



Heartland Board News

Summer Events:

- **June 25**
Carnival in ADC
4-H Volunteers (Not open to public)
- **June 27**
4th Annual Volunteer Recognition Lawn Party, 4:00-5:30PM, HSS
- **July 4 - Closed**
- **July 19**
Bee Program with Glen Stanley, 10:30AM
- **July 14**
Evening Dance, 7:00PM, Music by Huxley Band, free will donation
- **July 18**
Day Trip to Somerset Inn & Winery in Indiana
- **July 21**
Des Moines Shopping Trip, Southridge and Valley West Malls, 9:00AM, \$15 charge.
- **July 22**
Medicare Fraud Program, 12:30PM
- **July 23**
Scrabble Tournament (sign up by July 21)
- **August 11**
Evening Dance, 7:00PM, Music by Huxley Band, \$3 per person at the door.
- **August 13**
Day Trip to Iowa State

A Letter from the Board Chair

Dear Fellow Board Members (past and present),

Each week I have a game of Scrabble with my friend, Vivian. I met her through the Friendly Visitor Program at Heartland. We visit as we search through the letters to make new words. Through Vivian, I am reminded of the differences an organization can make in one person's life.

Being wheelchair bound, Vivian uses Heartland's transportation for doctor's appointments. A congregated meal, prepared by Heartland staff, is delivered and served to the residents in her apartment building each week. She always tells me what was served and gives a favorable review of the food. My visits were originally arranged through the Outreach staff at HSS.

Vivian uses three of the services that Heartland provides on a regular basis. This is only one example of the far-reaching impact Heartland programs have in the lives of many older adults throughout the county.

As board members, we can easily be passionate about Heartland knowing that these services allow people to remain in their own homes and continue to be involved in the community. Thank you for the time, talent and energy that you have brought to both the Board of Directors and the Foundation Board. We have much to be proud of over the years.

Sincerely,

Marie McCuskey

Caregiver's Conference Planned for Fall

What happens when I can't drive anymore? Or How do I tell my parents they can't drive? These and other questions will be answered at a **Caregiver's Conference**, starting Sept 9 at Heartland Senior Services. The five sessions on *Community Services, Family Caregivers, Communication, Alzheimer's, and Self-Care* will be held on five consecutive Tuesdays from 6-8 PM.

Adult Day Care Director Laurie Olson is planning the conference in cooperation with Mary Greeley Hospital's *Prime Time Alive*. (The sessions held at Mary Greeley will focus on other aging issues.)

"Everyone we know is a caregiver in some way, shape or form," according

to Laurie. The conference is intended to help those caregivers and to form a support group for them.

Adult Day Care at Heartland at HSS has assisted about 70 clients during the past fiscal year, as well as offered respite to the caregivers involved (usually spouses or children). Many people are able to stay in their homes due to the care offered at ADC. The clients range in age from 46 to 92, and all but two of them currently use the transportation offered by HSS. Almost every town in Story County, as well as the city of Boone, is served by ADC.♥

For more information on the on the Caregiver's Conference, call Laurie at 233-2906.

Updates from Heartland:

- Former board member and volunteer Lloyd Frederick passed away on June 1. He is survived by his wife, Shirley, and three children. The staff and board members of HSS extend our sympathy to his family and friends.
- Over 200 people attended the Donor Appreciation Breakfast on May 31.
- *There's Something About IOWA!* will be the theme of the 9th Annual Variety Show. It will be held September 5 & 7 at Ames City Auditorium.

Heartland Senior Services of Story County
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If you have suggestions or questions about this newsletter, please contact Mary Ross at: maryross50010@msn.com

HEARTLAND SENIOR SERVICES:

Adult Day Center—Laurie Olson, Director

Activity and Resource Center—Deb Hoyt, Director

Nutrition—Sharon Millage, Director

Outreach—Kirsten Newman, Director

Transportation—Theresa Erlbacher, Interim Director

We're on the Web!
www.heartlandseniorservices.com