



DON PHIPPS

MARLYS PHIPPS

DEB FENNELLY, MEALS ON WHEELS VOLUNTEER



Each year Heartland feeds about 105 Story County seniors with Meals on Wheels, delivering 18,000 low-sodium and low-fat meals, safety checks, and social visits. With these meals, we help support at-risk seniors.

Heartland Senior Services wants to provide more, so we're teaming up with Mary Greeley Medical Center in January 2017 to expand our reach and streamline our program. Annually, MGMC delivers 15,000 Meals on Wheels lunches. Together as "Meals on Wheels of Story County" we'll increase our volunteer pool and serve over 33,000 meals.

"I do so much more than 'deliver' a meal to seniors. I check on their safety and well-being. I bring them a hot and nutritious meal that gives them energy. Plus, I get to connect to some very special people. It's the social interaction that really had me hooked from the first time I volunteered," said Deb Fennelly, who has volunteered for six years.

More than 90% of our clients need financial assistance to pay for their meal service, so the assistance we receive from donors is crucial to the program's success.

To support our seniors' independence, complete and return the enclosed envelope. You can also give by visiting or calling www.HeartlandSeniorServices.com or 515-233-2906.

SHOW YOUR HEART FOR THOSE OF HEARTLAND

"We heard about Meals on Wheels and tried it — what a lifesaver. We are so thankful for the hot meals delivered to our door by folks who are now friends. The variety of tasty meals is wonderful. Don and I both appreciate the help."

—Marlys Phipps

DID YOU KNOW?

- Heartland Senior Services is teaming up with Mary Greeley in January 2017 to serve more seniors as Meals on Wheels of Story County.
- Around 150 seniors benefit from Meals on Wheels of Story County.
- Meals on Wheels offers a warm meal, a friendly face and a safety check.



Follow us on Facebook to learn about how you can further support Meals on Wheels through the 2017 Dancing with the Story County Stars fundraising event on January 28, 2017!

THANK YOU!

Each year donations account for \$200,000, or approximately 20% of Heartland's budget.

Thank you for your support in meeting this annual goal. Your generosity and goodwill enables Heartland to continue its important work.

REACH OUT

The Outreach Department serves seniors in-home, via the phone or in the Heartland office — the helping hand to seniors' independence.

ENRICH THE FUTURE FOR THOSE WHO HAVE ENRICHED OUR PAST

For decades, Heartland Senior Services has helped improve the lives of our grandparents, parents, and other loved seniors. Our Adult Day Center brings together about 20 seniors a day for engaging activities and a warm community — and relieves their caregivers.

"I love that I can take my mom to the Adult Day Center. I can go to work with the peace of mind that she's in safe hands. And I'm not forced to put her in 24/7 care because I can't be there 100 percent of the time with her," said Jerri Heid, daughter of a long-time Adult Day Center client.

Support from donors like you is needed and helps the 75% of seniors who need outside financial assistance to afford this service. It will also ensure strong activities and outreach services.

Please support our seniors and their families by completing and returning the enclosed envelope. You can also donate by visiting www.HeartlandSeniorServices.com or by calling 515-233-2906.



AMES CONGREGATE MEAL PROGRAM AT HEARTLAND



LAURIE YOCUM, DIRECTOR OF ADULT DAY CENTER, WITH CLIENT, JOHN IMSANDE

HEARTLAND ACTIVITIES FOR ADULTS 60 YEARS AND OLDER INCLUDE:

- Chorus
- Card clubs
- Dances
- Bingo
- Exercise
- Computer classes
- Jazz and country jams
- And more!

THANK YOU FOR YOUR SUPPORT

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