimer's, risk factors and warning signs, resources, and how you can join the fight against the disease.



NORTHSIDE SENIOR CENTER PRESENTS



KARAOKE

afternoons

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

M	T	W	Th	F	F Flex
			<p>1 Turkey Ham & Scalloped Potatoes Green Peas Garlic Breadstick Milk  Coconut Creme</p>	<p>2 Liver & Onions Mashed Potatoes Capri Vegetable Blend Dinner Roll Warm Lemon Cake Chocolate Milk</p>	<p>2 Chef Salad Croutons Ranch Dressing Pasta Salad Fresh Fruit Brownie  Chocolate Milk </p>
<p>5 Chicken Fettuccini Alfredo Sliced Carrots Garlic Breadstick Oatmeal Creme Pie Milk</p>	<p>6 Polish Sausage w/ Sauerkraut Whole Kernel Corn California Vegetable Blend Hot Dog Bun Fresh Fruit   Milk</p>	<p>7 Turkey w/ Poultry Gravy Mashed Potatoes Green Beans Turtle Cookie Milk</p>	<p>8 Sweet & Sour Chicken Rice Mixed Vegetables Multi Grain Bread Milk Apple</p>	<p>9 Potato Crusted Pollock Tartar Sauce Macaroni & Cheese Capri Vegetable Blend Dinner Roll Hot Spiced Apples Chocolate Milk</p>	<p>9 Egg Salad Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Fruit Fudge Round Cookie Chocolate Milk</p>
<p>12 Beef Chili Whole Kernel Corn Coleslaw Cornbread Milk</p>	<p>13 Salisbury Beef Baby Red Potatoes Green Peas Multi Grain Bread Carnival Cookie Milk</p>	<p>14 BBQ Chicken Baked Beans California Vegetable Blend Hamburger Bun Fresh Fruit Milk  Birthday Cake</p>	<p>15 Taco Beef Lettuce & Tomato Shredded Cheese Taco Sauce Spanish Rice Black Beans Flour Tortilla Milk Banana Cream</p>	<p>16 Tuna Noodle Casserole Wheat Roll Peach Crisp Fresh Seasonal Fruit Chocolate Milk</p>	<p>16 Berry Almond Chicken Salad Balsamic Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk</p>
<p>19 SITES CLOSED </p>	<p>20 Swedish Meatballs w/Egg Noodles Sliced Carrots Cornbread Choc. Chip Cookie Milk</p>	<p>21 Shredded Chicken w/Peppers & Onions Roasted Red Potatoes Taco Sauce Whole Kernel Corn Flour Tortilla Fresh Fruit Milk</p>	<p>22 Sloppy Joe Scalloped Potatoes Green Peas Hamburger Bun Milk Cherry</p>	<p>23 10 Grain Pollock Macaroni & Cheese Stewed Tomatoes Multi Grain Bread Fig Bar Chocolate Milk</p>	<p>23 Chicken Salad Corn Salad Naan Bread Fresh Seasonal Fruit Rice Krispie Treat Chocolate Milk</p>
<p>26 Baked Chicken Breast w/ Apple Cider Mustard Sauce Mashed Potatoes Mixed Vegetables Multi Grain Bread Fig Bar Milk</p>	<p>27 Turkey Ham & Broccoli Rice Casserole Tossed Salad Ranch Dressing Fruit Cocktail  Cornbread Fudge Round Cookie Milk</p>	<p>28 Goulash Glazed Carrots Green Beans Garlic Breadstick Fresh Fruit Milk</p>	<p>29 Herb Roasted Pork w/Pork Gravy Mashed Potatoes Whole Kernel Corn Multi Grain Bread Milk  Lemon Meringue</p>		

FEBRUARY 2023 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.polkcountyiowa.gov/community-family-youth-services/senior-services/about-us/>



February
Blood Pressure Checks



**Services provided by EveryStep
Community Health Team Nurses**

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

- 1st North
- 5th East
- 6th West
- 7th Ankeny
- 8th Northwest
- 9th Scott Four Mile
- 12th West
- 13th Grimes
- 14th Pioneer Columbus
- 16th Altoona
- 20th South
- 21st Norwoodville
- 22nd Runnells
- 23rd North



Dates Subject to Change.



