

The Senior Post

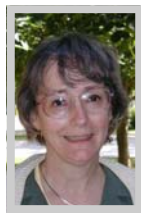
Volume 6 Issue 1

<http://www.heartlandseniorservices.com>

Jan/Feb 2007

From the Editor:

Happy New Year, everyone! As you begin your New Year's resolutions, include Heartland in your goals of fitness, personal growth, and new friends. Mark your calendars for Heartland's Annual High Tea Party, Feb. 7 and the new HSS fundraising endeavor, **Community Trivia Night**, Feb. 23 (see back for details).



Marilyn Johnson,
PR & Volunteer
Coordinator

I hope everyone had a great holiday season and is ready for what this exciting year has in store !



Angela Boyd,
A & R Director

Activity & Resource Center

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.

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

Des Moines Shopping Trip



Feb. 20
Depart: (HSS) 9:00 am
Return: 4:00 pm
Cost: \$16
Stops at Jordan Creek and Valley West Malls

For further trip information please call, Angela Boyd at 233-2906, Ext. 224

Heartland's Mission:

to help create a community that values older people and supports them in achieving and maintaining their desired quality of life.

Great Valentine 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

Upcoming Events at HSS

- Jan. 2: Ames, 12:30 pm, "Furnace Maintenance and Home Tune-Ups"
 - Jan. 4: Nevada, 12:30 pm., Tai Chi
 - Jan. 5: Nevada, 10:30 am, Community Day
 - Jan. 8: Story City, 12:30 pm, Bingo.
 - Jan. 8: Ames, 7-10 pm, HSS Dance
 - Jan. 9: Ames, 9:00 am, New Tai Chi Class Begins!
 - Jan. 9: Ames, 12:30 pm, "Home Health Care and Mobility Solutions"
 - Jan. 12: Ames, 7-10 pm, Jam Session
 - Jan. 11: Nevada, 12:30 pm, Tai Chi
 - Jan. 17: Nevada, 12:30 pm, Sing-Along
 - Jan. 18: Nevada, 12:30 pm, Tai Chi
 - Jan. 23: Maxwell, 11:00 am Winter Festival
 - Jan. 25: Nevada, 12:30 pm, Tai Chi
 - Jan. 25: Maxwell, 12:00 pm, Songbirds singing at Maxwell meal site
 - Feb. 1: Nevada, 12:30 pm, Tai Chi
 - Feb. 2: Nevada, 10:30 am, Community Day
 - Feb. 5: Story City, 12:30 pm, Bingo
 - Feb. 7: Ames, 3:30 pm, Heartland's Annual High Tea Party (see back)
 - Feb. 8: Nevada, 12:30 pm, Tai Chi
 - Feb. 9: Ames, 7-10 pm, Jam Session
 - Feb. 12: Ames, 7-10 pm, Monthly Dance
 - Feb. 15: Nevada, 12:30 pm, Tai Chi
 - Feb. 20: Ames departure, 9:-4 Des Moines Shopping Trip (see mid-section)
 - Feb. 21: Nevada, 12:30 pm, Sing-along
 - Feb. 22: Nevada, 12:30 pm, Tai Chi
 - Feb. 23, Ames, 6:30-9:30 pm, Community Trivia Night (see back)
- Colo Meal Site,** Cards following all meals; Tues., Weds., Thurs.
Huxley Meal Site, Bingo, cards, birthday celebrations on Weds.



Adult Day Care

Special Upcoming ADC events:

January/February

Jan 11 & 29: Accordion music by Joe

Jan. 22: Celebrate pizza week by having pizza!

Jan. 24: Old Timers' Band

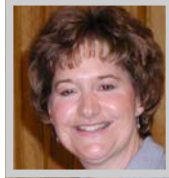
Feb. 2: Blank Zoo animals

Feb. 14: Valentine's Music by Old Timers Band

Feb 15: Hank & Linda Zaletel

Other monthly activities include: Scattogories, Bingo, Softball Throw, Crafts, Bean Bag Toss, Jeopardy, Kids Visit, Balloon Volleyball, Sing-a-longs, Horseshoes, Bell Choir, Exercise, Musical Tic Tac Toe, Bowling, Tai Chi, Shuffleboard, Valentine's Party, Hymn Sing, and more!

ADC staff: Nancy, Linda F. Julie, Carol, Jill, Eileen, Janessa, Linda J., Rhonda, Carrie, and Katie



Nutrition Department

Sharon Millage
Nutrition Director

It was joyous to see the crowd of red at our annual holiday dinners! Thanks to the Belles of Iowa State for providing holiday tunes, to the Ames Noon Kiwanis for serving, and to Holub's Greenhouses for donating 30 beautiful poinsettias as table decorations and door prizes.

A big welcome to the new Roland/McCallsburg/Zearing nutrition driver Jerry Dickinson, who transports Heartland meals to the these sites every Tues., Weds., Thurs. for home deliveries by local volunteers.

