



The Senior Bulletin

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

January 2024



Medicare's General Enrollment Period January 1 - March 31, 2024

What is the General Enrollment Period?

The General Enrollment Period for Medicare occurs between January 1 and March 31 each year. Aside from qualifying for a Special Enrollment Period due to a life event, this is your only chance to apply for Original Medicare after your Initial Enrollment Period.

When you sign up for Original Medicare benefits during the General Enrollment Period, your coverage begins on the first day of the month following your enrollment, whereas



before, you waited until July.

After enrolling in Original Medicare, you will be eligible for a Medicare Supplement (Medigap) or Medicare Advantage plan. So, if you want to enroll in either coverage type, you should ensure the effective date is the same as for your Original Medicare.

In addition to Medigap, it is wise to enroll in a Medicare Part D plan if you do not already have creditable drug coverage for Medicare. To avoid penalty.

Once you get enrolled in Part B, SHIIP Counselors can help you with signing up for PDP (Part D/MA plan or assist with Supplemental comparison).

Contact PEER Advocate/SHIIP at
515-286-2112 for help or Main SHIIP Office
at 1-800-351-4664 for local SHIIP Sponsor
sites locations.

Social Security Office

Need to sign up for Part B?

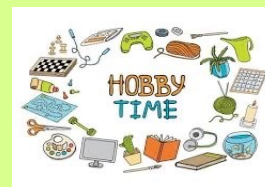
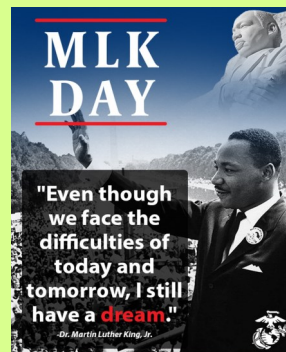
1-800-772-1213 Visit - www.ssa.gov

M—F/ 9 to 4 p.m. Suite F - 455 5th St. Dsm, IA 50309

Important Dates and INFORMATION

1/1 - New Year's Day
Sites CLOSED

1/15 - Martin Luther
King Jr. Day
Sites CLOSED



- National Blood Donor Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



from the Polk County
Senior Services Staff

Have the happiest
New Year!
Wishing you good
health &
prosperity.
New adventures,
growth & many
happy memories
and laughter along
the way!

Cheers 2024!



BILLIARDS LESSONS

for Beginner to Immediate
Tuesdays at 1:00

Learn the fundamentals of aiming & shooting, the types of shots and the strategies to help you win the game. Women welcome!!

☎ 515-288-1524 📍 Northside Community Center
3010 6th Ave, Des Moines

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

Social Security Column

By Derek Nichols, Social Security Assistant District Manager DSM

GENERAL OPEN ENROLLMENT PERIOD FOR MEDICARE PART B

If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.



To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf. Share this information with others.

DON'T GET SCAMMED!

Book a FREE Fraud Fighters presentation today!

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

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

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

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

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



Here are a few volunteer opportunities that are available through United Way of Central Iowa's AmeriCorps Seniors program. This program is for people aged 55 and over. Contact us to learn more!

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

Power Read

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

Grimes Volunteer Support Services

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



Meditation



E G E T A T I D E M Z C X B M U S I C E E
 Y M N U S E R E N I T Y O N R M N M S C D
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APPRECIATION
 AWARENESS
 BREATHING
 CALM
 CLARITY
 CONTROL
 DEVOTION
 EMBRACE
 EMOTION
 EXERCISE
 FEELINGS
 FOCUS
 GENEROSITY
 HAPPY
 INSIGHT

JOY
 KINDNESS
 LEARNING
 LETTING GO
 MEDITATE
 MENTAL
 MINDFUL
 MUSIC
 NATURE
 OBSERVATION
 PEACE
 PERSPECTIVE
 POSITION
 PRACTICE
 QUIET

RELIGION
 RELINQUISH
 ROUTINE
 SERENITY
 SOOTHE
 STRENGTH
 TEACHING
 THOUGHTFULNESS
 TRANQUILITY
 UNIQUE
 VISUALIZATION
 WAKEFUL
 WILLINGNESS
 WISDOM
 ZONE

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

Announcements:

The library will be closed January 1st & 15th, 2024

Library Winter Weather Policy

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

The Winter Reading Challenge for All Ages — 30x30x30 January 1 - 31, 2024

New this year! Read at least 30 minutes a day for 30 days. Turn in your log for a chance to win a \$30 gift card to Papa's Pizza. Prizes for kids and adults.

Chair Yoga Mondays @ 9:00 a.m.

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

Geri-Fit® Strength Training Workouts

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

Ladies' Wednesday Coffee - 10:00 a.m. - Noon

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

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

Wednesday Book Club

Wednesday, January 3rd @ 7:00 p.m.

The Measure by Nikki Erlick

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



Coloring Night at Fenders Brewing

Wednesday, January 10, 4:00 p.m. - 9:00 p.m.

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

Adult Evening DIY: Faux Stained Glass

Thursday, January 11, 6:00 p.m.

Stained glass is beautiful, but it's not the hobby for everyone! If you love the look, stop by the library to make faux-stained glass with simple acrylic paint and craft glue. Ages 17+, registration required.

Adult Coloring

Tuesday, January 16, 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.



Monday Adult Book Club

Not a Penny More, Not a Penny Less by Jeffrey Archer
Monday, January 22, 2:00 p.m.

From the luxurious casinos of Monte Carlo to the high-stakes windows at Ascot to the bustling streets of Wall Street to fashionable London galleries, four strangers' ingenious game has begun. It's called revenge—and they were taught by a master.

