



The Senior Bulletin

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

JUNE
2023



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.

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

World Elder Abuse Awareness Day

Submitted by Crystal Doig, Elder Rights/Family Caregiver Supervisor w/ Aging Resources of Central Iowa

World Elder Abuse Awareness Day (WEAAD) is observed each year on [June 15th](#) to highlight one of the worst displays of ageism and inequality in our society, elder abuse.

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.” The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

In many parts of the world, elder abuse occurs with little recognition or response. It is a social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

As many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. Until recently, this serious social problem was hidden from the public view and considered mostly a private matter. Even today, elder abuse continues to be a taboo, mostly under-estimated, and ignored. Older Americans are vital, contributing members of our society, and their abuse or neglect diminishes all of us. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice.



If you feel you or someone you know is experiencing any form of abuse please contact an Elder Rights Specialist at Aging Resources, 515-255-1310.



How I Learned to Use and Enjoy Computers....

by Frank Spoerl, Volunteer Computer Instructor at North Senior Center

For almost eight years, I taught residents at senior housing facility how to use computers. Recently, I started such classes on Wednesdays at noon, at the Northside Senior Center. To help promote interest and familiarization I will be occasionally submitting articles and such about things going on in our techno world today that affect us or areas that will be covered in future classes.



HUD started the Neighborhood Networks program 27 years ago. Its goal was to provide opportunities for residents of affordable housing to become familiar with computers and the internet by encouraging owner/managers to provide access to equipment. This has allowed many young people to improve their education while not having to incur the cost of buying a computer and software. Senior centers have often included computer labs for this same reason.

For seniors, the challenge was different. Many of your parents and some of you were part of the generation that either quit or otherwise lost your jobs as computers became more common. As a result, you do not feel comfortable around them. This discomfort is often aggravated by films that imply that a wrong button can start World War III (ie. War Games).

At the same time, the internet has become so entangled in our every day lives, that to not be familiar with it is a significant loss. As you watch TV, websites (such as ABC.COM) are constantly referred to as a source of additional information. Need a prescription refill, log on to your pharmacy's website to reorder. Need information on Social Security benefits, check for more information and forms on their website. Now, you can still call someone and get the same assistance, but more often than not, that person will be entering the information for you.

The internet is hard to describe. Its like a combination of the largest mall, cocktail party and library you can imagine. And its all available at your fingertips. Email allows you to correspond with friends instantly anywhere in the world. I can contact all of my friends and family with important news as fast as I can type. We can share pictures of events from digital cameras. You can plan a trip, make airline, hotel, and restaurant reservations, see pictures of a new grandchild, do research on your ancestors or play poker while online.

In coming weeks, I will try to cover many areas just as I had in the weekly classes. Topics will include:

Using Search Engines. How to send E-Mail . Blogs, what are they ? Sharing Photos. Games. What is "Phishing" and why it is dangerous? Are "Cookies" good to eat? How to pick an ISP? What's a URL? Can I really start WW3, and what button do I push? What is Spam? Can a Nigerian Prince really clean out my bank account?

If you have questions or suggestions for discussion topics, feel free to drop off written notes at the Northside Senior Center. If you wish, you can include your own email address for replies.



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ADAPTABILITY
ALERTNESS
AMBITION
ARTICULATE
CHEERFUL
COMMITMENT
COMPETITIVE
CONDITION
CONFIDENCE
COOPERATION
COURAGEOUS
DISCIPLINE
EFFICIENT
EMPATHY
ENERGETIC
ENTHUSIASM
FAITH

FIGHT
FORGIVING
FRIENDSHIP
GREATNESS
HONESTY
IMPARTIALITY
INDUSTRIOUSNESS
INITIATIVE
INTEGRITY
INTENTNESS
LISTENER
LOYALTY
OBSERVANT
OPEN MINDED
PATIENCE
PERCEPTIVE
POISE

POLITE
PROLIFIC
RATIONAL
REFLECTIVE
RELIABILITY
RESOURCEFULNESS
RESPONSIBLE
SELF CONTROL
SINCERITY
SKILL
SPORTSMANSHIP
TEAM SPIRIT
TRUTHFUL
UNDERSTANDING
WELCOMING

Answers Found on Page 11

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!



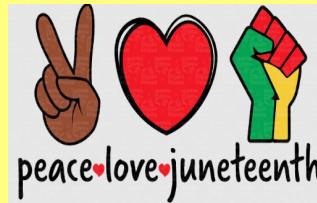
Polk County
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*



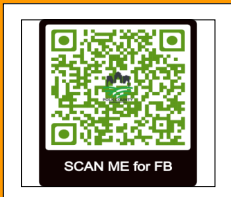
DMACC
DIVERSITY, MENTORSHIP, COLLEGE
LIFE'S CALLING
Evelyn K. Davis Center
FOR WORKING FAMILIES

DATES TO REMEMBER

- 6/14 - Flag Day
- 6/18 Father's Day
- 6/19 - Juneteenth — **SITES CLOSED**
- 6/21 - First Day of Summer



Senior Services is on Facebook.

