



The Senior Bulletin

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

MARCH 2024



Ankeny Senior Center Upcoming Entertainment



Submitted by JaNeil Long,
Site Supervisor

Let's celebrate
St. Patrick's Day
with "Jesse and the
Medicine Men,"
on Friday,
March 15th at
Noon.



If you would like
to have lunch,
please call 515-963-0527 by Noon on March



Hello March

May the early spring
Awaken your soul and
Remind you to
Celebrate the season with the
Hope and Joy it brings



OurMindfulLife.com

DATES TO REMEMBER

- 3/10 - Daylight Savings Time Begins
- 3/17 - St. Patrick's Day
- 3/19 - Spring Begins
- 3/24 - Palm Sunday
- 3/31 - Easter Sunday



- Irish American Heritage
- Craft Month
- Frozen Food Month
- Irish American Heritage
- Nutrition Month
- Peanut Month
- Red Cross Month
- Social Workers Month
- Women's History Month



Charter Bus Travel Hacks: Expert Tips for a Hassle-Free Journey

Luke Busskohl — 402-731-1900

ARROW
STAGE LINES

Traveling by charter bus offers a unique blend of comfort, convenience and camaraderie that is hard to match with other modes of transportation. Whether you're planning a corporate retreat, a school outing, a family reunion or a leisurely tour with friends, knowing a few travel hacks can significantly enhance your journey.

1. Pack Smart and Light

The key to bus travel is packing efficiently. Opt for a soft, flexible bag that can easily fit in overhead compartments or under your seat. Remember, space is shared, so packing light is courteous. Essentials include a travel pillow, a light blanket, headphones, and a small toiletry bag for freshening up. Don't forget to bring a reusable water bottle to stay hydrated and eco-friendly!

2. Choose Your Seat Wisely

Seat selection can make a big difference in your travel experience. If you're prone to motion sickness, the front of the bus is generally more stable. Those looking for a quieter ride might prefer the middle, away from the noise of the engine and the door. If you anticipate needing the restroom frequently or just want a bit more legroom, consider sitting near the back.

3. Stay Entertained

Long journeys can fly by with the right entertainment. Download movies, podcasts, or music playlists beforehand as Wi-Fi can be unreliable or slow. Bring a power bank to keep your devices charged throughout the trip. Books, e-readers, and travel games are great for those who prefer screen-free options.

4. Dress in Layers

Bus temperatures can fluctuate, so wearing layers ensures you remain comfortable throughout your journey. Consider bringing a cozy sweater or a light jacket that you can easily put on or take off according to the bus's temperature.

5. Bring Snacks and Refreshments

While some luxury charter buses offer refreshments, having your favorite snacks on hand is always a good idea. Opt for non-perishable, easy-to-eat items that don't require refrigeration. Think trail mix, granola bars, fruit, and sandwiches. Avoid strong-smelling foods out of courtesy to fellow passengers.

6. Utilize Offline Maps

Exploring your destination during stops or when you reach your final destination is part of the fun. Download offline maps on your smartphone to navigate easily without depending on data or Wi-Fi.

7. Keep Important Items Accessible

Keep your essentials—like your wallet, phone, charger, and any travel documents—in a small bag or pouch that you can easily access. This prevents the need to rummage through your luggage during the journey.

8. Practice Good Etiquette

Being a considerate traveler enhances the experience for everyone on board. Use headphones at a reasonable volume, keep the aisle clear, and tidy up your seating area before disembarking.

9. Explore Group Activities

Engaging in group activities can make the journey more enjoyable and is a great way to bond. Plan ahead with travel games, quizzes, or a group playlist to share music tastes and discover new tunes together.

10. Stay Informed

Before your trip, familiarize yourself with the amenities and policies of Arrow Stage Lines. Knowing what's available on board, from Wi-Fi to restroom facilities, and understanding luggage allowances, can help you plan better and enjoy a stress-free journey.

By following these expert travel hacks, you're set for a comfortable, enjoyable and hassle-free journey on your next charter bus trip. Remember, the journey is just as important as the destination, so make the most of your time on the road. Safe travels!