**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



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.

211 is free and available 24/7.

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**

To have a positive experience with VITA, please bring ALL required materials to help provide you with an accurate and timely tax preparation meeting with VITA volunteers.

You **MUST** bring all of the following items:

- Proof of identification
- Social Security cards and/or a Social Security number verification letter issued by the Social Security Administration for you, your spouse, and dependents
- Birth dates for you, your spouse, and dependents on the tax return
- Current year's tax package, if you received one
- A copy of last year's federal and state returns
- Wage and earning statement(s) from all 2022 employers: Form W-2, W-2G, 1099-R
- Bring Notice 1444 or check stubs from the Economic Impact Payment Rebate received earlier in the year (i.e. \$1,200 per person)
- Interest and dividend statements from banks (Forms 1099)
- Bank routing numbers and account numbers for direct deposit. Blank check or deposit slip required.
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms

Locations in Des Moines area.(for other locations visit VITA or The Iowa Center website)

Iowa Center for Economic Success - Open Now

2210 Grand Ave
Des Moines, IA 50312

By Appointments (can sign up online)
– 12:00 pm

Hours:

Tuesdays: 3:45 pm – 4:30 pm

Thursdays: 9:00 am

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



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!



Polk County Financial Empowerment Center
Free One-on-One Financial Counseling



February 2024 FATS

Ankeny: Feb. 6th @ 10:00 a.m.

Pioneer Columbus: Feb. 6th @ 10:30 a.m.

Grimes: Feb. 9th @ 11:30 a.m.

North: Feb. 13th @ 10:30 a.m.

Central: Feb. 14th @ 12:15 p.m.

South: Feb. 15th @ 10:30 a.m.

West: Feb. 15th @ 10:15 a.m.

Northwest: Feb. 15th @ Noon

Zoom: Feb. 19th @ 10:00 a.m.

Contact Stephanie for link

East: Feb. 20th @ 10:30 a.m.

MLK: Feb. 20th @ 11:30 a.m.

Scott 4 Mile: Feb. 22nd @ 11:00 a.m.

Norwoodville: Feb. 23rd @ 10:30 a.m.

Runnells: Feb. 27th @ 11:00 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.



Inclement Weather Policy

for Polk County Senior Services

During the winter months, the effects of severe weather and concern for the safety of our participants may lead us to close the centers at times. When this occurs, announcements will be made.

As a rule, when the Des Moines Public Schools are closed due to inclement winter weather, so are the Polk County Senior Centers.

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

- You may receive ROBOCALLS. Look for Caller ID with a Boston Massachusetts number, may hear either automated voice or site staff persons. Sites will give direction about sign-ups for the next day in the Robo-message.
- Go to www.polkcountyiowa.gov Should be on main page **News and Announcements**. If not, go to Office & Dept. at top of page, click on Community, Family & Youth Services, then click on Senior Services link to find the information.
- Visit our Facebook page @ **Senior Services of Polk County** to find the info.
- Listen/watch for the school closing announcements on local television and radio stations.
- If still unsure: Call your senior center and listen to the recorded message for updates and directions.
- Call the Senior Services Administrative Office at 286-3679 for information.





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 heating by providing a one-time payment to the heating utility. 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. Households with a member 60 years of age or older, those who are disabled, and those in crisis can begin applying October 1. Assistance level depends on income level, family size, the type of fuel you use to heat your home and other factors. If you heat your home with liquid propane (LP), you can qualify to receive a delivery of propane through this program.

If you have received a disconnection notice or if you are disconnected from your power source, we may have funding to assist you. Please read below for more information on how to contact us and apply for assistance.

