

The Senior Post

Volume 4 Issue 2

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

April/May 2005

From the Editor:

Mark your calendars for Thursday May 19! Heartland's Stars & Stripes Spring Fundraiser Dance at the Moose Lodge will honor troops past and present while celebrating Heartland's seniors!



Marilyn Johnson,
PR & Volunteer
Coordinator



Angie Boyd,
A & R Director

Activity & Resource Center

Herb Harmison is offering another set of computer classes in April. There will be a Basic Computer Class

April 4-20th, meeting MWF from 10-11:30 a.m. at Brighton Park Apartments. The cost is \$40 for 8 sessions. There will also be an Internet Class April 5-14, meeting T/TH from 10-11:30 a.m. at Brighton Park Apartments. The cost for these 4 sessions is \$20. All proceeds go to Heartland.

We are excited about the upcoming **Stars and Stripes Fundraiser Dance**, 5:30-9:30 pm, Thursday, May 19, at the Ames Moose Lodge. The Young Professionals of Ames are spearheading this event for Heartland. The cost is \$8, \$10 at the door with tickets now available at Heartland's front office, 515-233-2906. This event is always so much fun with lots of food, decorations, and good

cont. in next column

Travelers Corner

Look here for upcoming Day Trips!

Please disregard all recently publicized trips we had scheduled with CIT. For any information on day trips, please contact Angela Boyd at Heartland directly.



U of I Natural History Museum and F.W. Kent Park

Friday, April 15
Cost: \$50
Departure: 7:30-5:30 pm.
Deadline: April 4

This trip is in conjunction with Story County Conservation. It includes an 'All Iowa' lunch.

Des Moines Shopping Trip to Jordan Creek/Valley West

Monday, April 18
Cost: \$16
Departure: 9:00 a.m.
Return: 4:00 p.m.

Free! AARP Tax Preparation
Wed. and Fri. afternoons at HSS, 205 S. Walnut, Ames
1:00-4:00 pm through April 15

Appointments: 233-2906

cont.
dance music. All ages are welcome! Heartland supporters will enjoy the outstanding USO-like performance of the Joy Trio in tribute of WWII Anniversary. Dancers will swing to country sounds of the Heartland Country Band and the Old Timers Band.

Come join the festivities!

Upcoming Events at HSS

- Apr. 5: Brighton Park Apts.**, 12:30 pm, Tracy Wanderey
- Apr. 11: Spring Dance**, 7-10 pm, Band: Dixie Slicks, Sponsor: R. Friedrich & Sons
- Apr. 15: Iowa City Bus Trip**, 7:30-5:30 pm
- Apr. 15: National Youth Services Day**, Readers Theatre, 12:30 pm
- Apr. 15: Country Jam Session**, 6:30-9:30 pm, bring dish to share
- Apr. 18: Des Moines Shopping Trip: Jordan Creek/Valley West**, 9-4 pm, cost \$16
- April 19: HSS Transportation**, 12:30 pm, Theresa Erlbacher
- May 9: Senior Celebration Dance**, 7-10 pm
Heartland Country Band
Sponsor: Hammer Medical
- May 10: Dehydration**, 12:30 pm, Brenda Rosenberg
- May 19: Stars & Stripes Spring Dance Fundraiser**, 5:30-9:30 pm
Coordinators:
Young Professionals of Ames
- May 25: National Senior Health & Fitness Day at Heartland**
(Watch for more exciting details.)

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

April activities in ADC will include these special programs:

April 4: "Talk about the Amish," with Elmer & Dorothy Schwieder

April 13th: Hans Christian Andersen Discussion (his 200th Birthday Anniversary)

April 12th: Trip to Reiman Gardens

And, of course, in May we take our annual trek to the greenhouse for flowers for our raised flower bed in the patio area. Our "green thumbs" can hardly wait!

Drop in for a tour any time!



Sharon Millage
Nutrition
Director

Nutrition Department

On March 7, 2005, we opened a new congregate meal site for the Zearing & McCallsburg residents at Bethany Lutheran Church in McCallsburg. Twenty-four seniors enjoyed a nutritious meal together and Homeward was present for a health clinic. We invite all seniors in the Zearing/McCallsburg area to join friends for lunch on the first Monday of each month. For reservations, please call Bertha Anderson in McCallsburg, 434-2497; Mel/Joyce Stalzer in Zearing, 487-7240; or Carol Helland, HSS Outreach, 515-233-2906.

We are also looking into starting Home-Delivered Meals in the Roland area. If you know of any seniors who might benefit from a volunteer bringing them a meal, please call Sharon or Carol at 233-2906.



