What's Happening?

FIA Friendship Club****Hardin County Community Services

SEPTEMBER

JOAN C BECKER
Author of:
SENTENCED TO LIFE
The Mark Becker Story

Advocate for Improved Mental Health Care

BETHANY LUTHERAN CHURCH
2712 Washington Ave
Iowa Falls IA 50126

6:30PM
September 30, 2015
Joan will speak and answer questions.

In her book "Sentenced to Life" you will see how Joan Becker's personal family experiences served as a catalyst for her to become an advocate and public speaker for individuals with mental illness. Her focus in to open doors and promote change in our mental health system.

Joan lives in Iowa with her husband of 35 years, David Becker. They have three sons, Brad (Jackie), Scott (Nikki), and Mark. She and Dave believe God wants them to share their family's story about Mark and the experience their family had of coping with Paranoid Schizophrenia in the hope it will help other famiies, caregivers, and professionals understand how they can make a difference in moving forward and improving our mental health system.

Drive carefully!! Kids are back to school!

Throughout the month of July, the Friendship Club participants were fortunate to have the opportunity to take a class sponsored by Greenbelt Home Care. "A Matter of Balance" was presented to the participants by Erica Goodknight and Rachel Loyd, who brought both fun and education to the group. Those with regular attendance received certificates, and all learned ways to reduce the fear of falling as well as increase activity levels. Thanks so much, ladies!

The Empowerment Conference

This year's Empowerment Conference was held the 11th and 12th of August. Next year's conference will be held in July at the same hotel, Airport Holiday Inn, so it won't conflict with the state fair.

Pete Williams and Tim Rogers registered to go this year with a stipend. The hotel rooms were really accommodating and the food was very good. The people were really nice, friendly, helpful and welcoming.

The theme of this year's conference was "The goal of discovering the importance of each of us taking responsibility for our own wellness and recovery".

Of the classes offered the two favorites were "Relaxation" and "To Share or Not to Share". With Relaxation we studied the 5 styles or relaxation and at the end of the class we were really relaxed. In the other class we learned what to share with a potential employer and what not to share on a job application or interview.

The keynote speakers were informative and educational.

The conference was enjoyable and it is highly recommended to anyone and anybody.

Yours Truly,
Pete and Tim

A retirement party was held for Kathy on August 3 at the Friendship Club. The turnout was great and Kathy was presented with a photo album of pictures of present and past participants. Kathy's work and guidance for the past almost 5 years are very much appreciated and she will be missed!

The Friendship Club participants enjoyed an outing on August 14th, starting with a delicious meal at West Side in Alden. After lunch we visited the Pat Clark Art Collection, and Jerry gave a very interesting talk about the history of the railroad at the Depot here in Iowa Falls.

SEPTEMBER 2015 Mon, Wed, & FRI 10:30a-3:30p

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Birthdays	fiafc@hardincountyia.gov	1	**2** 11:00 Morning Moments Friendship Lunch: Tuna Casserole Helpers: Kayla and Vicki ***1:00 Behavioral Health***	3 **Sally Graves**	**4** 11:00 Morning Moments Sack Lunch BINGO!!	5
6 **Shirley Schrandt**	**7** ***CLOSED*** FOR LABOR DAY! Ben Hoekstra	8	**OUTING!!** **9** Barn Stahl Farm AKA Petting Zoo ***In town pick up starts at 10:00,*** **No in-town Peoplerides. County Peoplerides at normal times.** ***Return home about 3:30, in time for county Peoplerides.***	10	**11** 11:00 Morning Moments Sack Lunch Tim and Pete give report on Empowerment Conference	12
13	**14** 11:00 CWU SERVICE Sack Lunch WISE DOGS with Kathy Vitasek *Group Shopping for Lunch* **Glenda Bailey**	15	**16** 11:00 Morning Moments **GROUP Friendship Lunch**: Surprise Casserole Helpers: Jared and Linda *BIRTHDAY LUNCH* 1:00 Readings With Virginia **Vicki Vest** **Sharon Speck**	17	**18** 11:00 Morning Moments Sack Lunch *BOWLING*	19
20	21 11:00 CWU SERVICE Sack Lunch ***Participant Meeting*** and **Calendar Planning**	22	**23** 11:00 Morning Moments Friendship Lunch: Pizza party Helpers: Sharon and Gina SHOW & TELL	24	**25** 11:00 Morning Moments Sack Lunch Newsletter Mailings	26
27	28 11:00 CWU SERVICE Sack Lunch *Greenbelt Home Care Sharing*	29	**30** 11:00 Morning Moments Friendship Lunch: Chicken Salad sandwiches Helpers: Tim and Pete Linda is bringing potato salad Youtube time		Club 10:30-3:30 641-648-7500	

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