

The Senior Post

Volume 5 Issue 1

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

Feb/Mar 2006

From the Editor:



Marilyn Johnson,
PR & Volunteer
Coordinator

Heartland is proud to launch a new project, the **Heart 2 Heart Connection**, a chance for the community to recognize and honor the special seniors in their lives and in their neighborhood. The purpose is to also further acquaint the community with HSS. Thanks to calligrapher Nancy Montgomery, the red hearts are looking sensational on the living room branches designed by ISU's Lois Warne and her students. Official launching of project: Feb. 2006



Angela Boyd,
A & R Director

Activity & Resource Center

Please mark your calendars for an afternoon of fun and relaxation. You are cordially invited to Heartland's Annual Afternoon Tea, 3:00 -4:30 p.m., Weds., Feb. 8, at 205 S. Walnut, Ames. All genders and ages are welcome. Hats are also encouraged and if you have a special teacup, please bring and share its story at your tea table.

The Belles of Iowa State will entertain the audience with lively medleys and lead a sing-along. There will also be a special tribute and token gifts for those in the audience who turned 60 last

Travelers Corner

(Look here for upcoming trips!)

Des Moines Shopping Trip

bus leaving from HSS
205 S. Walnut



Date: March 20

Departure: 9:00 a.m.

Return: 4:00 p.m.

Cost: \$16

To: South Ridge & Merle Hay Malls

year as we acknowledge their rite of passage into the *full bloom of life!* (If you know of anyone age 60, please encourage their presence.)

This year's High Tea Committee is planning special goodies and a "Heartland Blend" tea with flowers from Mary Kay's Flowers and Gifts and servers from ISU Veishea Committee and Circle K. Reservations are required as space is limited. Call 233-2906, the list is filling fast!

Heart 2 Heart Project

Purchase: Red Wooden Heart

Cost: \$5

Purpose: to recognize and honor seniors currently in our lives, or loved ones who are deceased

Location of Exhibition: hearts hanging at HSS, 205 S. Walnut, Ames (local meal sites if desired)

Optional: photo or description of honoree for scrapbook

Information: 515-233-2906, Marilyn

Upcoming Events at HSS

Feb. 17: Jam Session, 7 pm, \$2

Feb. 21: Wesley At Home Health Care, 12:30 pm

Feb. 28: "Safety Around the House" 12:30 pm, speaker, Brian Snider from Stevens Memorial Chapel

Mar. 7: "Self-Defense", 12:30 pm Ames Police Department

Mar. 8: Blackjack, 12:45 pm

Mar. 13: Spring Dance, 7 p,m, \$4 Heartland Country Band

Mar. 14: Honey Bee Presentation, 12:30 pm, speaker, Glen Stanley

Mar. 15: Irish Music & sing-along, 12:00 pm, Jim Madden/Pat Hashman

Mar. 15: Scrabble Tournament, 1 pm, \$1 entry fee, prizes

Mar. 17: St. Patrick Day lunch

Mar. 17: Jam Session, 7-10 pm, \$2 (8:30 potluck) drawing at 9 pm

Mar. 20: Des Moines Shopping Trip, 9:00 am, \$16

Mar. 28: "Choices Not Chances" Department of Transportation

Apr.10: HSS Monthly Dance, 7-9 pm, \$4, Lonesome Fugitive Band

Apr. 21: Country Jam Session, 7-10 pm, \$2, potluck 8:30, drawing at 9.

Apr. 28: Heartland's Fundraiser Dance, Moose Lodge (details forthcoming)

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

February 06 brings the Olympics, even to ADC! Stop in and see how we celebrate!

Laurie Olson,
ADC Director

Here is a list of special activities that Nancy Larsen and the activity staff have lined up for us:

Feb. 3 Song Birds Chorus

Feb. 7: Kids visit

Feb. 14: Old Timers Band

Feb. 24: ADC Olympic Games

Feb. 28: Pancake Day

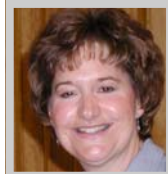
Mar 10: Old Timers Band

Mar 17: St. Patrick's Party

Mar 20: Quilt Day

These activities are in conjunction with the daily schedule of adapted sports, music, trivia, birthday parties, etc. that fills the ADC calendar.