Adult Crafternoon: Sock Gnomes

Tuesday, January 23, 2:00 p.m.

Join us for a relaxing afternoon of crafting, where we'll make simple and adorable sock gnomes to keep you company in your winter decor. Ages 17+, registration required.

Swing Dance Lesson with the Cardinal Swing Society

Thursday, January 25, 6:00 p.m.

Even if you have two left feet, come have a fun night of learning to swing dance! We'll have instructors from the Cardinal Swing Society at Iowa State in for a brief lesson on the basics, then feel free to dance until the library closes. Ages 17+, registration required.

Adult DIY Card Crafting

Monday, January 29th, 6:00 p.m.

Join Jane & Kim in making handmade cards that are fun to create and treasured by the recipients. Make two cards each of four different designs using numerous techniques. 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 by clicking on the calendar event on our website one month in advance of the program.**

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

Subscribe Today

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

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

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

Email: _____

Please check one:

New Subscription

Renewal Subscription

Don't Miss a Single Issue!

Checks/Money Orders made payable to:

Polk County Treasurer

Mail to: River Place West –
Senior Services of Polk County
Senior Bulletin Subscription
2309 Euclid Avenue Des Moines, Iowa 50310



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**



AmeriCorps Seniors



00089 12/21

everystep.org



Help prevent gun-related injuries by talking about gun safety.



PARTNERING ON GUN SAFETY

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

Gun injuries are a leading cause of death for youth in Polk County. In order to address this health issue, Des Moines Public Library has partnered with Polk County Health Department to promote the gun safety campaign "Talk it Up, Lock it Up."

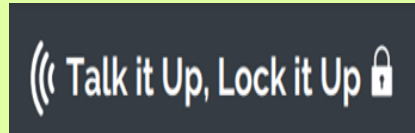
This campaign aims to normalize conversations about gun safety and safe storage among family and friends. It is important to talk about gun safety in relation to places where a child or young adult may spend time. This

approach also includes increasing access to safe storage devices, such as trigger locks. Proper gun storage can prevent accidental injuries and reduce gun-related deaths.

All Des Moines Public Library branches are offering free gun locks and materials about the campaign. People do not need to have a library card in order to pick up a free gun lock at any of these locations.

For additional information and location of free gun lock pick-up sites in Polk County and other areas, visit <https://www.polkcountyiowa.gov/health-department/gun-safety/>

Gun Safety Saves Lives.



for help for hope call or text

988

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

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

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

Spread the word!

WHAT WILL YOU DISCOVER BY CALLING AGING RESOURCES?



"They explained services & answered my questions."

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

"I wish I had called Aging Resources sooner!"



(515) 255-1310

www.agingresources.com

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

Gratin Potato & Meatball Bake

Ingredients

Potatoes & Meatballs

- 3 Potatoes Peeled & Boiled
- 1 Onion Diced
- 1 lb. Meat (beef, pork or turkey)
- 1 tsp. Parsley Chopped
- 1 Pinch Paprika
- 1/2 cup (or desired) Mozzarella Cheese
- Salt & Pepper to taste

Bechamel Sauce

- 5 Tbsp. Butter
- 4 Tbsp. Plain Flour
- 4 Cups Milk
- 2 tsp. salt
- 1/2 tsp. Nutmeg

Instructions

Bechamel Sauce

Before anything else, we're going to make a basic béchamel sauce for use later in the recipe!

- First, get a medium saucepan and melt your butter over medium-low heat.
- Add in flour and stir it all up until it gets smooth.
- Keep cooking your mixture until it all turns a light golden color, for about six or seven minutes.
- In the meantime, heat your milk in a separate pan until it's almost at a boil.
- Once it's hot enough, gradually add your hot milk one cup at a time to the butter, continually whisking the entire time until it's smooth.
- Once all the milk is incorporated, bring the whole thing to a boil and cook for 10 minutes, stirring it constantly. Season it at the end with salt and nutmeg and you're good to go

Potatoes & Meatballs

Now that your sauce is ready, preheat your oven to 400 degrees.

- Next, get a big bowl and throw in your package of beef along with you chopped parsley and paprika. Add a little bit of salt and pepper as well.
- Once all the ingredients are together, mix together all the ingredients until they're evenly combined.
- Next, peel three potatoes and boil them until they're semi-soft, around seven minutes. Once they're ready, take them out and chop them into slices arranging them around the bottom of a round glass baking dish. Lay one layer flat on the bottom and arrange another layer around the sides as well.
- After that, get your meat mixture and work it into ice cream scoop-sized meatballs—the entire thing should form about 15 meatballs.
- Next, arrange them on your slices of potato that you laid out earlier.
- Once you've got your meatballs placed together, use your remaining slices of potato to put walls between the meatballs so each one has its own compartment.
- Pour your béchamel sauce into each one of the "compartments" until it's relatively full and top the entire thing with a thin layer of shredded mozzarella.
- Finally, throw the entire dish in your preheated oven for 15 minutes.

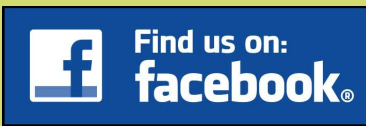
Once it's done, you'll have a deliciously cheesy and creamy French casserole-style dish that the whole family will love!

Notes: If you do not like to use bechamel sauce in your recipes you can replace it with cooking cream (as this does not curdle when cooked).





Senior Services is on Facebook.



