

The Senior Post

Volume 7 Issue 3

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

May/June 2008

From the Editor:

We know it's spring at Heartland when the Ames Garden Club starts to spruce up our front entrance; when Heartland's financial donors come for early breakfast; when toes are tapping in preparation for Variety Show auditions; and when ADC visits the greenhouses to purchase bountiful flowers for its patio area. Come help us celebrate Spring at Heartland!



Marilyn Johnson,
PR & Volunteer
Coordinator

Activity & Resource



Center

As part of Older Americans Month, Heartland is sponsoring a Senior Wellness Day on Wed., May 28. The Nutrition and Activity Departments are scheduling activities and talks on health and wellness topics throughout the day.

Activities include: Tai Chi, Spinal Screenings by Elbert Chiropractic, Hand Massages by Therassage for Health and Therapeutic Massage, Wii demonstrations (the new interactive computer games of bowling etc.), memory games, wellness bingo, a carrot cakewalk, and refreshments through out the day. Come join us!

Upcoming Day Trips:

 **Tulip Festival in Pella**



Date: Fri., May 2

Departure: 8:30 am

Return: 6:30 pm

Cost: \$50 (transit & grandstand ticket. Lunch is to be purchased independently)

"Menopause, the Musical"

Date: Weds., June 11

Departure: 12:30 pm

Matinee: 2:00 pm

Dinner at Chili's (purchased independently)

Return: 6:30 pm

Cost: \$55 (transit and play ticket)

(Both of these trips are full.)

For further information on upcoming trips,

Call Kitty: 233-2906

Attention:

If you are hosting an event, consider renting Heartland's Activity Center. The rental rate is \$25 per hour. It is spacious, convenient, and accessible. Call Kitty for info: 233-2906.

Upcoming Events at HSS

May 1: Ames, Senior Expo, Gateway, 9:30-2 pm

May 1, 8, 15, 22, 29: Ames, Homeward, 9-12 pm, Foot Care Clinic (by appointment only)

May 2: Ames, Day Trip to Pella Tulip Festival (see middle column)

May 7, 14, 21, 28: Ames, Caregivers Workshop, 9-11:30 am (This class is full.)

May 12: Ames, HSS Monthly Dance, 7-10 pm, Heartland Country Band, (K. Frette), Potluck at 8:30 pm, Cost: \$3, Sponsor: Humana

May 13: Ames, Speaker: Humana Services, 12:30 pm

May 16: Ames, Country Jam Session, 7-10 pm, Potluck at 8:30 pm, Drawing at 9 pm, Cost \$2

May 22: Colo, Bingo 12:30 pm

May 26: Memorial Day (HSS closed)

May 28: Ames, Senior Wellness Day, 8:30 to 2 pm

May 28: Huxley, Bingo, 12:30 pm

June 5, 12, 19, 26: Ames, Homeward Foot Care Clinic, 9:30-12 pm

June 9: Ames, Dance, 7-10 pm, Heartland Country Band (K. Frette), potluck 8:30 pm, Cost: \$3 Sponsor: Bickford Cottage

June 11: Ames, Day Trip to Des Moines Musical (see middle column)

June 20: Ames, Community Trivia Night, 6-9:30 pm, North Grand Church dome, \$10 pp, an HSS fundraiser

June 20: Ames, Country Jam Session, 7-10 pm, Potluck, 8:30 pm, Cost: \$2

June 25: Huxley, Bingo, 12:30 pm

June 26: Colo, Bingo, 12:30 pm

Check new photos/events on Web: HeartlandSeniorServices.com



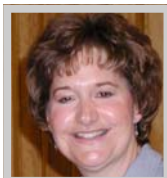
Laurie Lybarger,
ADC Director

Adult Day Care Special Happenings

- 5/2: Horseracing to celebrate the Kentucky Derby
 - 5/5: Listen to HSS band practice
 - 5/9: Old Timers Band
 - 5/12: Accordion Music by Joe
 - 5/15: Dobra guitar music and song by Mike and Lorraine Moneypenny
 - 5/17: Circus Day, activities and discussion
-
- 6/11: About Tornados by Bill Gallus from ISU
 - 6/20: Old Timers Band

Other on-going activities:

Rhythm Band, Tai Chi, You Be the Judge, Name That Tune, Pet Visit, Bingo, Bowling, Crafts, Reminisce Time, Music Appreciation, Bean Bag Tic Tac Toe, Penny Ante, Kids Visit, Scategories, Horseshoes, Book Review, Health Tips, Shuffleboard, Hand Bell Practice, Hymn Sing, Armchair Travel , 20 questions, etc.



