



Heartland Board News

Upcoming events

- Sept 7—12:30 pm
Black Jack
Lessons
- Sept 10—9:00 am
Day Trip: Puffer
Billy Days
- Sept 12—7:00 pm
Beginning of
Autumn Dance
- Sept 13 12:30
pm Cons &
Scams, Brian
Snider
- Sept 21—1:00 pm
Scrabble
Tournament
- Sept 27—12:30
pm Staying
Healthy & Inde-
pendent Brenda
Rosenberg
- Sept 29—5:30 pm
Volunteer
Recognition

For more informa-
tion call Angela
Boyd, Activity Direc-
tor (515) 233-2906

HSS Adult Day Center, Laurie Olson, Director

The Adult Day Center is one of the service branches of Heartland Senior Services. We provide a daytime program of health and social services for older adults who may depend upon others for their care because of physical, mental, emotional or social needs. The Adult Day Center is NOT a Nursing Home. One of the biggest goals we strive for is to allow the participants to stay in their homes longer. The Adult Day Center does that. We become a continuum of the care that is needed to assist participants and families to continue to live at home and remain a part of their community. It is very cost effective when you consider the cost of Long Term care. People are living longer, and looking for other options. Adult Day Care is one of those options. We are able to assist participants to be as independent as possible while providing life experiences for them to share with their families at the end of the day.

The Adult Day Center provides a fun and stimulating environment for the participants who attend. We offer adaptive sports activities (i.e. hose shoes, shuffleboard, bowling, trivia games, discus-



sion, reminiscing, musical activities, bingo, pet visits, outings, exercise, and the list goes on. Each month's activity schedule has new activities planned. The Adult Day Center is a fun and safe place for the participants to come to, while family members work or rest. Caregiving is a very hard job. It's 24 hours a day, 7 days a week. With that in mind: The Adult Day Center provides a valuable service to the caregivers. It allows the caregivers to rest and regroup. The staff in the Adult Day Center is wonderful, and becomes a support system for the caregivers, answering questions, giving suggestions and referrals.

I would like to extend an invitation to all who are reading this. Please stop by the Adult Day Center sometime. Come see what it is that we do. You might just have a lot of FUN!

Heartland Senior Services of Story County
205 South Walnut Avenue
Ames, IA 50010
Phone: 515-233-2906
Fax: 515-233-6986
Business Office E-mail: hsservices2@qwest.net
Heartland Senior Services extends



United Way of Story County

From Heartland Senior Services

THANK YOU

**to everyone who participated in and
supported the 10th Annual
Variety Show!**

We're on the web!
www.heartlandseniorservices.com

HEARTLAND SENIOR SERVICES:

John Middents, Executive Director
E-mail: hssdirector@qwest.net

Adult Day Center—
Laurie Olson, Director
E-mail: hssadc@qwest.net

Activity and Resource Center—
Angie Boyd, Director
E-mail: hssactivities@qwest.net

Nutrition—
Sharon Millage, Director
E-mail: hssnutrition@qwest.net

Outreach—
Carolyn Dixon, Director
E-mail: hssoutreach@qwest.net

Transportation—
Theresa Nevels, Director
E-mail: hsstransport@qwest.net

Finance—
Vicki Walter, Director
E-mail: hssfinance@qwest.net

Volunteer Coordination
& Public Relations—
Marilyn Johnson, Director
E-mail: hssmarketing@qwest.net

Development—
Jan Tibbetts, Director
E-mail: hssdevelopment@qwest.net

Celebrating 31 years of service !