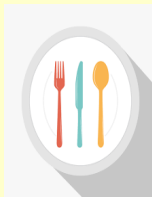


Check out:
Senior Services of Polk County

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

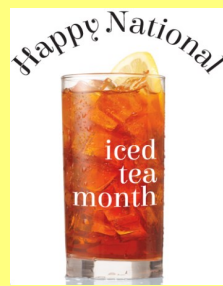
Monetary Contributions to help offset the cost of meals provided are appreciated and at your own discretion.

Questions? 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.



- Alzheimer's and Brain Awareness Month
- Aquarium & Zoo Month
- Candy Month
- Dairy Month
- Gay and Lesbian Pride Month
- Great Outdoors Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- National Iced Tea Month
- Rose Month
- Turkey Lovers Month



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

For more info. 515-283-4152 www.dmpl.org



Central Library Adult Programs

1000 Grand Avenue

AViD Presents Paul Kix

Tuesday, June 6, 7 pm

His newest book, *You Have to Be Prepared to Die Before You Can Begin to Live*, is a deeply researched book that takes readers behind the scenes of the momentous 1963 Birmingham Campaign.

Crafting for Adults : Candlemaking

Thursday, June 8, 3:30 pm

Do you love to craft? Come learn how to make your own candle or bring your current project and make some progress! Enjoy light refreshments and a friendly atmosphere.

Date Night at the Library: Couples Massage Class

Thursday, June 8, 6 pm

Learn the art of massage at this romantic program for couples. A licensed massage therapist will demonstrate how to give your partner the best massage of their life! Registration required.

Vegetarian Mexican Cuisine: Get Cooking in this Interactive Workshop

Saturday, June 10, 11 am

Chop, mix, and sample several vegetarian recipes. Try fresh tortillas from a local tortilleria and learn what goes into making homemade tortillas, chips, sopes, gorditas, and chilaquiles. Registration required.

AViD Presents Taylor Harris

Thursday, June 15, 7 pm

Virginia-based writer Taylor Harris's 2022 debut memoir, *This Boy We Made*, received critical acclaim and is an emotional examination of Harris's relentless quest to discover why her young son was experiencing a frustrating assortment of health challenges.

Medicare Bingo

Friday, June 16, 11 am

Join Rosario Manzano as she does a presentation on Medicare. After the presentation, she will host a game of BINGO!

Medical Power of Attorney

Friday, June 30, 1:30 pm

The social work team from Unity Point will be presenting on the importance of having a Medical Power of Attorney. You can even complete the documents and get them notarized during the program!

Writers Workshop

Monday, June 5, 5:30 pm or Friday, June 30, 10 am

Email Julia at jmdunt@dmpl.org your submissions. The group will read and discuss submitted works.

East Side Library Adult Programs

2559 Hubbell Avenue

Plant, Grow, Fly! with DSM Parks & Rec

Tuesday, June 6, 5:30 pm

Learn about butterflies and plants with Joel from Des Moines Parks and Recreation Department! Be prepared to get your hands dirty and do a little work to help out Monarchs and pollinators.

Watercolor Portraits

Monday, June 12, 6 pm

For this program we will focus on portrait studies and address the technical and creative challenges of capturing the human spirit.

Renewable Energy with Dr. Knotts

Tuesday, June 13, 6:30 pm

East Side Library, 2559 Hubbell Ave

Join Grand View physics professor, Grant Knotts, for a discussion on Renewable Energy!



Franklin Avenue Library Adult Programs

5000 Franklin Ave

Lawyers in Libraries – Celebrating Older Iowans

Thursday, June 1, 6:30 p.m.

Learn about financial power of attorney, health care power of attorney, and the Final Disposition Act.

Des Moines Metro Opera Discusses Carmen

Saturday, June 3, 2:00 p.m.

Join Joshua Borths for an in-depth look at the history of this incredible character and opera.

Home Music Production 101 – Producing in the Box on a Shoestring Budget

Monday, June 5, 6:30 p.m.

Carl Dietz will explain and demonstrate home audio production basics.

Reading on the Margins Book Discussion

Thursday, June 8, 6:30 p.m.

The title for June is *The Thirty Names of Night* by Zeyn Joukhadar. Pick up a copy at the Help Desk.

Franklin Afternoon Book Discussion

Monday, June 12, 1:00 p.m.

June's selection is *True Biz* by Sara Nović. Ask for a copy at the Help Desk.

Adult Read Aloud

Friday, June 16, 1:00 p.m.

Unplug, unwind and listen to the reading of a short story or slender book.

Des Moines Metro Opera Discusses Fairy Tales from the Fringe

Saturday, June 17, 2:00 p.m.

Learn background info for the performances of "Bluebeard's Castle" and "The Love for Three Oranges."



