

What's Happening?

FIA/FRIENDSHIP CLUB HARDIN COUNTY COMMUNITY SERVICES



JUNE 2016

Dates to remember...

MHIT: June 23, 8:30am, at the Friendship Club.

FIA Board Meeting: June 15, 8:30am, at Friendship Club.



Gavin Jerome was the very Entertaining speaker at the Mental Health Awareness Seminar.

"If You Can Laugh At It, You Can Live With It"

Over 80 guests enjoyed delicious food and good company at this year's Mental Health Awareness Seminar. Awards were presented, volunteers thanked, and then we were entertained and uplifted by Gavin Jerome, whose message is to laugh at life as well as laugh at ourselves. We have a choice in how we react to things, and we can choose to be happy. Humor can heal physical and emotional illness, and we have to laugh a little to live a lot.



The 2016 "Partner in Recovery" Award was presented to Central Iowa Residential Services, in appreciation for exceptional, dedicated services to Hardin County individuals. Representing CIRSI to receive the award was Robin England.



2016



Judy Billington received the Friendship Club All-Star award at the Mental Health Awareness Seminar. The award is for showing cooperation, friendship, volunteering, and helpfulness.



Jim Johnson was honored for his dedicated service and support of disability services to Hardin County individuals.



17th Annual



Mental Health Awareness Seminar



Wanda Kastner and Gina Mitterer were awarded for their hours of Friendship Club participation, at the 17th annual Mental Health Awareness Seminar. Each had approximately 540 hours.



B-I-N-G-O!!

The monthly BINGO at club has been made even more fun, with a donation of BINGO cards from the East Side Ladie's Aid. No more BINGO markers, buttons, etc. to pick up off the floor! Thanks!!!



Glenda, Roger and Richard volunteered as greeters at this year's Family Fest in Eldora. Except for a little bit of "clowning around" by a few of them, things went great and the event was a success! It was a fun day!



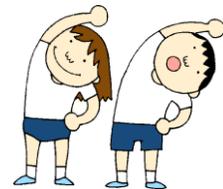
Wanda was the lucky winner of the first monthly drawing, which is part of the "BE a healthier ME" program.



NEI3A Older Americans Month Walk, May 26th.



"Let's Move" is a daily activity now with the "BE a healthier ME @Friendship Club" program.



Vickie Gehrls talked with the club about prescription meds and the care and storage of them.



We all enjoyed a day at the cabin in May. The weather cooperated and a serious croquet challenge was held.



2016 Volunteer Appreciation

**A world of Thanks, Volunteer,
We appreciate all you do.
You give your time and energy, too.
You brighten lives like a shining star,
What a truly special person you are.
You make a difference by caring, and change the world by volunteering.**

JoAnne Adams	Dale Hadwiger	Ruth Norem #
Kona Adams	Robin Hartkopp #	Jim Paprocki
Linn Adams	Terri Hartkopp	Jess Peterson
Ron Allen	Rebecca Heitland	Terri Peterson
Chuck Baasch	Sierra Heitland	Nedra Peterson
Chris Barber	Jerry Hitch	Virginia Reams
Ashley Barkey	Sherilyn Hitch	Sandy Rizzo
Behavioral Health	Joan Jennings	Tim Rogers #*
Katie Bradshaw	Jodie Jensen	Mary Rosendahl #*
Alison Brennan	Jim Johnson *	Marion Sanders
Janet Brown	Matt Jones	Shirley Schrandt
Dennis Bruflo	Chynna Kannegieter	Lisa Senne
Nancy Bunt #	Jennifer Knott	Rick Shaw *
Sandi Butt #	Jack and Logan Kobe	Deanna Smith
Barb Carlson	Jerry Kramer #	Tim Smith #
Clark Carlson	Eileen Kruse #	Kathleen Steiber
Bev Dirksen #*	Cheri Manning *	Robert Stern
Dave Elerding #	Nikki Mattson *	Mary Swartz *
Tam Elerding	Pat Mills	Cheryl Tanis *
Robin England #	Lois Mills #	Alois Vitasek
Vickie Gehrls	Teresa Morton	Kathy Vitasek
Joan Geil #	Mary Nelson	Luke Wagner
Fern Graves	Michael Nelson	Miriam Webber #
Greenbelt Home Care Staff	Kelly Newgaard	Marcia Whipple
Kevin Hackney *	Minnie Norem	Lois Wiesley
Betty Hadwiger		

