



*Participants enthusiastically await the beginning of the new Heartland Senior Services project!*

## Heartland Senior Services to Construct a New Building at Same Location

Beginning in the new year, Heartland Senior Services will be like never before! Starting in early 2022, the existing building will be demolished. Construction of a new state-of-the-art facility will begin in the spring of 2022. It is anticipated that the new center will open in the spring or summer of 2023.

### ***During Construction:***

- Adult Day Center services and administration will be located at Green Hills Community, 2205 Green Hills Drive in Ames.
- Meals on Wheels volunteer coordination will occur at Mary Greeley Medical Center.
- Activities and the Friendly Lunch Bunch will be relocated to CityChurch, 2400 Oakwood Road in Ames.

### ***What can Story County residents age 60 and above look forward to when the new center opens?***

- Expanded program offerings through seamless delivery of services to Story County residents age 60 and above in the areas of physical activity, health promotion and nutrition,

and improved mental/emotional health through greater social networking opportunities.

- An enjoyable and stimulating place to gather and socialize, with abundant, vibrant, and aesthetically-pleasing space to accommodate conversations with friends, including multi-purpose rooms to host large groups, social gatherings, cooking classes, fitness classes, support groups, and more!
- Inclusive programs to serve all socio-economic levels.
- State-of-the-art technology: such as high-speed internet access, high-quality video equipment for presentations, and on-site technology help with phones, tablets and laptops.
- A 'virtual' center that provides older adults living throughout Story County (and their caregivers) live access to classes, support groups, health and nutrition offerings, video chats, and the opportunity to participate in fitness, wellness, and health promotion programs remotely.
- The same services Heartland offers now – the Adult Day Center, Outreach Services, and Meals on Wheels.

## ***New Center will Provide Improved and Expanded Programs and Activities***

- **Social Offerings:** Arts/crafts; book and social clubs; bridge, cribbage, card games; computer and technology classes; social media how-to and safety instruction; intergenerational initiatives; extensive volunteering opportunities; large group activities such as Song Birds and Senior Band.
- **Physical Activity:** Fitness classes, Tai Chi, yoga, strength and cardio training, Silver Sneakers, and chair aerobics.
- **Health Promotion and Nutrition:** Healthy cooking classes, nutrition and diabetic education classes, wellness groups, health screenings, foot care, resilience training, and support groups for various life situations such as caregivers, grief support for spousal loss, and others.

## ***Architect and Builder Hired***

A local Ames architectural firm, RMH Architects, will assist HSS with developing exterior/interior renderings and floor plans. As drawings and plans become final, we will post them on our website and on Facebook.

Harold Pike Construction, a contractor that has constructed quality facilities for decades in Ames and Story County, was chosen to build the center.

The new facility will be designed with large windows providing passive lighting, and it will incorporate energy-efficient windows, doors, roof, walls, mechanical systems, and LED lighting.

## ***Capital Campaign for the New Building***

**If you would like to learn more about naming opportunities, please call Executive Director, Nancy Carroll at 515-231-4354.**

This would be the perfect way to express your support of Heartland Senior Services, to honor someone, or to remember a loved one with a memorial plaque.

***Your support is needed and appreciated!***



## ***During Construction, Financial Support for Ongoing Operations Is Still Needed***

- **THE ADULT DAY CENTER** will remain open and be laser-focused on serving older adults (and their caregivers) who have been affected by the diseases of dementia and Parkinson's.
- **OUTREACH SERVICES** will continue to support and connect some of Story County's most frail, vulnerable, and those living below the poverty-level to available resources.
- **MEALS ON WHEELS** will continue to provide hot and nutritious noon meals. The pandemic revealed the critical importance of Meals on Wheels. Prior to the pandemic, we delivered 125 meals daily throughout Story County. During the pandemic this number increased to 230 per day, and we do not anticipate a decrease in this level of participation.

## ***STAY TUNED!***

As details on the new center become available, we will keep you updated on our Facebook page and website.



HeartlandSeniorServices



HeartlandSeniorServices.com

## ***Thank You for Your Support!***

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***Have a heart for Heartland***