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation
www.leadingyououtdoors.org

Connect With Us on:



Q. I was hiking the other day and found a fawn curled up and unmoving in the grass. I didn't see its mother anywhere so I think it's been abandoned. I just left it there because I didn't know what to do. Should I have done something?

A. You did the right thing by leaving it alone. The mother was probably nearby even though you did not see her. Mother deer leave their young alone on purpose. She will only visit her fawn a few times a day to nurse and clean it, staying for only a few minutes at a time. She will go and feed nearby and is never too far away from her. A fawn's natural instinct is to lie down in the grass and be still. The white spots on their fur help them be camouflaged in the grass. Fawns are born with no scent so they are undetectable by predators. If a fawn is threatened, the mother's instinct is to run away to get the predator to chase her instead of the fawn. Remember to leave wild animals alone, do not pick them up or try to feed them. The fawn's best chance of survival is in the wild.



Juneteenth — recognized annually on June 19 — is the oldest nationally celebrated commemoration of the ending of slavery in the United States. It is also known as “Freedom Day,” “Juneteenth Independence Day,” or “Emancipation Day.”

This year marks the 158th year of its recognition and 2nd anniversary as a federal holiday – nationally acknowledging

slavery as core to the historical oppression and persistent inequities impacting Black communities across the United States. The recognition and celebration of Juneteenth is an important moment to pause with the thought that not all Americans were free when the Declaration of Independence was signed on July 4th, 1776. While traditionally celebrated as the nation's transition to freedom, not all were free or citizens.

On the heels of the COVID-19 pandemic and the murders of George Floyd and Breonna Taylor, which opened wide the lens on injustice, President Joe Biden on June 17, 2021 signed into law a national declaration of America acknowledging its past.

Juneteenth is celebrated annually through backyard parties, community parades, memorials, delicious meals, and more. In whatever way Juneteenth is celebrated, it has ultimately become a time of sharing stories of Black resilience, resistance, liberation, and joy.

Just a few ways someone can thoughtfully celebrate and recognize Juneteenth this year:

LEARN

- Visit Smithsonian's National Museum of African American History and Culture or there are many others you can find online.
- Watch documentaries about slavery
- Read books written by Black authors and poets
- Listen to audiobooks narrated by Black authors and poets

TAKE ACTION

- Support Black-owned businesses
Shopping, Dining, Gift cards, Tipping
- Donate to Black-led non-profits and community organizations & so much more.
- Continue education, anti-racism and being an ally beyond Juneteenth. *Source: almanac.com & goodgoodgood.com*



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.

THE 2023 SUMMER READING PROGRAM IS HERE!

Reading is Delicious is this year's theme.

SUMMER READING PROGRAMS FOR ALL AGES

JUNE 1st - July 31st

Watch our website and Facebook for all the details!

ADULTS: June 1st– July 31st

Tickets towards Grand Prizes can be earned by reading and attending programs! We have a fun lineup of summer programs call or check out event schedule online.

Adult Crafternoon: Pressed Flower Bookmarks -

Sponsored by Polk City Women

Tuesday June 6th 2:00 p.m.

Join us for a fun afternoon of crafting. We will be making simple bookmarks. All supplies will be provided.

*17 and over. Register online.

Wednesday Book Club

Wednesday, June 7th 7:00 p.m.

Join us for a discussion of *Dancing Under the Red Star* by Karl Tobien. Margaret Werner's survival in the Siberian death camps of Stalinist Russia.

Stay Independent Lunch and Learn

with Iowa State University Extension

Thursday, June 8th 12:00 p.m.

Join us in our "Stay Independent" series that provides research-based nutrition and wellness information intended to help adults ages 60 and older reduce their nutritional risk through lifestyle changes. Lunch will be provided. *Register online.

Learn to Home Brew with Fenders Brewing -

Sponsored by MJR Development

Tuesday, June 13th 6:00 p.m. at Fenders

Jason Madison, owner of Fenders Brewing, began home brewing in his garage in 2009 until opening Fenders in 2017. In this class, he will guide you through the basics of home brewing. Join him for a fun, informational evening that will end with a tour of the brewery. Some highlights of the evening will include: equipment, ingredients, styles of beer, and the basic process. Your registration includes one free pour that evening.

*Register online.

Coloring Night at Fenders Brewing

Wednesday, June 14th 4:00 p.m. - 9:00 p.m.

Come for a night of relaxation and fun with friends at Fenders Brewing!

Adult D.I.Y. : Garden Gnome Craft

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

Join us for a fun evening of crafting. We will be painting flower pots and assembling them into a garden gnome craft. All supplies will be provided.

*17 and over. Register online

Monday Book Club

Monday, June 19th 2:00 p.m.

Join us for a discussion of *The Stranger in the Lifeboat* by Mitch Albom. A group of shipwrecked passengers pull a strange man from the sea.



Short Story Happy Hour

No-Prep Book Club at Fenders Brewing in Polk City
Wednesday, June 21st 7:00 p.m.

