

Have a heart for Heartland.

Your support is needed and appreciated.



Exciting Progress on Sixty Forward Center

Construction is underway at 205 S. Walnut Avenue in downtown Ames. Our former facility is being replaced by a modern facility called the Sixty Forward Center, and it is set to open in early 2024.

The Sixty Forward Center will seamlessly support those 60+ with the resources needed to live physically active, socially vibrant, and healthy, supported lives. It will have state-of-the-art cardio and strength equipment, a bright and airy atrium for gathering, Duckpin Bowling, several multipurpose rooms that will be used for fitness and wellness classes, health and nutrition support groups, card playing and bingo, and an Adult Day Center.

The Sixty Forward Center will also include a bistro that will be a relaxing and fun place to gather with friend for a beverage and wonderful food. The Sixty Forward Center will also serve as the headquarters for Heartland of Story County.

Additionally, this Sixty Forward partnership between the City of Ames, Heartland of Story County, and Mary Greeley Medical Center will leverage the partners' facilities throughout Ames to offer a broad network of accessible and supportive activities, services, and events for those 60+. Examples include water walking at Furman Aquatic Center, leagues at Homewood Golf

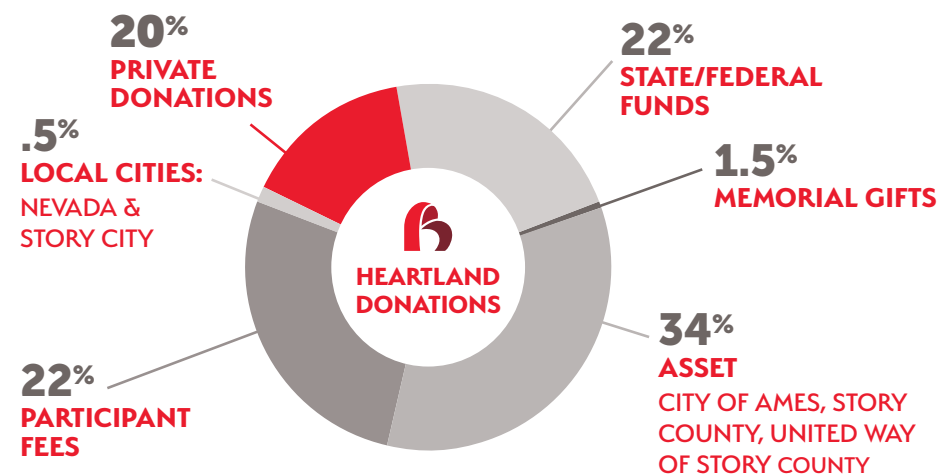
Course and Pickleball at various locations throughout the Ames Park system.

"Collaboration represents a cornerstone of our organizational model, so partnering to promote better aging supports our mission as a healthcare organization," said Mary Greeley Medical Center President and CEO Brian Dieter. "Making it easier to access programs and services that improve participants' overall health delivers a big win for everyone."

Ames City Manager Steve Schinker said, "This model turns traditional thinking around into what best serves the needs of our residents. We are focusing on how to provide the appropriate attention to a growing segment of our population to ensure they remain vibrant, healthy, and independent members of our community."

"The collaborative approach to our Sixty Forward Center is an example of how representatives of Story County have come together to support a key segment of the population," said Pam White, Heartland of Story County Board of Directors President-Elect. "Simplifying access to programs and essential services will enhance the health and well-being of participants and their families. We are proud to be part of this unique new gathering place and programmatic model."

Why Your Donation Counts



Donations comprise approximately 20% of Heartland's annual budget.

They are critical to ensuring we meet pressing needs of those 60 and above in Story County. "Private donations are needed so we can continue to support these individuals," says Nancy Carroll, Executive Director of Heartland. "Private donations play a critical role in helping Heartland support all aspects of a person's life."

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Letter from Leo Milleman, Board President



It's exciting to see how much work has been completed since construction started this past spring on the

Sixty Forward Center. The building is starting to take shape with the steel beams rising up. The limestone facade will be placed on the exterior this fall, and the building will be enclosed before winter.

