

The Senior Post

Volume 3 Issue 5

<http://www.heartlandseiorservices.com>

October/November 2004

From the Editor:

A heartfelt thank you to the 864 volunteers who have given over 24,000 hours this past fiscal year. All volunteers will be honored Sept. 27., 6-8 pm, Moose Lodge, Ames. (an RSVP to your invitation card is helpful if you get this in time.) Heartland is so appreciative of all you do to keep us going!



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 Debra know and Lisa will coordinate it for us on the deluxe CIT buses.



*All trips register with Heartland.

Des Moines Shopping Trip Valley West/Merle Hay

Monday Oct. 18
Cost: \$16
Departure: 9:00 a.m.
Deadline: Oct. 14

Ingersoll Dinner Theater Matinee,

"A Bad Year for Tomatoes,"
11:00 a.m., Oct. 20
Deadline: Oct. 5
Cost: \$46.50, (payable to C.I.T.)

A Hollywood star forgoes the fast-paced life of tinseltown for a supposedly quiet New England hamlet and all its zany characters!

Attention: Consider renting Heartland's Activity and Resource Center: rental rate is \$25 per hour. It is spacious, convenient, accessible, and newly decorated! Call Deb at 515-233-2906.

Upcoming Events at HSS

- Sept. 26:** Senior Tour at Ada Hayden Heritage Park, 1-3 p.m. sponsored by the Moose Lodge.
 - Sept. 27:** HSS Volunteer Recognition Event 6-8 pm, Moose Lodge, Ames
 - Sept. 29:** Financial Things Seniors Care About, with Dick Clem, Inc., 2:00 pm
 - Oct. 5:** *New!* Square Dancing lessons, 15 classes; Tues, 1:30 p.m. & Sat., 7:00 p.m., \$20 per person
 - Oct. 8:** New Walking Group, 10:00 a.m.
 - Oct. 11:** Harvest Dance, 7-10 p.m., \$3, Lonesome Fugitive Band, sponsored by Hearing Services of Iowa
 - Oct. 20:** Scrabble Tournament, 1p.m., \$1 entry fee. Sign up by 19th.
 - Oct. 27:** Autumn Tea/Luncheon at Brighton Park Apartments, 11 a.m., *Free!* RSVP to Deb by Oct. 25. Limited to the first 50.
 - Nov. 8:** Thanksgiving Dance, 7-10 p.m., \$3, Heartland Country Band, sponsored by Dick Clem, Inc.
 - Nov. 10:** "I Will be Well" Stroke Prevention Program, 12:30 p.m.
 - Nov. 11:** Veterans Day Program, 12:15 p.m.
 - Nov. 17:** Annual Thanksgiving Dinner & Quilt Drawing
- *Note change: Thanksgiving Dinner at Walnut St. will have 2 seatings; 11 & 12 noon. We will take reservations, Nov. 1-12..**

Activity & Resource Center



Deb Hoyt,
AR & C
Coordinator

Congratulations to our Fish Tale winners and thank you to all the entrants: Marion Willoughby, 1st; Dean Spurgeon, 2nd; and Buckley Peterson, 3rd. They were all great tales!

New programs: Square dancing starting Oct. 5, with lessons on Tues. and Sat.; a new class for Beginners' Tai Chi meeting at 8:30 a.m. Tues. & Thurs. Cost \$4 per month.

We are required to have registration forms for each activity, and surveys will be distributed in October. Thanks for your help.

(Because funding for non-profits continues to shrink and we have to tighten our belts, you may soon see more user-fees and donation requests attached to what are presently "free" programs and activities. Thanks for participating at Heartland!)



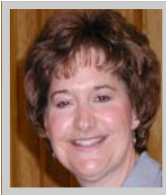
Laurie Olson,
ADC Director

Adult Day Care

ADC very much appreciated the 16 volunteers from Principal Financial Group who helped in Adult Day Care throughout the day with United Way's Day of Caring opportunity, September 9th. This annual event has been a good way to help promote the Center and bring in some new volunteer faces.

Over 70 caregiving families were served by Heartland's Adult Day Care program this past fiscal year, which provided a total of 5,942 days of respite and personalized programming.

Please be watching for details about the next Caregivers Sessions to be held



Sharon Millage
Nutrition
Director

Nutrition Department

Congratulations to the Maxwell Congregate Meal Site which celebrated its 25th Anniversary with an Open House on September 15. Maxwell served 35 congregate meals and 24 home-delivered meals that day. 14 long-time HDM and congregate meal volunteers were honored.

Colo is celebrating its 28th congregare meal site anniversary in October.

The Nutrition Department served 42,550 senior meals this past fiscal year; 13,537 of which were home-delivered.

