

Please Complete Both Sides

Yes, I'll offer my hands to help enrich lives of our senior friends in Story County communities.

Name: _____

Address: _____

City & Zip: _____

E-Mail: _____

Phone: _____

Mail this portion and your \$5 Hands for Heartland membership donation to:

**Heartland Senior Services of Story Co.
205 S. Walnut
Ames, IA 50010**



Thank you for your promise of "being there" for our seniors!

How Do I Benefit From Volunteering MY Hands?

You will enjoy the satisfaction of giving back to the generation that gave to you.

You will work alongside Heartland staff and other volunteers whose enthusiasm; talents and dedication will inspire and motivate you.

You will smile inwardly and outwardly more often.

You will be invited to Hands for Heartland gatherings two times a year for social and updating purposes.

And, most importantly, volunteering is its own reward!

For more information contact:

Bernie and Linda White
515-292-8741

or

Marilyn Johnson
515-233-2906

The color in this brochure is made possible by Heuss Printing Inc.

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



A community of interested citizens...



assisting HSS boards & staff through advocate & volunteer roles, particularly in the area of special projects & events.

www.heartlandseniorservices.com

What is the Mission of Heartland?

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



How Can I Help?

You can volunteer your special talents on a committee sponsoring one or more yearly events for the social enjoyment and recognition of Heartland seniors; (there are just more ideas, projects, and events than hands to cover them!)

Did You Know?

Heartland Senior Services reaches nearly 2,000 seniors county-wide in the following areas:

- ♦ Activity & Resources
- ♦ Adult Day Care
- ♦ Congregate & Home-delivered Meals
- ♦ Outreach
- ♦ Transportation

Last year 869 volunteers contributed over 22,000 hours of service to HSS.

What Needs to be Done?

- Set up the party for performers after the Heartland Variety Show in August; (and enjoy the show, too!)
- Assist with minor building improvement projects; (there's always a plan in the works!)
- Help on a committee to honor our donors. Heartland plans a Donors' Appreciation Breakfast in May and an Anniversary Club Recognition in November; (what better way to encourage Heartland growth?)
- Decorate for Heartland's Annual High Tea; (and wear your best hat!)
- Be a Heartland liaison in your own community; (we need many eyes and ears to link deserving seniors to resources.)
- Assist with planning and setting up Heartland's Volunteer Recognition in September; (then you'd be a volunteer, too!)

Will I be Asked to Raise Funds?

No, you'll be giving your time and talent; (although occasionally some of our special events are fundraisers!) Also, Hands membership suggests a \$5 annual donation for printing, supplies, etc.

Yes, I am interested in:

(please check)

- Decorating for events
(circle choices)
Feb. May Aug.
Sept. Nov.
- Serving refreshments
- Building improvements
- Special event committees
- Computer work
- Telephoning
- Mailings
- "Hands" leadership
- Scrap booking
- Ambassadorship in my home community
- Other talents or interests

Please cut this panel and fill in information on the reverse side.

HEARTLAND
Senior Services

Story County Resources for Older Adults