



The Senior Bulletin

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

DECEMBER 2023



DATES TO REMEMBER

- 12/7 - Pearl Harbor Day
- 12/7 - Chanukah/Hanukkah
Begins (last 8 days)
- 12/21 - Winter Solstice
- 12/22 - HOLIDAY - Sites CLOSED
- 12/25 - Christmas Day
(Sites CLOSED)
- 12/26 Kwanzaa
- 12/31 - New Year's Eve
- 1/1/2024 - New Year's Day



Inclement Weather Policy

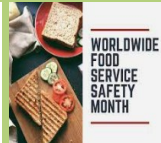
During the winter months, the effects of severe weather and concern for the safety of our participants may lead us to cancel meals. When this occurs, announcements will be made.

REMINDER— When Des Moines Public Schools are closed for weather conditions, we are **CLOSED**.

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

- You may receive **ROBOCALLS**
- LOOK for:**
 - o Caller ID will come up with a Boston Massachusetts number
 - o May hear an automated voice or their site staff voice.
 - o Sites will give directions about signups for next day in the Robo-message
- Go to www.polkcountyiowa.gov
 - * If it isn't on main page under **News and Announcements**
 - * Go to offices/departments at top of page and click on Community, Family & Youth Services.
 - * Click on the Senior Services link to find the info.
- Listen/watch for closing announcements on local television stations.
- Visit our Facebook Page @ **Senior Services of Polk County**
- Call a senior center. Listen to the recorded message for updates and directions.
- Call the Senior Services Administrative Office at 286-3679 for information.

MERRY CHRISTMAS



- Bingo Month
- Write a Friend Month
- National Fruitcake Month
- Safe Toys and Gifts Month
- World Food Service Safety Month



Wishing you all the joys of the season and happiness throughout the coming year!





To request a color brochure with more details, contact Seniors on the Move at **515-225-1455**.

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

BILLIARDS LESSONS

for Beginner to Immediate
Tuesdays 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

Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

HAPPY HOLIDAYS FROM SOCIAL SECURITY!

The holiday season often brings us feelings of warmth and joy. At Social Security, we want you to know we share the same joy when it comes to serving you via online, by telephone, or in person. Our online services are available to help you do business with us in an easy, convenient, and secure way. It all starts with a personal *my Social Security* account. With a personal Social Security account you can: Apply for benefits; apply for Medicare; or check the status of your application or appeal. If you already receive benefits—you can change your address or direct deposit information for your Social Security benefits only. You can print a SSA-1099 for tax purposes and instantly get proof of benefits. If you do NOT receive benefits you can use a personal *my Social Security* account to: get personalized ESTIMATES for benefits, get a Social Security Statement, and get instant proof that you do NOT receive benefits. Please visit www.ssa.gov/myaccount to view a complete list of the services available to you. We want you to have a safe, happy holiday season— we are here for you!



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.

Book Buddy

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



DON'T GET SCAMMED!

Book a **FREE Fraud Fighters** presentation today!

United Way of Central Iowa's, United55+ program offers free Fraud Fighters presentations!

Volunteers trained by the Iowa Insurance Division give in-person sessions lasting less than an hour.

Volunteers come to your library, senior center, veteran's organization, book club, etc. within Polk, Warren or Dallas counties.

Book a program to learn to recognize common tricks and scams and how to avoid them.

Email Lynne Melssen at: lynne.melssen@unitedwaydm.org to learn more, or call her at 515-246-6544.



US Topography

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

ALASKA RANGE	EVERGLADES	NEW ENGLAND UPLANDS
ALEUTIAN ISLAND	FALL LINE	NIAGARA FALLS
APPALACHIAN MOUNTAINS	FINGER LAKES	OHIO MESABI RANGE
BARRIER ISLAND	GRAND CANYON	OUTER BANKS
BERKSHIRE HILLS	GREAT BASIN	OZARK MOUNTAINS
BLACK BELT	GREAT LAKES	PIEDMONT
BLACKHILLS	GREAT PLAINS	PINE BARRENS
BLUEGRASS REGION	GREAT SALT LAKE	RESEARCH TRIANGLE
CAJUNS	GREEN MOUNTAINS	RIO GRANDE BASIN
CASCADE MOUNTAINS	GULF COASTAL PLIN	ROCKY MOUNTAINS
CENTRAL PLAINS	GULF OF MEXICO	SHENANDOAH VALLEY
CHESAPEAKE BAY	KILAUEA	SIERRA NEVADA
COLORADO PLATEAU	MISSISSIPPI DELTA	TENNESSEE RIVER
DELAWARE RIVER	MOUNT CKINLEY	WHITE MOUNTAINS
DELMARVA PENNINSULA	MOUNT RAINIER	

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.

