



*Story County Resources for Successful Aging*

205 South Walnut Ave., Ames, IA 50010  
Office: (515) 233-2906 Fax: (515) 233-6986  
Email: [info@hsservicesia.com](mailto:info@hsservicesia.com)  
Web: [www.HeartlandSeniorServices.com](http://www.HeartlandSeniorServices.com)

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Dear Friends,

The diverse services provided by Heartland Senior Services (HSS) to senior citizens continue to be very important for communities of Story County. HSS uses resources that reach every town of the county to assist older people. Many older persons probably would not receive the help they need if it were not for programs developed and implemented by HSS. This need for help soon may become even greater because of the current economic conditions in the U.S.

We are fortunate to have an outstanding, diligent staff at HSS to plan and carry out the programs in adult day care, activities, nutrition, outreach, and transportation. The expertise of the staff in each program area and their willingness to work together are very impressive. The staff members also make every effort to ensure that the service they provide to each client is appropriate for that person. For example, both of us were volunteers in Adult Day Care. During this time, we observed and were favorably impressed with attention given to every client and to caregivers of the client.

It seems probable that financial support for HSS forthcoming from state and federal funds will not increase. At the same time, the need for funds to support HSS programs will probably increase. Thus, the need for private donations will be critical for HSS to maintain the services required by senior citizens. We hope that you will be able to make a generous donation to HSS, keeping in mind that the gift will be used for programs carried out in Story County.

We invite you to look inside this brochure to see examples of how Heartland has positively impacted the lives of our Story County seniors.

Sincerely yours,

*Jerry Sell*



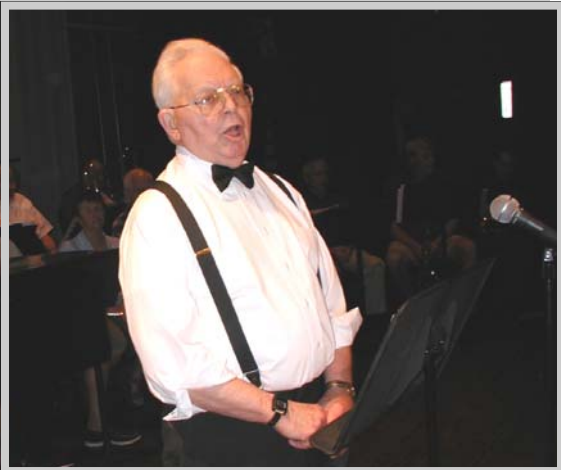
*JoAnn Sell*

*Jerry and JoAnn Sell, volunteering in Adult Day Care*

*Heartland Senior Services promotes successful aging by supporting older adults  
in achieving and maintaining their desired quality of life.*



# Heartland Makes the Difference



Dean on the Variety Show stage in August 2008

**Activities/Resources**  
15,419 participant contacts

When Dean fell down a flight of steps last summer, he had no time to feel sorry for himself. After all, his calendar was full of Variety Show rehearsals, Songbird practices, lunch with friends everyday at Heartland, afternoon card games... (and he knew he could call the on HSS bus while unable to drive!)

His life wasn't always this active. Dean had a big void to fill when his wife died in 2006. But he took a courageous step through Heartland's doors and found a new lease on life. (Now recovered from his fall, he is again enjoying his social calendar...and already preparing for the next show!)

*What better way to bond with people than around a card table, a piano, or good food! I am grateful that Heartland has given me these opportunities.* Dean Hennesy, 81, **Ames**

Widowed ten years ago, Norma knew in 2006 that it was time to move here to live with her daughter. Following heart surgery, Norma started to attend Adult Day Care five days a week which allowed her daughter to continue working. Norma has made many new friends at the Center and appreciates the vigilant nursing care that is available at ADC.

*I guess what I value most at ADC is the fellowship of the people. And the staff is so alert to our needs. Sing-a-longs are my favorite activity as they remind me of my parents who loved to sing. This is good for my heart in many ways!*

Norma Ehrig, 82, **Rural Ames**



ADC Director Laurie Lybarger celebrating Norma's 82nd birthday

**Adult Day Care**  
5,236 days of care

Marjorie knew she had moved to a friendly community when strangers on the street invited her to the Huxley Meal Site! She was shy to attend at first but finally gave it a try and found so many new friends, among them, Marian Carter. (Marian, who transplanted from Boone twenty years ago, knows how important these congregate meals are to feeling "at home" in a new community.) Now Marjorie and Marian are fast friends and seldom miss a meal at the Huxley site. It's a key factor to their continued independence.

*It's so nice to have good meals prepared for me and to eat with other people. My husband died in 2001 and I live alone. I should have attended the first time Jim and Dolores (Douglas) invited me!*

Marjorie Blair, 84  
Marian Carter, 94 **Huxley**



Marian Carter with her friend Marjorie Blair (right)

**Congregate Meals**  
27,679 meals at 10 county sites

Bonnie has spent her life helping family and neighbors in the Collins area. Now living alone, it is her turn to be on the receiving end. Bonnie first began home-delivered meals in 1995 when she was having serious health issues. She resumed delivery in 2002 due to severe knee and back problems. Since then, each week she has received three hot meals, and now is enjoying HSS' frozen meal service for the weekends.

