

The Senior Post

From the Editor:

One special aspect of Heartland Senior Services is the family-like atmosphere. And when it comes to the holidays, the feeling is even more prevalent. Come join us as we celebrate together and plan for a brand new year – full of new personal goals to achieve and new friends to meet.



Marilyn Johnson,
PR & Volunteer
Coordinator

Activity & Resource Center



Angie Boyd,
A & R Director

The new Medicare Prescription Drug Program will tentatively be effective starting January 1, 2006.

These changes are complicated and there is a lot of confusion on this topic. Heartland has already held several lectures on this topic and will continue to provide updates in the coming months. If you want any additional information or help with this please contact me at 233-2906 or see one of Heartland's Outreach Specialists who make home visits throughout the county.

Travelers Corner

(Look here for upcoming Trips!)

Des Moines Shopping Trip

Monday, Dec. 19

Cost: \$16

Departure: 9:00 a.m.

Return: 4:00 p.m.

Jordan Creek & Valley West Malls



Are you wondering what to give your friends/family this Christmas or Valentines Day? Here are a few suggestions for senior gifts:

- Gift coupons for HSS meals and transportation
- Heartland cookbooks
- Heartland notecards

(see back page for more details)

Heart 2 Heart Project

Have you have been wondering why there are branches in the living room at 205 S. Walnut? The mystery is about to be revealed. At Feb. High Tea, Heartland is launching a new Heart 2 Heart Project, an opportunity to honor senior loved ones. Details coming soon...

Upcoming Events at HSS

Dec. 10: "Santa for Seniors" volunteer gift wrapping, 2-6 pm

Dec. 12: Holiday Dance, 7-10 pm, \$3, Band: Dixie Slicks

Dec. 14: Holiday Open House 3-6 pm.

Dec. 16: Country Jam Session, 7-9 pm, freewill offering

Dec. 19: Des Moines Shopping Trip, \$16, 9-4 pm,

Jan. 9: Winter Wonderland Dance, 7-10 pm, \$3, potluck at 8:30 pm

Jan. 10: "Very Special Arts", Memories in Wood, Lyle Fitzgerald

Jan. 16: Computer Classes, MWF, 10:0-11:30 a.m., Collegiate Presbyterian, 8 sessions, \$40, H. Harmison

Jan. 18: Scrabble Tournament, 1pm

Jan. 20: Country Jam Session, 7-10 pm., \$2, potluck at 8:30 pm

Jan. 24: "Wellness for the Older Adult", 12:30 pm, MGMC Speaker

Thank you...

Connie Madden, Carol Lyons, June Cotter, Angela Fisher, Dolores Junge and other holiday wrappers at Borders on Dec. 19, 12-4 pm. All tips go to Heartland Senior Services. Thanks for helping spread the good word and cheer!

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

We are fortunate to have caring community groups who visit the participants at Heartland ADC during the holidays.

Here is a schedule of special musical events in ADC:

Dec. 5: Heartland Senior Band

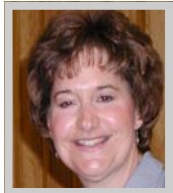
Dec. 12: Songbirds

Dec. 16: Collegiate Methodist
Handbell Choir

Dec. 22: Santa's Visit

Dec. 30: Old Timers' Band
(celebrating New Years' Eve)

Happy holidays, everyone!
Come visit us in the New Year!



Sharon Millage
Nutrition
Director

Nutrition Department

Heartland is growing to reach more seniors in Story County with home-delivered meals. The new Roland home-delivered meals are up and running, thanks to the volunteers from Roland Kiwanis and Friends N Serve, who are delivering 10 meals to homes each Tues. and Thurs. Thanks also to Richard Sternberg, delivery driver, and the 1st American Bank of Roland, our food drop site.

With the addition of Zearing's home-delivered meals now coming out of our main kitchen, Heartland now serves approximately 425 meals each week at nine meal sites throughout Story County and delivers 240 meals directly to seniors' homes per week. That's a lot of cooking, serving and delivering! You can see how much we need a new double deck oven and volunteers to keep it all afloat!

Thanks to all of you for supporting Heartland's Nutrition Program.



Carolyn Dixon
Outreach
Director

Outreach Department

Medicare Drug Coverage -

The new Medicare prescription program goes into effect January 1, 2006. Sign up began November 15. You have until May 15, 2006 to sign up for a plan without penalty. Outreach staff is available to assist with selecting a prescription coverage that meets your medical needs.

