

The Senior Post

Volume 4 Issue 1

<http://www.heartlandseniorservices.com>

February/March 2005

From the Editor:

Note: Please don't wear your best hat and come to Heartland's Annual Afternoon Tea on Tues., Feb. 1st at 3:00 p.m. See details on back page. What a great way to await Spring! We hope to see many smiling faces.



Marilyn Johnson,
PR & Volunteer
Coordinator

Travelers Corner

Note: Since July, our day trips have been coordinated by Lisa Grzywacz of Central Iowa Transit. This new tour program called "Fun Raising" will entitle Heartland to 5% of tour proceeds. If you have a trip in mind, please let Angie know and Lisa will coordinate it on the deluxe CIT buses.



*All trips register with Heartland.

Mystery Tour:
Tuesday, February 15
Cost: \$69 (lunch included)
Departure: 7:00 a.m.
Bus capacity: 55

These tours are set up so you will be pleasantly surprised by the destination.

Des Moines Shopping Trip: Jordan Creek/Merle Hay

Monday Feb. 21
Cost: \$16
Departure: 9:00 am.
Deadline: Feb 14

U of I Natural History Museum and F.W. Kent Park

Friday, April 15
Cost: \$50
Departure: 7:30-5:30 pm.

This trip is in conjunction with Story County Conservation. It includes an 'All Iowa' lunch,

Free! AARP Tax prep

Wed. and Fri. afternoons at
HSS, 1:00-4:00 pm.
Appointments: 233-2906

Upcoming Events at HSS

- Feb. 1: Afternoon Tea**, "Life in Full Bloom," 3:00 pm, \$3
- Feb. 8: Home Safety Council Video/Program:** Fall Prevention
- Feb. 9-Apr. 15:** AARP free tax preparation for seniors, 1-4 pm
- Feb. 14: Valentine Lunch**, "Bring a Friend" 11:30 am
- Feb. 14: Pen Pals/Reader's Theatre** (Meeker School), 12:30-2 pm
- Feb. 14: Valentine's Dance**, 7-10 pm, \$3, Lonesome Fugitive Band, sponsored by Stevens Memorial Chapel
- Feb. 17: Rent Reimbursement Form Assistance:** 10-12 noon, need to sign-up for appointments
- Feb. 21: Des Moines Shopping Trip:** 9-4 pm, \$16
- Feb. 23: Telecommunications Access Iowa**, 12:30 pm, Speaker Dianna Kautzky, concerning individual telephone needs and vouchers for sign-ups.
- Feb. 26 Younkers Community Day:** Heartland receives a % of sales. Coupon book: \$5.00 (see back page)

- March 8: Honey Bee Presentation**, Speaker: Glenn Stanley, 12:30 pm
- March 14: St. Paddy's Day Dance**, 7-10 pm, \$3, Music by Country Moments (Huxley Band)
- March 29: Safety Tips**, 12:30 pm, Brian Snider from Stevens Memorial Chapel



Angie Boyd,
A & R Director

Activity & Resource Center

Do you like to go on trips? Do you like to meet new people? Central Iowa Transit Charter buses travel all over Iowa. These trips usually last all day and usually include lunch. The following are upcoming trips:

Two Mystery Tours, (Feb 15 & Aug. 3), Mansions and Memories, (April 28, Cedar Rapids); Loess Hills Adventure, (May 18, western Iowa); Train Tracks, (June 22, depots of Central Iowa); Iowa State Fair (Aug. 17); and the Barns of Van Buren County (Sept 13). A trip to Prairie Meadows is also in the works.

All these trips are taken on luxurious charter buses, departing and returning to Heartland's front door. And Heartland receives 5% of the proceeds.

For further information, please contact me at 233-2906.



Adult Day Care

We have been busy preparing for accreditation at ADC. It has involved much paperwork and the process is nearing completion.

ADC Activities Coordinator, Nancy Larsen, has the following visitors scheduled:

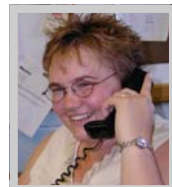
Feb 3: Norm Coenen on Keyboard

Feb 1 & 15: Virginia Dowling, Tai Chi

Feb 10: Bill Gutowski from ISU; subject: the weather!

Feb 21: Old Timers Band (also in March).

The days are also filled with baking, crafts, music, adapted sports, trivia games, reminiscing, and delicious, nutritious lunch and snacks. Come for a tour sometime!



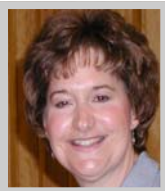
Transportation Department

We are glad to be here to serve seniors through Iowa's cold and icy winters. We are also encouraged by the resiliency and sociability of seniors who enjoy getting out of the house, even when it's cold, as long as they have a safe and steady hand assisting them from "doorstep to destination". We encourage anyone to call us at any time for transportation needs.