Good Qualities



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

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 17

Polk City Community Library

1500 W. Broadway **515-984-6119**

Register online

@ www.polkcitylibrary.org

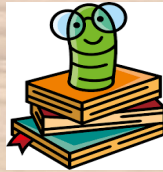
***Visit our website and Facebook page for the Zoom links. Call for details. Submitted by Jamie Noack, Director**

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

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. **The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout**



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, March 6th @ 7:00 p.m.

***The Woman in Me* by Britney Spears**

In June 2021, the whole world was listening to Britney Spears speak in open court. The impact of sharing her voice—her truth—was undeniable, and it changed the course of her life and the lives of countless others.

Adult Crafternoon: Bunny Butt Flowerpots

Tuesday, March 5th 2:00 p.m.

Join us for a fun afternoon of crafting! Make an adorable flowerpot that contains an unexpected visitor. All supplies will be provided. 17 and over, registration required.

Adult Coloring Night at Fender's Brewing

Wednesday, March 13th, 4:00 p.m. - 9:00 p.m.

Come for a night of relaxation and fun with friends!

Adult Evening DIY: Fairy Lanterns

Thursday, March 14th, 6:00 p.m.

We will be making sparkly, decorative lanterns that might just be lit by the fae. *17 and over *RSVP www.polkcitylibrary.org. Registration required.

Monday Adult Book Club

Monday, March 18, 2:00 p.m.

***James Herriot's Cat Stories* by James Herriot**

Some of the Yorkshire vet's favorite tales about one of his favorite animals—each memoir as memorable and heartwarming as the last.

Adult Coloring

Tuesday, March 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.**

Rosie the Riveter with Linda McCann

Wednesday March 20th, 6:00 p.m.

This Women's History month, join the Polk City Library and Linda McCann to discuss Iowa's "Rosies," the women who went to work as part of their civic duty during World War 2. Linda was able to speak with 35 Iowan women who had worked as Rosies' and will share their experiences.



Adult DIY Card Crafting

Monday March 25th 6:00 p.m.

Join Jane & Kim in making handmade cards that are fun to create and are treasured by the recipients. There will be a \$5 material fee payable that night. Beginners are welcome. Feel free to bring scissors and adhesive if you have them, and prepare to have a good time! 17 and over. **Register online at polkcitylibrary.org one month in advance**

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

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

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

Phone: _____

Email: _____

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Senior Services of Polk County
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2309 Euclid Avenue Des Moines, Iowa 50310



Val Air Ballroom in West Des Moines REOPENED on 2/25/24

Nearly \$15 million in renovations completed at historic venue. Reopened with a sneak peak event with the band Greensky Bluegrass. Sam Summers, owner pictured below, acquired the Val Air Ballroom in January 2022, after six years of it sitting vacant. Renovations began late 2022.

The venue holds 2,500 guests. Currently there are 27 events planned and Summers is hoping to book at least 100 events in a year, ranging from concerts, high school dances, weddings rentals.

Eventually there will be a restaurant and bar in the lower level.



Celebrating Black History Month

Submitted by Debra Walsh, Program Aide, MLK

I would like to acknowledge the seniors at the Martin Luther King Jr. Senior Center. It was such an enjoyable celebration for February's Black History Month with trivia and some delicious food.

Front—L to R— Carolyn Gardner and Willie Morrow.

Back - L to R—Carlotta Carter, Benjamin Nicks, Marcus Saunders, Harold Rose, Wavel Moore, Odell Jenkins and Wendell Bailey.



