

Healthy Life Center Update

Over the last two years, informal conversations about community needs have gelled, leading a diverse group of stakeholders to form the Healthy Life Center Steering Team. That team has been sharing ideas, listening, and learning about how Ames along with greater Story County could best support and enhance healthy living for all its residents. We are on the cusp of having an unprecedented opportunity of making the dream of a Healthy Life Center a reality for everyone in Story County.



That was finalized in January, 2018 and the results were presented to a joint meeting of the Ames City Council, Story County Board of Supervisors, Mary Greeley Medical Center Board of Trustees, Heartland Senior Services Board of Directors, and ISU and DMACC representatives. The concept was endorsed by all the entities and the proposal for a modern Healthy Life Center is now on the table.

It would be a \$48 million project. \$15.5 would be committed by public entities, and another \$18 million would be raised from philanthropic support through an ambitious countywide effort. A City of Ames bond referendum would then follow for approximately \$15 million.

We now have the unprecedented opportunity to move ahead and develop this state-of-the-art complex where the health and well-being of all lives can be changed for the better. It will complement other facilities in the area and will help socio-economic groups not currently served. We invite your support and suggestions to ensure this facility becomes a reality.

To learn more about the next steps in this endeavor please contact the Philanthropic Campaign Chairs: Ann Campbell at acampbell@gmail.com, Bev Madden at bmaddenhlc@gmail.com or Warren Madden at wmaddenhlc@gmail.com.



Here is a snapshot of what the Healthy Life Center would offer:

- Indoor warm water pool
- Heartland's Adult Day Care
- MGMC extended physical therapy services
- Teaching/participation kitchen
- Childcare facility
- Public meeting rooms
- Café and lounge
- Outdoor community gardens
- Walking track, cardio exercise equipment, and two gymnasiums

For a presentation on the Healthy Life Center contact Nancy Carroll at ncarroll@hsservicesia.com or by phone at 515-231-4354.



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

HeartlandSeniorServices.com

205 S WALNUT AVE
AMES, IA 50010



Honor a Loved One With A Gift from the Heart

Many times each year, Heartland Senior Services is the grateful recipient of memorial donations that are given in lieu of flowers at an end of life celebration. These gifts are accepted not only with gratitude, but also with humbleness knowing that we have been privileged to touch a grieving family's life.

These gifts are some of our most special, and we are excited that family members and friends can now give in honor or memory of a loved one right on our website. In addition to memorial gifts, donors who would like to give a gift in honor of a birthday, anniversary, etc. can request that acknowledgement be sent to the honoree directly from Heartland!



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IN THIS ISSUE:

- Notes from Nancy
- Trivia Night
- Adult Day Center Offers Peace of Mind
- Honor a Loved One With A Gift from the Heart

Notes from Nancy



For every service Heartland provides, we seek to make lives easier for seniors and their loved ones. Clear and easily accessible communication is an important first step in the process, which is why we've been working to increase our online presence.

- We revamped our **website** to be more user-friendly. Consider it a go-to resource, designed to help you find information about the services we provide, learn about upcoming events, and check the Meals on Wheels menus. The website also makes it easy to sign up for volunteer opportunities and contribute financially to our organization.
- Check out our **Facebook Page** and you will see snapshots of our events, volunteer days, and Adult Day Center activities. It's a great way to get more connected with our community!
- Our **Pinterest boards** offer a variety of resources, recipes, and wellness tips for seniors. Use these pins as inspiration to help yourself or loved one live well!

Across all platforms, just like in real life, we want to help connect seniors and their caregivers to meaningful and helpful information. Follow, bookmark, and befriend us today!

Nancy

Nancy Carroll, Executive Director

Trivia Night



Over 160 trivia players enjoy an evening of fun while answering many challenging questions.

Four times a year, around 200 quick-witted individuals get together at the CityChurch, located at 2400 Oakland Road in Ames. Why? It's Trivia Night of course! This quarterly event is one of the most anticipated events we host for both seniors and the broader community. Twenty different teams of eight people each gather around tables, and amid laughter and snacks, test the limits of their trivia knowledge.

Looking around the room, you'll see a mix of all ages and walks of life. Junior high kids enjoying time with their grandparents, fraternity brothers from Iowa State and adults from throughout Story County. One team even boasts having a former Jeopardy contestant on their team.

"This is really a fantastic intergenerational evening. I love how it really brings such a diverse crowd from our community in support of the people we serve," says Nancy Carroll, Executive Director of Heartland.

Regardless of the theme or time of year, this night is always

enjoyable. It takes about 20 volunteers to make it happen, from forming the 100 questions asked throughout the night, to the scoring of the questions and announcing the winners. We are also grateful for our premier sponsors for this event—Bethany Life and Green Hills Retirement Community.

While cash prizes are given out to the winners, most teams donate the money back to Heartland. Funds raised from this event go to support our Activities and Meals on Wheels programs.

Interested in testing your knowledge and being a part of this intergenerational fun night? Our next Trivia Night is on July 20 at 6:30 PM. To register, call Phyllis Craig at 515-233-2609.



1st Place Winners of Heartland Senior Services Trivia on Friday, January 19, 2018, was St. John's.

Adult Day Center Offers Peace of Mind



Jack Riney celebrates his 86th birthday at the Adult Day Center

On Monday, March 26th, Jack Riney celebrated his 86th birthday. After a special breakfast at home, his wife Shirley drove him from their home at Green Hills Retirement Community to the Heartland Senior Services Center, where Jack attends the Adult Day Center three times a week.

Jack thought it would just be a normal day, and he was looking forward to the Yahtzee tournament that afternoon. What he didn't know was that 10 of his family and friends would be joining him at the



Reggie Greenlaw performed for Jack's birthday party

"Knowing he's in a safe and caring environment has brought such peace of mind, and also frees me up to... have time to invest in my activities and friendships."

— Shirley Riney,
Jack's wife

center after lunch for a birthday party. Shirley even arranged for local musician Reggie Greenlaw to perform to make the occasion extra special!

For the Rineys, the Adult Day Center has become an essential part of their lives, helping them both stay healthy and independent.

"It was challenging for both of us when Jack found out he could no longer drive, around three years ago. I sought professional advice from the Institute of Aging in Des Moines, and they recommended adult daycare to give me a break and help Jack where he was at developmentally. He was reluctant to go at first, but he's such a social person, and he needed to be in a place where he could stay active. Knowing he's in a safe and caring environment has brought such peace of mind, and also frees me up to be able to run errands, manage our household, and have time to invest in my activities and friendships."



Shirley feels the Adult Day Center provides Jack with a higher quality of life than she could provide on her own. It brings so much peace of mind, knowing he's safe and has access to medical care and a nurturing staff watching over him. And Shirley has noticed Jack has had an increasing sense of pride and ownership in the activities he does and the skills he's learning on the days he attends.

"I think it can be hard for families of people with dementia, especially the spouses. They believe they need to keep doing it all, but they don't realize how truly beneficial that next step of care can be for their loved ones."

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.