

# The Senior Post

## From the Editor:

We were honored to celebrate with 200 volunteers and guests at the Annual Volunteer Recognition Party, (Sept. 29).



Marilyn Johnson,  
PR & Volunteer  
Coordinator

If you would like to join our Volunteer team this coming year, Heartland is always in need of extra hands, feet, minds, and hearts. HSS volunteer service, (contribution worth over a quarter of a million dollars annually) is what keeps Heartland a success story! 515-233-2906



Angie Boyd,  
A & R Director

## Activity & Resource Center

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. Our next lecture will be on Tuesday, Nov. 1, 2005. Jerry Sell will be providing information and answering questions on the most up-to-date Medicare information. If you want any

## Travelers Corner

Look here for upcoming Day Trips!



**Des Moines Shopping Trip** Monday, Oct. 17 Cost: \$16  
Departure: 9:00 a.m.  
Return: 4:00 p.m.  
Merle Hay/ Jordan Creek

**Des Moines Shopping Trip** Monday, Dec. 19  
Cost: \$16  
Departure: 9:00 a.m.  
Return: 4:00 p.m.  
Jordan Creek & Valley West

additional information, assistance, questions, or referrals on this topic, please contact me at 233-2906.

Also, Heartland Senior Services is currently accepting clothing and tangible donations for Hurricane victims. We are unable to accept money.

Questions: Contact Angela Boyd, 233-2906.

## Ceramic Santas on sale at Heartland.

Lois Hanusch, HSS participant from Ames, is selling ceramic Santas as a fundraiser for Heartland. All the proceeds will go to Heartland's Activity Center. The Santas will be on display Nov-Dec. They may be purchased through the front office.

## Upcoming Events at HSS

- Oct. 4: Diabetes Information**, 12:30 pm, Autumn Hickman, MGMC
- Oct. 10: Harvest Dance**, 7-10 pm, \$3, Band, Lonesome Fugitive, Sponsor: Hearing Services of Iowa
- Oct. 11: Driver Awareness Information**, 12:30 pm, Renee Devin, DOT Driver's License Station
- Oct. 17: Des Moines Shopping Trip**, 9-4 pm, \$16
- Oct. 18: Senior Care Program**, 12:30 pm, Anne Schmitt, Stephen's Memorial Chapel
- Nov. 1: Medicare Updates**, 12:30 pm, Jerry Sell, SHIIP
- Nov. 14: Thanksgiving Dance**, 7-10 pm, \$3, Band, Country Memories, Sponsor, Moffits Ford
- Nov. 16: Annual Thanksgiving Dinner**, 11:00 am and 12:15 pm Meal & bus reservations, Nov. 11
- Dec. 12: Holiday Dance**, 7-10 pm, \$3, Band, Dixie Slicks
- Dec. 19: Des Moines Shopping Trip**, \$16, 9-4 pm,

## 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!



## Adult Day Care

The aroma of apple butter is in the air at ADC and, with that annual tradition, in bursts AUTUMN!

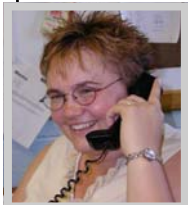
ADC very much appreciated the 8 volunteers from Principal Financial Group who helped in Adult Day Care with United Way's Day of Caring opportunity, Sept. 8.

In addition to the many interesting daily activities, the special October activities in ADC include:

Oct. 7: Oktoberfest with accordion player Duane Pichelman

Oct. 11: Visit to the DeMoss Pumpkin Farm near Gilbert.

Oct. 31: Halloween Costume Skit by the ADC staff and music by the Old Timers Band.

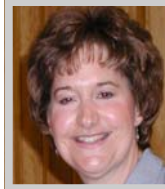


Theresa Nevels,  
Transportation  
Director

## Transportation Department

Transit is full swing into this year's service changes. So far all seems to be going well and we are better serving the Ames community with the expanded hours. Many passengers have taken advantage of this service. We look to seeing more faces as it grows colder.

Many are worried how gas prices are affecting transit. So far we are doing okay. We budgeted some extra money for fuel costs as we knew it would continue to go up! We will continue to monitor the situation and will keep you advised. Thank you all for your concern and keep riding transit!



Sharon Millage  
Nutrition  
Director

## Nutrition Department

Heartland's Annual Thanksgiving Dinner date has been set: Weds., Nov. 16, at 11:00 and 12:15 p.m. Please call with reservations the week before.

I just want to again thank the 343 Nutrition volunteers that served Heartland in the past fiscal year. That included coverage at the nine Heartland congregate meal sites county-wide and the volunteers that deliver meals to seniors in 14 Story County communities. There is no way we could reach the scope of people that we do without your help.

