

The Senior Post

Volume 5 Issue 2

<http://www.heartland seniorservices.com>

April/May 2006

From the Editor:

May is Older Americans Month. Heartland observes this in several ways, including a Donor's Breakfast that thanks all those who have supported Heartland financially throughout the past fiscal year. Thank you for making possible the growth of HSS programs, whether through these donations, volunteerism or participation. It all contributes to the vitality of our organization.



Marilyn Johnson, PR & Volunteer Coordinator

Travelers Corner

(Look here for upcoming trips!)

Salisbury House/ Science Center Day

Trip bus leaving from HSS 205 S. Walnut



Date: Weds., Apr. 19
Departure: 9:00 a.m.
Return: 5:00 p.m.
Cost: \$30

Includes tour of Salisbury House, Science Center, & movie at IMAX. Lunch is not included.

Call Angie for reservations and details

Activity & Resource Center



Angela Boyd, A & R Director

Heartland's Annual Spring Dance Fund-raiser encourages our youngest seniors (and their eventual counterparts!) to join in the support of seniors of all ages. The dance will be held at the Moose Lodge, Hwy 69, Ames, from 7-10 p.m., Fri., Apr. 28. The theme, *Friday Night Fever*, will be celebrating life in the 70's. Ken Clark from Colo is the featured disc jockey and has a wide selection of favorite tunes from all eras.

There is no set attire but for those young at heart there will be prizes for leisure suits and 70's outfits. Door prizes and delicious food trays from Hy-Vee will round out the evening.

Tickets, \$10 are available at HSS or at the door with proceeds

Spring Dance Cont. benefiting HSS programs.

Thank you, sponsors!

Gold: Moffitts, Choice Medical, Mullenbach Construction, Hearing Services of Iowa, Wesley at Home Care Services

Silver: Stevens Memorial Chapel, Medicap Pharmacy, RE/Max, Bacon Funeral Home, Green Hills, Bickford Cottage, Movies 12, Camelot Theater, Hy-Vee Lincoln Center

We appreciate your vital support!

Heart 2 Heart Project

Purchase: Red Wooden Heart
Cost: \$5

Purpose: to recognize and honor seniors currently in our lives, or loved ones who are deceased

Location of Exhibition: hearts hanging at HSS, 205 S. Walnut, Ames (local meal sites if desired)

Upcoming Events at HSS

April 4: New Beginning Tai Chi classes starting, 9:00 am, T. & TH (Intermediate class at 8:30 am)

Apr.10: HSS Monthly Dance, 7-10 pm, \$4, Lonesome Fugitive Band; Sponsor: Green Hills Retirement Community

Apr. 19: HSS Annual Spring Dinner 11:30 am., 60+ suggestion donation is \$3.25, others full price at \$6.75

Apr. 19: Salisbury House Day Trip

Apr. 21: Country Jam Session, 7-10 pm, \$2, potluck 8:30, drawing at 9.

Apr. 28: Heartland's Fundraiser Dance, 7-10 pm, Moose Lodge

May 4: Senior Expo, 9-3 pm, sponsored by Seniors in Story, Scheman Bldg.

May 5: Donors' Recognition Breakfast, invitations will be mailed to all financial donors

May 7: Memory Care Connection, 1-5 pm, HSS ADC (see ADC column)

May 8: HSS Monthly Dance, 7-10 pm, \$4, potluck at 8:30 pm, Heartland Country Band

May 9: "Hands for Heartland" Charter Meeting, 2:00 pm

May 14: Happy Mothers' Day!

May 17: Scrabble Tournament, entry fee, \$1, prizes for 1st, 2nd, 3rd

May 19: Country Jam Session, 7-10 pm potluck at 8:30 pm,

May 29: Memorial Day: (Center closed)

Attention:

If you are hosting an event, consider renting Heartland's Activity and Resource Center. The rental rate is \$25 per hour. It is spacious, convenient, accessible, and newly decorated!



Laurie Olson,
ADC Director

Adult Day Care

Heartland ADC (with Alzheimer's Foundation) is hosting a **Memory Care Connection Seminar**, 1-5 pm, Sunday, May 7 at 205 S. Walnut. The goal is to provide information that will educate the public about memory care, Alzheimer's disease and related dementias, early detection, adult day care and community resources. The main speaker is at 1:00 p.m. with free, confidential memory screening throughout the afternoon. Mark your calendars for an informative afternoon.

Special ADC events:

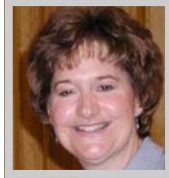
April 7: Mardi Voss: volunteer experiences in New Orleans after "Katrina."

April 11: Songbirds Concert

April 20: Trip to Reiman Gardens

April 26: Dean Biechler: Bluebirds for National wildlife week.

April 27: Cynthia Ziesman, presenting a song and dance routine



Sharon Millage
Nutrition Director

Nutrition Department

Question: Who holds the record for length of Heartland employment?

