

The Senior Post

Volume 5 Issue 5

<http://www.heartlandseniorservices.com>

Dec 2006

From the Editor:



Marilyn Johnson,
PR & Volunteer
Coordinator

Hope you had a chance to check out the Heartland holiday tree that volunteer Jan Sobottka designed for the Main Street Festival of Trees. If you missed it, it will be hanging at Heartland through the season. Who knows, maybe you will even recognize some faces on those ornaments! Happy Holidays!

Activity & Resource Center



Angela Boyd,
A & R Director

Heartland Senior Services is offering Yoga classes on Tuesdays from 4:30-5:30 p.m. We have a great group so far and welcome others to join us. Yoga relaxes the mind and body. It has become one of the most popular forms of exercise. Our instructor is Karen Bates. The cost is only \$10 per month.

Join us for two interesting bus trips in December: Glass Blowing Demonstration/Trip to Prairie Moon Winery and a trip to Des Moines to view the holiday lights at Waterworks Park. (See middle column for details.)

Please notice (right column) that new activities are happening at various meal sites throughout the county. We hope everyone will help spread the word. Questions for me? 233-2906 ext. 224.

Travelers Corner



Day Trip to Glass Blowing Demonstration (Art Ciccotti) & Prairie Moon Winery Tour

Dec. 16
Depart: 12:45 pm
Return: 3:30 pm
Cost: \$10

Day Trip to Jolly Holiday Lights Tour

Dec. 20
Depart: 5:00 pm
Return: 10:00 pm
Cost \$15 (not including dinner at Outback Steakhouse)

For reservations and info, call HSS Activity & Resource Director, Angela Boyd at 233-2906 Ext. 224

Upcoming Events at HSS

- Dec. 1:** Nevada, Community Day
 - Dec. 4:** Story City, 12:30 pm. Bingo
 - Dec. 5:** Ames, 12:00 pm. Songbirds Concert following congregate meal
 - Dec. 7:** Nevada, 12:30 pm, Tai Chi
 - Dec. 11:** Ames, 7-10 pm, HSS Dance
 - Dec. 12:** Ames, 12:30 pm, Fire Safety
 - Dec. 12:** Ames ADC, 1:30 pm Songbirds Concert
 - Dec. 13:** Ames, 12:45 pm Back Jack w/ Bernie Beaudry
 - Dec. 14:** Nevada, 12:30 pm Tai Chi
 - Dec. 15:** Ames, 7-10 pm, Jam Session
 - Dec. 16:** North Grand Mall, 12:30 pm Heartland Senior Band, 3:15 pm, Songbirds Concert
 - Dec. 16:** Ames, 12:45-3:30 pm, Day Trip to Glass Blowing Demonstration and Winery (see ad)
 - Dec. 19:** Ames, 12:30 pm, "Heart Disease and Women"
 - Dec. 20:** Ames, 12:30 am, Heartland's Annual Holiday Dinner (reservations required) See next page for details.
 - Dec. 20:** Ames, 5:00-10:0 pm, Bus Trip to Des Moines Holiday Lights (see ad)
 - Dec. 20:** Nevada, 12:30 pm, Sing-Along
 - Dec. 21:** Nevada, 12:30 pm, Tai Chi
 - Dec. 25 & 26:** Closed
 - Dec. 28:** Nevada, 12:30 pm, Tai Chi
 - Dec. 31 Ames (Community Event),** Special New Year's Eve Happening, "What a Night!"
(See back page for more details)
- Colo Meal Site:** Cards following all meals; Tuesdays, Wednesdays, and Thursdays
- Huxley Meal Site:** Bingo, cards, birthday celebrations on Wednesdays

Great Senior Gift Ideas!

(ask at main office or 233-2906)

Heartland Cookbooks,
now \$5

Stationery with HSS design,
8/\$5

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

Wooden Red Memory Heart
\$5



Laurie Olson,
ADC Director

Adult Day Care

Special Upcoming ADC events:

December

12/4: Heartland Senior Band Concert

12/5: Special Holiday Entertainment (song & dance program) with Cynthia Zeisman

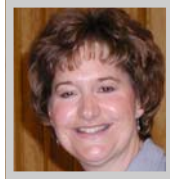
12/6: Day Trip to the Octagon

12/6, 14 & 20: Pet Visits

12/11 & 27: Accordion music with Joe

12/29: Old Timers Band to celebrate the New Year

Other activities include: decorating for Christmas, Scattagories, Bingo, Softball Throw, Crafts, Bean Bag Toss, Jeopardy, Kids Visit, Balloon



Sharon Millage
Nutrition Director

Nutrition Department

We are grateful for all who were involved in our Thanksgiving feast on Nov. 16, both participants and volunteers!

Our Annual Holiday Meal will be Weds., Dec. 20, at all sites except Zearing, which is Dec. 21 and Stonehaven, which is Dec. 22. We will have just one seating this year at 205 S. Walnut, 11:30 a.m. (Time constraints are too great to try to set up for two dinners on one day!) We wish we had a bigger facility to better accommodate our large crowds. Please call early for reservations.