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

Made with PosterMyWard.com



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



Made with PosterMyWard.com

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

Made with PosterMyWard.com

Cyber-Safety Tips for Seniors

The Internet – while it can bring a world of convenience to your fingertips – is not an inherently trustworthy place. Gone are the days when you can take everything at face value, especially on the internet: **BE WARY**

- Always use antivirus protection on your home computer – always keep it up to date. Wherever possible, turn on automatic updates.
- Don't click on links in emails or open attachments unless you know they are safe. Phishing is the number one method used by criminals to scam recipients and/or install malware on your computer. Did you receive an email receipt for a transaction you don't remember? It's likely a fake.
- Almost all scams involve emotion as a motivator. If an email, phone call, or web pop-up implies a sense of urgency ("alert!" or "you've won!" or "error"), it's a red flag – think "this could be a scam."
- Threats are always evolving and getting more difficult to spot them. If your computer begins to behave strangely after clicking a link, opening an attachment, or visiting a website, turn it off using the power button and contact a reputable computer repair outlet.

For example, Best Buy's *GeekSquad* can be reached by calling: 1-888-237-8289.

Below are a few common scams criminals are using to prey on older Americans:

Your Computer Has A Virus

Unfortunately, fake tech support scams abound, and they can be delivered via email, web browser popup, or in a phone call. Often you'll be notified that malware has been detected, and that by clicking a link or calling a phone number you can contact tech support to get help with the problem. Do not click any links or call without knowing they are legitimate. Callers will identify themselves as "Microsoft" or another reputable company or organization, then ask you for access to your computer. Hang up! This is a scam.



Social Security-related Fraud

The Social Security Administration will never call you or email you with issues – they will reach out via U.S. Mail if they need to communicate with you. Social Security and Medicare fraud is on the rise, and you could be a victim if you aren't vigilant. If you receive a call or an email purportedly from the Social Security Administration or Medicare, delete it or hang up. If you need to verify anything with the Social Security Administration, call 1 (800) 772-1213. If you need to reach Medicare, call 1 (800) 633-4227.

Your Storage is Full

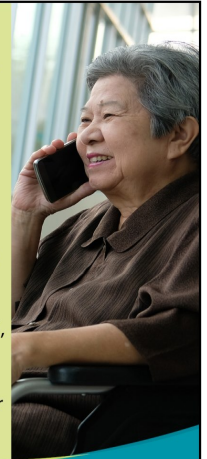
Recently criminals have been sending out fake notifications via emails or browser popups that claim you have exceeded or are about to exceed your cloud storage. They may offer a promotional price if you act

Continued on Page 8

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

Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

HOW WE PROTECT YOU FROM MISLEADING ADVERTISING AND COMMUNICATIONS

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the *Social Security Act* allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications.



For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security’s free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a suspicious Social Security-related advertisement or imposter communication, please let us know immediately. We encourage you to

report potential scams to the [OIG at oig.ssa.gov](https://oig.ssa.gov). You can also send an email to OIG.1140@ssa.gov.

Please try to capture as much information about the communication as you can. Here’s what you can do:

- For suspicious websites or social media accounts, take a screenshot of the webpage. Note the website address or social media link – and how you came across it.
- For emails and text messages, capture the entire message and any message links.
- For U.S. mail, retain the complete communication, including the outside envelope and all inserts.
- For telephone calls, note the caller identification phone number and any company name or callback number that the caller or recorded message provides.

This information will help OIG locate the source of the suspicious communication.

www.ssa.gov/OP_Home/ssact/title11/1140.htm. You can also check out our publication, *What You Need to Know About Misleading Advertising*, at www.ssa.gov/pubs/EN-05-10005.pdf.



Hint. All answers start with letters MAR

1. A harbor for sailing boats and yachts
2. Spaghetti sauce made from tomatoes, olive oil & garlic
3. Puppet moved by strings
4. Long distance food race
5. A golden flower
6. Cooking herb in mint family with medicinal value
7. Australian animal that carries baby in a pouch
8. Type of jam
9. High-ranking officer
10. Party tent



11. Stranded on an island
12. Wonderful
13. Sweet made of sugar, corn syrup and gelatin
14. Substance found inside bones
15. Open space where people meet to sell and buy items
16. Paste made with ground almonds
17. Butter made from vegetable oils
18. Bushy tailed rodent
19. Planet closet to earth
20. Indian hemp
21. Small ball of baked glass used in a children’s game
22. Shrove Tuesday; the lad day before lent



Answers Found on Page 14



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

Cyber Safety Continued from Page 6

now, and by doing so you'll avoid the risk of losing your precious photos or videos.