Thank you so much to former Nutrition Driver Richard Sternberg of Roland who is going to be subbing in the Gilbert school system this coming year. His dependability and dedication to the home-delivery program was greatly appreciated this past year.

Site Managers: Mary, Patty, JoAnn, Jeana, Pat, and Lisa **Kitchen:** Linda, Ruth, Melissa, and Bree



Outreach Department

Carolyn Dixon
Outreach Director

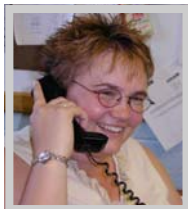
We hope you had a safe & wonderful holiday!

Rent Reimbursement - Yes, it's that time of the year again. Outreach staff will be available during the month of February to assist with Rent Reimbursement, Mobile Home and Property Tax claims. Income guidelines apply, so please contact the Outreach staff for further information.

Energy (Heating) Assistance - It's not too late to apply! Deadline: April 15th The Outreach Staff is available to assist with applications. Please contact Outreach or MICA @ 956-3333 with questions about Energy Assistance or income guidelines that apply.

The Heartland Cookbooks, *Cooking from the Heart*, are still available for \$5 each. Proceeds help Story County seniors in need.

Please contact us if you or a senior you know would like a visit from the Outreach Department. We help with a variety of needs from application assistance to resource referrals.



Theresa Nevels,
Transportation Director

Transportation

We have had our share of icy and snowy weather this winter and we have been glad to transport many of you safely to your destination throughout the season..

We hope you continue to call on Heartland for all your transit needs!



The Heartland bus and driver couple uses the bus to attend Heartland's Annual Holiday Dinner



Lois Hannusch, (left) Ames, paints “Santas” all year and donates her Santa sale proceeds to Heartland in memory of her late husband Walt. Total: \$355 (to date) this year!



ADC participants Greg Alexander, Slater, and Florence Rogers, Ames, train Heartland’s Executive Director John Middents in the art of serving morning coffee and hot chocolate in ADC!



Keith Van Winkle, Ames, “holds high the bar” during morning exercise, Mon., Wed., Fri. at HSS.



RSVP volunteers Gene Demaray and Tom Johnson of Story City help with the Weatherization Project thru a partnership between RSVP & Heartland’s Outreach Department. Result: 36 volunteers from RSVP & Cornerstone Church helped braced 20 homes in Story Co. (seniors/disabled) for winter!



Charlotte Dake, Story City, was one of 24 lucky winners of poinsettia door prizes at Heartland’s Annual Holiday Dinner. Each year Holub Garden and Greenhouses donate poinsettias to brighten the holidays for Heartland seniors.

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

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Phone: 515-233-2906 Fax: 515-233-6986
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The Senior Post is published 6x annually.

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Funding: Aging Resources of Central Iowa,
community & county funds, HIRTA, HSS Foundation, Inc.,
private donations, United Way.

Heartland's Annual High Tea Party, 3:30 pm, Wed., Feb 7th

Cost: \$6 Theme: "I've a Little Teapot!"

Menu: Heartland Blend Tea, champagne cake,
Victorian tea roses, lemon cookies, spritz, grapes,
salmon/ cucumber sandwiches & more!

- Wear your favorite hat, bring a favorite tea cup if you want, and all your tea stories.
- Enjoy viewing Barb Gurganus' collection of 50+ teapots
- Warm your innards among friends!
(Stay tuned for more details!)

Hands for Heartland

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

Examples of now-needed event volunteers:

1. Help with Friendship International Group Mondays, 3:30 p.m., Jan-May.
2. Trivia Night volunteers
3. Donor Recognition, Planners: May 11th

Sound like fun?

Call: Bernie & Linda White, 292-8741

Annual dues: \$5

Heart 2 Heart Project



Check out the scrapbooks!

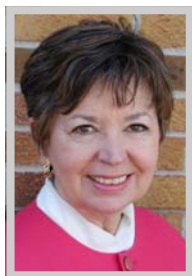


A heart for Ralph Farrar!

What better time than Valentines 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. Our goal: 200!

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 caring.

I would be happy to meet with you to help plan your tribute, 233-2906.

Thank you for supporting our older adults in Story County.



**Come!
Support
HSS!**

Brand New!

What: Community Trivia Night

When: Feb. 23rd, 6:30-9:30 pm

Where: 1st Christian Church, Ames

Why: Just for Fun and to raise \$ for Heartland's Programs

How: Find a team of 5-8 people who enjoy a night of socializing and fun competition – the more diverse the ages the better! Or sign-up individually and be assigned a team.

Cash Prizes: 1st, 2nd, 3rd! **Info:** 233-2906

Contact: Kori Heuss, kori@heuss.com or 290-3260 for reservations. **Cost:** \$10/person