

The Senior Post

Volume 5 Issue 3

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

June/July 2006

From the Editor:

Summer at Heartland always brings plans for the Annual Variety Show. Prelims for acts will be held June 11 & 12.



Marilyn Johnson,
PR & Volunteer
Coordinator

The theme this year, *Hooray for Hollywood*, will have some exciting music and staging twists, not to mention the red carpet atmosphere upon arrival! Stay tuned for details.



Activity & Resource Center

A very popular activity offered by Heartland is computer instruction with Herb Harmison.

Angela Boyd,
A & R Director

Periodically, throughout the year, computer classes are held three times a week for 8 sessions. The cost is \$40.

For those who aren't able to join the class instruction or have specific questions about their own computers, Heartland offers individual instructions to accommodate individual schedules. The cost is also \$40 for 8 lessons.

If you have computer questions but were afraid to ask, let this be the chance to move into the techno age! Call 233-2906 for further details.

Travelers Corner

(Look here for upcoming trips!)

Des Moines Play House,
"The Foreigner"

Date: June 18
Departure: 12:45 pm
Return: 6:00-6:30 pm

Cost: \$35 (dinner at Chili's, Ankeny, not included in price)



Call Angie for reservations and questions.

Des Moines Shopping Trip

Date: June 19
Departure: 9:00 a.m.
Return: 4:00 pm
Cost: \$16

Jordan Creek/Valley West Malls

Iowa State Fair Day Trip

(Please be watching for details.)

Heart 2 Heart Project Update:

(So far, there have been 90 hearts lovingly purchased. Is there someone you would like to honor? Living honorees will also receive a special note indicating your "heart" gift.)

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)

Information: 233-2906

Upcoming Events at HSS

June 7: Black Jack w/Matt Mullins
12:45 p.m.

June 12: Monthly Dance, 7-10 pm
Band: Country Memories (Huxley Band), Sponsor: The Rose of Ames,

June 13: Importance of Mental Health, 12:30 pm, speaker, Anne Armknecht from the Richmond Center

June 16: Country Jam Session, 7-10 pm, \$2, Potluck at 8:30 pm, Drawing at 9 pm.

June 18: Day Trip to Des Moines Play House, (See adjacent box for details.)

June 19: Des Moines Shopping Trip, (See adjacent box for details.)

July 10: HSS Monthly Dance, 7-10 pm, \$4, potluck at 8:30 pm, Band: Heartland Country Band (Kenny Frette), Sponsor: Choice Medical

July 19: Scrabble Tournament, 1:00 pm, \$1

July 21: Jam Session, 7-10 pm, potluck at 8:30, drawing at 9:00 pm

August: Annual State Fair Trip (details forthcoming)

Attention:

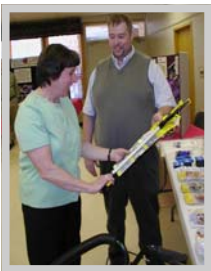
If you are hosting an event, consider renting Heartland's Activity and Resource Center. The rental rate is \$25 per hour. It is spacious, convenient, accessible, and newly decorated!



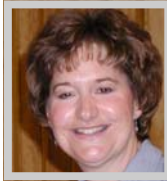
Adult Day Care

Special Upcoming ADC events:

- June 5: Trip to Brekkes Town & Country Store
- June 12: Violin music by Caleb Polashek for International Violin Day
- June 15: Music by Vernon & Hyleless Handsaker
- June 16: Old Timer's Band
- June 19: Wedding Days Remembered (to celebrate staff person Kristina's wedding in July)
- June 21: Bob Pinneke will talk to us about fishing
- June 22: Watermelon seed spitting contest



Kathy Woods from Waterford Assisted Living checks out the exhibits at the recent Memory Care Seminar at ADC.



Nutrition Department

Sharon Millage Nutrition Director

We are proud to announce the opening of our newest meal site on April 20 in the community of Zearing.

Friends from the McCallsburg/Zearing area will be eating lunch together the 1st Mondays at Bethany Lutheran Church in McCallsburg and the 3rd Thursdays at Zearing Christian Church. The crowds have been averaging about 40 participants.