Look up: Senior Services of Polk County

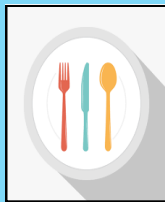
Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

Get the Flu Vaccine
The flu vaccine is the first step in protecting yourself

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

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



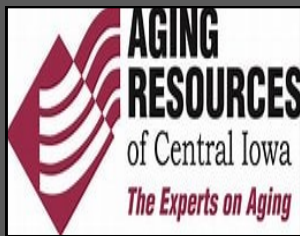
Questions?

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

Birthday wishes to those celebrating their special day in January



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



Have a Wonderful Day!



Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Connect With Us on:



Q. My husband and I were out hiking over the weekend and we saw at least 15 large white birds flying overhead. Is it possible we saw swans or were they snow geese?

A. Yes, it is possible they were swans. Trumpeter swans have recently been spotted in the area. Swans are much larger than snow geese. Swans have completely white wings while snow geese have white wings with black wing tips. A swan's long neck would be very noticeable compared to the shorter snow goose's neck. It's not uncommon to see trumpeter swans occasionally around Central Iowa in the winter. Trumpeter swans typically nest farther north in the summer and migrate only as far south as there is partially open water. During the day they often fly out to fields to forage on left over grain on the ground. At night they'll fly back to a nearby open water source.



Winter Weather Safety Tips

Written by Rodney Tucker, Polk County Risk Management

You may not know it with the nice weather that we have been having the past month, but winter weather is coming. We are in Iowa after all.

Now is the time to prepare yourself for the cold, snow, ice and other hazards that winter brings every year. Winter weather creates more injuries per year than any other weather related event including floods, heat, drought and tornadoes.

A website called Ready.gov is a great resource for tips on handling the winter hazards along with other types of disasters and emergencies. They have a great page that has information on winter weather terms, signs of cold injuries, generator safety along with other great info. Please take a minute and look at the webpage.

<https://www.ready.gov/winter-weather>



this year

Break a Bad Habit

Learn a New Skill

Do a Good Deed

Visit a New Place

Read a Difficult Book

Write and Send a Letter

Try a New Food

Take a Risk

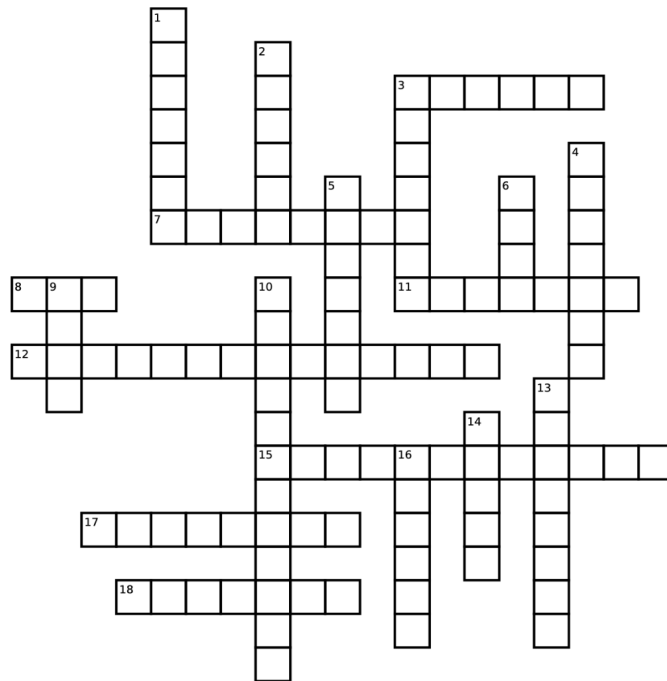
THESETHAVENUE.COM



YOU DON'T NEED A
NEW YEAR OR A NEW
DAY TO START OVER.
YOU ONLY NEED A
NEW MINDSET.



WINTER CROSSWORD



Down:

1. An even distribution of weight to remain steady
2. The season after fall
3. the quality of being suitable to fulfill a particular role or task.
4. The first month of the year
5. Items to wear on your hands to keep them warm
6. Let It _____
9. "Maybe I'll make it into a sport _____" - Linus, A Charlie Brown Christmas
10. Holds exercise class three days per week
13. the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes
14. Item to wear around your neck to keep you

Across:

3. Song by J. Geils Band. "_____ Frame"
7. Regular or repeated use of your body to build strength
8. Used to skate on in the winter
11. Frosty The _____
12. Regular exercise can lead to _____
15. Originally made with ground-up cocoa seeds mixed with water, cornmeal, and chili peppers
17. Frozen sphere used to throw
18. Ugly Christmas _____



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

Crafting for Adults: Buttons!

Tuesday, January 9, 3:30 - 4:30 p.m.

Do you love to craft? Come learn how to make buttons in Tech Central. [Registration required.](#)

Discovering Des Moines History

Tuesday, January 16, 5:30 - 6:30 p.m.

Interested in learning about the history of our great City? Or learning about your little corner of it? Come by to learn about Des Moines' fascinating past.



East Side Library Adult Programs 2559 Hubbell Avenue

Kirigami Pop-Up Cards

Monday, January 8, 6-7 p.m.

Join us for this hands-on Kirigami (a variation of origami) paper program! We'll be cutting, scoring, and folding an amazing three-dimensional pop-up card from a single sheet of paper. All materials are provided.

Drop in: Evening Crafts!

Tuesday, January 9, 16, 23, 5:30 - 7:30 p.m.

Stop by the East Side Library every Tuesday evening in January for a craft! We will create winter garland on Jan. 9, bookmarks on Jan. 16, and friendship bracelets Jan 23. All supplies will be provided for you!

Franklin Avenue Library Adult Programs 5000 Franklin Ave.

Free Friday Flicks at Franklin – Everything Everywhere All at Once Friday, January 12, 1:30 p.m.