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 below, 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/>

Happy 50 + Wedding Anniversaries



Scott Four Mile -

Donna and Dennis Pittman

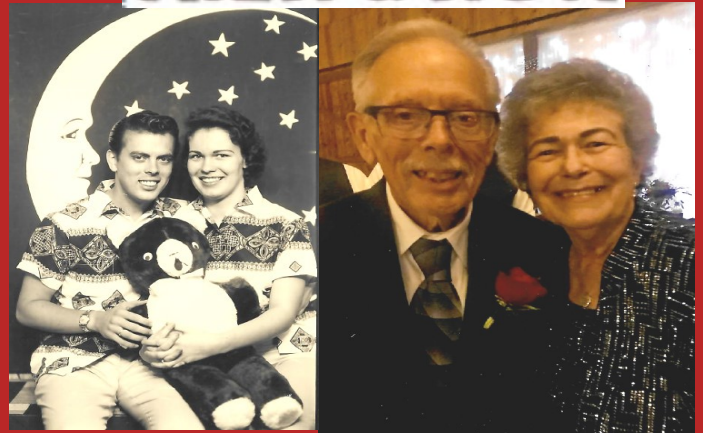
53 years - June 5th, 1971

Pioneer Columbus

Helen & Larry Bell

57 years - October 1, 1966

THEN & NOW



Northside Center

Bill and Carolyn Roberts 65

years - June 19th, 1959.



How I Learned to Use and Enjoy Computers...

By Frank Spoerl, Volunteer Computer Instructor

Can I really start WW3 and what button do I push? An introduction to games.



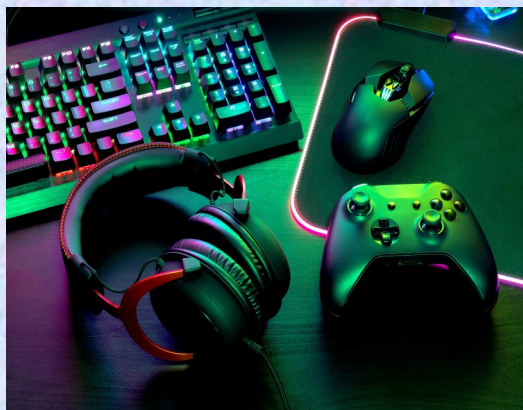
Many of you may remember the movie with Matthew Broderick called "War Games". The story was about a young computer hacker in search of a game company and accidentally got into the military's global defense computer, who then started war games leading to a real response. It was a good movie, but a total fabrication.

Unfortunately, many seniors are fearful of computers. Some believe that they can cause a major problem just by hitting the wrong key. Many others distrust them, because for the most part, you were the generation that were displaced from your jobs by the installation of computers. And many just don't see computers as anything other than a work-related tool.

While computers are in fact a valuable tool, they can also be a source of relaxation and pleasure. A great part of this can come from games. Other than social media and surfing the "net", employees playing solitaire on the computer is the greatest source of lost productivity. If this is true (and it is!) why did Microsoft put it on computer anyway? My unofficial response is that many people are afraid of their computers. Solitaire is one of the most widely known games off the computer. I was taught it by my parents, who also played. Microsoft included it to provide a non-threatening means of teaching people the basic functions of using the computer, especially the mouse, with no risk to world security.

Most computers have a variety of games pre-installed on them. These include a variety of solitaire games, casino games and misc. other games. As you become more proficient, you can download others from the internet or play on-line with other people from all over the world.

For anyone who has watched the explosion of Texas Hold 'Em shows on cable TV, you cannot avoid the commercials for various internet sites where you can play with both play and real money against others also on the net. Young people are able to connect their X-Boxes, Nintendo's and Play Stations to the internet as well, in order to play against others. Unfortunately, many of these games are gory, shoot-him-up games that would normally not appeal to our generation. However, you can find on-line Scrabble tournaments, Chess, crossword and many card games available to play.



