

Heartland Partners with Mainstream Living to Deliver Meals to Seniors



“We love finding opportunities to empower our members to give back to the community.”

— Melissa Burnett-Larkins,
Activity Coordinator,
Mainstream Living

With staff support, Mainstream Living participants pick up meals at Mary Greeley Medical Center and deliver them to their assigned Meals on Wheels client.

When Heartland put out a message requesting more volunteers to deliver Meals on Wheels, Melissa Burnett-Larkins, Activity Coordinator at Mainstream Living, reached out to see how Mainstream Living could help. Both Heartland and Mainstream Living have a commitment to enhance the lives of all people within our community, and a partnership between the two organizations seemed like a great fit.

Mainstream Living is an agency in Ames that provides supportive services for adults with disabilities. “Our focus is on community integration,” says Melissa. “We love finding opportunities to empower our members to give back to the community. Heartland’s mission to serve seniors in Story County was a perfect fit.”

Now, every Wednesday, Mainstream members sign up to help with the Meals on Wheels delivery. One staff member from Mainstream Living and a car full of Mainstream Living participants takes the trip to Mary Greeley to pick up the meals and then they are on the route to deliver

the meals. According to Melissa, it’s a popular choice for participants. “They love the opportunity to feel like they’re giving back to their community.”



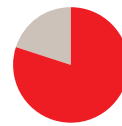
Mainstream Living participants find joy in serving Meals on Wheels.

Would you like an easy and impactful way to serve seniors in our community? Learn more about becoming a deliverer for Meals on Wheels of Story County by contacting Connie McFadden, Volunteer Coordinator, at cmcfadden@hsservicesia.com.

Meals on Wheels: The Facts



1 in 12 seniors is food insecure in 2018.



80% of low income, food insecure seniors are **not receiving a home-delivered meal they need.**



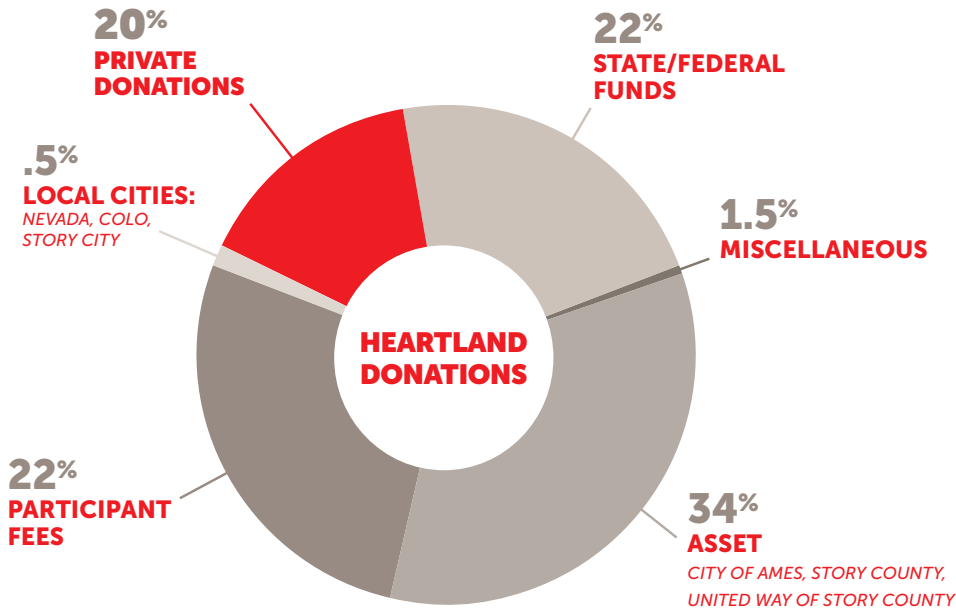
1 in 5 seniors reports feeling lonely.

This has the same health impact as **smoking 15 cigarettes a day.**

- At Heartland, while each meal cost approximately \$11 to prepare and deliver, the majority of Ames and Story County participants can only afford to pay around \$4/meal. Federal and local funders provide \$5/meal.
- The Meals on Wheels program provides approximately 30,000 meals each year in Story County.
- This leaves a significant financial gap for Heartland of approximately \$60,000 annually. *Please consider donating to this critical need.*
- We rely on over 100 volunteers to deliver these meals and provide a safety check to seniors.
- Amazing organizations, such as Mainstream Living, have partnered with us to provide volunteers for delivering meals. *Please consider volunteering too!*

Why Your Donation Counts

Donations comprise approximately 20% of Heartland's annual budget. They are critical to ensuring we meet pressing needs of seniors in Story County. "Private donations are needed so we can continue to support seniors," says Nancy Carroll, Executive Director of Heartland. "Private donations play a critical role in helping Heartland support all aspects of a senior's life."



A Giving Opportunity Worth Knowing About

The IRA Charitable Rollover provides donors age 70½ or older a unique opportunity to make tax-wise gifts to causes they care about.



What is it?

Donors age 70½ or older can transfer up to \$100,000 of IRA assets to public charities without being subject to federal income taxes on the distribution.

Please think of Heartland with your tax-wise gift giving and estate planning. Thank you.

 **EACH YEAR**

DONATIONS ACCOUNT FOR **\$200,000**

or APPROXIMATELY

20% of Heartland's budget.

Thank You

for your support in meeting this annual goal. Your generosity enables Heartland to continue its important work.

Thank You for Your Support!

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HEARTLAND
Senior Services

Have a heart for Heartland.

Your support is needed and appreciated.