

# The Senior Post

Volume 3 Issue 4

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

July/August 2004

## From the Editor:

Were we ever proud of the musical seniors who performed at Bandshell Park on June 3rd! The 450 band enthusiasts in the audience are now Heartland enthusiasts as well! Next big event? Heartland's Rummage Sale/Auction Benefit, July 31, (see sidebar). Please be saving your "treasures" for us!



Marilyn Johnson,  
PR & Volunteer  
Coordinator

## Travelers Corner

Note: Beginning in July, our day trips will be coordinated by Lisa Grzywacz of Central Iowa Transit. This new tour program called "Fun Raising" will entitle Heartland to 5% of tour proceeds. If you have a trip in mind, please let Debra know and Lisa will coordinate it for us on the deluxe CIT buses.



**Des Moines Shopping Trip**  
New Jordan Creek Mall (if open!)  
Monday, August 16 Cost: \$16  
Departure: 9:00 a.m. Deadline: August 12

**Day Trip to Iowa State Fair**  
Weds. August 18 Departure: 8:00 a.m. Return: 4:00 p.m. Cost: TBA  
Deadline: August 11

**"Riverboat Dreams"** Sept. 15-17th Cost: \$462  
double occupancy

Glide along the Mississippi aboard the Twilight Riverboat, equipped with three decks of comfortable dining salons, sun-decks with lounge chairs, and fun activities. Arrival is at the foot of Chestnut Mountain Lodge, a resort hotel high on a dramatic bluff overlooking the river. The following morning we will motorcoach to Galena for shopping and then return to the riverboat for our fun-filled return journey.

**Ingersoll Dinner Theater**  
"A Bad Year for Tomatoes"  
Weds. October 20, 11-5 p.m.

Details to announced later.

## Upcoming Events at HSS

**June 30:** Carnival with 4-Hers, 10:00 – 11:00 a.m., set-up in ADC Center, open for all!

**July 5:** Closed

**July 12:** Liberty Dance, 7-10 pm, music by Heartland Country Band, \$3, sponsored by Ballard Creek Assisted Living

**July 16:** Free! Diabetes Clinic "Life After Diabetes", 9-11 a.m., MAXIM Healthcare

**July 21:** Scrabble Tournament 1:00 p.m., \$1 entry fee

**July 31:** New! Poetry Workshop 1:30-3:30 p.m., 5 sessions, \$5

**July 30:** Rummage & Antique Sale/Auction, 9-4 p.m., Auction at 3:00 p.m. with auctioneer Loren Muench. Klassy Kruisers Car Show, 1-4 p.m.

**Aug. 9:** Summertime Swing Dance, 7-10 p.m., Music by the Huxley Band, \$3

**Aug. 13:** Trivia Night, 7:00 p.m.,

**Aug. 16:** Des Moines Shopping Trip, 9-4 p.m.

**Aug. 18:** Day trip to Iowa State Fair, 8-4 p.m.

**Aug. 27.29:** Heartland's 10th Annual Variety Show, "A String of Pearls!" Friday night at 7:30 p.m., Sunday at 2:00 p.m., Ames City Auditorium.

**Attention:** If you are hosting an event, consider renting Heartland's Activity and Resource Center: new rental rate is \$25 per hour. It is spacious, convenient, accessible, and newly decorated!



Deb Hoyt,  
AR & C  
Coordinator

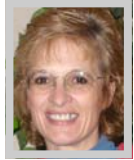
## Activity & Resource Center

National Health & Fitness event on May 26 was a fun and successful day. 74 seniors participated this year, a 200% increase!

New programs: **Poetry Workshop** by Dorothy Fyfe will meet on alternating Fridays 1:30-3:30 p.m., July 30-Sept. 24. It will include reading, interpreting and composing poetry. Fee: \$5 **Walk-er-cise**, 3 times a week, 8:30-9:00 a.m. Fee: \$6 per month. **Fish Tale Contest** is open until July 16. 1st place winner will be published in the Register. 2nd & 3rd prizes available. Judge: Lauris Olson of the DM Register.

(Because funding for non-profits continues to shrink and we have to tighten our belts, you may soon see more user-fees and donation requests attached to what are presently "free" programs and activities. Thanks for participating at Heartland!)

# Adult Day Care



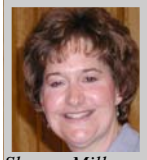
Laurie Olson, ADC Director

We are excited to welcome back the 4-H-ers who are in town for the State 4-H Conference. They again will help us put on a Carnival in ADC on June 30th. All seniors are invited to try their hands at various carnival games and activities.

