

COMMUNITY SUPPORT



We rely on the generous support of organizations to keep our quality services affordable. A special thank you to:

- Analysis of Social Services Team (ASSET): City of Ames, Story County, United Way of Story County
- Aging Resources of Central Iowa
- Local cities: Nevada, Story City and Huxley

Supporting seniors' independence and providing these high-quality services is our mission, and it's made possible through the support of donors like you.

Have a heart for Heartland

To partner with us, you can make a donation at www.heartlandseniorservices.com or call us at 515-233-2906. Thank you!

CONNECT

Visit us online at www.heartlandseniorservices.com to learn more about:

- Upcoming activities and events
- Monthly meal menus
- Volunteer opportunities
- In-depth information on our services

Please call us at **515-233-2906** to start a conversation about how we can best support you or your loved ones.

Or email us today at info@hsservicesia.com



Group Presentations

Do you need a speaker at your civic or social group meeting? Please call Nancy Carroll, Executive Director, at 515-231-4354 or email her at ncarroll@hsservicesia.com.



205 S. Walnut Ave. | Ames, IA 50010
515-233-2906 | info@hsservicesia.com

heartlandseniorservices.com 



Story County Resources for Successful Aging



**ACTIVITIES, ADULT DAY CENTER,
NUTRITION AND OUTREACH**

Programs & Services

Offering life-enriching opportunities for older adults and providing support for their families and caregivers

PROGRAMS & SERVICES

Today, Heartland Senior Services is as vibrant as ever, committed to enhancing the lives of those 60 and over, while upholding the independence and dignity of those we serve. We are here to make your journey better!

Activities



Senior years are meant to be enjoyed! We offer fun, engaging activities for independent adults 60 years and older, such as:

- Art Activities
- Bingo
- Book Discussions
- Bunco
- Bus Trips
- Cards
- Chorus
- Computer Classes
- Country & Jazz Jams
- Cribbage
- Dances
- Exercise Classes
- Lunch & Learns
- Movies
- Trivia
- Zumba

Check out our website for a calendar of events and registration information. We'd love to have you join us!

CONTACT: PHYLLIS CRAIG,
Activities Director at 515-233-2906 x224
pcraig@hssservicesia.com



Adult Day Center

The Adult Day Center brings an enhanced quality of life and sense of dignity to those needing extra support on a daily basis. Approximately 30 seniors a day gather for engaging activities in a warm and caring environment. Support is there when needed, with medical assistance, meals, and companionship.



A variety of shared experiences and engaging activities give attendees a sense of independence and enjoyment. We support more than seniors with dementia—we also give their caregivers respite while they work or tend to other needs with a peace of mind that their loved one is in good hands. Stop in anytime for a tour!

CONTACT: LAURIE YOCUM,
ADC Director at 515-233-2906 x220
lyocum@hssservicesia.com



Nutrition



One of the keys to health and happiness is a good meal. We're committed to bringing nutritional, hot meals to those we serve in a variety of ways:

Meals on Wheels of Story County: A service of Mary Greeley Medical Center and HSS. We provide home-delivered meals to individuals unable to make their own food, short-term or long-term. In addition to a hot and nutritious meal, we deliver a safety check and a friendly visit!

Friendly Lunch Bunch: Enjoy a meal, shared in the company of others, served Monday through Friday at 205 S. Walnut Avenue in Ames. To make your reservation, please call by 8:30 am at 515-233-2906.

CONTACT: SHALA HARSH,
Outreach Director at 515-233-2906 x218
sharsh@hssservicesia.com



Outreach

Through home visits and telephone contacts, we provide a vital link between older adults and community resources, helping seniors to remain in their homes and live independently as long as possible. Services include:

- Connections to local agencies and services
- General application assistance
- Transportation coordination
- Rent reimbursement
- Farmers' Market vouchers
- Energy assistance
- Social Security assistance
- Veterans Affairs assistance

Our Outreach Specialists are always here to listen and lend a helping hand.

CONTACT: SHALA HARSH,
Outreach Director at 515-233-2906 x218
sharsh@hssservicesia.com



Yes! We serve all of Story County.

