Inclement Weather Policy

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

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

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

- You may receive ROBOCALLS

**LOOK for:**
- Caller ID will come up with a Boston Massachusetts number
- May hear an automated voice or their site staff voice.
- Sites will give directions about signups for next day in the Robo-message

- Go to www.polkcountyiowa.gov
  * If it's not on main page under News and Announcements
  * Go to offices/departments at top of page and click on Community, Family & Youth Services.
  * Click on the Senior Services link to find the info.

- Listen/watch for closing announcements on local television stations.
- Visit our Facebook Page @ Senior Services of Polk County
- Call a senior center. Listen to the recorded message for updates and directions.
- Call the Senior Services Administrative Office at 286-3679 for information.

Do you know you can check out MORE than books and movies from the library?? A new program at the Des Moines Public Library is giving people the chance to use household items without having to buy them.

Launched a few weeks ago. Now you can borrow things to assist with home improvement, spruce up a party, or help you record and preserve family memories! It’s all available in the Des Moines Public Library’s new Library of Things. The Library of Things is a collection of more than 50 items you’ll find useful in your everyday life.

Tim Paluch with the Des Moines Public Library said items include a radon detector, metal detectors, a waffle maker, an ice cream maker, cookie cutters and more.

**How It Works**

- You can borrow items from the Library of Things for up to one week, but you can also rent items up to 3 weeks if there are no holds/requests on the item.
- When you place a hold on the item, it will be shipped from the Central Library to the library of your choosing, where it will be ready to be picked up in 1-2 business days.
- Some items do require additional supplies, such as batteries, so please read the description carefully before borrowing an item.

Items are free to rent with a library card for anyone over 18. People request the item on the website at: https://www.dmpl.org/library-things

Individuals can pick it up from any of the library’s six locations.

Paluch said the library got the idea after seeing other libraries do something similar. He added programs like “Library of Things” continue the library’s evolution showing it’s much more than books.

“Libraries are so much more than books. You can walk upstairs right now and see dozens of people using our public computers for a variety of things. You can check out museum passes with our Iowa Adventure program, DVDs, online digital resources, Kanopy which is our movie collection, and we have things like STEM and literacy kits for children, games.

So this is just another example of how the library truly is more than just books and even though books are our bread and butter, you know, we provide a lot more than that to the community,” Paluch said.

The program has been so successful so far and the library plans to double its collection.

Happy Holidays!
Annual Medicare Part D Open Enrollment is Almost Over!!

Call to make your appointment!!

Still need Medicare Prescription/Advantage Plan comparisons doing? Don’t Delay! Time is Running Out!!

Finding that local SHIIP Sponsor Site Offices are FULL? And you have not set up an appointment or got on a list to be seen by a SHIIP Counselor??

Here is what you can do.

- Go to www.shiip.iowa.gov—click on Find A SHIIP-SMP counselor….look at other surrounding counties that may still have openings
- Call SHIIP @ 1-800-351-4664
- Check with Polk County PEER Advocates—515-286-2112
- Call MEDICARE (1-800-633-4227)
- Visit www.medicare.gov

Everyone enrolled in Medicare should understand how their current Medicare Part D Drug Plan or Medicare Advantage Plan may be changing and compare the plans for 2023. Be sure your drugs are covered and that you aren’t paying more than you need to.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7th

Ask the Naturalist

Submitted by Heidi Anderson, Polk County Conservation

www.leadingyououtdoors.org

Q. I love to feed and watch the squirrels but I worry about where they go in the winter time. There is a large nest in the tree across the street. Now that all of the leaves have fallen, the nest looks so exposed to the wind. Do squirrels stay in their nests or do they go somewhere else more protected during the winter? Is there any special food I can provide during the cold, snowy months?