FIA Advisory Board

* MHDD Advisory Board

Ongoing Friendship Club Volunteers

Deanna Smith: Bingo and Support

Sandy Rizzo: Crafts

Marion Sanders: Crafts

Janet Brown: Support

Lisa Senne: Bus Driver

Virginia Reams: Readings and Discussion

Hansen Family Hospital Behavioral Health:
Education/Coping/Discussion

Greenbelt Home Care Staff: Healthy Living

***Special Thanks* to the following for
financial and in-kind contributions
To support Faith In Action over the past year:**

Linn and JoAnne Adams	Iowa Falls Church Women United
Joan Becker	Iowa Falls Community Chest
Behavioral Health Services-Hansen Family Hospital	Iowa Falls Dairy Queen
Bethany Lutheran Church, Iowa Falls	Iowa Falls Evangelical Free Church
Rouline Bergman	Iowa Falls First United Methodist Church
Sandi and Ken Butt	Iowa Falls State Bank
Central Iowa Residential Services, Inc. (CIRSI)	Jerry Kramer
Maxine Deleske	Eileen Kruse
Bill Dunn	Ken and Annie Kuper
East Side Ladies Aid	Eloise Lund
First Christian Church Women's Fellowship	Bonnie Mitterer
Betty Hadwiger	NAMI/MH Wellness Fund
Hansen Family Hospital	Sandy Rizzo
Hansen Family Hospital Auxiliary	Mary Rosendahl
Hardin Co. Community Services Staff	St. Mark's Knights of Columbus
Robin Hartkopp	Salem Methodist Church Sunday School
Ron and Jean Havens	Sarah Circle, First United Methodist
Jane Hornung	Joe and Linda Scallon
Hubbard Community Fund	Dorothy Sheller
Tina Hutzel	Kathy Vitasek
Iota Rho (S.D.S.) Sorority	Walmart
	Zion UCC Women's Fellowship- Hubbard

Friendship Club Awards

**All-Star Award
Participation Award**

SUN	MONDAY	TUE	WEDNESDAY	THU	FRIDAY	SAT
	<p>Activities start at 1pm unless otherwise noted. *****</p> <p>Office Hours: 8:30-10:30 3:30-4:00</p> <p>Club Hours: 10:30-3:30</p>		<p><u>East Side Ladies Aid 1 Picnic and Bingo</u> 11:30-3:30 @ Julia O'Neal Park (if it rains, meet at club) Peoplerides will pick up an hour later than usual to drop off at 11:30. Pick up will be at 3:30 at the park.</p>	2	<p>10:30 Chart and Chat 3 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>SHOW AND TELL</p> <p>Bets Watson </p>	4
5	<p>10:30 Chart and Chat 6 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>CRAFTS WITH MARION</p>	7	<p>10:30 Chart and Chat 8 11:15 <i>Let's MOVE!</i> Friendship Lunch: Grilling Out! Burgers, dogs, chips, salad. Helpers: Richard, Thresa, Pete, Tim</p> <p>BINGO</p> <p>Heidi Murphy </p>	9	<p>10:30 Chart and Chat 10 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>Healthy Snack Making!</p> <p>Tracey Travis  Pete Williams </p>	11
12	<p>10:30 Chart and Chat 13 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>Chair Yoga With Terry Tikovitsch</p>	14	<p>Trip: Neal Smith Wildlife Refuge. Trip-goers will be picked up by Peoplerides at normal times and brought to club. We leave club promptly at 10:30am. Sack lunch and water provided by club, bring extra snacks/soda if desired. Will be taken home from refuge on Friendship Club bus, arrive about 3:30-4:30. No Regular Club</p>	16	<p>10:30 Chart and Chat 17 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>BOWLING</p>	18
19	<p>10:30 Chart and Chat 20 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch GROUP SHOPPING</p> <p>Leadaye Rosendahl  Participant Meeting</p>	21	<p>10:30 Chart and Chat 22 11:15 <i>Let's MOVE!</i> GROUP Friendship Lunch: Chili Cheese-Dog Bake Helpers: Roger & Glenda</p> <p>Readings with Virginia</p> <p>Dean Crovisier </p>	23	<p>10:30 Chart and Chat 24 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>Calendar Planning</p>	25
26	<p>10:30 Chart and Chat 27 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch</p> <p>NEWSLETTER MAILING</p>	28	<p>10:30 Chart and Chat 29 11:15 <i>Let's MOVE!</i> Friendship Lunch: Tuna Casserole Helpers: Mark & Leadaye</p> <p>YouTube</p>	30	<p>Birthdays </p>	

Hardin County Community Services
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