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HeartlandSeniorServices.com
205 S WALNUT AVE
AMES, IA 50010
Senior Services
HEARTLAND



Jan and George Beran recently gave \$1 million to Heartland Senior Services's new Healthy Life Center facility project.

A Snapshot of Seniors in America

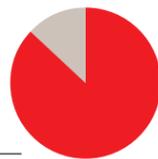


1 in 5 Americans is 60 years or older.

Approximately **12,000 more** turn 60 every day.

This population is set to **nearly double** by 2060 from 58 million to 114 million seniors.

87% of older Americans who have a caregiver say they are receiving care from a family member.



52% of caregivers live at home with their care recipient.

45% of respondents who serve as a caregiver for someone else report that they would benefit from additional services to support them, such as respite care.

1 in 4 seniors lives alone.

Nearly 20% of seniors report feeling lonely.

Half of older Americans believe that their community aids their ability to lead a happy and healthy life.



Source: National Council on Aging (NCOA) and Meals on Wheels America.

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Generous Donation for Healthy Life Center

George and Jan Beran have always believed “the family who plays together, stays together.” Throughout their 63 years of marriage, they maintained an active lifestyle—whether it was cross-country skiing, biking to work at ISU, or playing outdoor games with their kids and grandkids. This commitment to a healthy lifestyle fueled their decision to donate to Heartland Senior Services. This generous gift of \$1 million will go towards Heartland’s \$3.5 million fundraising goal to participate in the proposed intergenerational Healthy Life Center.

Jan has been advocating for a shared recreational facility in Ames for a long time. As a physical educator, she knows the value and importance of exercise in maintaining a healthy lifestyle. And as foster parents, the Berans dreamed of easy access to a community recreation facility that would provide a safe and fun environment for the kids that were placed with them in Ames.

Jan even helped conduct a survey on behalf of the League of Women Voters determining the recreational needs of the community over ten years ago.

“This was a chance to invest in a community we love so much and support Heartland Senior Services at the same time.”

— Jan Beran

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Notes from Nancy



I was struck the other day by some statistics I ran across from a study conducted by the National Council on Aging. Seniors are one of the largest growing demographics in our country, with 77 million baby boomers, and 10,000 more turning 65 every day! Despite the challenges of aging, seniors in America are happier and healthier than ever, with more than 80% of participants indicating a strong sense of purpose and 84% of seniors reporting an optimistic view towards maintaining their health and quality of life.

Perhaps not so surprising, the national findings reflect what we see with the seniors we serve at Heartland. Some need varying levels of support for the financial and physical changes they are facing. Many desire to stay close to family and friends and value staying active in our community. And all seniors can benefit from resources that help them maintain their independence and uphold their dignity.

The staff and volunteers of Heartland work to provide the programs and resources this amazing generation needs to thrive. Whether it's the 125 seniors who get a warm meal through Meals on Wheels or the 25 individuals who attend Adult Day Center each day or the countless number of seniors that our Outreach Specialist meets with on a daily basis, we make a tangible impact on the members of our community every day. With exciting new projects on the horizon like the Healthy Life Center, we are excited to serve all the seniors of Story County.

Nancy

Nancy Carroll, Executive Director

Generous Donation Continued



"Our research showed Ames needed a facility for year-round recreation and a warm-water aquatic facility," Jan shared.

George and Jan felt the intergenerational Healthy Life Center was only a matter of time. "We've been following the efforts for Heartland Senior Services to expand and grow over the last few years," said Jan. "This was a chance to invest in a community we love so much and support Heartland Senior Services at the same time. We were inspired by the work these organizations are doing to create this one-of-a-kind center for Story County. We want to live in a community focused on making healthy living accessible to everyone."

The Berans live at Northcrest Community. George attends Heartland's Adult Day Center a couple of times a week, allowing Jan to maintain her active lifestyle. The setup and design of the Healthy Life Center would enable George and Jan to recreate, socialize, and receive support all within the same facility. The Adult

Day Center will be housed in the new facility—yet have a separate entrance. Other features within the Healthy Life Center would include a children's indoor playground, warm water pool for all ages, a gymnasium, cafe, community gardens, walking track, and more.

Six partners in the community (including the City of Ames, Mary Greeley Medical Center, Heartland Senior Services, Iowa State University, DMACC, and Story County) are collaborating to make this first-of-its-kind facility a reality. "We are thrilled that the Berans have shown such generous support to Heartland Senior Services and the Healthy Life Center concept," said Winnie Gleason, President of Heartland's Board of Director. Additional support will be important in making this intergenerational facility a reality. For more information on the Healthy Life Center and Heartland's involvement, visit www.CityOfAmes.org/HealthyLifeCenter or contact Heartland's Executive Director, Nancy Carroll, at 515-231-4354.



Heartland provides all types of activities for seniors in Story County to say engaged. Visit our website or call 515-233-2906 to learn more.



Steph Scherbart and her mother, Bev Scherbart, enjoy music played by the Gustafsons.

"The main thing the ADC has provided for me is peace of mind. And, for my mom, it has provided her the chance to socialize, have fun, and make new friends at the age of 90. What a blessing for both our lives."

— Steph Scherbart,
Bev's daughter

Adult Day Center Brings Peace of Mind to Music-Loving Mother & Daughter

In her early 90's now, Bev Scherbart has not lost her love of music. Steph, Bev's daughter, can remember her mom singing and taking her to concerts as a little girl. A musician and music lover herself, this has always been something the two have connected on.

When Bev moved in with Steph, she was grateful for the flexibility and independence it gave her mom. And yet, Steph would worry about Bev being at home alone while working at the Iowa State University library during the day. "When she first moved in, she tended to sleep all day, and not get out of bed," said Steph. "Even if I would leave lunch for her on the counter, she wouldn't eat. Bringing her to the Adult Day Center helped me

know she'd get the socialization and food she needed while I was away."

Along with the attentive care and nutritious food the Heartland staff provides, Bev really enjoys the activities the Adult Day Center (ADC) puts on throughout the week, especially the musical events. The performances and sing-alongs provide Bev with a connection to her lifelong love of all things musical. "She's also a big fan of trivia, the animal visits, and crafts," said Steph, and added with a chuckle, "I now have a necklace for just about every season of the year, which my coworkers always admire."

Most importantly, Steph is relieved to have the extra support her mom needs



Bev Scherbart has been a long time Adult Day Center participant and especially loves the live music events.

throughout the day. Bev attends five days a week, meaning Steph can be fully present at work, without having to worry about her mom. She can also rely on the ADC staff to help with her personal care, and provide the necessary social stimulation she wasn't receiving while home alone. "The main thing the ADC has provided for me is peace of mind. And, for my mom, it has provided her the chance to socialize, have fun, and make new friends at the age of 90. What a blessing for both our lives."

THANK YOU TO OUR
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SUPPORT



Learn more about the Adult Day Center

Hours: 7:30 a.m. to 5:15 p.m. Monday through Friday
Cost: Sliding Fee Scale | Location: 205 South Walnut, Ames

Contact Director Laurie Yocum at 515-233-2906 or lyocum@hsservicesia.com for more information.