The film screening series returns from hiatus with the most recent Oscar winner for Best Picture.



Community Crafting: Winter Nature Journaling Saturday, January 20, 2 p.m.

Art teacher Kathy E. Esch will help attendees learn to sketch natural objects. [Registration required.](#)

Franklin Cinema Club – The Parallax View (1974) Monday, January 22, 6:30 p.m.

Watch the movie, then come ready to discuss it. See the Alan J. Pakula film thriller on Kanopy or DVD.

Forest Avenue Adult Programs 1326 Forest Avenue

Martin Luther King Jr. Day Celebration Monday, January 15, 4 -5 p.m.

Join us for our annual celebration in honor of Martin Luther King, Jr. Day. Our keynote speaker is Dr. Ian Roberts, Superintendent of the Des Moines Public School district. Refreshments will be provided.

North Side Adult Programs 3516 Fifth Avenue

Buy. Eat. Live Healthy

Wednesdays, January 10 – February 28, 1:30 – 3 p.m.

Learn how to make easy and low-cost recipes with ISU Extension in this 8-week class where we'll get hands-on in the kitchen. [Registration required.](#)

Seed Exchange

January 18, 5:30 – 7 pm, Drop-in Event

Ready to refresh your seed inventory? Bring seeds to share with other gardeners. Veggie, herb, and flower seeds welcome. No need to bring seeds to participate.

South Side Adult Programs 1111 Porter Avenue

Skype a Scientist:

Talk Pollination and Plant Evolution with Brooke Kern! Wednesday, January 24, 6:30 - 7:30 p.m.

Talk with Brooke Kern, Midwest scientist! She'll tell us all about her research and how plants evolve. Want to hear Brooke's talk, but don't love Zoom? Pop by South to view the discussion in person.

Puzzle Exchange!

Saturday, January 27; 2 - 3 p.m.

We're having a good old fashioned puzzle swap! Come exchange your beloved puzzles for new to you ones!

NORTHSIDE SENIOR CENTER PRESENTS



KARAOKE
afternoons

EVERY OTHER TUESDAY @ 12:00

NORTHSIDE COMMUNITY CENTER
3010 6TH AVE | DES MOINES IA 50313

CALL 515-288-1524 WITH QUESTIONS

JAM SESSION

EVERY FRIDAY
@ NOON





NORTHSIDE SENIOR CENTER
3010 6TH AVE, DES MOINES

Do you play an instrument?
Do you love music and singing?

Join us for a musical jam session featuring a variety of music styles. Anyone 60 years and up is welcome! Bring your instrument and/or voice and join in!
A piano is also available on site.

Questions? Call 515-288-1524



M	T	W	Th	F	F Flex
<p>SITES CLOSED 1</p> 	<p>2 Glazed Ham Baby Red Potatoes Green Peas Multi Grain Bread Carnival Cookie Milk</p>  	<p>3 Hamburger Patty Lettuce, Tomato, & Onion Baked Beans California Veggie Blend Hamburger Bun Fresh Fruit Milk</p>	<p>4 Fajita Chicken Spanish Rice Black Beans Flour Tortilla Taco Sauce Milk</p> <p>Lemon Meringue</p>	<p>5 Pasta Primavera Brussels Sprouts Wheat Roll Peach Crisp Chocolate Milk</p>	<p>5 Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Fruit Fudge Round Cookie Chocolate Milk</p>
<p>8 Hot Dog Pasta Salad Whole Kernel Corn Hot Dog Bun Fresh Fruit Milk</p>  	<p>9 Turkey Ham & Pinto Beans Sliced Carrots Cornbread Choc. Chip Cookie Milk</p>	<p>10 Homemade Meatloaf w/Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Milk</p>	<p>11 BBQ Chicken Scalloped Potatoes Green Peas Hamburger Bun Milk</p> <p>Blueberry</p>	<p>12 Beef w/ Mushroom Gravy Rice Stewed Tomatoes Multi Grain Bread Fig Bar Chocolate Milk</p>	<p>12 Southwest Chicken Salad Picante Sauce Ranch Dressing Wheat Crackers Fresh Fruit Oatmeal Creme Pie Chocolate Milk</p>
<p>SITES CLOSED 15</p> 	<p>16 Hamburger Stew Tossed Salad Ranch Dressing Fruit Cocktail Cornbread Fudge Round Cookie Milk</p>	<p>17 Baked Chicken Thigh w/Supreme Sauce Glazed Carrots Green Beans Garlic Breadstick Fresh Fruit Milk</p> <p>Birthday Cake</p>	<p>18 Salisbury Beef w/Brown Gravy Brussels Sprouts Whole Kernel Corn Multi Grain Bread Milk</p> <p>Boston Cream</p>	<p>19 Sausage Patty (2) Hashbrown Casserole Hot Cinnamon Applesauce Wheat Bread Orange Juice Chocolate Milk</p> 	<p>19 Krab Salad Tossed Salad Salad Dressing Wheat Crackers Fresh Fruit Rice Krispie Treat Chocolate Milk</p>
<p>22 Baked Chicken Breast w/Poultry Gravy Mashed Potatoes Lima Beans Wheat Roll Fresh Fruit Milk</p>	<p>23 Spaghetti Green Beans Tossed Salad Ranch Dressing Garlic Breadstick Hot Sliced Peaches Milk</p>	<p>24 Shredded Pork w/BBQ Sauce Au Gratin Potatoes Baked Beans Hamburger Bun Fresh Fruit Milk</p> 	<p>25 Beef Cabbage Casserole Whole Kernel Corn Carrots Multi Grain Bread Milk</p> <p>Strawberry Rhubarb</p>	<p>26 Chicken & Rice Casserole Diced Beets Green Peas Wheat Bread Carnival Cookie Chocolate Milk</p>	<p>26 Asian Chicken Salad Chow Mein Noodle Sesame Asian Dressing Wheat Crackers Honey Bun Chocolate Milk</p>
<p>29 BBQ Rib Patty Roasted Diced Potatoes Carrots Hot Dog Bun Fresh Fruit Milk</p> 	<p>30 Chicken Supreme Roasted Sweet Potatoes Green Beans Multi Grain Bread Fresh Fruit Milk</p>	<p>31 Beef Taco Shredded Cheese Lettuce & Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Taco Sauce Rice Krispie Treat Milk</p>			