Sharon Millage
Nutrition

Nutrition Department

Thank you, everyone, for your cooperation with the new policy of requiring meal reservations at 205 S. Walnut, Ames. With the price of food soaring, this is beneficial in improving the cost-efficiency of our operation. Reservations should be made by signing up at Heartland or calling 233-2906 by 8:30 am the morning of the meal.

Thank you, Dee Monson, for volunteering to coordinate the Nevada Home-Delivered Meals. That is a huge service to HSS!

Heartland's Annual Spring Dinner was a fun occasion as the tables were decorated with flowers from Hy-Vee Lincoln Center. We greatly appreciated the Noon Kiwanis helping serve as usual. After dinner we enjoyed music by Loren Muench and congratulated the winner of the ISU Women's Club quilt drawing: Eileen Hohenstein.



Carolyn Dixon
Outreach

Outreach Department

There's still time. You have until fall to file for the *Economic Stimulus Payment*. Contact Outreach or visit the IRS website @ www.irs.gov for more information.

WOW! It's that time of the year again for **Farmer's Market**. Outreach will be assisting with Farmer's Market applications in the county this spring.

Volunteering a few hours a month can make a difference in the life of another.

"Human relationships are a central factor in health and mortality, and poor social support is a stronger predictor of death than smoking."

-James House, *Science Magazine*

The Outreach Department accepts volunteer applications on a continual basis for the Friendly Visitor and Money Management programs, and also for general Outreach assistance.

HAPPY SPRING...

Carolyn, Carol, Lindsey



Theresa Erlbacher,
Transportation

HSS Transportation on the Move...



Ruth Day is on her way home to **Nevada** after a full day of activities in ADC. Assistant Transportation Director Josh Cliffe helps her onto the bus.



HSS Driver Evan Bassler helps Loretta Thompson, **Ames**, off the bus and into the Ames Congregate meal site.



HSS **Story City** Meal Site Manager Pat Matheason hands a meal to volunteer Myrtle Erickson as they serve the regulars at the Bethany Manor site.



Anoka Stratton of **Collins** checks in with Variety Show Director Mark Forbis and Co-Producer Dottie McGee during Heartland Variety Show auditions.



Scenes from the Heartland!



Marianne Klinsky, **Ames**, accompanied the Ames Garden Club in preparing the front garden area for blooming in April. The Ames Garden Club has helped with this project for 15 years!

Ann Rohovit (front) and Delores Oliver of **Ames**, as well as other passengers from **Story City, Nevada, and McCallsburg**, participated in Heartland's Day Trip to the Botanical Center.



Keith Kline and Jan Sobotka of **Ames** pair up for a dance at Heartland's Monday Night Dance in April.



Mary Lawler of **Colo** shows HSS Outreach Specialist Lindsey Thompson one of the 43 full-sized quilts she has made in her lifetime.

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SENIOR SERVICES
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Heartland's 14th Annual Variety Show

Theme: "HSS Friendship"

Fri., Aug. 15th & Sun., 17th, 2008



The preparation has begun...



Stay tuned
for details!



Jan Tibbetts,
Development
Director

Remembering... with Gifts

**"The deepest principle in human nature
is the craving to be appreciated."**

-William James

Show your love and appreciation by remembering your beloved family, cherished ones and treasured friends on sentimental occasions such as birthdays, anniversaries, and special events. The persons you honor or their family will receive a note about your thoughtfulness.

I would be most happy to meet with and help you plan your Heartland Senior Services' tributes, memorials and planned giving so that valued older individuals in Story County may be a part of a living legacy.

Please call me at 233.2906 ex. 218.

HSS Vision: To promote successful aging through available resources and services.



Ellen McKean & Fern Parrish, ISUWC

Congratulations to Eileen Hohenstein

for winning the
ISU Women's Club Quilt

The 5' by 7' pink and lavender heart quilt was sewn and donated by the members of ISU Women's Club's Stitchery Division. The drawing was held at Heartland's Spring Dinner. The raffle proceeds of \$163 go toward Heartland's programs. Thank you, ISUWC Stitchery!

Examples of Hands for Heartland:



Thank you,

Hands for Heartland, for helping with March 1 Trivia Night, moving chairs for the Annual Spring Dinner & the Ames Garden Club work. Your extra hands/ hearts keep encouraging us!

Examples of next-needed event volunteers:

1. Trivia Night, June 20
2. Coordinate Classic Cars for Variety Show
3. Variety Show Cast Party (Aug. 17)
4. Help with summer lawn maintenance

Call: *Bernie & Linda White, 292-8741*