Roland home delivered meals are starting Oct. 24. Can you help? 233-2906 Also, Zearing/McCallsburg will be considering an additional congregate meal day. Much growth & change in Nutrition!



Carolyn Dixon  
Outreach  
Director

## Outreach Department

Hello! My name is Carolyn Dixon and I am the new Outreach Director at Heartland. I am enjoying my new position and I have already met some great people. The other new face you'll see at Heartland is Susan Koehler, the new Outreach Specialist who is taking Colleen Jones place.

**Energy Assistance** sign up begins Oct. 1st. Contact Outreach for more information.

**Leaf Raking!** Heartland is planning to work with some volunteer groups to rake leaves this fall. Be watching for further info.

**Volunteers** Please contact Outreach for volunteer opportunities with the Friendly Visitor or Money Management Programs (Bill Payer/Representative Payee), 515-233-2906

**Cookbook \$10** (see back) Proceeds for Story County seniors with a variety of financial needs.



United Way Board President, Dick Seagrave, (right) and Alliant Energy Account Manager, Margaret Sadoris are shown the results of the new computer software for transit rides. United Way and Alliant provided grant dollars toward the "Routematch" software.



*Cay Peet, Ken Shaw, and Al Ravenscroft, Ames, recreate a patriotic photo from 1928, during Heartland's Annual Variety Show.*



*Bonnie Schauper of Maxwell entertains at Heartland's Show.*



*Eileen Hohenstein and ADC participant Larry Riley, Ames, kick up their heels during Adult Day Services Week, Sept. 18-24.*



*Dean Spurgeon delivers a meal to Greg Alexander, Slater. Dean is a "volunteer" coordinator of home delivered meals in several communities and is always looking for more volunteers to help with this vital service, especially in the Maxwell, Slater, and Cambridge areas.*



*Heartland Senior Band member Jerry Sowers, Story City, and his wife celebrate their 46th wedding anniversary by sharing homemade ice cream and brownies at rehearsal.*



*Zearing/McCallsburg Congregate Meal volunteers are honored for supporting their new congregare meal site at the Bethany Lutheran Church in McCallsburg. Average attendance: 45! Yes!*



## Transportation Fares Effective July 1, 2005

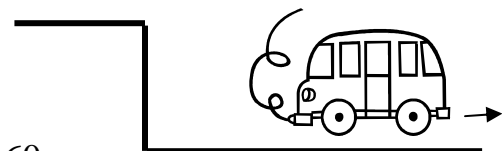
- Fares: \$5.00 each way, county-wide
- County-wide rides available **every** weekday, Mon-Fri., 6:30 a.m.-5:30 p.m.
- Expanded services hours for the City of Ames (following Cy-Ride hours)

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+



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

205 S. Walnut Ave., Ames, IA 50010  
Phone: 515-233-2906 Fax: 515-233-6986  
[www.HeartlandSeniorServices.com](http://www.HeartlandSeniorServices.com)

The Senior Post is published 6x annually.  
Email: [hssmarketing@qwest.net](mailto:hssmarketing@qwest.net)

John Middents,  
Executive Director  
Marilyn Johnson,  
Editor



Heartland Senior Services is an ASSET-funded agency.

*Christmas Gifts with a  
Heartland Flair!*



- Cookbooks: \$10
- Stationery with special HSS design: \$5, \$10
- Meal/Transportation Coupon Packages

Orders taken at HSS meal sites  
starting Nov. 1.

**515-233-2906**

**Heartland's Annual Thanksgiving Dinner\***  
*Wednesday, November 16 (\*Note change)*



HSS, 205 S. Walnut, Ames  
11:00 a.m. and 12:15 p.m.

Colo Community Center  
11:45 a.m.

Huxley Shelter House  
11:45 a.m.

Maxwell Area Community Center  
11:45 a.m.

Nevada Central Presbyterian Church  
12:00 p.m.

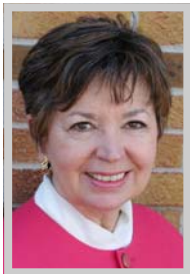
Keystone Apartments, Ames  
12:00 p.m.

**Friday, Nov. 18**

Stonehaven Apartments, Ames  
12:00 p.m.

(Meal & Bus Reservations by Nov. 11th)

**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 give it to me at HSS.

Thank you for supporting our senior citizens in Story County.

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

\_\_\_\_\_

Honoree's Address

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gift Amount \$ \_\_\_\_\_

From \_\_\_\_\_

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