You do not even have to have internet access to play many of these games. There are innumerable games where you play against the computer itself. Fortunately, you can usually select the level of ability that the computer will use or you would lose every time.

A while back, I attended a presentation from the Alzheimer's Foundation that provided evidence that those seniors who continue to learn and stretch their mental ability are less likely to suffer the consequences of dementia. Playing games is one of the simplest ways of doing this. Keep searching for harder games and find ways of staying young.

Take a risk, if you haven't already. Try to use a computer, either at one of the senior/community centers computer rooms or local library or with a neighbor. You never know what new skills or old abilities will be enhanced as you have fun and learn something new.




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

Birthday wishes to those celebrating their special day in February



Have a wonderful Day!



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



February Lunch n' Learn

Are You Strong Enough?

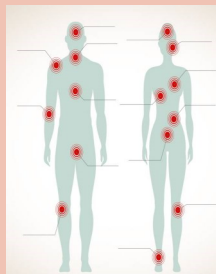
Submitted by Kimberly Cisna, President Seniors on the Move

Tuesday, February 13th
11:30 to 1:00 p.m.

Glen Meadows
850 S. 60th Street
Wes Des Moines, IA

Non-Member — \$20.00
<https://seniorsonthemove-ia.com/event-5404051>

Benefits of physical activity for chronic health conditions that can be managed with exercise.



Feature Presentation sponsored by:

RLC
RESORT LIFESTYLE COMMUNITIES®
...
Glen Meadows



Preventing Medicare Fraud

1-800-351-4664



PREVENT, DETECT, REPORT

DON'T BE AS SICK AS A DOG.



GET YOUR **FLU SHOT**

Day Trip - WWI Museum in Kansas City
 Urbandale Senior Center by Carissa Williams



The Liberty Memorial Association (LMA) was created shortly after World War I to create a lasting monument to the men and women who had served in the war.

Join us as we visit America’s official WWI Museum and Memorial, home to the most comprehensive collection of WWI objects in the world.

Included in your fee are transportation via charter bus, a tour at the museum, and lunch. We’ll stop for dinner, please bring money for this stop. The Liberty Memorial Tower has a 217-foot-high, open-air observation deck where you can view Kansas City from up high.

You have the option to climb the tower, or just enjoy the rest of the museum. To reach the top of the Tower, guests ride an elevator and climb 45 steps.

Space is limited. Call the Urbandale Senior Recreation center at **515-278-3907** or register online to www.urbandaleseniors.org.

Cost—\$109 per person
Wednesday, May 15
7 a.m. to 8 p.m.



Filing for 2023 Rent Reimbursement

Administration of the Program

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

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 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 starting after January 2, 2024 at 8 a.m. 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.**

Word Search Puzzle Answers

The words below are listed with their starting row and column

ANACHY 7:1	IDEOLOGY 17:10	PLURALISM 14:12
ARISTOCRACY 9:11	INITIATIVE 21:11	POLITICAL CULTURE 6:6
AUHTORITARIANISM 23:6	INSTITUTION 24:7	POLITICAL SOCIALIZATION 23:1
AUTHORITY 22:9	LEGISLATURE 10:6	POLITICS 2:2
BILL OF RIGHTS 2:21	LEGITAMACY 18:1	PROPERTY 11:9
CIVIL LIBERTIES 18:5	LIBERALISM 19:22	RECALL 15:3
CONSENT OF THE PEOPLE 3:1	LIBERTARIANISM 17:5	REFERENDUM 4:7
CONSERVATISM 1:14	LIBERTY 24:24	REPRESENTATIVE DEMOCRACY 25:24
DEMOCRACY 20:13	LIMITED GOVERNMENT 22:7	REPUBLIC 10:12
DEMOCRATIC REPUBLIC 4:4	MAJORITARIANISM 7:2	SOCIALISM 5:5
DIRECT DEMOCRACY 18:9	MAJORITY 12:16	THEOCRACY 3:23
ELITE THEORY 3:18	MAJORITY RULE 10:21	TOTALITARIAN REGIME 6:23
EQUALITY 6:14	OLIGARCHY 1:23	UNIVERSAL SUFFRAGE 20:24
GOVERNMENT 5:3	ORDER 22:18	<i>Continued from Page 03</i>