Scammers may even call you with a similar problem and offer to allow you to pay by credit card to resolve the issue.

They are once again trying to leverage emotion to bypass your common sense. Contact your provider to verify status.



You've won!

Scammers are keenly aware of this desire, and again use emotion to manipulate people - in this case excitement. Seniors, especially those living alone, are frequently targeted by fake sweepstakes scams that convince the victim that they have to pay taxes first in order to receive huge winnings. Crooks will dangle



a luxury car, or huge jackpot in front of their marks to help convince them of their luck, and then stress the urgency of paying first. These gangs are often extremely well-organized, with call centers and scripts for multiple voice actors to help sell their story. Unfortunately they're also often based outside the U.S. which makes it difficult to recover funds once money has been sent. Don't fall for

this hoax, and involve trusted friends or family members to help assess the validity of any supposed windfall *before* interacting with strangers.

Gift Card Fraud

Perhaps the easiest to spot, crooks try and trick unsuspecting individuals into buying gift cards and then sending the criminals the codes from those gift cards (which allows the criminals to redeem the cards). If you see the words "gift cards" in an email, consider that a red flag and be very suspicious.

We hope that this resource helps provide some advice to help keep you safe online or on the phone.

- Computer-related fraud can be reported to your local law enforcement, and to the Internet Crime Complaint Center (IC3), which has an Elder Fraud section: <https://www.ic3.gov/Home/EF>



Preventing Medicare Fraud

1-800-351-4664

PREVENT, DETECT, REPORT

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

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



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

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

Central Library Adult Programs

1000 Grand Avenue

Celebrate St. Patrick's Day with Irish Dancers

Saturday, March 16, 1:30 p.m.

Stop in after the annual St. Patrick's Day Parade for hot chocolate and a performance from the Foy School of Traditional Irish Dance. Note: The performance time is contingent on the length of the parade.

Discover Des Moines History

Tuesday, March 19, 5:30 p.m.

Are you interested in learning about the history of our great city? Or are you learning about your little corner of it? DMPL is offering free monthly presentations on Des Moines' fascinating past.

East Side Library Adult Programs

2559 Hubbell Avenue

Chair Yoga

Tuesdays, March 5, 12, 26, 2:00 p.m.

Join yoga instructor Lily Allen-Duenas for an hour of chair yoga! No experience is needed.



AARP Tax Preparation Assistance

Wednesdays and Saturdays in March, 10:00 a.m.-3:30 p.m. AARP will be at the library every Wednesday and Saturday through April 13 to assist the public with their taxes. Call 515-635-1471 to make an appointment. Walk-ins will be accommodated as staffing allows.

Franklin Avenue Library Adult Programs

5000 Franklin Ave.

Free Friday Flicks at Franklin – Lady Bird

Friday, March 8, 1:30 p.m.

In 2002, an artistically inclined 17-year-old girl (Saoirse Ronan) comes of age in Sacramento, California. Greta Gerwig (Barbie) wrote and directed this comedy drama nominated for five Oscars. Rated R.

Memory Café

Friday, March 29, 2:00 p.m.

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

Community Crafting – Watercolors with Paige and Nikki!

Saturday, March 23, 2:00 p.m.

Watercolor artist Paige will provide instruction and guidance to create a beautiful painting! Our own supervising librarian, Nikki, will show us how to follow along as Paige teaches. All supplies are provided!

North Side Adult Programs

3516 Fifth Avenue

Adopt a House Plant

Saturday, March 23, 1:00 p.m.

Come to this plant swap and pick up a plant, share cuttings, or drop off a plant you no longer want. The library will provide small terracotta pots and potting soil, while supplies last.

Take and Make:

Stop by and pick up the materials to make your own macramé plant hanger at home! Use your library card to access the video tutorial on Creativebug. While supplies last.

South Side Adult Programs

1111 Porter Avenue

Understanding Alzheimer's and Dementia

Tuesday, March 12, 2:00 p.m.