Announcements:

The library will be closed Dec. 23, 25, 26 and Jan 1, 2024

Chair Yoga

Mondays @ 9:00 a.m. Join Rachel via Zoom! Yoga is for everyone and every body. Yoga is not for flexible people but for people who want to become more flexible. This chair yoga practice will include breathwork, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair and a small hand towel or kitchen dish towel. Join the zoom meeting on our website at polkcitylibrary.org.

Geri-Fit® Strength Training Workouts

Tuesdays 9:00 a.m. Ages 50 and over. Stretch bands and a zoom link are available upon request. **NO GERI-FIT ON 12/26**

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, December 6th 7:00 p.m.

The Year of Magical Thinking by Joan Didion

This powerful book is Didion's attempt to make sense of the "weeks and then months that cut loose any fixed idea I ever had about death, about illness ... about marriage and children and memory ... about the shallowness of sanity, about life itself."

Wrap and Yap: Gift-Wrapping Social Hour

Wednesday, December 13th @ 1:00 p.m.

Always leaving gift-wrapping to the midnight chime before your winter holidays? Bored and tired just thinking of long hours spent with scissors and tape? Instead, spend a relaxing couple hours with warm winter drinks, joyful music, and good conversation at the library, wrapping and yapping with others in the same predicament. Bring your unwrapped gifts and a festive spirit. Some gift wrap provided, but please do bring what you have as well! *17 and over. Registration not required.

Adult Evening DIY

Thursday, December 14th @ 6:00 p.m.

Create a frosted luminary to add some cozy light to your winter decor. *17 and over. **Register online.**

Monday Book Club

Monday, December 18th @ 2:00 p.m.

Reader's Choice!

Bring in your favorite holiday book to share!

Adult Coloring

Tuesday, December 19th @ 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. No registration required.

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



December 2023 Blood Pressure

Ankeny: Dec. 5th @ 10:00 a.m.

East: Dec. 19th @ 10:30 a.m.

Pioneer Columbus: Dec. 5th @ 10:30 a.m.

MLK: Dec. 19th @ 11:30 a.m.

Grimes: Dec. 8th @ 11:30 a.m.

South: Dec. 21st @ 10:30 a.m.

North: Dec. 12th @ 10:30 a.m.

West: Dec. 21st @ 10:15 a.m.

Johnston: Dec. 12th @ 11:30 a.m.

Northwest: Dec. 21st @ Noon

Central: Dec. 13th @ 12:15 p.m.

Runnells: Dec. 26th @ 11:00 a.m.

Norwoodville: Dec. 15th @ 10:30 a.m.

Scott 4 Mile: Dec. 28th @ 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.



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 check out www.polkcountyiowa.gov. CFYS/Senior Services

Name: _____

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City: _____ **State** _____ **Zip** _____

Phone: _____

Email: _____

Please check one:

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

2309 Euclid Avenue Des Moines, Iowa 50310



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

DMPL & Dragons

Sunday, December 3, 1:30 - 4:30pm

Thursday, December 21, 5:30 - 7:30pm

Join us to play Dungeons & Dragons, a role-playing game set in worlds of swords and sorcery where players use their imaginations to tell a story and create an adventure together. *New players are welcome!* If this is your first game, we can provide a pre-generated character for you to use.



East Side Library Adult Programs

2559 Hubbell Avenue

Drop in: Evening Crafts!

Tuesday, December 5, 12, & 19, 5:30 - 7:30 pm

Stop by every Tuesday evening in December for a winter themed craft! We will create yarn ornaments on Dec. 5, magazine trees on Dec. 12, and winter luminaries on Dec. 19. All supplies provided!

Collage Bookmarks

Friday, December 22, 4:30 pm

Create long-lasting personalized bookmarks! Join Library Assistant Ben Hatcher and get creative with collage. We'll be cutting and pasting from magazines, vintage books and other paper sources. No experience is necessary, and all materials are provided.

Drop in: Holiday Puzzle

Saturday, December 23, Noon - 4 pm

Looking for an activity to get out of the house? Drop by to complete a holiday puzzle any time between noon and 4 pm. Come meet new friends to complete the puzzle or bring a group with you! Refreshments and light snacks will be provided.