Kindness Ideas

Imagine a world where you can succeed by being nice.
 Where we all pay it forward.
 Where people look out for each other.
 It all starts with a simple act or gesture.



- Pay it Backward: buy coffee for the person behind you in line.
- Compliment the first three people you talk to today.
- Send a positive text message to five different people right now.
- Post inspirational sticky notes around your neighborhood, office, school, etc.
- Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
- Donate old towels or blankets to an animal shelter.
- Surprise a neighbor with freshly baked cookies or treats!
- Let someone go in front of you in line who only has a few items.
- Leave a gas gift card at a gas pump.
- Leave quarters at the laundromat.
- Encounter someone in customer service who is especially kind? Take a few minutes to tell their manager.
- Write a kind message on your mirror or refrigerator for yourself or partner
- Smile at five strangers.
- Send a gratitude email to a coworker who deserves more recognition.
- Practice self-kindness and spend 30 minutes doing something you love today.
- Give away stuff for free on Craig's List or Sell Site
- Know parents who could use a night out? Offer to babysit for free.
- Return shopping carts for people at the grocery store.
- Write a positive comment on your favorite blog, website, or a friend's social media account.
- Leave a kind server the biggest tip you can afford.
- When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
- Write your partner a list of things you love about them.
- Purchase extra dog or cat food and bring it to an animal shelter.
- Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
- Take flowers or treats to the nurses' station at your nearest hospital.
- Send a 'Thank you' card or note to the officers at your local police or fire station.
- Run an errand for a family member who is busy.
- Leave a box of goodies in your mailbox for your mail carrier.
- Put your phone away while in the company of others.



- When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!

Promote Sustainability & Help End Homelessness

DONATE HIGH-QUALITY NEW AND GENTLY USED ITEMS

Clean out your home, closets, cupboards & drawers

Home Goods, Décor, Rugs & Wall Art
 Clothing, Shoes, Jewelry & Accessories
 Antiques & One-of-a-Kind Items



All unsold items are given to people in need—through Joppa, another nonprofit organization or distributed overseas.

Joppa Donation Drop-Off & Homeless Resource Center



River Plaza
 2324 Euclid Ave.

"Donate high-quality new and gently used items you no longer need to promote sustainability and help end homelessness for local families and individuals."

River Plaza
 2326 Euclid Ave.

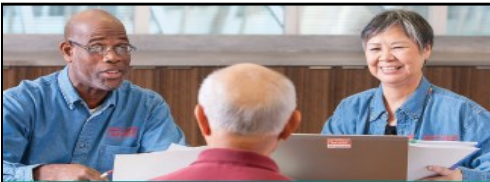
Jacki Stevens
 Thriftmart CEO & Joppa Cofounder

Hello February

Fire will always
Extinguish unless it's
Burning in your soul.
Rain will always stop
Unless it pours
Again in your heart.
Reshape your mindset and
You'll reclaim your power.

OurMindfulLife.com





Get Your Taxes Done For FREE!

AARP Foundation
For a future without senior poverty.

AARP Foundation Tax-Aide provides in-person tax preparation and virtual tax assistance help for anyone free of charge.

AARP membership is not required, no income limits apply, and taxpayers of any age can take advantage of this service.

It's the nation's largest free volunteer tax program, offered in conjunction with the IRS.

The Ankeny Senior Center is a sponsoring AARP Tax-Aide location for 2023 tax return preparation.

Tax preparation will begin on February 7, 2024 and continue every Wednesday until ending on April 10th.