Did you ever want to join a book club but you didn't have the time to read the book beforehand? Come Join us at **Fenders Brewing** where we will provide a short story to read, then we discuss it when everyone has finished. Beverages can also be ordered at special prices.

The Art of Charcuterie - Sponsored by Torres Team

Thursday, June 22nd 6:00 p.m.

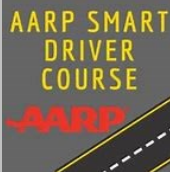
Learn how to create a tasty and fun Charcuterie board for an aesthetically pleasing snacking solution fit for any occasion! Taste and enjoy the delicious creations you've made!

*17 and over. Register online.

Death by Chocolate

Thursday, June 29th 6:00 p.m.

Join us for an evening of sweet self care. We will be sampling various chocolatey treats, chocolate trivia, and creating chocolate art! Adults and Teens welcome. Register online.



Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance.

Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.



Cost:

\$20.00 AARP members
\$25.00 for Non-members

Friday, June 2nd, 2023
at 8:30 to 12:30 p.m.

Location: Urbandale Senior Recreation Center 7305 Aurora Ave. Urbandale, IA

To register call: 515-278-3907

Birthday wishes to those celebrating their special day in June



Have a wonderful Day!

M	T	W	Th	F	F Flex
			<p>Sloppy Joe 8g WW Bun 21g Potatoes O'Brien 17g Peas 12g Craisins 24g Skim Milk 12g PECAN PIE 56g 94/688</p>	<p>Turkey Sandwich Wheat Bread 23g Carrots 5g Plain Chips 16g Grape Juice 17g Granola Bar 17g Chocolate Milk 25g 130/756</p>	<p>Chicken Wrap 16g Carrots 5g Grape Juice 17g Granola Bar 17g Chocolate Milk 25g 80/564</p>
<p>Tuna & Noodles 17g Peas 12g Mixed Fruit 16g WW Dinner Roll 14g Oat. Raisin Cookie 17g Skim Milk 12g 88/708</p>	<p>Scalloped Ham 4g Diced Potatoes 20g Mixed Veggies 13g Orange 25g WW Dinner Roll 14g Skim Milk 12g 89/585</p>	<p>Sweet & Sour Chicken 18g Brown Rice 25g Coleslaw 11g Banana 31g Chocolate Pudding 30g Skim Milk 12g 127/793</p>	<p>Salisbury Steak 11g Mashed Potatoes 21g Valley Salad 27g Raisins 23g WW Dinner Roll 14g Skim Milk 12g CHERRY PIE 44 g 108/736</p>	<p>Shepherd's Pie 23g Corn 19g Apple 19g Raisin Bread 17g Chocolate Milk 25g 103/736</p>	<p>Honey Mustard Ham Wrap 32g Corn 19g Apple 19g Chocolate Milk 25g 82/583</p>
<p>Tuna Tetraxini 22g Harvard Beets 19g Peaches 18g Rye Bread 15g Skim Milk 12g 86/563</p>	<p>Beef Minestrone Soup 12g Green Beans 6g Apple 19g Wheat Bread 12g Goldfish 16g Skim Milk 12g 77/600</p>	<p>Spinach Salad w/ Chicken & Cheese 4g Italian Dressing 4g Baby Bakers 37g Banana 31g WW Dinner Roll 14g Skim Milk 12g 102/716</p>	<p>Shredded Pork WW Bun 21g Party Potatoes 22g Pea Salad 18g Craisins 24g Skim Milk 12g BLUEBERRY PIE 51g 98/814</p>	<p>Goulash 30g Carrots 5g Orange 25g Breadstick 15g Sugar Cookie 23g Chocolate Milk 25g 123/773</p>	<p>Chicken Caesar Salad 7g Orange 25g Breadstick 15g Sugar Cookie 23g Chocolate Milk 95/687</p>
<p>Closed for JUNETEETH </p>	<p>Turkey Burger 80 WW Bun 21g 758 Potato Salad 16g Apple Juice 14g Rice Krispy Treat 17g Skim Milk 12g 80/758</p>	<p>Beef Taco WW Tortilla 9g Cheese & Lettuce 1g Mexicali Corn 15g Banana 31g Taco Sauce Birthday Cake 29g Skim Milk 12g 100/763</p>	<p>Meatloaf 6g Mashed Potatoes 21g Copper Penny Salad 17g Craisins 24g WW Dinner Roll 14g Skim Milk 12g BOSTON CREAM PIE 40g 95/642</p>	<p>Sausage Patty Scalloped Potatoes 25g Green Beans 6g Orange 25g Goldfish 16g Chocolate Milk 25g 97/726</p>	<p>Spinach Salad with Chicken 10g Orange 25g Goldfish 16g Chocolate Milk 25g 76/673</p>
<p>Chicken Fajita 9g Peppers & Onions 5g WW Tortilla 19g Pinto Beans 24g Apple 19g Snickerdoodle 30g Skim Milk 12g 118/688</p>	<p>Pasta with Meat Sauce 20g Cali Blend 7g Orange 25g Breadstick 15g Skim Milk 12g 80/698</p>	<p>Cali Burger WW Bun 21g Lett/Tom/Onion 5g Baked Beans 24g Banana 31g Skim Milk 12g 94/717</p>	<p>Swedish Meatballs 5g Mashed Potatoes 21g Lettuce w/Ranch 4g Raisins 23g WW Dinner Roll 14g Skim Milk 12g STRAWBERRY RHUBARB PIE 50G 79/711</p>	<p>Beef Hot Dog 5g WW Bun 21g Mixed Veggies 13g Diced Potatoes 20g Apple 19g Chocolate Milk 25g 103/559</p>	<p>Turkey Wrap 30g Mixed Veggies 13g Apple 19g Chocolate Milk 25g 87/540</p>

