

What's Happening?

FIA/FRIENDSHIP CLUB HARDIN COUNTY COMMUNITY SERVICES



MAY 2016 SPRINGTIME!



Dates to remember...

Mental Health Conference: May 25th, 11:30am, United Methodist Church

MHDD Advisory Board meeting: May 27th, 8:30, Hardin Co. Comm. Services, Eldora

MHIT: June 2, 8:30am, at the Friendship Club.

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



Congratulations to Jay, Kay and Roger!!

Jay, Kay and Roger graduated from IPR on May 21st. They have worked hard to meet their goals. They participated in the "working" environment, with goals of gaining employment. They will be completely finishing the program in just a few weeks.

On April 1 we started a healthier living challenge called **"BE a healthier ME @Friendship Club"**. We will learn to make healthier choices with food, exercise, and taking time for **us!** We are not competing against anyone, just having fun and learning at our own pace! We will have T-shirts, drawings, half-price snack day (every Friday), lunches in the park, walking dates, speakers, etc.

Bring ideas of activities you would like to do.
Get healthier. Feel better.
And HAVE FUN!!

BE
(a healthier)
ME
@Friendship Club

MARK YOUR CALENDARS!

17th Annual

Mental Health Seminar

May 25th

First United Methodist Church
Iowa Falls

11:30am-1:00pm

Speaker will be Gavin Jerome "If You Can Laugh At It, You Can Live With It" During this transitional time to managed care in Iowa, Gavin will offer a humorous and uplifting message about the importance of humor in dealing with our everyday stresses and challenges. Jerome has been a professional entertainer for 20 years. He has provided workshops for companies worldwide and has been a keynote speaker for many human service and disability organizations.

Come enjoy the time with us!

Everyone is welcome.

Please return the RSVP from the enclosed event flyer by May 18th.

Intensive Psychiatric Rehabilitation Service (IPR) provided by Central Iowa Recovery (CIR), is a service program delivered to adults with chronic mental illness by CIR staff with the mission of assisting individuals to "Choose, Get, and Keep" a life changing goal in their "Living, Learning, Working, or Social" environments.





Doing for others

The participants of the Friendship Club decided to collect used crayons that they had at home and extras here at the club and send them to the "National Crayon Recycle Program". The used crayons will be melted and reshaped into new crayons to be donated to hospitals. It was nice to recycle as well as do something nice for someone else.



Jared brought awesome cupcakes to share on his birthday. Who would think he liked cars?



Chris and Luke from Calkins Nature Center came to tell us about the museum and the new artifacts being displayed.



Lunch at the Princess, Sally couldn't join us so she waved!



Congratulations to our Special Olympics winners!! Samantha, Larissa, Kayla and Richard.

Making Springtime crafts.



MAY 2016

MON-WED-FRI

10:30A-3:30P

SUN	MONDAY	TUE	WEDNESDAY	THU	FRIDAY	SAT			
1	10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch YOUTUBE	2	3	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Friendship Lunch: <i>Meat gravy on potatoes/toast</i> Helpers: Josh, Gina	4	5	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch <i>Do Your Own Thing!</i>	6	7
8	10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch Tiesha Pierce  CRAFTS!	9	10	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Friendship Lunch: <i>Tator tot casserole</i> Helpers: Linda, Sharon	11	12	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch BOWLING	13	14
15	10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch Group Lunch Shopping: SHOW and TELL	16	17	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> GROUP Friendship Lunch: <i>Spagetti and meat balls</i> Helpers: Dean, Ryan, Kayla	18	19	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch Participant Meeting	20	21
22	10:30 Chart and Chat 11:00 CWU Service Project 11:15 <i>Let's MOVE!</i> Sack Lunch Program by Kristi, Hansen Family Hospital Dietician	23	24	11:30- 17th Annual Mental Health Seminar & Luncheon at United Methodist Church <i>Peoplerides pick up at 10:30 & deliver to church</i> 2:00 Calendar Planning Steve Tjarks 	25	26	10:30 Chart and Chat 11:15 <i>Let's MOVE!</i> Sack Lunch NEWSLETTER MAILING	27	28
29	CLOSED FOR MEMORIAL DAY! 	30	31	Activities start at 1pm unless otherwise noted. ***** <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> Office Hours: 8:30-10:30 3:30-4:00 Club Hours: 10:30-3:30 </div>			Birthdays 		

You're Invited-

17th Annual Mental Health Awareness

SEMINAR & LUNCHEON

In recognition of May as National Mental Health Awareness Month

Sponsored by: Hardin County Faith in Action & Hansen Family Hospital

Wednesday, May 25, 2016 11:30 a.m.-1:00 p.m.

First United Methodist Church

619 Main Street Iowa Falls, Ia.

Seminar Schedule:

FIA Volunteer Recognition and Friendship Club Awards

Complimentary Luncheon

Speaker: Gavin Jerome *"If You Can Laugh At It, You Can Live With It"*

During this transitional time in the Mental Health and Disability Services system in Iowa, Gavin will offer a humorous and uplifting message about the importance of humor in dealing with our everyday stresses and challenges. Jerome has been a professional entertainer for 20 years. He has been a keynote speaker for many human service and disability organizations.

Please RSVP to Hardin County Community Services by May 18th by returning the portion below or by phone 1-641-939-8167.

Yes, I plan to attend the May 25st MH Awareness Seminar and Luncheon

Name(s): _____

Agency (if applicable): _____

By May 18th please return the bottom portion to: Hardin County Community Services, 1201 14th Avenue, Eldora, Ia. 50627, or to the Friendship Club in Iowa Falls.

Hardin County Community Services
1201 14th Ave
Eldora IA 50627