JANUARY 2023 SENIOR SERVICES OF POLK COUNTY

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

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



= meal contains pork



= meal contains 700 mg or more of sodium



Senior Nutrition Program for those Age 60 and Older

**POLK COUNTY
SENIOR SERVICES
ADMINISTRATIVE OFFICE STAFF**

**Program Administrator —
Joyce Webb**

Program Manager — Sam McCrorey

Program Specialist —

**PEER Advocates/SHIP Coordinator
& Senior Bulletin Editor —**

Daiynna Brown

Administrative Office - 286-3679

Front Desk

Office Specialists —

**Parker Waddell &
Jennifer Summers**

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

<https://www.polkcountyiowa.gov/community-family-youth-services/senior-services/about-us/>



**January
Blood Pressure Checks**



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

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

- 2nd South
- 3rd Ankeny
- 4th North
- 8th East
- 9th MLK, Jr.
- 10th Northwest
- 12th Scott Four Mile
- 16th Johnston
- 17th Pioneer Columbus
- 18th Central
- 19th Altoona
- 22nd West
- 23rd South
- 24th Norwoodville
- 25th Runnells
- 26th North



Dates Subject to Change.



**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

**Free Community
Afternoon Meals Offered
(No Age or Income Requirement)**

LOCATIONS

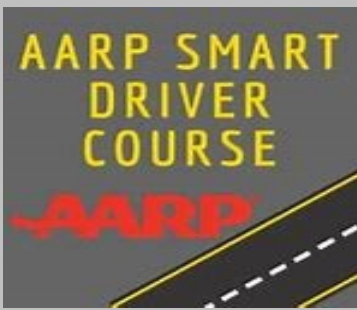
- Central - 2008 Forest Ave
- Norwoodville - 3077 NE 46th Ave
- South - 100 Payton Ave.
- West - 134 6th St (Valley Junction)

*** * 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.**

**First Come – First Served.
Limited Quantities**



The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

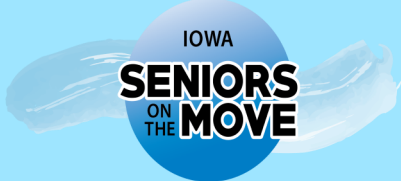


Friday, February 9th, 2024 at 8:30 a.m. to 12:30 p.m.

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

To register call: 515-278-3907

Cost:
\$20.00 AARP members
\$25.00 for Non-members
*** Cash or Check Accepted**



January Lunch-n-Learn — Giving Back Forum

Submitted by Kimberly Cisna, President Seniors on the Move

Wednesday, January 10th

11:30 to 1:00 p.m.

West Des Moines Human Services
139—6th Street
West Des Moines, IA

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



American Red Cross

Feature Presentation:
West Des Moines Human Services
American Red Cross
Blank Park Zoo

Plan to say afterward for a special travel presentation.



Preventing Medicare Fraud

1-800-351-4664



PREVENT, DETECT, REPORT



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



January 2024 Heart Health

Ankeny: Jan. 2nd @ 10:00 a.m.

Pioneer Columbus: Jan. 2nd @ 10:30 a.m.

Zoom: Jan. 8th @ 10:00 a.m.
Contact Stephanie for link

North: Jan. 9th @ 10:30 a.m.

Johnston: Jan. 9th @ 11:30 a.m.

Central: Jan. 10th @ 12:15 p.m.

Grimes: Jan. 12th @ 11:30 a.m.

East: Jan. 16th @ 10:30 a.m.

MLK: Jan. 16th @ 11:30 a.m.

South: Jan. 18th @ 10:30 a.m.

West: Jan. 18th @ 10:15 a.m.

Northwest: Jan. 18th @ Noon

Runnells: Jan. 23rd @ 11:00 a.m.

Scott 4 Mile: Jan. 25th @ 11:00 a.m.

Norwoodville: Jan. 26th @ 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.