JUNE 2023 SENIOR SERVICES OF POLK COUNTY

Menus have been verified to meet the 1/3 of the Dietary Reference Intake (DRIs).

The number following the food item is the amount in grams of carbohydrates the food item contains.

NOTE: MENUS ARE SUBJECT TO CHANGE. Top number = carbohydrates /Bottom number = calories (pies excluded)



= meal contains pork



= meal contains 800 mg or more of sodium



Senior Nutrition Program for those Age 60 and Older

The Good Kind Of Rest

THE 7 TYPES OF REST

PHYSICAL	<i>Physical rest is any activity that improves your physical well-being and restores the body</i>
MENTAL	<i>Mental rest allows you to detach from cognitive demands and allow your brain to repair</i>
SOCIAL	<i>Social rest gives you a break from socialising or being around people in general so you can recuperate</i>
SENSORY	<i>Sensory rest is essential in helping you to disconnect from "the noise" and keep your well-being in check</i>
SPIRITUAL	<i>Spiritual rest provides you with a sense of purpose and meaning which are essential factors for life</i>
EMOTIONAL	<i>Emotional rest is integral to reducing stress, overwhelm and anxious thoughts</i>
CREATIVE	<i>Creative rest helps to protect your creative energy so you can always feel inspired</i>

NOTESBYTHALIA.COM

POLK COUNTY SENIOR SERVICES ADMINISTRATIVE OFFICE STAFF

Program Administrator —
Joyce Webb
Program Manager — Sam McCrorey
Program Specialist —
PEER Advocates/SHIIP 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/>

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.**

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

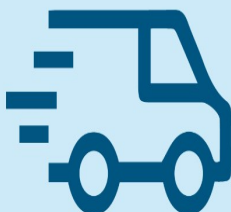
First Come – First Served.
Limited Quantities



Visit website for locations or call for information.

515.277.6969

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



Food Pantry Delivery Service

Call 1-833-362-7220

Monday-Friday, 9am-12pm

to place an order for the next day



Do You Qualify for Rent Reimbursement?

- Are you an Iowa Resident?
- Did you rent in Iowa for part or all of 2022?
- Are you or your spouse 65 or older as of December 31, 2022?
- Are you totally disabled and age 18 to 64 as of December 31, 2022?
(Proof of Disability MUST be included with claim.)
- Is your annual income less than \$25,328 for 2022?
- Do you Pay Rent?
- Does the place you live pay Property Tax?
- RR can be filed for 2021 & 2022 up until 12/31/2023, if rented and meet eligibility guidelines.

If you answered yes to the all these questions, you may qualify for an Iowa Rent Reimbursement up to \$1000 of gross rent paid each year.



Super Foods for Super Seniors



WHAT IS A "SUPERFOOD"?

While the word "Superfood" is not scientifically defined or regulated, there are many nutrient-dense foods that, if included in your diet, will help you to live a healthier lifestyle. *Superfoods are everyday foods which contain extra nutrient density and don't provide excess calories, sugar, fat and preservatives.* Another name for Superfoods are **functional foods** because they provide an extra boost of nutrients. Being able to get all the various nutrients you need from foods that don't provide excess calories, sugar, fat and preservatives can help you manage your weight and live a healthier life.

Aging can lead to a number of anatomical and physiological changes, along with a declining need for calories (a measure of energy) due to several factors, including:

DIGESTIVE ISSUES

Aging affects all functions of your gastrointestinal system, including motility, enzyme and hormone secretion, digestion and absorption, according to a 2019 study. The study cites an increase in the prevalence of constipation, particularly among elderly populations, due to decreased mobility, cognitive impairment, comorbid medical issues, medication use and dietary changes.



SARCOPENIA

Sarcopenia is age-related muscle mass loss. A review published in the journal Aging Research Reviews says two major factors contribute to muscle mass loss in aging individuals: atrophy and loss of muscle fibers. Researchers have also pointed to decreases in certain hormone levels as a possible contributor.

