

Story County Board of Supervisors Annual Report March 24, 2026

Board of Supervisors' ASSET Allocation

FY24/25: \$119,299 and we expended all funds.

FY25/26: \$121,172 and we anticipate expending all funds.

On behalf of those we serve, thank you for your ongoing support and funding.

Who We Served During FY 2024-25:

Unduplicated Participation Total: 785

- Excluding Ames, 275 residents from 14 Story County communities utilized services
- Unduplicated Ames residents: 505
- Unduplicated outside Story County: 5

Adult Day Center (ADC):

Mission: ADC enhances the quality of life by providing caregivers with dependable daily respite and offering adults 60+ a safe, supportive environment with enriching activities compassionate care.

ADC serves individuals who have chronic health condition, dementia, or a dementia-related condition. Of the people that attend ADC, 90% have dementia or a dementia-related condition. This program benefits both the individual and their caregiver(s) and is a cost-effective alternative to long-term care.

Upon moving into the new space at the Sixty Forward Center in September 2024, the number of people served increased by 70% and the units of service provided increased by 38%.

- **ADC**
 - 3,863 units provided
 - 74 individuals served

Nutrition – Meals on Wheels (MOW) and Senior Food Program:

Mission: Providing access to nutritious and well-balanced meals that helps individuals maintain their desired level of independence.

Mary Greeley Medical Center prepares and packages the meals for MOW and Heartland, through a dedicated volunteer base of approximately 85 people, ensures that the meals are delivered countywide.

- **Meals on Wheels**
 - 24,511 meals delivered
 - 261 people served

Heartland contracts with Polk County Supplemental Foods for the Senior Food Program. A box of shelf-stable foods is made available on a monthly basis to households who meet specific income guidelines.

- **Senior Food Program**
 - 827 boxes
 - 95 people served

Heartland resumed the Congregate Meal program in November 2025 after discontinuing it during the pandemic and building construction. Meals are offered every Thursday at the Sixty Forward Center, and we are serving an average of 10 participants each week.

Outreach:

Mission: Connecting people to programs and services by assessing their needs and identifying available community resources that support their independence.

- 355 individuals/families served
- 603 units of service provided

In October 2025, Heartland began offering Outreach hours at public libraries across Story County. The libraries involved in this pilot are Ames Public Library, Bertha Bartlett Public Library, Huxley Public Library, Nevada Public Library, and Slater Public Library. While attendance has been smaller than anticipated, participants have been engaged and are receiving needed resource information. Later this spring, we will review the pilot to better understand timing and community preferences and use this information to determine next steps.

Sixty Forward Center- A Year in Review (October 2024-August 2025)

Strength and Cardio Room

- Nearly 500 individuals successfully on-boarded, representing 10 of the 15 Story County communities.
- Over half of the individuals are using equipment in their fitness routine for the first time.

Fitness Room

- 15 fitness classes offered weekly.
- 360 individuals participating representing 8 of the 15 Story County communities.

Prime Time Alive

- 21 monthly education programs exploring diverse and impactful topics have been offered.
 - Combined average attendance of 34.5 participants per session (virtual and in-person).

Story County Public Health

- Bingosize and Keys to Brain Fitness classes
 - Classes offered weekly with 18 and 12 participants in each, respectively.

Heartland of Story County

- Collaborating with Ames High School to offer Tech Support twice per month
 - Over the course of 12 Tech Support sessions, we've connected with approximately 60 participants.

The Bistro

We served an average of 1,225 customer tickets per month, with many tickets representing multiple guests.

The top five favorite menu items

- Breakfast Quesadilla
- Chicken Salad Croissant
- Eggs Your Way
- Quiche of the Day
- Reuben Panini

Between October and August, the Sixty Forward Center welcomed approximately 27,040 visitors through its doors.

We're excited for the year ahead. Through partnerships, we've seen how working together allows us to create a welcoming, innovative space where adults 60+ feel supported, connected, and empowered to thrive.

In Appreciation,

Deb

Deb Schildroth
Executive Director