A. The squirrels in your neighborhood are Eastern fox squirrels. In the summer they build several leaf nests lined with shredded plant material. These nests can be up to 12 inches in diameter and have a side entrance. Now that the leaves are gone from the tree, these nests are easy to see. However in winter, they do prefer to nest in tree holes. If tree holes are scarce they will still use the leaf nests. Squirrels are not social animals, but will den up with several individuals in winter. Squirrels will stay in their nests during storms, but will come out when the weather clears to gather acorns and hickory nuts they’ve hidden during fall. They should have plenty to eat and I wouldn’t worry about feeding them.
Urbardale Senior Recreation Events

Submitted by Carissa Williams
Senior Recreation Center Supervisor -
City of Urbandale Parks and Recreation
7305 NW Aurora Ave, Urbandale

Urbardale Community Band Concert
Tuesday, December 6 @ 6:30 pm
FREE
All ages welcome!

Buy. Eat. Live Healthy at the Urbandale Senior Recreation Center (Ages 55+)

Educators support individuals and families in making healthy choices on a tight grocery budget. Lesson focus on nutrition education, cooking skills, grocery budget management, and active living. Each lesson includes information on nutrition and physical activity, and includes cooking or tasting a recipe.

In addition, participants are given tools to help them make behavior changes including cutting mats, measuring cups and spoons and cookbooks.

Thursdays, January 12—March 2
12:30—2 p.m.
Free
Space is limited to 36 participants.
Call 515-278-3907 to register.
COME WORK OUT WITH US!!!
Participants at the Norwoodville Community Center have been focusing on balance and reducing falls one workout session at a time!

Besides exercise, you will hear lots of belly laughs though out class. Exercise... Fun?!?! Sign me up! Offered Monday, Wednesday, and Friday at 8:30 a.m. Taught by David, with Live2BHealthy

Come work out with us! Tis the Season!

Franklin Community Fridge
Opening December 5th!

- Franklin Ave. Library, 5000 Franklin Ave., East Entryway
- Providing fresh food for the community
- If the library is open, the fridge is open
- Everything is free - take what you need, leave what you can

Increasing Food Access, Reducing Food Waste

Need more info? Contact Nikki Hayter at nnhayter@dnpl.org

POLK COUNTY SENIOR SERVICES
ADMINISTRATIVE OFFICE STAFF

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

**************************
Administrative Office - 286-3679

Front Desk Office Specialists – Parker Waddell & Jennifer Summers

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

Word Search Puzzle Answers
The words below are listed with their starting row and column

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<td>Peas 12g</td>
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**DECEMBER 2022 SENIOR SERVICES OF POLK COUNTY**

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

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

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

= meal contains pork

= meal contains 800 mg or more of sodium

Senior Nutrition Program for those Age 60 and Older
Free Community Afternoon Meals Offered  
(No Age or Income Requirement)

**LOCATIONS**

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

* No Reservations Needed.

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

First Come – First Served.  
Limited Quantities

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**December 2022**  
Alcohol and Fall Prevention

**Norwoodville:** Dec. 2nd @ 10:30 a.m.  
**Ankeny:** Dec 6th @ 10:00 a.m.  
**Pioneer Columbus:** Dec. 6th @ 10:30 a.m.  
**Grimes:** Dec. 9th @ 12:00 p.m.  
**North:** Dec. 13th @ 10:00 a.m.  
**Johnston:** Dec. 13th @ 11:30 a.m.  
**Central:** Dec. 14th @ 12:15 p.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

---

**TRIAD/SALT Meeting**

Wednesday, December 21st  
12:15 to 1:15 p.m.  
@ Northwest Community Center  
5110 Franklin Ave  
Topic: Preventing Financial Exploitation

Presented by:  
Andrew Cederdahl  
Attorney General’s Office  
Consumer Protection Division

---

**The Family Enrichment Center is announcing its**  
Twenty-Fourth Annual "FEC Stars" Campaign!

Please help us provide holiday gifts for families in need this holiday season. We would like to continue our "FEC Stars" Holiday Program in order to provide a sense of normalcy and brighten the spirits of the children in our program (We have over 345 children in our program).