OSTEOPENIA & OSTEOPOROSIS

Two conditions in which the bones become brittle and more likely to fracture. A number of factors have been shown to impact bone mass loss as you age, including genetics, nutrition, lifestyle and comorbidities, as noted in a 2018 study. The study says that osteopenia, or bone mass loss, often progresses to osteoporosis, which is characterized by reduced bone mineral density and an increased rate of bone loss.

Submitted by: Ashley Phelps Regional Owner L2BH

www.live2bhealthy.com



Need help with RR Application?!

PEER Advocates — 515 - 286 - 2112
OR Aging Resources — 515-255 - 1310
for assistance. Leave message and your call will be returned.

You will need to gather information/documents before application can be completed. Call to find out what is needed.

Social Security Office

Need to sign up for Part A or B?
Get SS Letter or other document?

Call - **1-800-772-1213**

Visit - www.ssa.gov

Mon. — Fri. 9 to 4 p.m.
455 5th St. Suite F Dsm, IA 50309

If you feel you have been scammed or suspect a charity is acting fraudulently, contact your local law enforcement agency or the Attorney General of Iowa Consumer Protection.

Call 515-281-5926 (in Des Moines area) or 888-777-4590 (outside the metro area) or go to: www.iowaattorneygeneral.gov/forconsumers/file-a-consumer-complaint/



Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

Your personal **my Social Security** account is here for you at every stage of your career. You don't have to be retired or even close to retirement to take advantage of it. With an account, you can conduct much of your Social Security business online.

For example, you can request a replacement Social Security card (in most states and the District of Columbia) whether you receive benefits or not.

If you are not currently receiving benefits, you can use your personal **my Social Security** account to:

- Review your earnings history.
- Estimate your future benefits to help plan for retirement.
- Get instant proof that you do not receive benefits.
- Check the status of your Social Security application, if you decide to apply for benefits.

If you already receive Social Security benefits, use your account to:

- Change your address.
- Get instant proof that you receive benefits.
- Set up or change your direct deposit.
- Get an instant copy of your Social Security 1099 (SSA-1099) or SSA-1042S.
- Opt out of receiving certain notices by mail and instead receive them in the secure Message Center.

Please encourage your family and friends to create their personal **my Social Security** account at www.ssa.gov/myaccount.



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

Polk County Heritage Gallery

Volunteers needed for Reception Desk. Volunteers greet visitors, offer information on the current exhibition, answer questions and keep track of the number of visitors. May help out at special events such as exhibit opening receptions.

Terrace Hill

Volunteers needed to work as docents and give tours to the general public and school groups, provide help in the gardens to keep the grounds looking lovely and lend a hand during special events. Training provided



Hello June



J oy finds you when you
U nderstand your value and
N ourish your need
E ven when it feels hard

Word Search Puzzle Answers

The words below are listed with their starting row and column

ADAPTABILITY 14:17	FIGHT 22:10	POLITE 19:13
ALERTNESS 3:14	FORGIVING 3:15	PROLIFIC 3:4
AMBITION 21:3	FRIENDSHIP 1:20	RATIONAL 12:10
ARTICULATE 19:15	GREATNESS 20:15	REFLECTIVE 21:14
CHEERFUL 22:24	HONESTY 22:5	RELIABILITY 23:12
COMMITMENT 16:11	IMPARTIALITY 10:1	RESOURCEFULNESS 19:12
COMPETITIVE 17:22	INDUSTRIOUSNESS 18:19	RESPONSIBLE 2:2
CONDITION 13:1	INITIATIVE 13:10	SELF CONTROL 24:21
CONFIDENCE 6:16	INTEGRITY 9:23	SINCERITY 23:24
COOPERATION 22:13	INTENTNESS 22:2	SKILL 2:9
COURAGEOUS 21:11	LISTENER 18:11	SPORTSMANSHIP 2:11
DISCIPLINE 1:24	LOYALTY 3:5	TEAM SPIRIT 15:13
EFFICIENT 24:2	OBSERVANT 13:9	TRUTHFUL 1:1
EMPATHY 5:4	OPEN MINDED 16:21	UNDERSTANDING 21:13
ENERGETIC 10:18	PATIENCE 15:4	WELCOMING 7:20
ENTHUSIASM 7:14	PERCEPTIVE 16:10	
FAITH 20:13	POISE 6:18	

Continued from Page 3

June Blood Pressure Checks

Services provided by EveryStep
Community Health Team Nurses

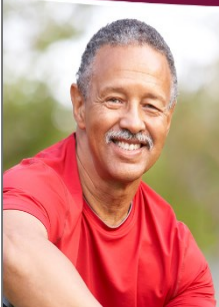
** (check specific center for time of clinic)

- 1st North
- 6th West
- 7th Ankeny
- 9th Scott Four Mile
- 12th East
- 13th Grimes
- 14th Northwest
- 15th Runnells
- 16th Altoona
- 19th West
- 20th Johnston
- 21st Pioneer Columbus
- 23rd North
- 27th South
- 28th Norwoodville



Dates Subject to Change.

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



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

Arthritis & Exercise



WHAT IS ARTHRITIS?