Highlighted in this issue:

Story City Meal Site: Bethany Manor's Multi-Purpose Room, 12:00 noon each weekday except Weds. Site Manager: Elizabeth Fremming, 733-4325.

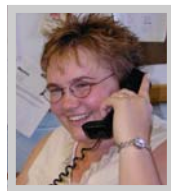


Chris Rubino,
Outreach
Director

Outreach Department

Changes are happening in Outreach. The sad news is that we have lost 2 great members of the Outreach staff, Cindy Bowers and Kirsten Newman. Cindy has taken a position at the Colo High School and Kirsten has joined the staff at the Social Security Administration. Thanks and good luck to both! New to the department are Chris Rubino and Coleen Jones. Both look forward to meeting many of the seniors who utilize Heartland's services. Please feel free to come and introduce yourself if you are in the neighborhood.

Our volunteers made 298 contacts during June and July! Thank you, volunteers! And we always need more Friendly Visitors and Bill Payers so if you are interested, contact Chris!



Theresa
Erlbacher,
Trans.

Transportation Department

The Transportation Department continues to grow by leaps and bounds, providing 59,964 rides this past fiscal year, which is a 7.5% increase over last year's record-breaking numbers. Heartland's buses also covered 320,073 miles, a 9.5% increase. Yes, the new buses are a welcome addition!

In addition to our transportation service within Story County, Heartland also offers volunteer rides to seniors with medical/legal appointments outside the county IF there is a volunteer driver available. If you or someone you know has a good driving record and the willingness to volunteer a major part of a day now and then for this rewarding assignment, please see me to learn more about this volunteer position.



Bonnie Schauer, Maxwell, and a bus full of other "shoppers" took the Heartland bus to the Jordan Creek Shopping in September.

Life in Full Bloom!



Ken & Shirley Shaw, Ames, dance to the Heartland Senior Band at the 10th Annual Variety Show.



Peggy Wendall of Collins boards the Heartland bus with driver Jerry DeBore after a day at Heartland's ADC.



A pick-up quartet; David Wierison, Jim Madden, Walt Hanusch, and Paul Marsh enjoy Mryna Bartlett's rendition of old favorites before a Thursday lunch.



Maxwell Congregate Meal Site celebrated its 25th Anniversary on September 15.



Marion Willoughby, John Middents and Paul Marsh congratulate Phyllis Anderson for winning the \$85 bingo jackpot in September.



Mildred Love, Ames, welcomes Heartland's new Outreach Director, Chris Rubino from Story City.



Our "String of Minnie Pearls", Virginia Ludeking, Marion Willoughby, Cay Peet, Dottie McGee, Adel Throckmorton, Eileen Hohenstein and June Sorenson say thanks for supporting Heartland.



The Zook's of Story City have been volunteering with Heartland's Home delivered meals programs since they arrived in town eight years ago!

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John Middents,
Executive Director
Marilyn Johnson, Editor



A big thank you to
the 106 performers and the 60
behind-the-scenes volunteers
who helped make the 10th An-
nual Variety Show another huge success! The re-
cord-breaking proceeds help finance Heartland's pro-
grams! We especially appreciate everyone's support in
attending the show. It all benefits Heartland!



Deb Hoyt, top, and computer instructor Howard McPhail show Dottie McGee the HSS activity center.

Legacy Spotlight:

As we celebrate 30 years of service, we reflect and appreciate the many contributors to Heartland's success. Pictured here is Dottie Tschopp McGee, the first director of the Ames Senior Center. In the spring of 1974, Dottie, as an undergraduate intern, was assigned the task of working with an Ames committee to meet the growing needs and concerns of seniors in the community. By May of that year she was hired as its director. Her first office was in the basement of the 1st United Methodist Church in downtown Ames. Dottie, who is active with Heartland now, says she was well aware she was helping plan future services for her peers!

Raffles! Support Heartland and perhaps win a QUILT!

1. **Beautiful hand-sewn, turquoise, double/queen-sized quilt (tickets, \$1.00)** by Della Jane Wright (displayed at Heartland, 205 S. Walnut, Ames)
Raffle drawing will be held Nov. 17, 2004 at Heartland's Annual Thanksgiving Dinner.
2. **Winners of the 'Variety Show Night on the Town' Raffle** were Terry & Anne Stark of Nevada. They enjoyed VIP treatment on August 27th, (the opening night for Heartland's 10th Annual Variety Show), which included Crown Limo service, dinner at Audubon's, Mary Kay flowers, corsages, and overnight/breakfast accommodations at the beautiful and unique Montebello Bed and Breakfast!

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/Tribute? Please contact me to help you plan the way you would like to honor your loved ones.

In Honor /Memory of...

On the Occasion of...

Honoree's Address

Phone