

Healthy Living Healthy Life

Have a heart for Heartland. Your support is needed and appreciated.

Volunteers Give Heartland More Than Their Time



Phyllis Craig, Activities Director, has never worried about finding volunteers to help lead Heartland programs or assist in the Adult Day Center. Living in a college town allows for a great college/community connection.

“Most of our volunteers come from Iowa State or the Des Moines Area Community College and are students in a human development course or a related major,” Phyllis says.

“It is really a win-win for both volunteers and Heartland,” she says. “Volunteers gain great hands-on experience, while we have more hands to help with activities.”

The United Way of Story County ‘Day of Caring’ on Friday, September 8, also brought

many volunteers from the community to Heartland. “Since it was the day before the Iowa vs. Iowa State football game, we had volunteers help with a pre-tailgate lunch, decorating the dining room in cardinal and gold and in black and gold,” Phyllis says. The volunteers also engaged with the Adult Day Center activities. “It was a wonderful day and we really appreciated the support demonstrated by all the volunteers,” Phyllis adds.

Volunteers are welcome and appreciated at Heartland. If you would like to volunteer with Heartland, contact Phyllis at pcraig@hsservicesia.com.

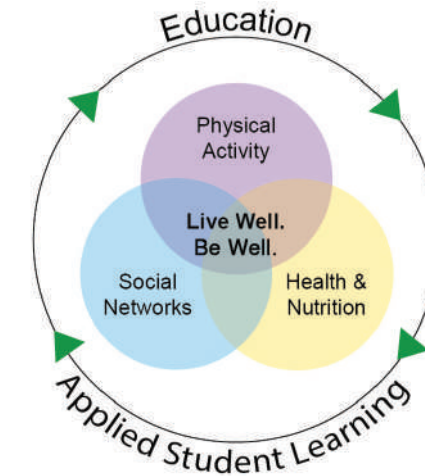
Imagine having a place to go in the community where people of all ages and socioeconomic backgrounds gather to focus on their health and well-being. It would be a place that supports and promotes physical activity, healthy nutrition and social connections among all generations.

Beginning in early 2016, several community entities have participated in monthly exploratory conversations around the concept of developing a Healthy Life Center in Ames. The City of Ames, Des Moines Area Community College, Heartland Senior Services, Iowa State University, Mary Greeley Medical Center, the Ames Community School District and the Story County Board of Supervisors are the participants who are discussing the feasibility of providing a one-of-a-kind center that makes healthy living accessible and enjoyable to people of all ages and social economic statuses.

Key drivers that support a Healthy Life Center include:

- Need to enhance quality-of-life facilities
- History of successful partnerships between governmental entities
- Aging population of Iowa: Story County and Ames
- Increase in chronic diseases and childhood inactivity
- Desire to attract and retain millennials to Ames
- Retirees moving to Ames
- Healthiest Ames and Healthiest State initiatives

Three spheres of emphasis will drive the facility components and support the concept of a Healthy Life Center: physical activity, health and nutrition, and social networks. Through the involvement of Iowa State University and Des Moines Area Community College, education and applied student learning will be a major emphasis and encompass each of the three spheres.



Facility components that are being considered in support a Healthy Life Center include:

Physical Activity

- Physical therapy room
- Aerobics room
- Cardio/fitness equipment
- Gymnasiums
- Indoor walking track
- Therapy pool
- Indoor warm-water recreational pool
- Cool water competitive pool
- Children’s all-inclusive indoor playground

Health & Nutrition

- Heartland’s Adult Day Center
- Meeting room space
- Seniors’ Health Insurance Information Program (SHIIP) counseling office
- Demonstration/participation kitchen
- Outdoor community gardens

Social Networks

- Café/lobby
- Arts, crafts and music room
- Games/activities space
- Multi-purpose rooms
- Child care

A Healthy Life Center is sure to be the place where people of all ages come together with a common goal: to live healthy lives.

Healthy Life Center Feasibility Study

On August 8, 2017 the Ames City Council approved a \$95,000 Healthy Life Center feasibility study. This study will be completed in December 2017. It will include capital and ongoing operational cost estimates, a fee schedule for programs and activities, conceptual drawings and more. This information will provide the participating entities with the necessary information to determine if this project will continue to move forward.

To pay for capital costs, public and private funding would be required. It is anticipated that the City of Ames would own and manage the complex with Heartland Senior Services and Mary Greeley Medical Center being tenants within the building. ISU and DMACC would support programmatic, educational and applied-student learning opportunities. ISU administration has indicated a willingness to sell an approximate 10-acre parcel to the City — west of Scholl Road on Ontario — for the complex to be built upon.

Stay tuned. This is an exciting time as we gain the facts on this concept from the feasibility study. In the event this project moves forward, public information/reaction meetings will take place in 2018.

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Notes from Nancy



Our seniors' needs and interests change every year. What remains constant is their need to break free from isolation, their desire to find purpose and meaning in their day-to-day lives, and their yearning for variety and engagement with others of all ages.

Heartland Senior Services has provided seniors these opportunities and services for years, but seniors aren't the only members of our community who can benefit from access to activities, increased socialization, health education and engagement.

As the article on the cover of this newsletter details, Heartland is currently working with key community members to spearhead the creation of a new Healthy Life Center in Ames. If it becomes a reality, this one-of-a-kind center would make healthy living accessible and enjoyable to people of all ages and all social economic status in Story County.

This is an exciting journey and more details will be known by the end of December when the City of Ames' Healthy Life Center feasibility study is complete. I look forward to sharing those findings with you.