Answer: Mary Presnall for managing the Colo Congregate mealsite for the past 29 years and counting. Mary is the official site manager and her husband Glenn is a premier volunteer, delivering Heartland meals to the home-bound in the area. The long-term commitment to the community has not gone unnoticed. A local group called Colo Cares recognized the Presnalls in the month of March for their outstanding "dedication to neighbors." Congratulations, Mary and Glenn!



Carolyn Dixon
Outreach

Outreach Department

The Outreach Department is sad to announce the departure of Outreach Specialist, Susan Koehler. We wish her well with her future endeavors. *Good luck, Susan!* On a positive note, we are welcoming Linda Manatt as the new Outreach Specialist, covering southeastern Story County.

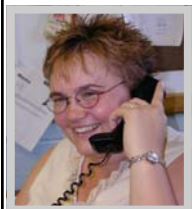
It's that time of the year again! **Farmer's Market** applications are now available. Income guidelines apply.

There's still time to apply for **Iowa Rent Reimbursement** or Tax Credit programs.

Outreach is in need of volunteers for the **Friendly Visitor** and the **Money Management** programs. We have received several client referrals in the past few weeks, especially for Money Management/Bill Payers.

Application Deadline reminders:
Energy assistance-April 15;
Medicare Drug Coverage Plan-May 15 (without penalty)

Please contact Carol, Linda, or Carolyn at 233-2906 for more information.



Theresa Nevels,
Transportation Director

Transportation Fares Effective July 1, 2005

- Fares: \$5.00 each way, county-wide
- County-wide rides available every weekday, Mon-Fri., 6:30 a.m.-5:30 p.m.
- Expanded services hours for the City of Ames (following Cy-Ride hours)

Mon - Fri	6:30 a.m. to midnight
Sat.	8:00 a.m. to midnight
Sun.	9:00 a.m. to midnight.

(when ISU is in session)

Same as last year:

- Congregate meal: \$1.00 suggested donation, one-way, 60+
- Grocery shopping: \$1.50 suggested donation, one-way, 60+



Glenn Schrader of Ames meets his new Friendly Visitor, Michelle. If you are interested in being a Friendly Visitor, contact Outreach at 233-2906.



*Olympic Winners of the "Bobsled" event in ADC: Jo Stahlman, (Ames), **Gold**; Clara Kirk (Nevada), **Silver**; Larry Riley, (Ames), **Bronze**.*



Marlene Wisner, Ames, rides the lift onto the Heartland bus as the ADC participants head for lunch at Village Inn.



Pat Hashman, Story City, and Jim Madden, Ames, entertain at the Ames congregational meal site for St. Patrick's Day.



Gordon Giddings, Ames, uses the new door opener to get to the Heartland transportation bus after a busy day of activities at the Center. The electronic door was funded by Community Foundation of Greater Story County and Ames Noon Kiwanis.



Bernie and Linda White have volunteered to help start a Heartland auxiliary-type group, called "Hands for Heartland." See details on back.



Who were the elves who painted the Center's dining room one Saturday in March? ISU Greek Week students, supervised by Forey and Mary Ann Barnes, HSS Board President.



Emma Smith of Maxwell speaks with her Case Manager from Heartland, Carol Helland.



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community & county funds, HIRTA, HSS Foundation, Inc.,
private donations, United Way.

Announcing: Charter Meeting of “Hands for Heartland” May 9

Heartland is looking for persons willing to assist HSS boards and staff through advocate and volunteer roles, particularly in the area of special events.

An example of needs includes: decorators for Variety Show Cast Party/Donor’s Recognitions/Volunteer Recognitions; assistants for special building improvements; ambassadors in local communities, etc. Annual fee: \$5

If you would like to attend the first informational meeting,



Heartland’s Fundraiser, “Friday Night Fever!” Apr. 28



7-10 p.m.
Moose Lodge,
N. Hwy 69/Ames
featuring
Rock & Roll &
Country Sounds
of
DJ Ken Clark
Tickets: \$10
at door, or
purchased at HSS

*A benefit for
Heartland Senior
Services of Story Co.*

515-233-2906

Memory Care Connection May 7th



1-5 p.m.
Heartland ADC
205 S. Walnut,
Ames

515-233-2906

1:00-2:00 p.m.
Presentation:
“Alzheimer’s Disease”
Keynote Speaker:
David B. Michael, PA-C, M.S.
The Lakeview Center for
Senior Health, W. DM.

2:00-5:00 p.m.
♦Free Memory Screenings
♦Educational materials
♦Exhibits from Story
County Service Providers
♦Door Prizes/Refreshments
Free & Open to the Public

Remembering....

with Gifts



Jan Tibbetts,
Development
Director

Remembering your friends and loved ones on sentimental occasions (birthdays, anniversaries) and with memorials and planned giving, expresses your gift of love and caring.

I would be happy to meet with you to help plan your tribute. Or, you may complete this form and mail it to me at HSS.

Thank you for supporting our senior citizens in Story County.

In Honor /Memory of...

Honoree’s name

Honoree’s Address (or loved ones to be notified)

Gift Amount \$ _____

From _____

(address) _____

Thank you. Your generous gift will be used to support Heartland Senior Services programs and will be acknowledged in Heartland’s August newsletter, *Take it to Heart.*