

# Heartland Board News

## Upcoming Events:

- **November 17**  
Thanksgiving Dinner & Quilt Drawing. 11 a.m. & 12 noon, two seatings. Reservations required.
- **November 25 & 26**  
HSS closed for holiday.
- **December 1**  
Life Line Screening 10:30 a.m.—6:00 p.m. Must pre-register 1-800-324-1851
- **December 6**  
Deck The Halls 1:00 p.m.
- **December 8**  
Economic Development Presentation 12:30 p.m.
- **December 10**  
Caroling/Gospel Song Fest 7:00 p.m.
- **December 13**  
Holiday Dance 7:00 p.m.
- **December 14**  
Safety Tips for Seniors 12:30 p.m.
- **December 15**  
Holiday Dinner 11:00 a.m. & 12: noon, two seatings. Reservations required

For more information on any of these programs, please contact Deb Hoyt. All events open to the public unless otherwise noted.

## A Note from Laurie Olson, Adult Day Center Director

- ⇒ More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year.
- ⇒ Caregiving is no longer predominately a women's issue. Men now make up 44% of the caregiving population.
- ⇒ The value of the services family caregivers provide for "free" is estimated to be \$257 billion a year. That is twice as much as is actually spent on homecare and nursing home service.

(Source: Peter S. Arno, "Economic Value of Informal Caregiving" presented at the American Association of Geriatric Psychiatry, February 24, 2002.

- ⇒ American businesses lose between \$11 billion and \$29 billion each year due to employees need to care for loved ones 50 years of age and older.

(Source: National Alliance for Caregiving/Met Life Met Life Study of Employer Costs for Working Caregivers) These are just a few of the statistics reported by the National Family Caregivers Association.

Family Caregiving is an issue that touches us all. November is recognized as National Family Caregivers Month in a celebration of the ordinary people in our neighborhoods and communities who are facing extraordinary challenges. "Share the Caring" is the theme of NFC Month this year.

That's what we do here at Heartland Adult Day Center. We provide a service that can allow Caregivers to take a break from their 24/7 duties of being a caregiver. The Adult Day Center is an invaluable service to the participants as well as their caregivers. The Day Center is open Monday—Friday 7:30 am—5:30 pm.



I would like to extend an invitation to all past and present Board Members to visit the Adult Day Care to see just exactly what we do. We provide a wide variety of structured activities for our participants, i.e. Musical activities, Shuffleboard, Bowling, Trivia Games, Pet visits, Exercise, Horseshoes, Bingo, Outings, etc. We give participants an opportunity to be actively involved in the world around them. It's very difficult for a caregiver to offer a variety of activities to keep their loved one entertained. The Day Center also allows the participants to interact with their peers, to socialize, and to tell their stories. Our Seniors are a valuable resource, and the knowledge that can be gained from them is endless. We give our participants an opportunity to have their own life experiences that they can share with their families. It gives them a sense of purpose. Knowing their loved ones are being well taken care of allows caregivers peace of mind and it gives them the opportunity to get a break from the demands of caregiving.

Everyone we know is a caregiver in some way, shape or form. You may all know someone who is struggling with caregiving issues. Your part in "Sharing the Caring" may simply be a suggestion to check out the Adult Day Center. I strongly encourage each and every one of you to stop and see "What is the Adult Day Center"

Laurie Olson  
Adult Day Center Director

## Updates from Heartland:

⇒ Thanksgiving Dinner

11:00 a.m. & 12 noon,  
two seatings  
Reservations required.

⇒ QUILT DRAWING

a BEAUTIFUL TURQUOISE 7' x 8'  
Indiana Star design sent by Quilt  
Maker Della Jane Write

Drawing: Nov. 17, 2004 (12:30 p.m.)

## Heartland Senior Services of Story County

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### HEARTLAND SENIOR SERVICES:

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**Transportation—Theresa Erlbacher, Director**

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**Finance Director—Vicki Walter**

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**Volunteer Coordinator and**

**Public Relations Director—Marilyn Johnson**

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*Celebrating 30 years of service !*

We're on the Web!  
[www.heartlandseniorservices.com](http://www.heartlandseniorservices.com)