You are always welcome to visit.



Nutrition Department

Sharon Millage
Nutrition
Director

Last year Nutrition served 39,233 seniors meals. 12,361 of those were home-delivered, (Heartland now serves 14 Story County communities.) That involves a great need for many volunteers to take these meals to home-bound seniors county-wide.

Last year we found 251 volunteers to do this. They represent all ages and all walks of life, although the majority of the volunteers are seniors themselves.

It is always a struggle to cover all the bases and we ask that you keep your eyes peeled for people or groups willing to help with this. The need is especially prevalent in Cambridge, Maxwell, and in Story City where over 5,000 HDM meals are delivered in that community alone.

Call me at 515-233-2906 if you can help. Thanks to all of you who support the Heartland meals through volunteerism and participation.



Outreach Department

Carolyn Dixon
Outreach
Director

Outreach has been busy assisting seniors with the 2005 Rent Reimbursement applications and with signing up for the Medicare D coverage plans.

Medicare Drug Coverage Reminder: You have until May 15, 2006 to sign up for a prescription plan without penalty. Outreach staff is available to assist with selecting a plan.

Iowa Rent Reimbursement/Tax Credit Programs Eligibility:

- Age 65+
- Age 18+ if totally disabled
- Total annual household income under \$18,348

Energy Assistance eligibility:

- Monthly income under \$1196 (1)
- Monthly income under \$1703 (2)

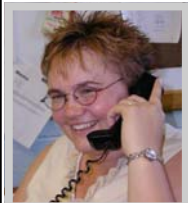
Money Management:

Do you know of a senior who would benefit from Heartland's volunteer money management programs? Outreach is accepting referrals, 233-2906.

Friendly Visitor Training:

Are you interested in volunteering or know of a lonely senior? Next scheduled training is Sat., Feb. 4, 9-12 ,HSS.

-Carol Helland, Susan Koehler,
Carolyn Dixon 233-2906



Theresa Nevels,
Transportation
Director

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+



Santa (Jack Frandsen of Roland) checks his list with Doris Stukenberg, Ames, at Heartland's Holiday Open House.



June Cotter and the morning exercise group planned a surprise birthday party for one of their members, Vittoria Bertucciolo from Italy. Vittoria understands no English but was moved to tears over her first birthday party ever.



HSS Board member Barb Gurgan displays the new Heartland notecards with artist Linda Emmerson. The notecards are on sale at HSS 8/\$5. The design was commissioned as a memorial for Barb's mother, Clara Ethington.



Following Heartland's Annual Christmas Dinner, HSS Finance Director Vicki Walter helps doorprize winner, Alice Fardel, Ames, pack up a lucky poinsettia, courtesy of Holub's Gardena & Greenhouses.



Outreach Director Carolyn Dixon receives three quilts for homebound seniors from ISU Women's Club Quilters Marlene Geiger, Ellen McKean, and Lenny Mangold.



Phyllis Anderson bids everyone a cheery hello as she continues her back therapy. As a former 3M employer Phyllis volunteered 238 hours last year. 3M matched her hours with a \$200 donation to Heartland in Phyllis' name.



Maude Schauer, 92, Maxwell, surprised all her Maxwell meal site friends with home-made bread and jelly for Christmas.



Art Aubart in ADC teaches volunteer Dan Axline a thing or two about table pool.



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Marilyn Johnson,
Editor



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

Looking for Special Gift Items?

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

Orders taken at all HSS meal sites.
(Also, you may drop a hint to your children!)

Heartland's Annual High Tea Feb 8, was a big success!

Thank you, Mary Kay Flowers, ISU Veishea Committee, Circle K, Belles of Iowa State, dancers!



And... thank you, Heartland's High Tea Society Committee:

Doris Stukenberg, Angie Boyd, June Cotter,
Cay Peet, Ruth Larson, Donna Erickson and
seated, Barb Kenney, (not pictured, June
Sorenson and Irene Swanson).

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*.