Inclement Weather Policy

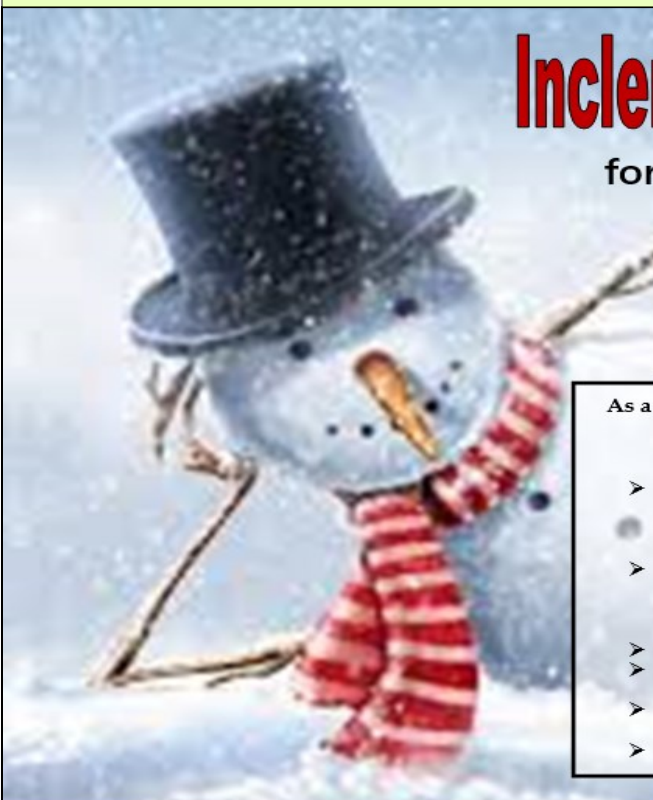
for Polk County Senior Services

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

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

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

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





Low-Income Home Energy Assistance Program (LIHEAP)

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

What help is available?

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

Applications are accepted on a first-come, first-serve basis November 1 - April 30 of each year. Households with a member 60 years of age or older, those who are disabled, and those in crisis can begin applying October 1. Assistance level depends on income level, family size, the type of fuel you use to heat your home and other factors. If you heat your home with liquid propane (LP), you can qualify to receive a delivery of propane through this program.

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

How can I apply?

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

Online Application: To complete an online application,

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

Appointment: To schedule a phone or in-person appointment, please call **515-518-4770**.

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

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

To print mail-in application:
<https://www.impactcap.org/filesugd/7880e3af9dfc997ed048bab0a1680adacd7445.pdf>



Continued on Page 18

TAI CHI

For adults 60+



NORTHSIDE COMMUNITY CENTER
3010 6TH AVE, DES MOINES

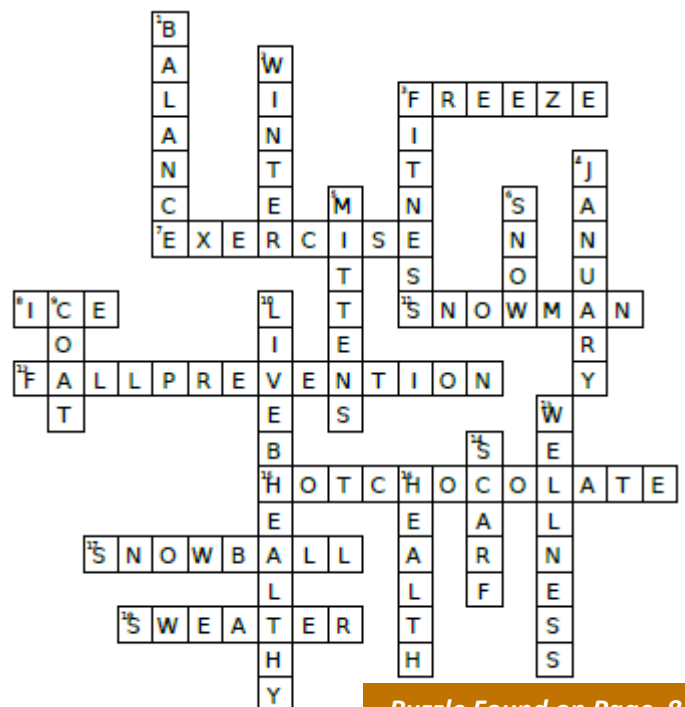
FREE
for members
CALL 515-288-1524
TO SIGN UP

TUESDAYS 9:15-10:00
16 WEEK COURSE
BEGINNING JANUARY 9TH, 2024

Improve your Balance, Strength,
Agility & Coordination

Made with PosterMyWall.com

Crossword Winter Puzzle Answers



Puzzle Found on Page 8

How I Learned to Use and Enjoy Computers...

By Frank Spoerl, Volunteer Computer Instructor

Some basics on Email etiquette.

With the speed and ease of email, many people have become victims of some old habits, and a lack of understanding of how to write or respond to an email message.



Never use all capital letters. In the most simple terms, this is considered yelling. For many people, they have used all caps with a typewriter because it was easier for them. In email, it is considered to be rude and offensive. In some cases, it even makes the message more difficult to read. If you wish to emphasize your point, you can capitalize a word or a phrase, but never the whole message.

Be careful with the "Reply" key. Many message services have both "Reply" and "Reply All" keys. The first only sends a message to the original sender. The Reply All key sends your reply to everyone who received the original message, including those whose address may or may not appear on your screen. This can be especially harmful if you respond in an angry or disrespectful manner. Also, people don't want to receive 20 reply all messages that don't pertain to them any longer.

If you don't want anyone else to see it, don't send it by email. This is another case where you never know who may be reading your message. I'm sure all of you could see the embarrassment caused if an especially romantic letter to your mistress found its way to your company president... or your spouse. Emails never disappear. They are always stored on a computer somewhere. Within businesses, the person with the role of webmaster has the ability to read all mail sent to or from their company. They also have a legal obligation to periodically check emails to make sure no inappropriate communication is going in or out. This is just like the USPS Postal Inspectors. With email address books, it is easy to point and click who you want to send your message to. It is also easy to click on the wrong address, and to send it someone else entirely.

Type out your message first. Then fill in recipient's name/s. Double check you typed correct recipient. Proofread your emails before sending. Use appropriate salutation and conversation closer at beginning and end of text. Such as: Good Morning, Greetings, Hello or Sincerely, Best Regards, Thank you, etc.