- Personalized "Stars" with a child’s first name, gender, age, special interest, and a gift idea (approximately $30-$40) will be available to send out by Wednesday, November 10, 2022.

- Please consider including an age appropriate, “gently used” or new book with your gift to help us promote literacy with our families.

**Contact Linda:** linda.ulmer@polkcountyiowa.gov  
Or 515-286-3406

*With the number of “Stars”, you wish to request this year.*

- Return your wrapped gifts to the Family Enrichment Center no later than Tuesday December 6, 2022. As the deadline approaches, instructions will be provided regarding a "Social distancing" drop off.

Polk County Family Enrichment Center  
2309 Euclid Des Moines, Iowa 50310

*Thank you and Happy Holidays from all of us at FEC!*
Upcoming Library Events/ Adult Programs/Classes

Polk City Community Library
1500 W. Broadway 515-984-6119
www.polkcitylibrary.org

*Visit our website and Facebook page for the Zoom links. Call for details. Register online at: www.polkcitylibrary.org

**HOLIDAY HOURS - CLOSED on Dec. 23, 24, 26 & Jan. 2, 2023

**Giving Tree: Comet Cupboard
November 21st to December 16th
We will be collecting non-food items for the Comet Cupboard. Donations accepted include: diapers, toilet paper, facial tissues, feminine hygiene products, full-sized toiletries (shampoo, conditioner, soap, toothpaste, etc.), toothbrushes, laundry supplies & dish soap, paper towels and household cleaning supplies. THANK YOU FOR YOUR SUPPORT!

Geri-Fit® Strength Training Workouts
Mondays @ 9:00 a.m.
Strength Training workouts that work for 50 & older. Requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. Stretch bands and a zoom link are available upon request.

Ageless Grace Workouts
Wednesdays @ 9:00 a.m.
Ageless Grace® is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain. The only material needed is a chair. If you would like to participate from home via Zoom, please call the library ahead of time.

*No class on December 28th

Chair Yoga
Tuesdays 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. Yoga is for everyone and every body. Yoga is not for flexible people but for people who want to become more flexible. Props needed are an armless chair, like a kitchen chair and a small hand towel or kitchen dish towel. Join the zoom meeting on our website at polkcitylibrary.org. *No class December 27th.

**Ladies’ Wednesday Coffee
Wednesdays 10:00-Noon
Ladies, join us for coffee and conversation.

Sit N Stitch
Thursdays 6:00-8:00 p.m.
Bring your current project and join us for stitching and conversation!

Open Card Games
Thursdays 1:00 – 3:00 p.m.
We have the cards and cribbage boards, you pick what game to play each Thursday! Grab a friend and have fun! *17 and over.

Men’s Friday Coffee 10:00 - Noon
Gentlemen, drop in for coffee and conversation.

Slow Cooker Meals with Iowa State University Extension
Thursday, December 1st, Noon - 1:30 p.m.
Sip on a tasty, healthy homemade soup as Tom Keinert discusses easy slow cooker meals that encourage healthy eating on a budget. *17 and over.
Register online at polkcitylibrary.org by November 23rd

**Adult Crafternoon
Monday, December 5th 1:00 p.m.
Join us for a relaxing time as we make an easy ornament craft. *17 and over. Register online at polkcitylibrary.org

**Wednesday Book Club
Wednesday December 7th 7:00 p.m.
The Lion the Witch, and the Wardrobe by C.S. Lewis
Join us as we discuss this childhood favorite.

**Adult D.I.Y. Holiday Book Art
Thursday December 15th 6:00 p.m.
Create a fun book folded display from recycled books, that will be a nice decoration for the holiday. *17 and over. Register online at polkcitylibrary.org

**Monday Book Club
Monday December 19th 2:00 p.m.
The House We Grew Up In
Four siblings pursue separate adult lives before a reunion reveals astonishing truths. Read the book then join us for a discussion.