We are also grateful for the funding that is provided by private citizens, city, county, federal governments to make these services possible.



All bundled up and someplace to go! These hardy riders take the Heartland bus to the Ames congregate meal site during the coldest days of January.



Nutrition Department

We invite everyone to attend our Valentine Luncheon in Ames on Monday, February 14th. The menu is:

Ranch Chicken, Rice Pilaf, Broccoli Normandy, Red Jello with Strawberries, and Heart Cookie. Ames High Chamber Strings will provide dinner music. For the Ames site this will be "Bring a Friend Day". Free tickets will be drawn for the evening Valentine Dance at Heartland. The other meal sites will have "Bring a Friend" on Wednesday, Feb. 16th. Come join us for lunch!

Needed: Home-Delivered Meal vols. for Ames and Slater.

Highlighted in this issue:

Huxley Meal Site at Huxley Shelter House

11:45 each Tues., Weds., Thurs.

Site Manager: Patty Mitchell



Outreach Department

It is time to file for rent reimbursement for the past year, 2004. Eligible are those with a household income less than \$18,035 and are 65 years or older by December 31, 2004 or are totally disabled and 18 by December 31, 2004.

We will be helping people with paperwork for rent reimbursement at HSS on February 17 from 10-2 pm. You will need to call the Heartland office (233-2906) for an appointment. Please bring along: name, address, phone number of landlord, total amount of rent paid in 2004, complete income information, and copy of your rental contract if you live in HUD subsidized housing. Questions? Call Outreach at 233-2906.

Outreach contacts Nov & Dec: 311

Life in Full Bloom!



Bill Britton, Zearing, asks Santa for a Hawkeye win at the Capitol One Bowl, and lo and behold....



Loren Muench, Ames, delivers a poinsettia doorprize to Mrytle Rosene, Nevada, at Heartland's Christmas meal. Holub's donated 35 poinsettias as decoration/doorprizes.



Bob Humphrey, new to the Story City area, meets with HSS Outreach Specialist Carol Helland soon after his move from northern Minnesota.



Edna Ekstrom, Ames, displays the one-way transportation fare to congregate meals: \$1.00!



Meet the new polka band members: (right to left) Connie Younger, Madrid; Clayton Gabrielson, Story City; Terry Adams, John Basart, Ames; Rich Mohler, Maxwell; and Steve Russell, Ames.



Nevada meal participants Jan Bairey, Barb Kotouc, Doris Sampson and Jeana Olson prepare their Heartland entry in Nevada's Festival of Trees.



Rhonda Zook and Charlotte Baker, Ames, make Christmas kringla in the Adult Day Care Center.



Palmer Saveraid, Dolores Douglas, Marian Carter, and Helen Estrem celebrate their January birthdays at Huxley meal site.

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Marilyn Johnson, Editor



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Younkers Community Day!



Mark Saturday, Feb. 26 on your calendar as a day that you can save money and help Heartland Senior Services at the same time. To participate you need to purchase a coupon book for \$5.00 from HSS before Feb. 26 for Heartland go get maximum credit. Then when you make a purchase at Younkers on Feb. 26 and present your coupon book they will deduct the \$5 from your purchase. The book also contains 6 coupons that are worth an additional 20% of sale prices listed throughout the store.



“Life in Full Bloom!”

Heartland’s Afternoon Tea, Feb. 1

Attention! All ages and genders looking for a fun, relaxing afternoon to warm your innards and lift your spirits!

You are cordially invited to Heartland’s Afternoon Tea, “Life in Full Bloom”, 3:00 pm, Tuesday, Feb. 1 at 205 S. Walnut, Ames. Everyone is encouraged to wear a fancy hat although it is not required. If you have a special teacup, feel free to bring it as a conversational piece at your table. Musical entertainment will be provided by the Belles of Iowa State, including a sing-a-long. There will be a special tribute to those in the audience who turned 60 last year or will turn 60 this year as we acknowledge their rite of passage into “Life in Full Bloom”. Tulips will decorate each table, compliments of Mary Kay’s Flowers and Gifts. Tea servers will be volunteers from ISU’s Leaders Inspiring Connections (formerly ISU’s Veishea Committee).

The charge is \$3.00 with proceeds to Heartland’s Activity Department. Reservations are not required but greatly appreciated at 233-2906. We look forward to seeing you there!

**Introducing...
Gifts to Remember**



Jan Tibbetts:
Development Director

What better way to remember those special people in your life than through a Heartland Senior Services Memorial or Tribute? Please contact me to help you plan the way you would like to honor your loved ones.

In Honor / Memory of...

Honoree’s Address

Gift Amount \$ _____

From _____

Thank you. Your generous gift will go to the Heartland Senior Services Foundation unless specified otherwise.