Thanks to other community organizations that have been so generous in sharing space with us during this transition, Heartland continues to serve those 60+ at various locations throughout the community of Ames.

Specifically, I want to thank Green Hills Community, CityChurch of Ames and Northminster Presbyterian Church for housing our programs and services. We are also thankful for the volunteers who continue to deliver hot, nutritious noon meals to over 200 people per day through Meals on Wheels. Outreach Specialists continue to meet one-on-one with those 60+ to connect them to other support services and resources.

I also want to thank the City of Ames Parks & Recreation team and Mary Greeley Medical Center for the collaboration on Sixty Forward. With the three entities being purposeful and spending precious time to work out the details of Sixty Forward, all of us 60 and above will be extremely well served in our desire to age well. These are exciting times!

Heartland Programs Continue During Construction

While our headquarters at 205 S. Walnut Avenue may be closed during construction of the Sixty Forward Center, all of Heartland of Story County's services have remained active!



Outreach Specialist Caitlyn Lien meets with a client to complete a form that will allow her to receive a voucher to purchase fresh, healthy food at the Farmer's Market.

Outreach

Our Outreach Specialists provide a vital link between those 60+ and necessary community resources. Licensed social workers are available to answer questions, connect people to local resources, and assist with general applications and paperwork.



Monday through Friday, Henry Hayes and other home-bound individuals like him enjoy a friendly visit from a volunteer and receive a hot, nutritious meal.

Meals on Wheels

In partnership with Mary Greeley Medical Center, Meals on Wheels of Story County brings nutritious, hot meals to homebound individuals 60+ throughout Story County. Whether it's a short-term need after a surgery or long-term solution for daily nutrition, volunteers bring a well-balanced hot lunch as well as a friendly visit and a safety check.

"Meals on Wheels are helpful, especially in winter because I couldn't get out due to the ice. I haven't fallen because of them. I've enjoyed visiting with the different volunteers who bring the meals. It's nice to talk with them and the meals are really good."

– Henry Hayes

The Outreach Department is an excellent resource for individuals 60+ or their families who have questions or concerns. Please call Outreach Specialist Caitlyn Lien at 515-346-6983 with any questions or needs — we're here to connect! 📞



Clockwise from left: Natalie Kerr celebrates her birthday at the Adult Day Center. Natalie loves doing arts and crafts at the ADC. Claire Steelman enjoys monthly pet visits at the ADC. Claire celebrates his 101st birthday at the ADC.

Adult Day Center – Care When Families Need It

During construction, the Adult Day Center is being held at Green Hills Community located at 2205 Green Hills Drive in Ames. We reached out to a few of the participants' caregivers to hear what they had to say about how this service provides support for their loved ones.

"The Adult Day Center has offered Dad the opportunity to meet and socialize with new people.

Dad plays cards, balloon volleyball, skee ball, horseshoes, and cornhole. He participates in daily exercises which has helped keep him active. Dad especially enjoys the monthly pet visits from dogs Hunter and Sadie. The ADC staff always celebrate birthdays and anniversaries.

My sister and I still worked when he first started at ADC, and it was great to know he was interacting with others and getting a good noon meal. When we see him in the evenings and ask how his day was, Dad always tells us he had a really good day."

– Patti Steelman

"Natalie has been attending the Adult Day Center for a number of years. She looks forward to every Monday, Wednesday, and Friday. Natalie loves interacting with other participants, and the staff is always warm and friendly.

She dresses up, getting her clothes out the night before in anticipation of the next day. For Deena and I, Natalie's caregivers, the Adult Day Center has been a game changer. We love the activities to keep her mind active and the connections she has made with new friends. The program allows us to get things done during the day as we cannot leave Natalie home alone.

We can't say enough positive things about the caring staff at the Heartland Adult Day Center – they are the best!"

– Deena and Paul Kramer

To learn more, reach out to ADC Director Laurie Yocum-Whipple at 515-346-6895. Laurie is happy to answer questions about the Adult Day Center services and help you decide if ADC is the right fit for your loved one. 📞