Chris Rubino,
Outreach
Director

Outreach Department

Heartland's Outreach Department has several volunteer opportunities for you. Outreach is currently looking for Friendly Visitors who spend some time visiting with homebound seniors. Volunteers spend about an hour with their friendly visitor 2 to 4 times a month. The program is very flexible so you can work it into your schedule.

Another great opportunity is the Money Management Program. Bill Payers aid seniors who need some help organizing their monthly expenses, in writing checks, and balancing their checkbook. The Representative Payee is appointed by the Social Security Administration to administer the client's government funds. Both of these positions take from 1-4 hours per month and are very flexible.



Theresa Erlbacher,
Transportation
Director

Transportation Department

Listed are four major components of HSS Transportation Department:

1. **HIRTA Public Transit** which is available to the general public county-wide, operating five days a week;
2. **Senior Rides** which includes discounts for grocery shopping and congregate meal attendance;
3. **Dial-a-Ride** which requires ADA eligibility and is provided within Ames city limits only;
4. **Out-of-County** volunteer-driven rides to medical appointments, on a limited basis. Mileage reimbursement is required.

The commonality of all these services is the door-to-door, friendly service that is provided with each ride!



Jason Sorenson uses the Dial-a-Ride service to get to his work at Hy-Vee.

Life in Full Bloom!



Ashley Rickett's Praise Puppet from Evangelical-Free Church, Ames, meets another interesting character in ADC; Art Aubart from Ames.



Iveta Zeliadt, Ames, keeps score for her bridge table (Lorraine Dresser, Dorothy Reese and Alice Kay) at Heartland's Friday Afternoon Card Club.



Betty Henderson and Linda Graham of McCallsburg enjoy the opening of the Zearing/McCallsburg congregational meal site in March.



Volunteers Forrest & LaVonne Kruschwitz, Nevada, are Friendly Visitors to Cliff Riddle, Huxley. They have the "Hawkeyes" in common for starters!



Jim Peake, of the AARP tax preparer team, helps take the struggle out of tax returns. This free service at Heartland is a big assistance to seniors in the community.



Jim Douglas, Huxley, often entertains the Huxley congregational meal crowd with a medley of golden oldies.



Adel Throckmorton never misses an opportunity to celebrate. Here he shares some Irish camaraderie with Jim Madden. (Envision the green hair!)

Edith Brakke's new address:
 Friendship Haven Heritage Apts.
 Rooms 235/236
 20 Kenyon Rd.
 Fort Dodge, IA 50501
 Phone: 515-573-6713



Deb Blaidel and Bess Trumbower, Ames, sport their tea hats at Heartland's Annual Tea Party in February.

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Marilyn Johnson, Editor



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Stars & Stripes Fundraiser Dance

Thursday, May 19

5:30-9:30 p.m.

Moose Lodge

North HWY 69, Ames, Iowa

Cost: \$8 in advance/\$10 at the door,
All ages welcome!

Thank you, Young
Professionals/Ames!

Enjoy the country and swing sounds of the Heartland Country Band with Kenny Frette. Opening act: The Joy Trio with USO-type music. Also featured is the Old Timers Band. Come celebrate with us!



Cliff Riddle of Huxley with his devoted dog Clara in his pocket.

Pets: The Best Medicine

by Ryan Kennedy, a former HSS intern

The Ames Animal Shelter and Heartland Senior Services would like to encourage able seniors to think about adopting a pet. Seniors make some of the best pet owners, as they have the time and heart to make strong personal connections with their pet. Adopting a pet would not only be fulfilling to one of the many small cats and dogs at the Ames Animal Shelter houses, but would also positively affect the mind and body of those generous enough to become a new owner of a displaced pet. Not only do pets provide a source of activity and companionship, studies have shown that seniors who own pets have lower blood pressure and increased energy.

If you would like to make a new friend and feel great in the process, please consider pet adoption if you have the means. For more information call 515-239-5530, or stop by the shelter at 325 Billy Sunday Road to visit with our staff and animals. The shelter's helpful and knowledgeable staff would be happy to answer any questions or concerns you may have about adopting a pet.

Additional note: For those of you who have been asking about Deb Hoyt, former HSS Activity Director, she is currently (and very happily) working on a ranch for displaced animals outside of Albuquerque, NM. Her address is Deb Hoyt, 3305 Calle Cuervo NW #717 Albuquerque, NM 87114

Introducing... Gifts to Remember



Jan Tibbetts,
Development Director

What better way to remember those special people in your life than through a Heartland Senior Services Memorial, Tribute, or bequest.

Please contact me to help you plan the way you would like to honor your loved ones.

In Honor / Memory of...

Honoree's Address

Gift Amount \$ _____

From _____

Thank you. Your generous gift will be used to support Heartland Senior Services programs.