Avoid forwarding emails passed on from others. This is one of my pet peeves. I often receive messages that have been forwarded from friends or family that, in turn, have been passed to them by an acquaintance. Or if do, delete/remove all the extra addresses and possible messages listed by others. Basically, clean it up. So the subject matter, joke, etc. is right there when opened up.



Some people like to pass on every message with a warning, trying to help their friends. Unfortunately, many of these messages are old, untrue and designed to panic users who are overly fearful of spam and viruses. These same messages pop up every so often and are again passed around to the whole world all over again!

Emails are very handy, being mindful, courteous and using email etiquette can help maintain enjoyment and ease of communicating quickly....as well as creates less confusion or mishaps of being sent to wrong individuals or misinterpretations.




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

JENNIFER'S CRANBERRY ALMOND CARDAMOM COOKIES

by Jennifer Malcom-Brown, 4-mile Site Coordinator

**A one bowl recipe!
Makes about 40-48 cookies**

Ingredients:

- ½ teaspoon baking soda
- ½ teaspoon cardamom spice
- 2 eggs
- ½ cup dried cranberries
- ½ cup mini chocolate chips
- ½ cup white chocolate chips
- ½ cup/1 stick of melted butter
- ½ cup shortening
- ½ cup white sugar
- ½ cup light brown sugar
- 2 ½ cups all-purpose flour
- ½ to 1 cup sliced almonds

Directions:

Melt your butter and add all your ingredients (except the almonds) to a large bowl; mix just until well blended and dough forms. Scoop/drop cookies on light colored baking sheet and press down with a pinch of sliced almonds on top of each cookie.

Bake at 350 degrees for 7-9 minutes (or just until the edges are lightly browned.)

ENJOY!!

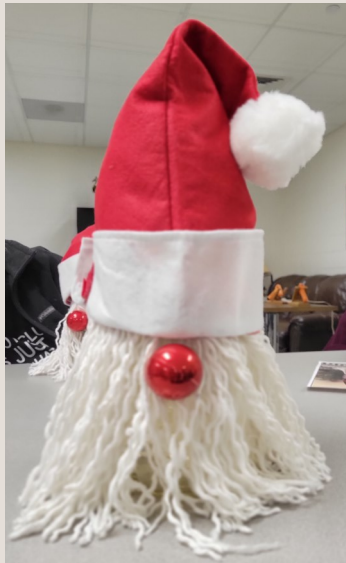


Pictured Right — Ankeny crafters decking their doors/walls with these beautiful holiday wreaths.

HOLIDAY CRAFTING FUN



Pictured Below — Pioneer Columbus create this cute and festive Santa Gnome



Word Search Puzzle Answers

The words below are listed with their starting row and column

- APPRECIATION 18:21
- AWARENESS 19:10
- BREATHING 9:10
- CALM 13:9
- CLARITY 8:1
- CONTROL 1:12
- DEVOTION 7:20
- EMBRACE 9:15
- EMOTION 1:1
- EXERCISE 8:13
- FEELINGS 9:21
- FOCUS 4:14
- GENEROSITY 8:5
- HAPPY 3:13
- INSIGHT 21:9

- JOY 18:20
- KINDNESS 14:2
- LEARNING 9:16
- LETTING GO 3:7
- MEDITATE 1:10
- MENTAL 16:12
- MINDFUL 19:3
- MUSIC 1:15
- NATURE 12:4
- OBSERVATION 6:6
- PEACE 16:21
- PERSPECTIVE 17:6
- POSITION 5:4
- PRACTICE 8:14
- QUIET 13:11

- RELIGION 21:18
- RELINQUISH 4:16
- ROUTINE 12:14
- SERENITY 2:5
- SOOTHE 3:8
- STRENGTH 17:10
- TEACHING 12:3
- THOUGHTFULNESS 20:6
- TRANQUILITY 13:15
- UNIQUE 1:16
- VISUALIZATION 18:3
- WAKEFUL 14:15
- WILLINGNESS 11:1
- WISDOM 11:21
- ZONE 20:2

Continued from Page 3



Filing for 2023 Rent Reimbursement

Administration of the Program

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

Who can file for Rent Reimbursement

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

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



phone. This

How You Will Apply

Applicants will now apply for Rent Reimbursement online! You can use a computer or smart process is easier and anticipate you will receive your payment faster. **You can apply for reimbursement for 2023 and 2022 claims starting Tuesday, 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.

A link/info to the online application will be available Tuesday, January 2, 2024.

<https://benefits.stateofiowahhs.org/program/rentreimbursement>

More specific income info and numbers to call to receive phone assistance to come in February Issue

Safe Winter Driving

Safe Winter Driving Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet provides safety information to your residents to help prevent motor vehicle injuries due to winter storms.

The three P's of Safe Winter Driving: PREPARE for the trip; PROTECT yourself; and PREVENT crashes on the road.

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving! * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot. * Steer into a skid. * Know what your brakes will do: stomp on antilock brakes, pump on non-antilock brakes. * Stopping distances are longer on water-covered ice and ice. * Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF

- Buckle up and use child safety seats properly. * Never place a rear-facing infant seat in front of an air bag.
- Children 12 and under are much safer in the back seat.



PREVENT CRASHES

Drugs and alcohol never mix with driving. * Slow down and increase distances between cars. * Keep your eyes open for pedestrians walking in the road. * Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible. * If you are planning to drink, designate a sober driver.

<https://www.osha.gov/sites/default/files/publications/SafeDriving.pdf>



Continued from Page 14

Having the correct paperwork when you apply will make your application easier. If you have any questions about what documentation you will need to submit, our staff are happy to help during your phone appointment.