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease.

South Side Book Discussion – The Easy Life in Kamusari

Thursday, March 21, 2:00 p.m.

The March selection follows Yuki Hirano's journey in the remote village of Kamusari, where he reluctantly joins a forestry program, initially grappling with adaptation, but ultimately discovering solace and a sense of belonging within the community's deep connection to nature and tradition.

Puzzle Exchange!

Saturday, March 23, 2:00 p.m.

Do you love puzzles? Do you have puzzles at home that you've done and loved, but won't do again? Come to the South Side Library Meeting Room and swap your beloved puzzles for new-to-you ones!



We ♥ our
Volunteers

broadlawns
FOUNDATION

SEARCHING FOR
VOLUNTEERS

APPLY TODAY!

ONLINE:

WWW.BROADLAWNS.ORG/VOLUNTEER

OR CALL:

(515) 282-7775

M	T	W	Th	F	F Flex
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<p>Happy Easter</p>					<p>Asian Chicken Salad Mandarin Oranges, Chow Mein Noodles, Sesame Asian Dressing Fresh Fruit Honey Bun Chocolate Milk</p>
<p>Sliced Ham Mashed Potatoes Lima Beans Wheat Roll Fresh Fruit Milk</p>	<p>Baked Chicken Thigh w/ Creole Sauce Green Beans Tossed Salad Ranch Dressing Hot Sliced Peaches Wheat Bread Milk</p>	<p>Hamburger Patty Lettuce/Tomato/ Onion Au Gratin Potatoes Baked Beans Hamburger Bun Fresh Fruit Milk</p>	<p>Baked Chicken Breast w/ Tomato Basil Sauce Whole Kernel Corn Glazed Carrots Multi Grain Bread Milk</p> <p style="text-align:center; color: #008000; font-weight: bold;">Blueberry</p>	<p>Potato Crusted Cod Tartar Sauce Diced Beets Green Peas Wheat Bread Carnival Cookie Chocolate Milk</p>	<p>Cheesy Baked Ziti Tossed Salad Ranch Dressing Garlic Breadstick Fresh Fruit Chocolate Milk</p>
<p>BBQ Chicken Roasted Diced Potatoes Carrots Hamburger Bun Fresh Fruit Milk</p>	<p>Beef Meatloaf Mashed Potatoes Green Beans Multi Grain Bread Fresh Fruit Milk</p>	<p>Taco Chicken Lettuce & Tomato Shredded Cheese Taco Sauce Pinto Beans Whole Kernel Corn Flour Tortilla Rice Krispie Treat Milk</p>	<p>Baked Chicken Breast w/Dijonnaise Sauce Rice Capri Vegetable Blend Dinner Roll Fresh Fruit Milk</p> <p style="text-align:center; color: #FF8C00; font-weight: bold;">Boston Cream</p>	<p>Tuna Tetrizzini Green Peas Garlic Breadstick Warm Lemon Cake Chocolate Milk</p>	<p>Turkey & Swiss Cheese Mustard/Mayonnaise Lettuce & Tomato Coleslaw Multi-Grain Bread (2) Fresh Fruit Fudge Round Cookie Chocolate Milk</p>
<p>Beef Tater Tot Casserole Sliced Carrots Wheat Bread Oatmeal Creme Pie Milk</p>	<p>Meatball Sandwich Shredded Mozzarella Whole Kernel Corn California Vegetable Blend Hot Dog Bun Oatmeal Raisin Cookie Milk</p>	<p>Shredded Pork w/Orange Cranberry Sauce Mashed Potatoes Green Beans Garlic Breadstick Fresh Fruit Milk</p> <p style="text-align:center; color: #FF8C00; font-weight: bold;">Birthday Cake</p>	<p>Creole Beef Rice Mixed Vegetables Multi Grain Bread Milk</p> <p style="text-align:center; color: #008000; font-weight: bold;">Strawberry Rhubarb</p>	<p>Macaroni & Cheese Vegetable Blend Wheat Bread Hot Spiced Apples Chocolate Milk</p>	<p>Southwest Chicken Salad Picante Sauce Ranch Salad Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk</p>
<p>Chili Whole Kernel Corn Coleslaw Saltine Crackers Cinnamon Roll Milk</p>	<p>Glazed Ham Baby Red Potatoes Green Peas Multi Grain Bread Carnival Cookie Milk</p>	<p>Hamburger Patty Lettuce/Tomato/ Onion Baked Beans Vegetable Blend Hamburger Bun Fresh Fruit Milk</p>	<p>Fajita Chicken Spanish Rice Black Beans Flour Tortilla Taco Sauce Pineapple Tidbits Milk</p> <p style="text-align:center; color: #FF8C00; font-weight: bold;">Coconut Crème</p>	<p>Pasta Primavera Brussels Sprouts Wheat Roll Peach Crisp Chocolate Milk</p>	<p>Krab Salad Tossed Salad Wheat Crackers Fresh Seasonal Fruit Rice Krispie Treat Chocolate Milk Salad Dressing</p>