Franklin Avenue Library Adult Programs

5000 Franklin Ave.

Puzzle Competition Night

Monday, December 11, 6:00 p.m.

Join us for our second annual puzzle competition night! We'll have several categories, including one for kids, and some delicious winter treats.

North Side Adult Programs

3516 Fifth Avenue

Sit n' Stitch & Yarn Swap! (First Saturday of each month)

Saturday, December 2, 1:30 - 3:30pm

**This month we're having a special yarn swap: Bring yarn you no longer want and refresh your supply!



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

Technology Basics

Monday, December 4, 3 - 4 pm

Join us for a computer basics class and increase your skills. Learn how to navigate Windows, manage applications using the task manager, find and manage files and folders, save and delete files, and more.

South Side Adult Programs

1111 Porter Avenue

Dementia Conversations

Tuesday, December 5, 2 - 3 pm

This workshop offers tips on how to have honest and caring conversations with family members about the challenging and uncomfortable topics of going to the doctor, deciding when to stop driving, and making legal and financial plans.

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

25 Years OF SMP

1-800-351-4664

PREVENT, DETECT, REPORT

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 Hamburger Patty Lettuce, Tomato, & Onion Baked Beans Potato Salad Hamburger Bun Fudge Round Cake Chocolate Milk</p>	<p>1 Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Fruit Fudge Round Cookie Chocolate Milk</p>
<p>4 Ground Beef Stroganoff Ratatouille Garlic Breadstick Spiced Peaches Strawberry Shortcake Cookie Milk</p>	<p>5 Beef Taco Shredded Cheese Lettuce & Tomato Taco Sauce Cilantro Lime Rice Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk</p>	<p>6 Ham & Potato Casserole Mixed Vegetables Wheat Roll Pear Crisp Milk</p> <p> </p>	<p>7 Gyro Lettuce & Tomato Lemon Rice Zucchini Flour Tortilla Tzatziki Sauce Fresh Fruit Milk</p> <p>Coconut Cream</p>	<p>8 Liver & Onions Roasted Potatoes Broccoli Wheat Bread Oatmeal Creme Pie Chocolate Milk</p>	<p>8 Tuna Salad Cucumber & Tomato Salad. Wheat Hamb. Bun Fresh Fruit Oatmeal Creme Pie Chocolate Milk</p>
<p>11 Pineapple Glazed Ham Buttermilk Mashed Potatoes Broccoli & Cheese Soup Wheat Crackers Fresh Fruit Milk</p> <p> </p>	<p>12 Potato Crusted Fish Tartar Sauce Roasted Potatoes Brussels Sprouts Cornbread Fresh Fruit Milk</p>	<p>13 Sliced Pork w/ Brown Gravy Macaroni & Cheese Glazed Carrots Wheat Bread Fresh Fruit Milk</p> <p></p>	<p>14 Teriyaki Chicken Confetti Rice Broccoli Wheat Roll Fresh Fruit Milk</p> <p>Apple </p>	<p>15 Chicken Fettuccini Alfredo California Vegetable Blend Wheat Roll Rice Krispie Treat Chocolate Milk</p>	<p>15 Krab Salad Corn Salad Naan Bread Fresh Fruit Rice Krispie Treat Chocolate Milk</p>
<p>18 Beef with Brown Gravy Glazed Yams Mixed Vegetables Wheat Bread Fresh Fruit Milk</p>	<p>19 Chicken Stew Steamed Rice Green Beans Wheat Roll Turtle Cookie Milk</p>	<p>20 Brat Patty Sliced Onions Roasted Potatoes Garden Vegetable Blend Wheat Hamb. Bun Fresh Fruit Milk</p> <p></p> <p>Birthday Cake</p>	<p>21 Turkey Breast with Poultry Gravy Mashed Potatoes Green Bean Casserole Wheat Roll Fresh Fruit Milk</p> <p>Pecan</p>	<p>MERRY CHRISTMAS </p>	
<p>25 </p>	<p>26 BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Hamburger Bun Fresh Fruit Milk</p> <p></p>	<p>27 Swedish Meatballs Egg Noodles Garden Vegetable Blend Wheat Roll Oatmeal Raisin Cookie Milk</p>	<p>28 Sloppy Joe Roasted Potatoes Green Beans Wheat Hamb. Bun Fresh Fruit Milk</p> <p>Cherry</p>	<p>29 10 Grain Pollock Macaroni & Cheese Sliced Carrots Wheat Bread Brownie Chocolate Milk</p>	<p>29 Chef Salad Croutons Ranch Salad Dressing Pasta Salad Fresh Fruit Brownie Chocolate Milk</p> <p></p>

