

November 2, 2021

**HEARTLAND SENIOR SERVICES TO BUILD A NEW FACILITY AT THE SAME LOCATION**

Starting in the early winter of 2022, the existing building will be demolished. Construction of a new state-of-the-art facility will begin in the spring of 2022. It is anticipated that the new center will open in the spring of 2023.

**WE HAVE TO PACK AND MOVE THE LAST TWO WEEKS OF DECEMBER**

To prepare for the building to be demolished we will need to pack and move items into storage the last two weeks of December. Therefore, **the last day for activities, noon meals, and programs at the existing building will be Friday, December 17<sup>th</sup>.**

**IT WILL TAKE APPROXIMATELY 18 MONTHS TO ACCOMPLISH THIS PROJECT. DURING THIS TIME - BEGINNING TUESDAY, JANUARY 4, 2022 - PROGRAMS WILL BE HELD AT. . .**

- **Adult Day Center** services will be held at **Green Hills Retirement Community, 2205 Green Hills Drive in Ames.**
- **Activities** and the **Friendly Noon Lunch Bunch** will be held at **CityChurch, 2400 Oakwood Road in Ames.**
- **Administration and Office Support:** will be located at various sites in Ames. For billing questions contact Shala Harsh, Director of Meals on Wheels and Outreach Services, at 515-233-2906. To reach Nancy Carroll, Executive Director, call 515-231-4354.
- **Mail**  
Please mail items to: **HSS, P.O. Box 748, Ames, IA 50010**

**MEALS ON WHEELS: NO INTERRUPTION TO MEAL SERVICE**

- **Beginning Monday, December 20<sup>th</sup> volunteers that deliver meals will pick-up and drop-off their bags at the same door at MGMC (west side).**

**What can Story County residents age 60 and above look forward to when the new center opens?**

**The center will –**

- Provide expanded program offerings through seamless delivery of services in the areas of physical activity, health promotion and nutrition, and improved mental/emotional well-being through greater social networking opportunities.
- Be inclusive and serve all socio-economic levels.
- Include state-of-the-art technology: such as high-speed internet access, high-quality video equipment for presentations, and on-site technology help with phones, tables and laptops.
- Provide the same services Heartland offers now – Activities, the Adult Day Center, Outreach Services, and coordination of Meals on Wheels.

**OVER**

### **Improved and Expanded Programs and Activities**

- Social Offerings: Arts/crafts; book and social clubs; bridge, cribbage, card games; computer and technology classes (such as phone set up support and photo/video editing); social media how-to and safety instruction; intergenerational initiatives; extensive volunteering opportunities; large group activities such as Song Birds and Senior Band
- Physical Activity: Fitness classes, Tai Chi, yoga, strength and cardio training, Silver Sneakers, and chair aerobics
- Health Promotion and Nutrition: Healthy cooking classes, nutrition and diabetic education classes, wellness groups, health screenings, foot care, resilience training, and support groups for various life situations such as caregivers, grief support for spousal loss, and others

### **Enjoyable and Stimulating Place to Gather and Socialize**

The new center will be vibrant and aesthetically-pleasing with abundant space to accommodate conversations with friends. It will have multi-purpose rooms to host large groups, social gatherings, cooking classes, fitness class, support groups, and more!

### **Architect and Builder Hired**

A local Ames architectural firm, RMH Architects, will assist HSS with developing exterior/interior renderings and floor plans. As drawings and plans become final, we will post them on our website and on Facebook.

Harold Pike Construction (HPC) has been chosen to build the center. For decades, HPC has constructed quality buildings in Ames and throughout Story County.

The new center will be designed with large windows providing passive lighting, and incorporating energy-efficient windows, doors, roof, walls and mechanical systems.

## **STAY TUNED!**

As details on the new center become available we will keep you updated on our Facebook page and HSS website at

[www.HeartlandSeniorServices.com](http://www.HeartlandSeniorServices.com)

## **Questions?**

**Please call us at any time at 515-231-4354**