**Adult Coloring
Tuesday December 20th 5:00 p.m. - 7:00 p.m.
Join us for a relaxing evening of coloring! Colored pencils and gel pens will be provided. You are also welcome to bring your own. *17 and over. No registration required.

Register at polkcitylibrary.org one month in advance.
*FREE Wi-Fi at the library!
*Download an audio or e-book @ Brides.lib.overdrive.com
Use the Libby by Overdrive app on your phone or tablet

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

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

You can be a Senior Companion if you:
- Have the ability to transport others
- Are at least 55 and live on a limited income.
- Live in Lucas, Marion, Polk, Pottawattamie or Warren County.

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

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

AmeriCorps Seniors
EveryStep care & support services
(515) 558-9957 or SeniorComp@everystep.org
**Social Security Column**

By Derek Nichols, Social Security Assistant District Manager DSM

**SOCIAL SECURITY BENEFITS INCREASE IN 2023**

Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than $140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor’s Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don’t need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice.

“Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year’s substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned,” Acting Commissioner Kilolo Kijakazi said.

January 2023 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2023 will be higher. The retirement earnings test exempt amount will also change in 2023.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under “Message Center Preferences” to receive courtesy notifications.

You can find more information about the 2023 COLA @ https://www.ssa.gov/cola/
In November a new store opened called Thriftmart. Thriftmart is a non-profit store owned by Joppa. Joppa helps homeless people access existing resources for food, shelter and provides tools to help rebuild their lives. Joppa collaborates with community partners and mobilizes private donations from families, churches and organizations to meet unmet needs in homeless services, housing and education.

All merchandise in the store has been donated by Joppa Partners to match our meticulous quality standards so that you’ll enjoy quality finds, every time!

We all know thrifting is important for sustainability. Reusing items is not only economical it also helps sustain the environment. Plus, all unsold Thriftmart merchandise goes to good causes—nothing goes to waste.

What’s more, every purchase helps someone experiencing homelessness to survive, find housing and rebuild their lives. Our goal is to ultimately help end homelessness in Central Iowa.

We wanted to create a different kind of thrift store with a premium shopping experience—one where people could count on finding a great variety of quality items in an organized, pleasant atmosphere.

Thriftmart is a nonprofit store. All merchandise has been donated by Joppa Partners to match our meticulous quality standards so that you’ll enjoy quality finds, every time!

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IOWA DEPARTMENT OF JUSTICE
OFFICE OF THE ATTORNEY GENERAL - CONSUMER PROTECTION DIVISION

Giving Tuesday: Give Wisely

Don’t feel rushed
Scammers rush you so there’s no time to research claims or think through your donation.

Don’t trust caller ID
Scammers can spoof phone numbers making it appear they are calling locally when they aren’t.

Research the charity
Complete your own online search of the organization.

Watch for sentimental claims
Be suspicious of vague claims that pull at your heartstrings.

Confirm you’ve donated before
If a charity you donated previously, double check.

Don’t donate with wire transfer or gift cards
Anyone asking you to donate this way is a scam.

*If you feel you have been scammed or suspect a charity is acting fraudulently, contact your local law enforcement agency or the
Attorney General of Iowa, Consumer Protection. Call 515-281-5926 (in Des Moines area) or 888-777-4590 (outside the metro area) or go to
www.iowaattorneygeneral.gov/forconsumers/file-a-consumer-complaint/

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Ways to Reduce Holiday Stress
1. Stay connected. Many people will be away from family and friends this holiday season for a variety of reason. Speak out. Reach out. Call, email or text.
2. Protect your time. Your routine matters, even during the holidays. Say “no” when need to. You don’t have to do it all.
3. Celebrate those you’ve lost. Holidays can be difficult after losing a friend or loved one. Cry or express yourself if need to.
4. Remember that you’re allowed to be sad, even in the holiday season. Don’t force.
5. Plan spending. Make a budget and stick to it. You don’t want to have to be paying the entire next year for overspending/generosity.
6. Don’t abandon healthy habits. Grab a quick workout in the morning or a healthy snack to help fill you up before a big eating event.
8. Take a breather. Give sometime for yourself, even if just a short amount of time. Find an activity you enjoy.
9. Create relaxing surroundings.
10. Seek professional help. If the sadness, anxiety, physical, ailments, insomnia, irritability, hopelessness and unable to face regular chores continues for extended period of time.
December Lunch-n-Learn -
Giving Back Forum