DECEMBER 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.polkcountyowa.gov/community-family-youth-services/senior-services/about-us/>



December



Services provided by EveryStep Community Health Team Nurses

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

- 5th West**
- 6th Ankeny**
- 7th North**
- 8th Scott Four Mile**
- 11th East**
- 12th Grimes**
- 13th Northwest**
- 15th Altoona**
- 18th West**
- 19th Johnston**
- 20th Pioneer Columbus**
- 26th South**
- 27th Norwoodville**
- 28th Runnells**
- 29th 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

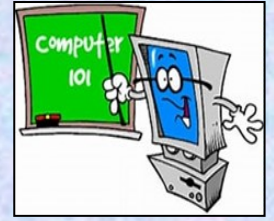
to place an order for the next day

How I Learned to Use and Enjoy Computers...

By Frank Spoerl, Volunteer Computer Instructor

This kind of Phishing does not use a pole and worms

As promised, I want to talk about identity theft and some of the schemes used to accomplish it. As with any identity theft, the crook needs to get some personal information from you. Some of the key items include your social security number, bank account number, address, phone and date of birth. Obviously, the more they can get the better off they are. Through the use of computers, they can then access your life history, your bank, set up charge accounts, etc. The most common means of this is known as phishing.



If you have been on the internet very long, you will have received a message purposing to be from a bank, AOL, PayPal or other business. These messages look very real, and describe that someone may have gotten into your account already. To help confirm the legitimacy of your account, they ask you to go to their website and supply "confidential" information, including your password, that will be used to verify who you are. In reality, this is a scam. They will take your information and set up numerous phony accounts that you will soon become responsible for, or raid your actual bank accounts by using the true information you just gave them. These messages are sent out by the millions, and they only need a few responses to literally make millions of dollars. Your bank account will be cleaned out within just a couple of hours.

There are two variations of these messages. One will claim to be from a missionary dying and wanting to leave you millions of dollars to continue God's work. They will tell a story that is intended to make you feel sorry for them. They are dying of cancer, and have no children to will the money to. Another will claim that you have just won a European lottery and you only have a few days left to claim it. Just give them your bank information, and they will electronically transfer the money to your account. It doesn't matter that you have never entered this lottery, you have won! No receipt or ticket, no problem, they have your name. Again, with the information provided, they will make the transfer, but it will be **from** your account, not into it.

From a humor standpoint, I enjoy the messages from a supposed attorney who claims to be holding many millions of dollars stolen from a corrupt African government and needs my help getting it out of the country. In return, he'll give me 20% or so. This can only appeal to people who are basically crooks themselves because the whole transaction is illegal. You would be either embezzling money, or receiving stolen goods if it were true.

If you have a real AOL account (or bank account) call AOL or the bank using numbers from your phone book.



DO NOT TRUST ANY INFORMATION IN THE EMAIL MESSAGE.

The crooks are very smart people. They can create messages that cannot be distinguished from legitimate messages. And they get a lot of money from good, trusting people who believe them. These scams have been polished and refined over many years. If you remember nothing else, remember what your parents taught you at an early age..."if it looks too good to be true, it probably is."



Northside Community Center
3010 6th Ave. Dsm 288-1524
Each Wednesday @ Noon

Do you need help using a computer or the internet?

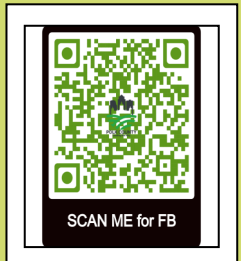
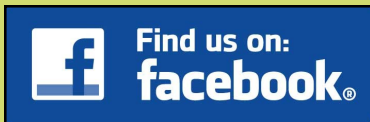
Our free basic computer classes will cover all the basics you need. Taught by Frank Spoerl.

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



Senior Services is on Facebook.



Look up: Senior Services of Polk County

It's HERE!! OPEN ENROLLMENT SEASON Medicare Part D Comparison October 15 to December 7



Every year there is an annual election period when you can change plans, drop coverage or add coverage. This is called OEP (Open Enrollment Period).