*I can't be on my feet to prepare meals anymore. I am so grateful for Heartland's good service and the volunteers who bring the meals. It helps a lot of people in our community.*

Bonnie Evans, 80, **Collins**



*Volunteer Charles Fish, of Collins, delivering Bonnie's meal*

## Home-Delivered Meals

19,975 meals county-wide

Dorothy Johanson moved from Washington State to live with her son and daughter-in-law last year. As she doesn't have use of a car while everyone is at work, she uses Heartland's buses to get to the McFarland Clinic for needed appointments, the pharmacy, and grocery shopping. Her daughter-in-law, Patty, also rides the HSS bus regularly for her chemotherapy treatments in Ames.

*I'd be stranded without the Heartland bus. And my son does not have enough vacation days to drive Patty to her many therapy appointments. Our whole family is very thankful that this service is available to us.*

Dorothy Johanson, 68, **Slater**



*Assistant Transit Director Josh Cliffe assisting Dorothy*

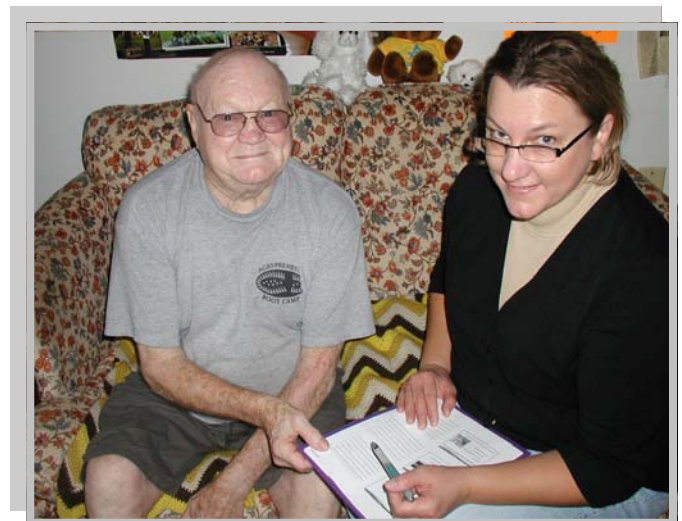
## Transportation

65,687 rides in Story County

Early in his adult life Paul lost his wife and two young daughters in a car accident out East. He eventually decided to come to Nevada to be part of his niece's family, and has made this community his home for 40 plus years. Paul attended Heartland Adult Day Care from 2002 to 2008, via the HSS bus, and was a special friend to everyone there. Currently, Heartland's Outreach Department makes home visits, helps him with needed paperwork, and has set up home-delivered meals five days a week.

*I have always enjoyed being around people. I would be depressed without the help and support I have received from Heartland in so many ways. They are like family to me.*

Paul De La Haye, 78, **Nevada**



*Paul with Outreach Director Carolyn Dixon*

## Outreach

686 seniors assisted county-wide

# Story County: A community that respects and values aging!

## HSS Boards

### Board of Directors

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Cindy Bourke, Treasurer  
Craig Beer  
John Feyerer  
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Ken Larson  
Charles Kniker  
Vickie Newell  
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Marty Van Winkle  
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Tom Flack  
Bob Grathwohl  
Shelley Magnani  
Steiner Silence  
Richard Snyder  
Harold Thompson  
Trudy Yoder

## Heartland Senior Services

205 South Walnut Ave.

Ames Iowa 50010

Phone: 515-233-2906

Fax: 515-233-6986

E-mail: [info@hsservicesia.com](mailto:info@hsservicesia.com)

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*Have you remembered Heartland  
in your charitable gift  
and estate planning?*

*Your gift will have a positive impact  
on senior care in the future.*

*Thank you!*

**Executive Director: John Middents**

**Development Director: Jan Tibbetts**

**Editor: Marilyn Johnson**

## Heartland's Increasing Services

- **Activity/Resource Center** provided 15,419 units of participation to 634 seniors, (up 162 seniors from last year).
- **Adult Day Care Center** provided 5,236 days of services to 76 individuals, (up seven participants).
- **Congregate meals** increased to serve 925 seniors this year with 27,679 meals.
- **Home-delivered meals** have increased over 5,000 meals in two years, now to 19,975, serving 228 seniors.
- **Outreach** provided 1,571 units of service to 686 home-bound seniors county-wide.
- **Transportation** rides were up 838 in Story County from last year, now to 65,687 serving 1,079 riders.
- **869 recorded volunteers** helped stretch senior services throughout the county.

We keep GROWING!  
We need your help.



Heartland is an ASSET-funded agency.