M A R C H 2024 SENIOR SERVICES OF POLK COUNTY

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

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



= meal contains pork



= meal contains 700 mg or more of sodium



Senior Nutrition Program for those Age 60 and Older

**POLK COUNTY
SENIOR SERVICES
ADMINISTRATIVE OFFICE STAFF**

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

Administrative Office - 286-3679

**Front Desk
Office Specialists —**

Parker Waddell &
Jennifer Summers

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



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

www.polkcountyiowa.gov/community-family-youth-services/senior-services/about-us/



**March
Blood Pressure Checks**



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

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

- 5th South
- 6th Ankeny
- 7th North
- 8th Scott Four Mile
- 11th East
- 12th MLK, Jr.
- 13th Northwest
- 15th Altoona
- 18th West
- 20th Pioneer Columbus
- 21st Central
- 22nd North
- 26th South
- 27th Norwoodville
- 28th Runnells



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

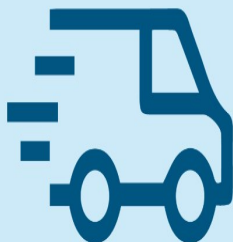
- Central - 2008 Forest Ave
- Norwoodville - 3077 NE 46th Ave
- South - 100 Payton Ave.
- West - 134 6th St (Valley Junction)

**** 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

Sausage, Egg, and Cheese Monkey Bread

**Prep Time: 20 minutes | Cooking Time: 35
minutes | Total Time: 55 minutes**

Ingredients:

1 can (16.3 oz) refrigerated biscuits
1 pound breakfast sausage
9 eggs
1/2 cup milk
1 cup cheddar cheese, shredded
1/4 cup green onions, chopped
Salt and pepper to taste
Cooking spray

Directions:

- Preheat the oven to 350 degrees.
- Grease a Bundt pan with cooking spray.
- Cook the sausage in a skillet over medium heat until fully cooked and no longer pink.
- Drain and set aside.
- In a bowl, whisk together the eggs, milk, salt, and pepper.
- Cut each biscuit into quarters. In a large bowl, combine biscuit pieces, cooked sausage, scrambled egg mixture, cheddar cheese, and green onions.
- Gently toss to mix, ensuring each piece is coated. Pour the mixture into the prepared Bundt pan.
- Bake in the preheated oven for 30 — 35 minutes, or until the top is golden brown and the center is set.
- Let cool in the pan for 5 minutes, then invert onto a serving plate. Serve warm.



HOW TO KEEP YOURSELF HEALTHY DURING WINTER MONTHS

Our bodies are reliant on the sun. Sunlight plays a crucial role in the body's production of vitamin D, a vital nutrient for bone health, immune function, and over-all well being. During the winter months when we have less sunlight, we notice a severe drop in Vitamin D and a dramatic increase in seasonal depression. Below are some tips to help you stay healthy during the winter months.

01



Increase your consumption of Vitamin D. Since we are not absorbing Vitamin D from the sun, it's important to consume extra Vitamin D.

