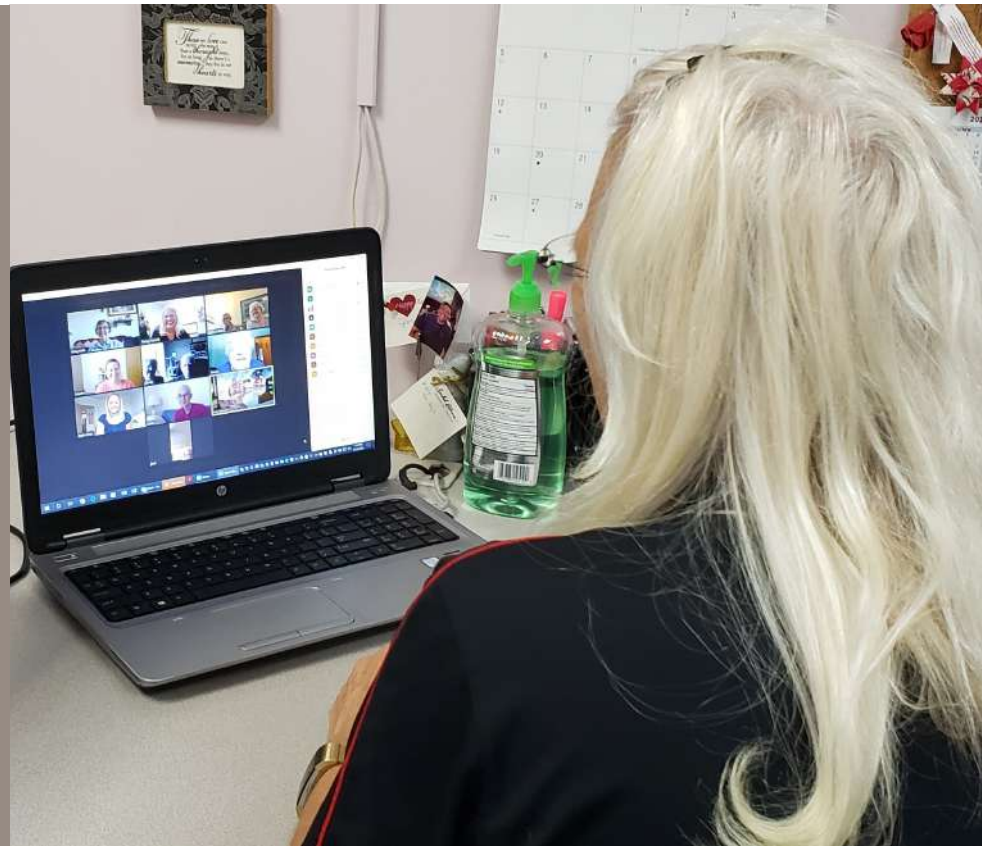


Technology Allows Adult Day Center Participants to Connect

“We knew we needed to stay connected to our seniors. We miss seeing them so much... I’m thankful our folks continue to have the ability to safely connect and to see one another.”

— Laurie Yocum,
Adult Day Center Director



Laurie Yocum, ADC Director, visits with caregivers and participants via ZOOM.

Weekly, Laurie Yocum, Adult Day Center Director, gets on ZOOM and connects to several participants via the internet. They talk, laugh and exercise together!

The Adult Day Center has been closed since March 17th in response to COVID-19. Due to the aggressive nature of the virus and its horrific impact on older adults, Heartland Senior Services’ building and our Adult Day Center services will continue to be closed for the foreseeable future. But, that hasn’t stopped Laurie and Heartland participants from sharing in each other’s lives.

“We knew we needed to stay connected to our seniors. We miss seeing them so

much. And, because our building may continue to be closed for an extended amount of time, we knew we had to leverage technology. So, I contacted each participants caregiver and asked if they’d connect their loved one to me at Heartland via ZOOM. They were excited to do so, and it’s been wonderful. We all get to see each other, and they get to share in an activity they did every day at Heartland...chair exercise.” Laurie said.

Around 90% of the attendees at the Adult Day Center have dementia, so the music used during the exercise time never changes. This is important because participants know the tune and can quickly connect the exercises to the music. “We’ve used the same song and exercises for years... this is important because you don’t want to alter what the participant knows and feels comfortable doing,” Laurie said. “One of the most helpful things you can do for a loved one that has dementia is to provide structure in their daily routine.”

“Although the exercise time is great, even more encouraging to me is seeing the participants talk to one another and smile. As we all know, social isolation is not good...especially for seniors. I’m thankful our folks continue to have the ability to safely connect and to see one another,” Laurie said.



Staff, participants and caregivers always enjoy their time together on ZOOM!



Del Woodward had close to 100 people wish him well on his 100th birthday! Due to COVID-19, Heartland Senior Services hosted a drive-by 'honk and wave' celebration in his honor.

No Job Too Big – No Job Too Small... We're here to meet needs and serve seniors!

Due to COVID-19, Heartland Senior Services, located at 205 S. Walnut, has been closed to Activities, Congregate Meals and the Adult Day Center since mid-March. However, during this time, seniors are still being well served and receiving two essential services: Outreach and Meals on Wheels.

- Outreach includes Laurie Yocum, Director of the Adult Day Center, calling seniors each month to visit with them, assess if they have unmet needs and to discuss their overall health and well-being. Once needs are identified, staff immediately responds. This can mean going to the store, picking-up a prescription and dropping it off at their home, or coordinating how to safely get them a face mask and ride to a doctor's appointment.
- Meals on Wheels has increased by over 40% in response to COVID-19. This means each day over 175 seniors receive a hot and nutritious meal.

Nancy Carroll, Executive Director, recently commented, "Our mantra at Heartland is 'no job too big – no job too small.' If anyone knows of a senior in need, please call us at 515-233-2906. We love seniors, and we're here to meet their need and to serve them during this unprecedented time in our history!"

We Miss Our Seniors

We miss our seniors, but since we serve the highest risk and most vulnerable population being impacted by COVID-19, we do not anticipate reopening Heartland Senior Services' building until there is a very low risk of participants being infected.

Watch for updates on our website and Facebook page:

www.HeartlandSeniorService.com

www.facebook.com/HeartlandSeniorServices

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