Join us this month as we discover ways to "Give Back" into our community with presentations from the following agencies:

When: Monday, December 12, 2022
11:30 a.m. to 1:00 p.m.
West48 Conference Center, 1601
48th Street, Unit 100, WDM

Member: FREE
Non-member — $20.00

December 1 — 31, 2022

Tips for Diabetic Seniors Who Begin Exercising:

- Discuss your exercise plan with your health care practitioner.
- Practice good foot care. This is especially important if you have circulatory problems or diminished sensation in your feet from nerve damage. Wear absorbent socks and shoes that fit well. Be sure to inspect your feet and promptly report any abnormalities to your doctor.
- Wear your medical alert tag and be sure to let your Trainer know you are diabetic.
- Monitor your blood sugar frequently if you are taking pills that release insulin from your pancreas.
- Drink plenty of fluids and always carry something with you to treat low-blood glucose.
- Adjust your diabetes medication or insulin dosage and food intake as recommended by your medical team.

In general, the best time to exercise is one to three hours after eating, when your blood sugar level is likely to be higher. If you use insulin, it’s important to test your blood sugar before exercising. If the level before exercise is below 100 mg/dL, eating a piece of fruit or having a small snack will boost it and help you avoid hypoglycemia. Testing again 30 minutes later will show whether your blood sugar level is stable. It’s also a good idea to check your blood sugar after any particularly grueling workout or activity. If you’re taking insulin, your risk of developing hypoglycemia may be highest six to 12 hours after exercising. Experts also caution against exercising if your blood sugar is too high (over 250), because exercise can sometimes raise blood sugar even higher.

Submitted by: Ashley Phelps   Regional Owner L2BH

Live 2 B Healthy®

helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.
DECEMBER
Blood Pressure Checks

Services provided by EveryStep Community Health Team Nurses
**(check specific center for time of clinic)

1st North
6th West
7th Ankeny
9th Scott Four Mile
12th East
13th Grimes
13th Altoona
14th NW
19th West
20th Johnston
21st Pioneer Columbus
22nd Runnells
27th South
28th Norwoodville

Dates Subject to Change.

Foods in Season in December
Look up new recipes using some of the in-season foods listed below.

- Apples
- Blood Oranges
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cauliflower
- Celery
- Celery Root
- Clementines
- Cranberries
- Grapefruit
- Kiwi
- Kumquats
- Parsnips
- Pears
- Pomegranates
- Pumpkins
- Sweet Potatoes
- Winter Squash

Source: www.askthefoodgeek.com for recipes using the listed foods.

Franklin Ave Library
Submitted by Kevin Kretschmer, Adult Services Librarian
or more information, call 281-4152 or visit our website at dmpl.org

Sounds of the Season
Thursday, December 1, 6:30 p.m.
Roosevelt High School Choirs will present a concert of holiday-themed pieces.

Free Friday Flicks at Franklin – News of the World
Friday December 2, 1:30 p.m.

Holiday Puzzle Competition Night
Thursday, December 8, 6:00 p.m.
Teams will compete to see who completes a 300-piece puzzle first. Preregistration is required.

Franklin Afternoon Book Discussion
Monday, December 12, 1:00 p.m.
December’s selection is the novel Hell of a Book by Jason Mott. Ask for a copy at the Help Desk.

Reading on the Margins Holiday
Thursday, December 15, 6:30 p.m.
There is no book selection for December but join us for treats and a re-cap of our year in books.

For more programming information, please visit dmpl.org!

Birthday wishes to those celebrating their special day in December

Have a Wonderful day!