

The Senior Post

Volume 7 Issue 1

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

Jan/Feb 2008

From the Editor:

We start off the new year running...with several special events planned these next two months; i.e. two more Trivia Nights, Heartland's Annual Afternoon Tea, our Valentine's Dinner, and two informational meetings regarding this year's Variety Show for starters! There is never down time at Heartland! We hope you are able to join in the fun!



Marilyn Johnson,
PR & Volunteer
Coordinator

Des Moines Shopping Trip:



Mon. Feb. 25

Time: 9-3:30 pm

Cost: \$20 for motor coach

Reservations: Feb. 15

Southridge, Merle Hay

Upcoming Events at HSS (updated 1/23)

Jan. 24: Colo, 12:30 pm Bingo

Jan. 30: Huxley, 12:30 pm, Bingo

Feb. 5: Ames, 12:30 pm, Program:

Donation of Ames' Veteran's Memorial painting to HSS by Altrusa

Feb. 6: Ames, 1:00 pm, AARP-aided tax prep, each W. & F through April 11. Appts. Only, 233-2906

Feb. 7: Ames, 9:30-noon, Home-ward Foot Care Clinic (by appointment only) (each Thurs.)

Feb. 8: Nevada, Comm. Day, 11 am

Feb. 11: Ames, Variety Show Informational Meeting, 2:30 pm

Feb. 11: Ames, HSS Monthly Dance, 7-10pm, Heartland Country Band, potluck at 8:30 pm, Cost: \$3, Sponsor: Stevens Memorial Chapel

Feb. 13: Ames, Heartland's Annual Afternoon Tea, 3:30-5:00 pm, \$8

Feb. 14: Ames, Huxley, Nevada, Colo, Maxwell, Valentine Lunch, 11:30 am (reservation needed)

Feb. 19: Ames, 12:30 pm, Program: "Identity Theft" presented by Crystal Wirtz, Stevens Memorial Chapel

Feb. 25: Ames, 2nd Variety Show Informational Meeting, 2:30 pm

Feb. 25: Des Moines Shopping Trip

Feb. 27: Huxley, Bingo, 12:30 pm

Feb. 28: Colo, Bingo, 12:30 pm

March 1: Ames, Trivia Night, 6-9:30 pm

Check new photos/events on Web:
HeartlandSeniorServices.com



Kitty Fisher,
A & R Director

Activity & Resource Center

Happy New Year! It's hard to believe that I have almost completed my first year at Heartland! I have enjoyed being a part of such a busy, welcoming Center, with devoted participants and volunteers who keep the activities running smoothly. I always welcome ideas for day trips and suggestions of new activities, speakers, or classes.

Starting again in February we will host the AARP volunteer tax assistance program. On Feb. 13, I hope to see many of you at the elegant Heartland fundraiser "Once Upon a Tea Time...", when we will welcome Christie Vilsack as a special guest. Here's to another active year at Heartland!

Special Note:

New!

Variety Show Informational Mtgs.

**Feb. 11, Feb. 25 at HSS
2:30 p.m.**

Everyone who is considering being a part of our next Variety Show, Aug. 15 & 17, (or just plain curious about our cruise ship theme!) is invited to come and learn more about the exciting plans!

Great Valentine Ideas!

(ask at main office or 233-2906)

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

Wooden Red Memory Heart
\$5

Stationery with HSS design,
8/\$5



Laurie Olson, ADC Director

Adult Day Care

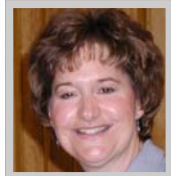
Happy New Year!

- 2/1 Super Bowl
- 2/4 Make ice cream
- 2/5 Mardi Gras
- 2/14 Valentine's Party
with the Old Timer's Band
- 2/15 Grocery Store Tour

with Volunteer Debbie Johnson (talking about food labels and healthy foods in the store)



Charlotte Baker on the ratchets, celebrating the New Year!



Sharon Millage Nutrition

Nutrition Department

Nutrition has begun its frozen meals deliveries, helping meet the increasing nutrition need in rural areas while controlling costs. Now needed are volunteers who are willing to make a one-stop drop once a week to some rural recipient. The packages of 5-7 frozen meals will help that client get through the week with at least one nutritious daily meal. Please also spread the word to those who might benefit from this new frozen meal program.

We are always glad for the bright spot of Valentine's Day and look forward to a special celebration on Thursday, the 14th. As it is a very popular meal, reservations are required at all the Thursday sites (**Ames, Colo, Huxley, Maxwell, and Nevada**). We hope to see you there!