02

Get 8 hours of sleep. Remember our bodies rely on the sun to stay in the appropriate pattern of awake and sleep times. Try to get too much sleep, but ensure you are getting 8 hours.



03



When temperatures at a tolerable level, try to get outside. Take a short walk or sit in the sunlight for a short period of time.

Or stay inside near a sunny window!

04

Healthy Meals!

Make sure you are eating balanced and nutritional meals. This will ensure you are consuming extra vitamins and minerals to help you stay strong and healthy!



Live ²B
HEALTHY

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



MARCH 2024 Ultra Processed Foods

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

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

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

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

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

Zoom: March 18th @ 10:00 a.m.
Contact Stephanie for link

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

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

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

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

Northwest: March 21st @ Noon

Norwoodville: March 22nd @ 10:30 a.m.

Runnels: March 26th @ 11:00 a.m.

Scott 4 Mile: March 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.



apda AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

Begins in March

AMERICAN PARKINSON DISEASE ASSOCIATION MOVEMENT TRAINING

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



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

for help
for hope
call or text

988

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

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

That's lives changed, lives saved!

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

Spread the word!

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.

Quality finds. Every time!

"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 Co-founder



Low-Income Home Energy Assistance Program (LIHEAP)

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

What help is available?

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

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

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

How can I apply?

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

Online Application: To complete an online application,

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

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

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

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



To print mail-in application:

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

Did you ever notice that Dad calls this March Madness because of basketball, and Mom calls it March Madness because it's our spring break.



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1. Marina 2. Marinara Sauce 3. Marionette 4. Marathon 5. Marigold 6. Marjoram 7. Marsupial 8. Marmalade 9. Marshall 10. Marquee 11. Marooned 12. Marvellous 13. Marshmallow 14. Marrow 15. Market 16. Marzipan 17. Margarine 18. Marmot 19. Mars 20. Marjūana 21. Marble 22. Mardi Gras

Trivia Answers from Page 7

MARCH...



How I Learned to Use and Enjoy Computers...

By Frank Spoerl, Volunteer Computer Instructor

On-line banking. The check is in the Email!

Over the past several years, a number of changes have taken place in your neighborhood bank. More and more people just like you are taking advantage of on-line banking. Here are some of the options currently available to you.



You will need to set up access by answering a series of questions and establishing a password (does this sound familiar). Many banks require a “strong” password. Such a password will consist of a minimum of 8 characters, and must include at least two numbers and one “Special” character. With these passwords, the case of the letter is also sensitive. If you use “Password99”, entering “password99” will not get you in. Note the difference in the “p”. Special characters are !, @, #, \$, %, ^, &, *, (,), +.

1. The most basic option is the ability to check out recent activity and account balances by computer. Most banks and credit unions offer this at no charge. With this, you can verify deposits, check to see which checks have cleared, or verify your balance etc. Along with this type of access, you can usually transfer amounts between accounts you own, such as transferring money from your savings account to your checking account. This can be very handy if you are on vacation, and need to access just a little more money to put in those slot machines.
2. The next step up is on-line bill paying. Many larger businesses such as public utilities, credit cards, and such may allow you to make electronic transfers from your checking or savings account to their account. You will no longer have to write and send a paper check to pay your bill. At the same time, once you push the “go” button, the money is immediately transferred. There is no float period for you to earn interest until the check is present to your account.
3. Debit cards are another form of computer banking. They allow you to access your account much like a credit card, but it instead directly withdraws money from your account and transfers it to the store account. Where some people have problems with these cards is that they forget to write down what they have spent. Later, when they truly need money, none is available. FYI, this does not apply only to persons on limited incomes. I’ve seen it with persons with substantial incomes, who do not take appropriate steps to keep track of their finances.
4. Another form of on-line banking is one that many business now use. Most of you may have already seen this at some stores. It is often referred to as “E-deposit” of you check. In the past, when you present a check, it would be deposited in the business’s bank. The next day, it would be transferred to your bank and the funds sent back to the business bank. This would allow for a few days grace before the money left your account. You would then get the original, cashed check back the next month with your statement.