- Proof of Social Security Numbers for all household members. Adults can use a valid Iowa Driver’s License instead of a Social Security Card. (More options can be discussed during your appointment if needed.)
- Most recent heating bill
- Most recent electric bill
- Proof of income for all household members. You will need to provide income from the past 30 days prior to the application date OR for the past year. The chart below describes the most common income types and what documentation is needed. If you do not see your income type listed, our staff can provide more guidance during your appointment.
- If your family has had no income for the past year, you will need to download, print and sign a [zero-income form](#).



Polk County Programs



In Polk County, we have many programs to fit different needs within the county. Below, you will see programs listed for Des Moines residents and Non-Des Moines residents. Select a program for more information, eligibility requirements, and how to apply.

City of Des Moines Residents

- [Food Pantry](#)
- [Utility Assistance](#)
- [Personal Hygiene Pantry](#)
- [Anytime Shelves](#)
- [Senior Farmers’ Market Nutrition Program](#)
- [GRASP](#)
- [Nature Pass](#)
- [EMBRACE](#)
- [RAYS](#)
- [Project H2O](#)

Non-Des Moines Residents

- [Food Pantry](#)
- [Utility Assistance](#)
- [Personal Hygiene Pantry](#)
- [Anytime Shelves](#)
- [Senior Farmers’ Market Nutrition Program](#)
- [Nature Pass](#)
- [EMBRACE](#)
- [RAYS](#)
- [Thrive](#)



New Year Trivia Questions

1. What is the number one New Year’s resolution?
2. What percentage of people successfully achieve their New Year’s resolutions? A. 22% B. 34% C. 8% D. 16%
3. Are people in their 20s OR 50’s more likely to achieve their New Year’s resolutions?
4. About how many people gather in Times Square each year to watch the ball drop? A. 50,000 B. 100,000 C. 500,000 D. 1 million
5. What percentage of Americans admit to falling asleep before midnight on New Year’s Eve?
A. 9 percent B. 22 percent C. 46 percent D. 71 percent
6. What is the diameter of the Times Square ball?
A. 12 feet B. 22 feet C. 120 feet D. 120 inches
7. How many glasses of sparkling wine do Americans collectively consume during the holidays?
A. 130,000 B. 8 million C. 92 million D. 360 million
8. In what year did America start recognizing Jan. 1 as the first day of the year? A. 1492 B. 1752 C. 1776 D. 1846
9. How much confetti is dropped on the crowd at Times Square at midnight? A. 100 pounds B. 1,000 pounds C. 1 ton D. 10 tons



“APPROACH THE NEW YEAR WITH RESOLVE TO FIND THE OPPORTUNITIES HIDDEN IN EACH NEW DAY.”

- MICHAEL JOSEPHSON

Trivia Answer Key

1. Losing weight is number one.
2. C;
3. 20’s are more likely to follow through;
4. D; 5. B; 6. A; 7. D; 8. B; 9. C



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.

Tax-Aide has over 25,000 volunteers nationwide. The program has helped more than 75 million people since it launched in 1968. It's the nation's largest free volunteer tax program, offered in conjunction with the IRS.

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

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

AARP Tax Aide Continued...

Appointments are required and will be taken by a Tax-Aide volunteer in the Ankeny Senior Center Dining Room on three days – January 29, January 31, and February 2 from 10 AM to 2 PM each day.

Appointments may also be made Wednesdays at the site during tax season until available slots are filled.

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

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

Cold, Flu, Allergies, or COVID-19? KNOW THE SYMPTOMS

	COVID-19	COLD	FLU	SEASONAL ALLERGIES
Onset of symptoms	Gradual onset then sudden escalation in severity	Gradual onset	Abrupt onset	Abrupt onset (during change of seasons)
Severity of symptoms	Range from mild to severe	Mild	Range from mild to severe	Mild
Length of symptoms	7-25 days	<14 days	7-14 days	Often spans several weeks or "season"
Loss of smell and taste	Common	Rare	Rare	Rare
Shortness of breath	Sometimes (can be severe)	Not common*	Not common*	Not common*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Not common
Sneezing	Not common	Common	No	Common
Runny or stuffy nose	Not common	Common	Sometimes	Common
Sore throat	Sometimes	Common	Common	Sometimes
Fever	Common	Rare (low grade)	Common	No
Fatigue	Sometimes	Sometimes (mild)	Common	Sometimes
Headaches	Sometimes	Sometimes (related to sinus pain)	Common	Sometimes (related to sinus pain)
Body aches	Sometimes	Sometimes (mild)	Common	No
Diarrhea	Sometimes	No	Sometimes	No

Symptoms of influenza (flu), respiratory syncytial (sin-SISH-uhl) virus (RSV), and COVID-19 are similar and may include fever, cough, and shortness of breath. Because the symptoms are similar, it can be difficult to distinguish between illnesses caused by respiratory viruses. To diagnose a potential case,



We ♥ our Volunteers

Seeking motivated, dependable and customer service-oriented volunteers to help brighten days and make a difference in our brand-new Gift Shop.

APPLY TODAY:

www.broadlawns.org/volunteer
or call (515) 282-7775



LET VITA PREPARE YOUR



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

Please contact the Iowa Center for any inquiries at **515-283-0940** or by visiting theiowacenter.org/services/tax-services/. Or, dial 211 for more information.
211 is free and available 24/7.

IMPORTANT!

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

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

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

You MUST bring all of the following items:

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

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

Iowa Center for Economic Success - Open Now

2210 Grand Ave
Des Moines, IA 50312

By Appointments (can sign up online)

Hours:

Tuesdays: 3:45 pm – 4:30 pm

Thursdays: 9:00 am – 12:00 pm

Opening in February 2024

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