The company plans can change premiums, co-payments and Formularies (list of drugs they cover) every year so reviewing plans during the election period is important.

The best way to compare plans is to use the Medicare.gov website or SHIIP-SMP counselors.

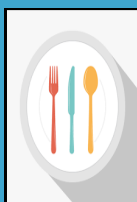
Go to www.shiip.iowa.gov to find a SHIIP-SMP Counselor near you and learn how to make an appointment.

Polk County PEER Advocates, located at River Place, 2309 Euclid Ave., happens to be a SHIIP sponsor site, with counselors available for appointments.

Call 515-286-2112 to find out how to receive OEP forms to begin process of scheduling for an appointment during this season.

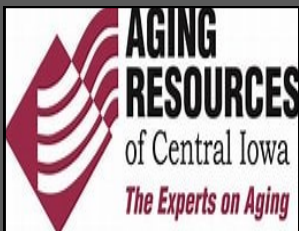
DON'T DELAY THIS IS A VERY BUSY TIME! AND APPOINTMENTS FILL UP! DON'T MISS YOUR OPPORTUNITY TO SEE IF YOU CAN SAVE MONEY!

Senior Nutrition Program is for those 60+ years of age and/or older and eligible spouse. Monetary Contributions to help offset the cost of meals provided are appreciated and at your own discretion. Questions? Call the site nearest you!



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

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



Need Help with your Medicare Plan Comparisons for Open Enrollment? CONTACT US NOW



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Connect With Us on:



Q. What types of animals migrate through Iowa to get to warmer weather.

A. There are quite a few birds that migrate through Iowa in the spring and the fall, which is usually related to food availability. For example many insect eating birds migrate south because they can't find insects here in the winter. Some do not nest here and are just traveling through like: ducks, shorebirds, double breasted cormorants, American white pelicans, snow geese, warblers, and hawks. Some birds migrate down from Canada to spend their winters in Iowa like bald eagles, dark eyed juncos, and may be a snowy owl or two. For more great information on birds check out the Cornell Lab of Ornithology at www.birds.cornell.edu.



Earn extra income while providing support to seniors.

Be a Senior Companion!

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



Senior Companions Provide:

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

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



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

Benefits

You can be a Senior Companion if you:

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

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

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



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everystep.org

Talk it Up, Lock it Up

Submitted by Madisun VanGundy, Public Health Communications Officer, Polk County Health Dept.



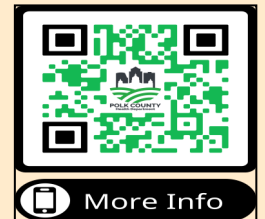
Gun Safety Saves Lives.

Gun injuries are one of the leading causes of death for youth in Polk County, but safe gun storage can help prevent gun-related injuries.

Talk to your family and friends about safe gun storage. Talk it Up. Lock it Up. Gun safety saves lives.

Learn more and find a free gun trigger lock pick-up site near you at:

<https://www.polkcountyiowa.gov/health-department/gun-safety/>



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 equals lives changed & lives saved! To access **988**: call, text, and chat is available 24/7, 365 days per year. **Spread the word!**

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

Birthday wishes to those celebrating their special day in December



Have a Wonderful Day!

Cheap n Quick Dinner Idea

Breakfast Pizza

2 cups peppered gravy— Prepared

1 lb. ground country sausage cooked and mixed into peppered gravy

4 eggs soft scrambled (you want to leave them a little wet because they finish cooking in the oven on your pizza)

8 ounce pizza blend cheese—about 2 cups
1 Pizza dough (tube/pkg) or create your own

Yield—2 larger sized or 4 small personal sized pizzas.

Rollout dough in pan or baking sheet to desired size/shape. Preheat oven 425 or instructions on dough pkg. Prebake crust for about half the time instructed. Brush light olive oil or butter on crust and poke holes to avoid bubbles. After pre-bake, add above ingredients and bake the remaining time left on dough instructions.



Directions:

Use the Self Care Bank below to make your Self Care Holiday Checklist of things you want to do this holiday season.

Fill each of the 12 ornaments with the number that coordinates with an activity of interest you plan to try. Enjoy!!

