



Heartland Board News

Upcoming events

- **Feb. 21 , 12:30 pm**
“Wesley at Home Health Care”
- **Feb. 28, 12:30 pm**
“Safety Around the House”
- **Mar. 7, 12:30 pm**
“Self-Defense”
- **Mar. 8, 12:45 pm**
Blackjack Lessons
- **Mar. 13, 7:00 pm**
Spring Dance
- **Mar. 15, noon**
Irish sing-a-long
- **Mar. 15, 1:00 pm**
Scrabble Tournament
- **Mar. 17, 7:00 pm**
Jam Session
- **Mar. 20, 9:00 am**
Des Moines Shopping Trip
- **Mar. 21, 12:30 pm**
“Iowa Hospice”
- **Mar. 28, 12:30 pm**
“Choices, not Chances”

What is the “Heart 2 Heart Connection”?



HSS participant Marion Willoughby

As Dolores Brown has been announcing at HSS Board Meetings, February 2006 is the official launching of Heartland’s “Heart 2 Heart” Project. This is an opportunity for the public to honor seniors in their lives; perhaps an influential relative, a

beloved neighbor, an acquaintance who deserves to be recognized, or just someone who needs a boost in morale. It can also be a memorial for a loved one who is deceased.

The procedure is to purchase a red wooden heart for \$5 at Heartland Senior Services, 205 S. Walnut, Ames. Nancy Montgomery, a known calligrapher in Ames, will print the honoree’s name on one side of the heart and the donor’s on the other and it will hang in the living room at Heartland. Lois Warne, a professor in Interior Design at ISU, along with her students developed a heart tree and vines that wind through the room upon which the hearts will be exhibited.

The public is also invited to leave a message concerning the heart and a photo so that all can read the story behind this ‘heart connection’ in an accompanying scrapbook.

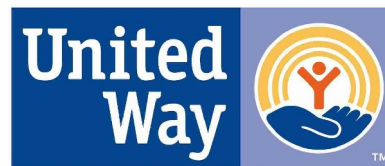
We are hoping as people pause to appreciate the seniors in their lives, that they also will take the time to get more familiar with Heartland Senior Services and the many ways this agency supports seniors throughout the aging continuum.

For more information on how you can become involved in the Heart 2 Heart Connection, please call Dolores at 292-2646 or Marilyn at 233-2906.

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



**Celebrate
St. Patrick's Day**
with fine Irish cuisine
at HSS!



United Way of Story County

Friday, March 17
11:30 p.m.
HSS, 205 S. Walnut, Ames

Featuring...corned beef bake, boiled potatoes, sliced carrots, lime jello with pears, and a Shamrock cookie!

*You are invited for lunch any weekday
11:30 a.m., HSS 205 S. Walnut, Ames
or at the nine other county-wide
HSS meal sites.*

*Suggested donation: \$3.25 for 60+,
\$6.75 full cost.*

*Great food,
Great companionship!
Great prices!*

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

Check out Photo Gallery/ 2005 Year in Review! ↑

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 32 years of service!