Carolyn Dixon Outreach Director

Outreach Department

Rent Reimbursement: Outreach will be available to assist with Rent Reimbursement applications beginning late January or early February.

Energy (Heating) Assistance: There's still time to apply for Energy Assistance. Energy Assistance helps with winter heating costs. Income and eligibility guidelines apply. Applications deadline is April 15, 2008. Please contact Outreach or MICA @ 956-3333 for application information.

Volunteers: Are you recently retired? Perhaps looking for a volunteer opportunity? Do you enjoy helping others? The *Friendly Visitor* or *Money Management* volunteer programs might be for you. A few hours each month can make a difference in the life of another.

Outreach accepts volunteer applications on a continual basis for both programs. Please contact Outreach for more information.



Theresa Erlbacher, Transportation

HSS Transportation on the move...

As we continue through the cold and icy season, I know winter driving concerns weigh heavily on the mind of seniors. We want to remind everyone of the flexibility of Heartland transportation to meet your winter needs throughout Story County. Consider our door-to-door service for your convenience and safety!

We are here to serve YOU!



Keith Van Winkle, **Ames**, doesn't let the snowy weather stop him from exercise class and HSS congregate meals with friends.

Ways to stay warm →



Wear a bright, warm sweater! Freda Prati, Jeana King, Bob Cooper, Barb Kenney, and Maxine Cooper, were a part of December Community Day at the **Nevada** meal site.



Dance and Shout! ADC participant Larry Riley, **Ames**, leads the group in a rousing karaoke number.



Find someone for a lively table game! Volunteer Doug McDermott and Charlotte Morrissey of **Ames** enjoy a game of dominoes in ADC.



Join Friends for Lunch and Music! Three women from the **Huxley** meal site enjoy a special December meal and a Songbirds concert.



Form a Trivia Team! Keith Wirtz, Alan Friedman and Alissa Stoehr, representing the Variety Show Committee, rejoice over their answers at Trivia Jan. 18! Next Trivia: March 1st.



Plan a Tea! The High Tea Committee is planning a superb tea scheduled for Feb 13. Pictured are some of the committee: Shirley Hulse, June Sorenson, Martha Domek, June Cotter, Jan Sobotka, Barb Kenney, and Bev Methem, representing **Ames** and **Nevada**.

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**Come!
Support
HSS!**

**Next Community Trivia Night!
Sat., Mar. 1 (Doors open at 6:00 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! (\$150, \$100, \$50)

Door prizes! **Info:** 233-2906

Contact: Marilyn Johnson, 233-2906, or mjohnson@hsservicesia.com. **Cost:** \$10/pp

This is a great, intergenerational, family-oriented event. No matter how inept you may feel about trivia, the idea is to have fun and bond with your table mates. And you are bound to leave knowing more than when you came in! So gather the family, especially the grandkids over 12 who will help with those obscure answers!



*Jan 18, 2008: First Place:
St. John's Episcopal Church*

**Heartland's Annual High Tea Party,
3:30 pm, Wed., Feb 13, 2008
Cost: \$8 Theme: "Once Upon a Tea Time"**

Menu: Fruit Tea Scones with sweet clotted cream & red strawberry jam, Tomato pepper rounds, Turkey on pear bread, Olive nut sandwiches, cucumber rye slices, Ginger teapot cookie, Queen of hearts kiss, Mint chocolate brownie, Lemon curd tartlet, Rich chocolate cameo, Heartland blend tea

- Wear your favorite hat, bring a favorite tea cup if you want, and all your tea stories!
- Warm your innards among friends!
- Welcome some of our special "literary-minded" guests, including our former first lady, Christie Vilsack, Ames Public Librarian, Art Weeks & and local author Ruth David!
- 515-233-2906 for more details (space limited)

**Sold out!
Thanks!**



*Jan Tibbetts,
Development
Director*

Remembering... with Gifts

**A Line from Success by Ralph
Waldo Emerson**

"To know even one life has breathed easier because you have lived."

Remembering your beloved family, cherished ones and treasured friends on sentimental occasions; such as birthdays, anniversaries, and special events, expresses your gift of love, thoughtfulness, kindness and caring.

I would be most happy to meet with and help you plan your Heartland Senior Services tributes, memorials and planned giving so that valued older individuals in Story County can breathe easier. Please call me at 233.2906 ex. 218.

HSS Mission: Heartland Senior Services of Story County promotes successful aging by supporting older adults in achieving and maintaining their desired quality of life.