Thank you, Outreach Specialist Carol Helland, for overseeing these meals and keeping everyone posted about HSS services.



Photo by Welch



Outreach Department

Carolyn Dixon Outreach

Questions concerning Farmer's Market vouchers? Please contact Outreach.

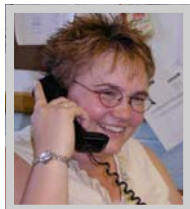
During the month of July, Outreach will be conducting face-to-face re-certification for all **Home-Delivered Meal** clients.

STAYING HYDRATED According to the *Senior Hotline* (Vol. 11 Issue 2), dehydration is one of the most frequent causes of hospitalization for seniors over 65. Drink eight glasses of fluids, especially water, each day.

AGING RESOURCES Aging Resources of Central Iowa has put together a community service and resource guide for seniors in Story County. The guide will be available at Heartland mid-June.

WEATHERLINE 515-232-3131

Outreach is available to assist seniors with applications for rental, insurance, and food stamp assistance. The Outreach Department has information on homemaker, home health aide, nursing, assisted living and other housing programs. Please call us at 233-2906.



Theresa Nevels, Transportation Director

New Transportation Opportunity, July 1

A new Volunteer Driver Program will begin in all Story County communities as of July 1, 2006. It will be open to all ages. HSS, together with recruitment from RSVP, will be opening this opportunity to help meet the transportation needs of residents in rural Story County. Those needs may incorporate trips to the grocery store or rides to medical appointments.

So far about 30 community volunteers have stepped forward to help with this project. Heartland will pre-screen all volunteers, which includes meeting Motor Vehicle Record and insurance requirements. The volunteers must also complete an orientation before their first assignment. Because of insurance guidelines, all volunteers for this program must be age 25 or above. Heartland and RSVP are welcoming additional volunteers in all local areas.

All rides will be scheduled through Heartland Senior Services transit, 515-233-2906. In-town trips will cost \$1.50 each way; out-of-town trips, including out-of-county trips will be \$.39 per mile. There are no income guidelines for this program. However, a reduced fare is available based on monthly income.

Questions? Please call transportation at 233-2906.



Mike Kipp/Pat Kingbury, Ames, dance the night away at Heartland's Spring Dance Fundraiser on April 28.



ADC participants Betty Evans, Blairsburg, and Jean Mensing, Nevada, welcome a pet goat visitor and owner Cathy Stahlman, Ames.



Nellie McGregor & Mary Forney play bingo/cards at Huxley congregate meal site on Weds.



Vada Clark (right) of Collins and her dear friend Helen Earls attend the Heartland Dance Fundraiser at the Moose Lodge.



Sandy Gossman and Ruth Robson, members of Ames Garden Club, beautify the front entrance to Heartland's center in Ames.



John Thurston, Ames, celebrates his 80th birthday eve at Heartland's Donor Breakfast, May 5. He is pictured with HSS Development Director Jan Tibbetts and well-wisher Martha Domek.

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Hands for Heartland

Thank you to those who have already signed up to be Hands for Heartland. So far about 35 names are on the register. The four basic divisions are: Administrative, Community Liaisons, "Handy" Persons, Hospitality/Special Events. Annual Dues: \$5 donation



Examples of now-needed event committee volunteers:

1. Variety Show publicity, specific promo areas
2. Cast Party after Variety Show in Aug.
3. Plans for Volunteer Recognition in Sept.

Sound like fun?

Call: Bernie & Linda White, 292-8741

Heartland's 12th Annual Variety Show, "Hooray for Hollywood"



Betty Boccella, VS Originator, & Chuck Jones, EmCee, invite you to mark your calendars now for a spectacular rendition of Hollywood at its best!

**Fri. Aug. 18
7:30 pm**

**Sun. Aug. 20
2:00 pm**

Ames City Auditorium

Looking ahead to Volunteer Recognition, Sept 28

Collegiate Methodist Church,
Wesley Hall



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.

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*.