Appointments are required and will be taken by a Tax-Aide volunteer in the Ankeny Senior Center Dining Room from 10 AM to 2 PM each Wednesday during tax season until available slots are filled.

The Tax-Aide Site Locator Tool will launch in early February, go to website below for other locations available, what is needed to be brought with and other information.

<https://www.aarp.org>

broadlawns
FOUNDATION

We ♥ our Volunteers

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or call (515) 282-7775

Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

Do You Need A New or Replacement Social Security Card? We are making it easier!!

If you need a new or replacement Social Security card, you may be able to complete, or at least start, your application on our website – and, if necessary, use our online scheduling tool to book an appointment at a local office.

Start Your Application

Do you need to apply for a Social Security number (SSN) and card?

You can visit www.ssa.gov/number-card to begin the process.

You'll answer a series of questions to determine whether you can:

- Complete the application process online.
- Start the application process online, then bring any required documents to your local Social Security office to complete the application, typically in less time.
- Complete the application process at your local office.



If you can't complete the application online, you must visit a Social Security office. To learn more, please review our publication, *Your Social Security Number and Card*, at: www.ssa.gov/pubs/EN-05-10002.pdf.

Replace your Social Security card

Want to replace your card? The **Card Replacement Screener** on our **Replacement Social Security card webpage** at www.ssa.gov/number-card/replace-card helps you determine the best way to do so.

Depending on your situation, you may be able to request a replacement card without visiting a local office. Choose "Answer a few questions" webpage to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online.

Were You Asked to Come into an Office?

Here's What You Should Know

If you start the application online and we determine you need to come into an office, you can use our new **Online Self-Scheduling option**.

This option allows you to:

- Select your language preference.
- Select the most convenient office to receive service.
- Choose to receive communications and appointment reminders through email or text.
- Conveniently use your mobile device to check-in for your appointment.

You can also reschedule, modify, or cancel your appointment online without having to call or visit the office.

It's never been easier to do business with us! Please share this information with your friends and family—and post it on social media.

GARLIC BREAD LASAGNA STUFFED MEATBALL & CHEESE CRUST DIP

by Josh Elken @ TikTok.com

PREP TIME: 45 minutes COOK TIME: 30 minutes

TOTAL TIME: 1 hour 15 minutes SERVINGS: 6

INGREDIENTS

16 ounces Italian sausage. Flattened out/rectangle shape (cut into 16 equal squares)

4 to 5 mozzarella string cheese sticks. Cut into 1" pieces for total of 16 piece.

16 ounces pizza dough (flattened, rectangle shape, cut into 16 pieces)

1 1/2 cup marinara sauce

1 1/2 mozzarella cheese

1 cup of ricotta cheese

1/4 cup melted garlic butter

1/2 cup grated parmesan cheese



INSTRUCTIONS

- Flatten Italian Sausage (rectangle) and cut into 16 equal pieces. Flatten each piece out a little more.
- Add a piece of mozzarella string cheese in the middle of meat and roll the meat into a ball.
- Flatten and cut up some pizza dough into 16 square piece.
- Stuff the meat ball inside and roll the dough up, ensuring a little piece of sausage shows so it can peek through after baking.
- Line a 14-inch skillet with the balls and add your favorite marinara sauce in the middle.
- Top on some grated mozzarella cheese and spoon on some dollops of ricotta cheese.
- Season with some dried parsley (oregano or Italian seasoning—optional) a
- Paint each ball with melted garlic butter.
- Sprinkle those balls with parmesan
- Bake at 450°F for 25 to 30 minutes.

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HELP LOCAL IOWANS UNDERSTAND THEIR MEDICARE OPTIONS

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- » Develop new skills or enhance your existing knowledge with our excellent training and resources.
- » Give back to your community and make lasting connections.

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“Learning new things, keeping my mind sharp, this volunteer job certainly does that.”



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

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



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

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