Technically, arthritis describes any condition that causes inflammation and pain in your joints. In fact, the hallmark inflammation of arthritis is often what causes the pain. The most common symptoms of arthritis are joint pain and stiffness, both of which worsen with age. Joint inflammation occurs when the immune system or damaged tissue releases chemicals that cause swelling and other symptoms in a joint.

SIGNS AND SYMPTOMS OF INFLAMMATION:

- Difficulty bending the joint
- Swelling or aching in joints
- Pain around the joint
- Redness or warmth

HOW TO REDUCE INFLAMMATION:

- Exercise
- Maintain Healthy Weight
- Proper Nutrition (See Bonus Material Handout)
- No Smoking



MOTION IS LOTION

Keeping your muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints. Movement helps the blood flow ease the pain of the joint to become less stressed and increase relaxation over time. Though you might think exercise will aggravate your joint pain and stiffness, that's not the case. According to an article from the Mayo Clinic, *lack of exercise actually can make your joints even more painful and stiff*. Any kind of movement within the joints helps the strain of the pain decrease over time.



<https://www.mayoclinic.org/healthy-lifestyle/exercise/art-20047971>

Submitted by: Ashley Phelps Regional Owner L2BH
www.live2bhealthy.com





Fun Day at Principal Park

Submitted by Diana Corbin, Eastside & Kylee Leo, Norwoodville Program Aides

Folks from the Eastside and Norwoodville Senior Centers teamed up on May 11 for a fun-filled day at Principal Park.

The group came to watch and support the Iowa Cubs, along with some tasty concession food and goodies.

We all had a great time getting to know each other and hanging out!

The weather was a perfect day for a ballgame and an added bonus, the CUBS even WON!



WAYS TO BE ACTIVE

JOIN L2BH CLASS, EASY!

TAKE A WALK WITH DEEP BREATHING

TRY A STRENGTH + BALANCE CLASS WITH L2BH

DANCE AROUND THE HOUSE FOR A WHILE WITH FAV. SONG

JOIN L2BH SPECIALTY FORMAT CLASS EX: AQUA

TRY A FREE GROUP FITNESS CLASS IN YOUR COMMUNITY



7th Annual Health & Wellness Event

Save the Date

Thursday, August 9, 2023

9 am - 4 pm

Sheraton West Des Moines



Where seniors go to learn how to live their best lives

seniorsonthemove-ia.com

www.Live2BHealthy.com

Be a Senior Companion!

Senior Companions earn extra income while providing friendship and assistance to older adults. You can earn **\$400+** per month without decreasing other assistance you receive.

Senior Companions Provide:

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



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.

Benefits:

- Pay that is tax-free and does not decrease other assistance
- Paid time off & holiday pay
- Meal & mileage reimbursement
- Flexibility & independence

*Senior Companions do not help with with lifting clients, toileting, dressing, cooking or cleaning.



AmeriCorps Seniors



care & support services

00089 12/21

(515) 558-9957 or SeniorComp@everystep.org



June 2023 Healthy Bones

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

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

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

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

Johnston: June 13th @ 11:30 a.m.

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

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

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

Northwest: June 15th @ Noon

Zoom Video meeting: June 16th @ 10:00 a.m. Call Stephanie for link

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

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

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

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

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

Stephanie Labenz: 515-650-9505

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



AGING RESOURCES
of Central Iowa
The Experts on Aging



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



Travel Opportunity

A Day at the Field of Dreams

**Wednesday, July 12
7 a.m. to 7 p.m.**

Cost: \$89 (Min 35/Max 50)

This bus trip will deliver you back in time to the Field of Dreams in Dyersville, Iowa. We'll be able to step on the field, visit the ***If You Build It Museum***, and have a tour of the house from the movie.

Please bring money for lunch. We'll eat at the field where concession-type items are available.

Registration covers transportation, tours, admissions, and gratuities.

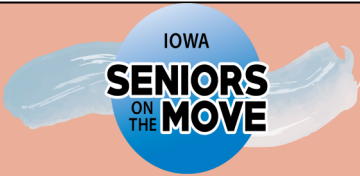
Please call the Urbandale Senior Recreation Center at 515-278-3907 to register by June 21.

Refunds are not available for cancellations after June 21.

Final trip details including bus loading location will be emailed to participants via email or phone 1-2 business days prior to the trip.

FIELD OF DREAMS





Lunch-n-Learn — ALZHEIMER'S: What You Need to Know

Submitted by Kimberly Cisna, President Seniors on the Move

Tuesday, June 6, 2023

11:30 to 1:00 p.m.

Blank Park Zoo,

7401 SW 9th St., Dsm

Limited Space Available

515-225-1455

Non-Member—\$20.00

<https://seniorsonthemove-ia.com/event-5192878>

Come to the meeting room at Blank Park Zoo to enjoy a lunch and an informative presentation. Stick around afterwards to "Talk to the Animals"

You may be one of the lucky winners of FREE Zoo Admission for the afternoon!