ADC Activity Coordinator Nancy Larsen has scheduled many interesting summer activities. Some of these include: a program on Roses by Marianne Klinsky on July 20; "Life in Mongolia" by a native ISU student on August 5th; and Ames Memorabilia by Don Faas on August 26.

And yes, the patio is blooming thanks to our partici-

# Nutrition Department



Sharon Millage Nutrition Director

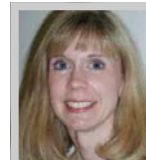
Combining statistics from our eight county meal sites, in April and May we welcomed 70 new seniors who joined friends for lunch. A total of 7,000 nutritious lunches were prepared in our Ames central kitchen within that two month time span.

Our next "Bring a Friend to Lunch" will be Friday, July 9th. Please be thinking of someone new to bring!

Hightlighted in this issue:

**Nevada meal site**, Central Presbyterian Church, 932 5th Street. Lunch: 11:45 Wednesday through Friday. Site manager: Jeana King. Heartland transportation: \$1 each way. Come meet fellow Nevadians! Call Sharon at 233-2906 for reservations.

# Outreach Department



Kirsten Newman, Outreach Director

We have had 118 Farmers' Market voucher sign-ups so far. We are glad so many seniors are taking advantage of this fine program which supports local farmers and encourages healthy eating habits at the same time. It is still not too late to enroll so please spread the word to all your friends. (Some guidelines apply). **515-233-2906**

Thanks to our newest volunteers, we have made four new Friendly Visitor matches in the past two months. More are always welcome.

There were 29 new participants introduced to Outreach services in April/May. And during the month of May, 227 senior contacts were made county-wide by our Outreach staff.

# Transportation Department



Theresa Erlbacher, Trans.

On May 20th, the Ames Chamber provided a community ribbon cutting ceremony for Heartland's four new buses. It was very appropriate that this was held during Heartland's Annual Appreciation Breakfast, because it would have not been possible without the dedicated support of the Story County community.

Heartland was selected to send a regional representative to the National Transportation Convention in Seattle in June. This was a great opportunity for me to learn top-of-the-line information regarding transportation throughout our nation. The experience was invaluable and will translate into better services for our population.



The ribbon cutting for Heartland's new buses drew an enthusiastic crowd. Pictured is Theresa with the big scissors and Executive Director John Middents holding the bow!

# Adult Day Care



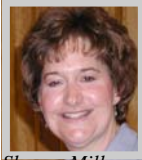
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**PUBLISHED BY  
HEARTLAND SENIOR SERVICES  
OF STORY COUNTY**

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John Middents,  
Executive Director  
Marilyn Johnson, Editor



**Mark your calendars!**  
**Here comes Heartland's**  
**10th Annual Variety Show,**  
***"A String of Pearls!"***

**Yes, the shows have been a 'string of pearls' and this is yet another gem!**



Anne Charles shares stories from the 70's with current ADC director, Laurie Olson.

**Legacy Spotlight:**

As we celebrate 30 years of service, we reflect and appreciate the many contributors to Heartland's success. Pictured here is Anne Charles (right) visiting with Laurie Olson, Heartland's Adult Day Care Director. Anne Charles was the ADC Director when the program was still at Riverside Church in the 70's. She has many stories to tell about those days; including driving the bus, (even helping dress a participant) before the day even started at ADC! Her perseverance and vision for seniors laid a strong foundation for the fine Adult Day Care Program that we have today, now serving nearly 30 participants daily.

***Raffles! Support Heartland and perhaps win a BIG prize!***

- 1. Beautiful hand-sewn, double/queen-sized quilt (tickets, \$1.00) by Della Jane Wright**
- 2. Variety Show Night on the Town (tickets, \$10.00, for a \$500 package).** VIP treatment on August 27th, opening night for Heartland's 10th Annual Variety Show! Includes Crown Limo service, dinner at Audubon's, Mary Kay flowers, corsages, and overnight/breakfast accommodations at the beautiful and unique Montebello Bed and Breakfast!

**Tickets on sale at HSS, 205 S. Walnut, 233-2906 Buy now!**

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

***In Honor /Memory of...***

*On the Occasion of...*

*Honoree's Address*

*Phone*

*Gift Amount \$*

*From*

***Thank you. Your generous gift will go to the Heartland Senior Services Foundation.***