

The Senior Post

Volume 6 Issue 3

<http://www.heartlandseniorservices.com>

May/June, 2007

From the Editor:

May is Older American's Month. First, be sure to notice our Main Street banner hanging over downtown Ames, April 30-May 14! May is also the time we acknowledge our many donors with an Appreciation Breakfast on May 11. Thank you to all who support Heartland through participation, volunteerism, and dollars. YOU are the reason for the longevity of our



Marilyn Johnson,
PR & Volunteer
Coordinator

organization. (HSS volunteer recognition will be in the fall as usual.)



Kitty Fisher,
A & R Director

Activity & Resource Center

My first 3 months at Heartland have flown by! Thanks to all of the participants and volunteers, all the activities are flourishing. New people are welcome to join Tai Chi and yoga.

We have had three successful day trips and have four more planned: May 16 to Marshalltown/Gladbrook; June 27 to Neil Smith Wildlife Refuge; a shopping trip in July; and a trip to the State Fair on Aug. 15. Please call me to sign up for any of the trips. I always welcome suggestions for trip ideas and new activities. Is anybody interested in an overnight trip? Let me know.

Travelers Corner

Day Trip:

Marshalltown & Gladbrook



Date: Wed., May 16

Depart: (HSS) 9:00 am

Return: 4:30 pm

Cost: \$33 (lunch & museum fee included)

Morning: Tour Historic Binford House in Marshalltown, special lunch in its historic ambience.

Afternoon: Tour the Gladbrook Matchstick Marvels. Creator and Gladbrook resident, Patrick Acton, has glued more than 2 million matchsticks together to create 50 extraordinary models, some of which have been featured in Ripley's "Believe it or Not."

Day Trip:

**Neil Smith Wildlife Refuge
Weds., June 27 (Details: TBA)**

Further info? Please call, Kitty Fisher at 233-2906, Ext. 224

Great Mother's & Father's Day Ideas! (So Drop a Hint!)

(info at main office or 233-2906)

Heartland Cookbooks,
now \$3

Stationery with HSS design,
8/\$5

**Gift Certificates for
HSS Meal/Bus/Activities,**
priced by quantity

Wooden Red Memory Heart
\$5

Upcoming Events at HSS

May 1: Ames, 12:30 pm, speaker: Theresa Nevels, HSS Transit

May 4: Nevada, 11:00 a.m., Community Day, preceding congregational meal

May 7: Story City, 12:30 pm, Bingo

May 8: Ames, 12:30, speaker: Phyllis Mann, Licensed Massage Therapist

May 11: Ames, Jam Session, 7-10 pm, \$2

May 14: Ames, 7-10 pm, HSS Dance, Band: Heartland Country Band, Sponsor: Bickford Cottage

May 15: Ames, 12:30 pm, HSS Outreach Director, Carolyn Dixon

May 16: Daytrip to Marshalltown/Gladbrook (see mid section)

May 22: Colo, 12:30 pm, Bingo

May 22: Ames, 12:30 pm, conversation with John Middents, HSS ED

May 28: (closed) Memorial Day

May 29: Ames, 12:30 pm, speaker, Laurie Olson, Heartland ADC

May 30: Huxley, 12:30-2 pm, Bingo

June 1: Nevada, 11:00 pm, Community Day, preceding congregational meal

June 4: Story City, 12:30 pm, Bingo

June 8: Ames, Jam Session, 7-10 pm, \$2

June 11: Ames, 7-10 pm, Monthly Dance, Band: Country Memories, Sponsor: choice Medical

June 26: Colo, 12:30 pm, Bingo

June 27: Daytrip to Neil Smith Wildlife Refuge

June 27: Huxley, 12:30 pm, bingo

Colo Meal Site, Cards T,W, Th.

Huxley Meal Site: Bingo, cards, birthdays, last W.



Laurie Olson,
ADC Director

Adult Day Care

Special Upcoming ADC events:

May

5/7: Cynthia Ziesman
(song & dance)

5/11: Old Timers Band

5/14: Accordion music by Joe

5/16: Conservation Commu-
nity-staff will tell us about
Woodland wildflowers

5/22: Annual trip to Holubs
for flowers

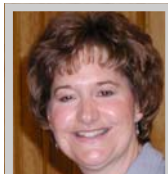
5/24: Animals from the Blank
Zoo in Des Moines

June:

Old Timers Band & dancing,
Songbirds concert, and annual
fishing trip! Check with ADC
for further details.

Nancy Larsen,

ADC Activity Coordinator



Sharon Millage
Nutrition

Nutrition Department

We all want to say a special farewell to one of our assistant kitchen cooks, Ruth Larson, who is going to be living and working at Camp Hantesa for the summer camp season. She says she has always wanted her own little cabin in the woods but until now she always had other responsibilities. Now it is time to make that dream come true.

"I feel so thoroughly privileged to have met all the wonderful seniors at Heartland. They say one can count wealth by friends and people you have met—I am a very wealthy person for having worked here!"

We will certainly miss Ruth and wish her all the best. Congratulations on a dream come true!



Good luck, Ruth Larson!