Franklin Cinema Club – The Little Shop of Horrors (1960)

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

View the movie at home (use Kanopy or check out the DVD), then come for an in-depth discussion.

Heartland Rewilding

Thursday, June 29, 6:30 p.m.

This program shares information on, and provides tips on coexisting with, urban wildlife in Central Iowa.

Forest Avenue Adult Programs - 1326 Forest Avenue

Soul Food Festival

Saturday, June 3, 11 am – 2 pm

Join us for the Friends of the Forest Avenue Library's annual Soul Food Festival! Meals will be served, a la carte and dessert items also available.

Make Embroidered Patches

Tuesday, June 13, 1 pm or Wednesday, June 14, 6:30 pm

Join us to make felt patches you can put on your jacket, bag, friend's bag, or hat. We'll bring some instructions for different stitches, but you can go as simple or as complicated as you like.

North Side Adult Programs - 3516 Fifth Avenue

Sit n' Stitch

Saturday, June 3, 1:30 - 3:30 pm

The first Saturday of each month, 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.

From Lawn to Butterfly Habitat

Thursday, June 22, 5:30 pm

Hear about the experience of a local gardener as she transformed most of her conventional lawn into an oasis for butterflies, native bees, birds, etc.

South Side Adult Programs - 1111 Porter Avenue

Living with Alzheimer's for Caregivers: Early Stage

Tuesday, June 13, 2 – 3 pm

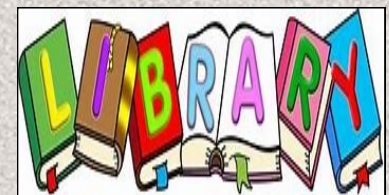
In the early stage of Alzheimer's disease, families face new questions as they adjust. the first program of a three-part series provides practical answers to the questions that arise in the early stage.

Craft, Snack, & Learn with AmeriCorps Seniors Volunteers

Wednesday, June 14, 5:30 pm

Join South Side Library and AmeriCorps Seniors for an evening of fun and laughter while creating gorgeous faux stained art pieces!

DMPL — Continued from Page 5



JALAPENO POPPER GRILLED CORN SALAD

Source: <https://wonkywonderful.com/jalapeno-popper-grilled-corn-salad-recipe/>

Ingredients

- 8 Ears of Corn, olive oil, salt, pepper
- 2 Jalapeños - seeds & stems removed, finely chopped
- 1 Cup Chopped Cooked Bacon
- 2 ounces Cream Cheese - softened
- 1/4 Cup Sour Cream
- 1 Cup Grated Cheddar Cheese
- Salt/Pepper To Taste

Instructions

1. Prepare grill and briquets. Or gas grill if that is your choice.
2. Remove silk from corn while leaving husks attached. Coat each corn cob with olive oil, salt and pepper. Wrap completely with foil. Place foil wrapped corn cobs on grill, cover. Grill 15-20 minutes, rotate every 2-3 minutes. Open foil slightly during the last 2 minutes to allow the smoky flavor to develop. Remove from grill and allow to cool for 10 minutes. Remove husks, then cut kernels off of cobs. (should yield approx. 6 cups).
3. Mix kernels with chopped jalapeños, bacon pieces, cream cheese and sour cream. Stir.
4. Stir in shredded cheese, salt and pepper.
5. Serve.

Notes: Yields Approx. 8 cups of corn salad. Suggested menu items that go great together n' simple to make with this.. biscuits, fresh watermelon, hot dogs/steak and of course some kind of dessert.



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

Wednesday, August 16th

Set your mind on island time and plan your escape to Circa '21's premiere of *Escape to Margaritaville*, the new musical comedy about choices we make — and the people we become — once we've had a change in 'latitude'. *Escape to Margaritaville* features both classic Jimmy Buffett and original songs with a story that revolves around a part-time bartender/singer who falls for a career-minded tourist.

Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers. This hilarious, heartwarming musical is the party you've been waiting for! (We'll be spending a little time "Wastin' Away" in Vander Veer Botanical Park and Conservatory before the show!) **515-225-1455**

Quick & Easy - Snack Idea

Use non stick muffin pan (or lightly coat with cooking spray). Big or small...your call. Sprinkle cheddar cheese on bottom of pan. Dry pickles, or veggie of choice on paper towel and then add pickles on top of cheese. Cover pickles with sprinkle of more cheese.

Bake at 400 about 15—18 min. until cheese crispy. (Or 425 degrees for 9 to 11 minutes).

Pop out of pan onto paper towel to absorb excess grease. Use spicy ranch dressing or your choice.



Change it up. Try using different cheeses or try different jalapeno/garden peppers or bacon instead of pickles. Add some chives, green onion on top. Sour cream, ranch, or other style dipping sauce. The sky is the limit. Be as simple or creative as you would like.



Preventing Medicare Fraud

1-800-351-4664



PREVENT, DETECT, REPORT