Nancy

Nancy Carroll, Executive Director

Active Seniors are Happy Seniors



Many area seniors enjoyed a day trip to the Iowa State Fair on August 16th.

Many of today's seniors — once able to vigorously participate in life's daily activities during their younger years — find themselves in a routine that feels uninspiring. Some feel like they are missing out on important friendships and activities.

Heartland's Activity Director, Phyllis Craig, has made it her mission to add variety to the lives of Story County seniors.

On most days, you will find Phyllis planning and scheduling games, outings and more for seniors. Her role within Heartland is vital to seniors' socialization, continued education and health and wellness.

Phyllis works hard to provide activities that participants will enjoy. "Our activities provide participants with the opportunity to make new friends and build strong social connections," Phyllis says.

As time moves forward, many seniors don't have as many opportunities to engage with their peers — and it's important that they do so. "Socialization helps fight depression," Phyllis says.

Heartland's activities provide a plethora of opportunities for seniors to connect with each other through playing cards, joining their voices in chorus, attending a concert, watching a movie and other stimulating activities.

Educational activities remain popular with local residents. Quarterly Trivia involves community members of all ages. Lunch and Learn events bring in local professionals such as law enforcement officers or pet therapists to share information and interesting topics. Seniors also can join classes on technology or book discussions.

Health and wellness has continued to evolve over the years at Heartland,

which now offers Tai Chi (both beginner and intermediate classes) and Zumba.

"Many newly retired seniors are very active. We have to be creative and meet the expectations of this population," Phyllis says.

Seniors enjoy the Jazz or Country Jam sessions, which take place at Heartland. The Moose Lodge in Ames hosts the monthly dances and attracts people from all over the state. These dances are sponsored by Bethany Life.

Much of what keeps seniors engaged is a change of scenery. Phyllis schedules outings throughout the year, taking advantage of the Iowa State Fair, Iowa Cubs games, Jolly Holiday Lights and more.

"We like to incorporate bus outings — they are great for those who can't drive or are nervous to drive in Des Moines," she says.

When it comes to activities, Phyllis has learned timing is vital, trends are fun, and intergenerational activities can be valuable to Heartland's community. "We have had people bring their grandkids to game nights and have ISU students playing cribbage on a monthly basis. It's great to see," she says.

Phyllis is always looking at what today's seniors want and need to lead healthy and active lives. From more intergenerational activities to educational opportunities that incorporate new technologies, like taking photos with smartphones and using Pinterest, Phyllis sees activities changing but never losing their main purpose: to engage hearts, minds and communities.

For a list of current activities at Heartland, visit the website, www.HeartlandSeniorServices.org.

Keeping Up With Eleanore



Eleanore has always enjoyed gardening and was able to plant flowers on Heartland's Adult Day Center enclosed patio this summer.

When you are as physically able as 94-year-old Eleanore Kovach, you need to get creative to keep moving. Although she was diagnosed with memory issues about two years ago, she hasn't let that slow her down.

"Up until last year Eleanore went for two daily walks around our neighborhood. When this became harder to accomplish



Eleanore and an Adult Day Center staff member look through a magazine together and chat about living in Iowa.

each day, we wanted to find a good alternative for her," says Karen Kovach, Eleanore's daughter-in-law.

Eleanore has been living with her son, Dave, and Karen for the past eight years.

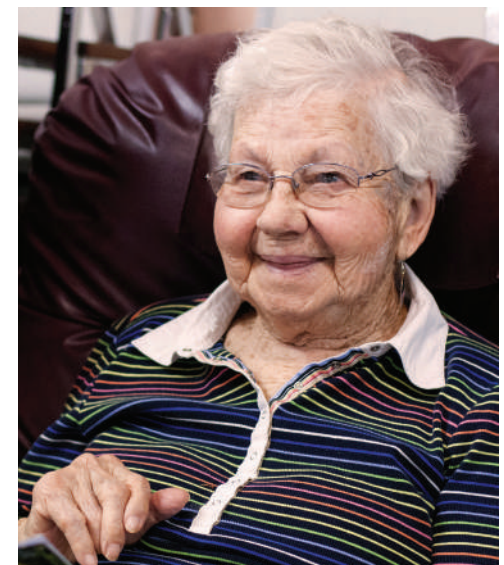
Karen and Dave wanted Eleanore to have more social and physical activities than they could provide in-home. After a suggestion from a good friend, the Kovaches explored Heartland's Adult Day Center. Eleanore started going a couple times a week, but now two years later, she goes almost every day.

"She loves being around people, laughing with them and making them laugh," Karen says. "We call her the queen of one-liners."

Eleanore also has a knack for golf, winning the green jacket during the last golf tournament. Another favorite of hers is the music activities. Karen says she loves that

"Eleanore always says how nice the people and staff are at Heartland. It helps us to know that she feels safe and loved."

— Karen Kovach,
Eleanore's daughter-in-law



the Heartland staff are involved, dancing right along with the seniors.

Between the activities and the staff, Karen and her husband know that coming to Heartland's Adult Day Center continues to "fill up Eleanore's tank."

"Eleanore always says how nice the people and staff are at Heartland," Karen says. "It helps us to know that she feels safe and loved."

THANK YOU TO OUR SPONSORS' SUPPORT

Bethany Life
Green Hills Retirement Community
Ames Chamber of Commerce
CityChurch of Ames/Des Moines
Gateway Insurance
Grandon Funeral & Cremation Care

Learn more about the Adult Day Center

Hours: 7:30 a.m. to 5 p.m. Monday through Friday
Cost: Based on a sliding scale | Location: 205 South Walnut, Ames

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