Carolyn Dixon

Outreach Department

Farmer's Market Application Assistance is in full swing. Participants must be 60 or older with a yearly income of less than \$18,889 or \$25,327 (couple). Applications are available at the following sites and times:

HSS, 205 S. Walnut

M,W,F: 10:30-11:30 am
T: 10:30-11:30 am, 1:30-2:30 pm
Th: 9:30-11:30 am

Congregate Meal Sites

Story City: May 1, 11:30-1:00 pm
Huxley: May 2, 11:30-1:00 pm
McCallsburg: May 7, 12:00-1:30 pm
Gilbert, May 8, 11:30-1:00 pm
Huxley: May 2, 11:30-1:00 pm
Maxwell: May 10, 11:30-1:00 pm
Zearing: May 17, 11:30-1:00 pm

Senior Housing

Ames Regency V: May 9, 10:30-12 pm
Cambridge Sr. Hsg: May 10, 10-12 pm
The Rose, Ames: May 14, 10-12 pm

Other:

Roland-221 M. Main: May 15, 2-3 pm



Theresa
Erlbacher,
Transportation
Director

Transportation

Last year Heartland's transportation service provided 63,762 rides to 991 riders. This includes Dial-a-Ride services for ADA eligible riders in Ames, door-to-door services for seniors, public transportation within Story County, and limited out-of-county rides available through volunteer drivers.

Heartland has a special need for volunteer drivers who are willing to make medical trips to Des Moines and Iowa City University Hospitals. Call 233-2906 if you know of someone interested in this volunteer opportunity.



Jim Madden, **Ames**, and Pat Hashman, **Story City**, performed for the Ames meal site on St. Patrick's Day.



Mary Feyerer, **Ames**, stretches out with her Yoga Class. Instructor Karen Bates holds class at Heartland each Tues. at 4:30 pm.



HSS meal volunteer Dana Shaeffer delivers a noon meal to Jean and Ed Zeiser, long-time **Maxwell** residents. Ed Zeiser, himself, was a home-delivered meal volunteer for many years..



Roger Yeager of **State Center** shares a joke with fellow participant Rosie Grant at the **Colo** congregate meal site.



Tom Flack, Ames Noon Kiwanis, serves Orville & Mavis Hausken, **Ames**, at Heartland's Annual Spring Dinner. Over 80 participants enjoyed a ham dinner; flowers from Hy-Vee East; and ,music by The Belles of Iowa State.



Laurie Olson breaks into the shuffleboard line in ADC to share the snack for the day: a Happy Spring/Birthday cake. The shuffleboard players are Ellen Sorensen, **Nevada**; Charlotte Baker, **Huxley**; and Jo Stahlamn and Cynthia Hogan, **Ames**.

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SENIOR SERVICES
OF STORY COUNTY**

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community & county funds, HIRTA, HSS Foundation, Inc.,
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**Come!
Support
HSS!**

Next Trivia Night!
July 27th, 6:30-9:30 pm
North Grand Christian Church
919 30th St. Ames

Join a team of 5-8 people who enjoy a night of socializing and fun competition – the more diverse the ages the better! Or sign-up individually and be assigned a team.



Cash Prizes: 1st, 2nd, 3rd! & **Door prizes!**
Info: 233-2906
Contact: Kori Heuss, kori@heuss.com or
290-3260 for reservations. **Cost:** \$10/person

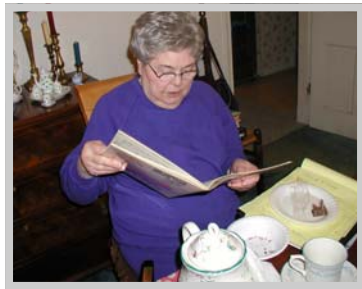
Heartland's 13th Annual Variety Show

Theme: "It's The Most Wonderful Time of the Year!"

Show Dates: Aug. 17th & 19th, 2007

Audition Dates: May 21 & June 11

Information letters are available. Please see Marilyn and check HSS Web site: heartlandseniorservices.com for further information.



Cay Peet, Co-Producer of Heartland's Variety Show since the beginning, looks for possible music...

Heart 2 Heart Project



Check out the scrapbooks!



A heart for Chuck Jones from the Variety Show Committee.

An idea for Mother's Day! Or any day! What a nice way to acknowledge loved ones! And if you have photos or words to add to the accompanying scrapbook, remember this is an on-going project. It is uplifting to have these "heart presences" at HSS. Our goal: 200!

Remembering... with Gifts



Remembering your friends and loved ones on sentimental occasions (birthdays, anniversaries) and with memorials and planned giving, expresses your gift of caring.

I would be happy to meet with you to help plan your tribute, 233-2906,.

Jan Tibbets,
Development
Director

Thank you for supporting our older adults in Story County.

HSS Mission: to help create a community that values older people and that supports them in achieving and maintaining their desired quality of life

Hands for Heartland

Thank you, *Hands for Heartland*, for helping with Trivia Night- Bernie, Linda,

Examples of now-needed event volunteers:

1. Donor Recognition, decorators: (May 11th)
 2. Variety Show Cast Party (Aug. 17)
- Sound like fun?

All "Hands" invited to the 1st Year Reunion, June 6 at Heartland. More details forthcoming.

Call: Bernie & Linda White, 292-8741