With E-deposit, your check is scanned at the business. In most cases, the original check will be marked as paid/voided and passed back to you. You are already aware that all banks are generally connected electronically already. The scanned image will be transferred to the bank and the funds immediately withdrawn from your account and deposited in the business account. This process will allow for quicker processing, and safer conditions for staff. And we move one more step closer to that cashless, paperless banking that we were told about close to 40 years ago!




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



Senior Services is on Facebook.



Look up: Senior Services of Polk County



Join the team that is dedicated to Keeping Des Moines Kids Safe as they bike and walk to and from school!



- *Seniors Welcome*
Work School Days Only
Training Provided

Des Moines School Crossing Guards earn \$18.50 per hour. Before and after school shifts available. If both shifts are worked, you will work 1.75 hours a day and get paid a bonus, earning \$37.00 per day!

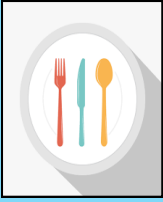
Supervisor Tammia 515-815-2556
TEXT "KIDSSAFE" TO 22100 OR VISIT
https://acmssafety.com/careers/



Scan Me

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.



Ask the Naturalist



Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Connect With Us on:



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.





Here are a few volunteer opportunities that are available through

United Way of Central Iowa's AmeriCorps Seniors program.

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

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

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.

Greater Des Moines Habitat for Humanity Restore

Volunteers are needed daily to help prepare donations for display, assist customers, keep the store clean and organized, and even help with special events. ReStore volunteers work alongside staff for a morning or afternoon of helping customers, processing donations, organizing the ReStore floor, or helping with special events.



Filing for 2023 Rent Reimbursement

Administration of the Program

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

Who can file for Rent Reimbursement

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

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



How You Will Apply

Applicants can apply for Rent Reimbursement online! You can use a computer or smart phone. This process is easier and participate 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.stateofiowahhs.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

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



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

Birthday wishes to those celebrating their special day in March



Have a Wonderful Day!



MARCH Lunch n' Learn

Liver Health & Aging

Submitted by Kimberly Cisna, President Seniors on the Move

Tuesday, March 12th

11:30 to 1:00 p.m.

**Easter Seals of Iowa
404 NE 66th Street
Des Moines, IA**

Non-Member — \$20.00

Feature Presentation sponsored by:



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



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.

Go to the website below for the **The Tax-Aide Site Locator Tool** for other locations available, what is needed to be brought with and other information.

<https://www.aarp.org>

Our life is March weather, savage and serene in one hour.

Ralph Waldo Emerson



LET VITA PREPARE YOUR TAXES FOR FREE



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

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

IMPORTANT!

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

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

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.

Iowa Center for Economic Success - Open Now

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

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

Ankeny Service Center

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

Valley Community Center

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



Become a SHIIP/SMP Volunteer!

HELP LOCAL IOWANS UNDERSTAND THEIR MEDICARE OPTIONS

Why be a part of SHIIP / SMP?

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

"The feeling of genuinely contributing to your fellow citizens and community."



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

G JOHNSON



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



SHIIP / SMP is a service of the State of Iowa. It does not sell or promote any insurance companies, policies or agents. This project was supported, in part by grant numbers 90SAPG0070 and 90MPPG0046, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Blast from the Past

Casino Themed Dinner & Dance BIG Success!

Submitted by Nicole Ledvina, Site Supervisor
The Northside Senior Center held their annual dinner and dance fundraiser on Saturday, February 17th.

A spaghetti dinner was served and the highlight of the evening was entertainment by Richie Lee and the Fabulous 50's!

Everyone had a wonderful time dancing the night away at this sold out show! Thank you to all who came out and showed their support!



Polk County Senior Fest Coming Soon!

Mark Your Calendars!

You won't want to miss this popular event just for Older Adults, sponsored by Polk County Board of Supervisors.

Wednesday, May 15, 2024

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



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

More detailed information will be coming in next issues!