A big thank you to Nutrition employee Jim Albee from Gilbert who has transported Heartland meals to the outlying sites every Monday-Friday this past year with out fail! This includes Headstart, Huxley, Maxwell, Colo, Nevada, Stonehaven, and Keystone meal sites. Such dependability makes this large operation a smooth one for all concerned and it is most appreciated.



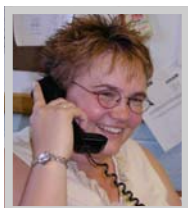
Carolyn Dixon
Outreach

Outreach Department

Energy (Heating) Assistance: If you fall within the income guidelines - \$14,700 annually for a one-person household / \$19,800 for a 2-person household - and you are responsible for your heating cost, you may qualify for Energy Assistance. Weatherization screening is also available, through partnership with MICA and RSVP. Contact Outreach for more information.

Friendly Visitor: The need for FV volunteers is especially urgent in Nevada. Only an hour a week of your time can make a world of difference in the life of a lonely senior. Call Linda today, 233-2906, to set up a time to discuss this golden opportunity.

Be a Santa to a Senior (sponsored; by Home Instead Senior Care) is looking for seniors who are in need of some special holiday cheer and gifts during the holiday season. If you know of a senior who may not receive a gift during the holiday season, please contact Outreach. Carol, Linda



Theresa Nevels,
Transportation Director

Transportation

As we approach the icy season, I know winter driving concerns will 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!

Remember our new Volunteer Driver Program is available to help transport seniors. Sometimes these trips may be out-of-county or just in rural Story County when running a big bus is not cost-effective. And remember, we are always looking for volunteer drivers! For more information, please call Theresa at 515-233-2906.



Alex Barrie rides Heartland's bus every Thursday to HSS for the congregate meal and bingo, snow or shine! He also uses it for doctor's appointments from his home in Abington on Grand.



ADC participant Charlotte Baker, Ames, enjoys making holiday treats with ADC staff person Rhonda Zuck.



Betty Lou Sturgis was a recent bingo winner at Heartland's Thursday PM bingo. Howard McPhail, Marion Willoughby, and Myrtle Rosene present Sturgis with a \$95 jackpot. All but Rosene (who is from Nevada), are Ames residents.



Jan Sobottka, Ames, and Glenn Stanley, Des Moines, bring Heartland's exhibit at Main Street Festival of Trees back to the Center for the holidays. Jan designed the tree and Glenn cut the wood for the photo ornaments.



Gertrude Ambrose and participants at the Nevada Congregate Meal site study the changes of Medicare Part B presented by SHIP representative and Heartland Board member Jerry Sell.



(left) Marlyn Ashland, Ames, a daily congregare meal participant, shows his artwork to Verne Bates, Past Chair of HSS Foundation, at Heartland's Anniversary Club Donor Recognition in Nov.



Helen Coles, Wanda Blessing, Eunice Ives, and Helen Thompson enjoy the Fall Festival at Maxwell's Congregate Meal site, sponsored by Temptations on Main, Ames.

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Hands for Heartland

Thank you, Hands for Heartland, for helping with the Anniversary Club Recognition Party and hosting Heartland's Night at Worldly Goods!



If you would like to sign up for this new group, the basic divisions are: Administrative, Community Liaisons, "Handy" Persons, Hospitality/Special Events.

Annual Dues: \$5 donation

Examples of now-needed event volunteers:

1. Help with the Afternoon Tea, Feb 7.
1. Trivia Night volunteers, details later. **Sound like fun?**

Call: Bernie & Linda White, 292-8741

Celebrate New Year's Eve (Ames) "What a Night!"

(Exciting community-wide, family-oriented, non-alcoholic events to bring in the new year!)
One Night! One Button! (\$10) 15 events

The 60+ crowd may especially enjoy:

- Casino Fun Night and Rock N Roll Party at Quality Inn & Suites (13th St)
- Downtown concerts by churches at Ames Community Center
- Bingo

Be watching for more details in paper, flyers, and Heartland announcements!

Also, check the Web: www.OHwhatANight.org

Heart 2 Heart Project



The holidays are a great time to remember loved ones! And if you have photos or words to add to the accompanying scrapbook, remember this is an on-going project. It is uplifting to have these "heart presences" at HSS.

The hearts are \$5. Call Marilyn, 515-233-2906.

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 older adults in Story County.

Thank you, Hy-Vee Lincoln Center,

for choosing Heartland to receive the profits from the Holiday Wine-tasting Event, Nov. 31. Over 90 people attended!

Thank You, Worldly Goods, shoppers, and volunteers Roma Jarvis, Georganna Hinricksen, Jeanette Smithson, and Linda White, for providing the HSS fund raising opportunity Nov. 29. Result: \$50 for Heartland!