Energy Assistance - Applications for Energy Assistance are accepted through April 15, 2006. You are eligible to apply for Energy Assistance if your monthly income is:

- \$1196.25 or less for a one-person household
- \$1603.75 or less for a two-person household

Iowa Rent Reimbursement & Tax Credit Programs - Rent Reimbursement, Property Tax Credit, and Mobile Home Reduced Tax Rate forms will be available in January. Watch for eligibility guidelines in the February/March 2006 issue of *The Senior Post*.

Happy Holidays, Everyone!
-Carol, Susan, Carolyn



Theresa Nevels,
Transportation
Director

Transportation Department

The transportation department acquired scheduling software in June. Since then we have mastered its' use and have been providing a record number of rides. We are currently providing ten percent more rides than before the software was installed.

The scheduling software assists us in finding the best fit for any given ride. Many passengers have commented on how simple it is to schedule rides using the software. The software stores all of our passenger information, speeding up the scheduling process. It also more accurately routes the vehicles, creating shorter wait and travel times. All-in-all it has been a positive experience for our passengers and our transit staff. We hope to keep providing more rides to individuals who want and need them.



Thanks to T-Galaxy and Board member Barb Gurganus, the Heartland transportation staff now is sporting official transit shirts with a Heartland logo. T-Galaxy gave a large discount and Barb Gurganus saw the project to its completion. Now all riders will identify their great service with Heartland for sure!



Lois Hannusch donated 30 Santas for Heartland to sell during the holidays. She hand-painted these Santas throughout the year and will donate the proceeds for Heartland's Activity & Resources program in memory of her husband Walt. Thank you, Lois.



Harriett Erickson of Maxwell leaves the dialysis clinic aboard a Heartland bus, assisted by driver Gene Gray.



Irene Swanson records the guesses on the weight of a pumpkin she brought to the Adult Day Care Center this fall.



Heartland's Outreach Department coordinated several community groups who raked seniors' lawns this fall. A BIG THANK YOU to all rakers: Ames High Key Club, Boys with Rakes (ISU Birch/Welch/Roberts dorms), St Thomas Aquinas, Trinty Christian Reform, and Stonebrook Church.



Gertrude Ambrose and "first-time attendee" Marjorie Baker enjoyed lunch with friends at Nevada congregate meal site in November.



Lavon Dougherty and Howard McPhail seldom miss a Heartland dance (2nd Monday of the month). They invite dancers and on-lookers alike to come enjoy the live music.

\$3 at the door.

233-2906



Transportation Fares Effective July 1, 2005

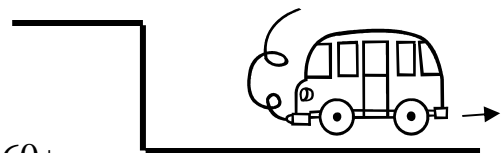
- Fares: \$5.00 each way, county-wide
- County-wide rides available every weekday, Mon-Fri., 6:30 a.m.-5:30 p.m.
- Expanded services hours for the City of Ames (following Cy-Ride hours)

Mon - Fri 6:30 a.m. to midnight
 Sat. 8:00 a.m. to midnight
 Sun. 9:00 a.m. to midnight.

(when ISU is in session)

Same as last year:

- Congregate meal: \$1.00 suggested donation, one-way, 60+
- Grocery shopping: \$1.50 suggested donation, one-way, 60+



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Marilyn Johnson,
Editor



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community & county funds, HIRTA, HSS Foundation, Inc.,
private donations, United Way.*

Looking for Gift Items?

- Heartland Cookbooks: \$10
- Stationery with special HSS design
by artist Linda Emmerson: 8/\$5
- Meal/Transportation Gift Certificates
(priced according to quantity)

Orders taken at HSS meal sites.
Drop a hint to your children!
(And don't forget about Valentine's Day!)

Heartland's "Holiday Open House"

**Wednesday, December 14
3:00-6:00 p.m.
HSS, 205 S. Walnut, Ames**

Featuring...

Wassail, holiday goodies, door prizes, and Santa!

Stop by and join in the celebration!

Remembering... with Gifts



Jan Tibbetts,
Development
Director

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

I would be happy to meet with you to help plan your tribute. Or, you may complete this form and mail it to me at HSS.

Thank you for supporting our senior citizens in Story County.

In Honor / Memory of...

Honoree's name

Honoree's Address (or loved ones to be notified)

Gift Amount \$ _____

From _____

(address) _____

Thank you. Your generous gift will be used to support Heartland Senior Services programs and will be acknowledged in Heartland's August newsletter, Take it to Heart.