Self Care Bank

1. Read a good book
2. Bake a sweet holiday treat
3. Do some yoga
4. Take a walk
5. Look at Holiday lights
6. Watch the snow fall
7. Set goals for the new year
8. Practice deep breathing
9. Go to a Live 2 B Healthy class!
10. Enjoy a cup of hot chocolate
11. List things you love about yourself
12. Call someone you want to catch up with
13. Reflect on the year
14. Try something new
15. 20 minute Meditation
16. Drink water everyday



Self Care
Holidays
Checklist



Word Search Puzzle Answers

The words below are listed with their starting row and column

- ALASKA RANGE 13:25
- ALEUTIAN ISLAND 5:2
- APPALACHIAN MOUNTAINS 23:4
- BARRIER ISLAND 6:25
- BERKSHIRE HILLS 25:7
- BLACK BELT 3:1
- BLACKHILLS 22:16
- BLUEGRASS REGION 26:15
- CAJUNS 10:10
- CASCADE MOUNTAINS 22:3
- CENTRAL PLAINS 14:27
- CHESAPEAKE BAY 21:17
- COLORADO PLATEAU 1:26
- DELAWARE RIVER 23:14
- DELMARVA PENNINSULA 3:7

- EVERGLADES 15:25
- FALL LINE 20:4
- FINGER LAKES 12:27
- GRAND CANYON 3:17
- GREAT BASIN 12:5
- GREAT LAKES 12:22
- GREAT PLAINS 13:26
- GREAT SALT LAKE 21:4
- GREEN MOUNTAINS 24:6
- GULF COASTAL PLAIN 11:11
- GULF OF MEXICO 3:16
- KILAUEA 2:20
- MISSISSIPPI DELTA 27:2
- MOUNT CKINLEY 1:4
- MOUNT RAINIER 25:1

- NEW ENGLAND UPLANDS 8:21
- NIAGARA FALLS 14:20
- OHIO MESABI RANGE 2:19
- OUTER BANKS 27:18
- OZARK MOUNTAINS 2:19
- PIEDMONT 10:26
- PINE BARRENS 25:23
- RESEARCH TRIANGLE 23:12
- RIO GRANDE BASIN 17:1
- ROCKY MOUNTAINS 21:12
- SHENANDOAH VALLEY 3:11
- SIERRA NEVADA 26:27
- TENNESSEE RIVER 15:8
- WHITE MOUNTAINS 16:18

Continued from Page 03

Bill and Suzanne Sevenbergen, pictured right, participate in the "Live 2B Healthy" exercise program three days a week at the Norwoodville Community Center.

Bill recently suffered a heart attack. Both he and his doctors attributed his quick recovery to his consistent participation in Live 2B Healthy!

Would you like more information about this amazing program? Contact your center!



Runnells enjoyed a tangled web of conversations about Food Safety: Was it a stomach bug or food borne illness? Thank You Stephanie Labenz (pictured below) from Aging Resources, for Fresh Conversation and samples of the Recipe of the Month!

Submitted by Pam Applebee, Program Aide, Runnells Senior Center



ANKENY SENIOR CENTER RAFFLE

The Ankeny seniors had a raffle fundraiser this past October. We want to say a huge THANK YOU to the Ankeny Businesses and some of the seniors themselves that donated prizes! \$1760.00 was raised to be deposited into the special donation fund! ALSO A SPECIAL THANK YOU TO ALL THOSE THAT SOLD TICKETS, BOUGHT TICKETS OR HELPED IN ANY

Perkins	IHOP	Connie Bloyd
Hidalgo Mexican	Brandmeyer's Popcorn	Judy Duver
Flowerama	Walmart	Carolyn Haws
Ankeny Diner	Jersey Mike's	Jan Henderkott
Pizza Ranch	Canoyer Garden Center	Lila Janssen
Olive Garden	Strawberry Patch	Mary Landis
Panera Bread	XoXo Gift and Home	Sandra and Dwight Mateer
Main Street Cafe'	Jethro's BBQ	Jerry Parsneau
Leaning Tower	Wig and Pen Pizza	Ruth Stewart
Early Bird	Crumbl Cookies	
Cazador Mexican	Fleet Farm	
Big Al's BBQ	Trailside Tap	
Mullets	Slim Chickens	
Filet Steakhouse	The Juice Company	

The East side Senior Center celebrated Halloween with a costume party and contest!

Pictured below are all who participated in the contest and the winners:

- Scariest: Linda Watley**
- Funniest Costume: Ken Gray**
- Best Costume: Georgia Greene**

Submitted by Dan Sauser, Eastside Supervisor

