

What's Happening

A publication of Hardin County Community Services

JULY, 2012

'12 Recovery Iowa Conference

Hardin County was represented at the June 19th and 20th Recovery in Iowa Conference by Shirley Schrandt and Deanna Smith. The focus of this year's conference was a "whole health approach" to mental health recovery. The attendees attained stipends to attend and came home with lots of information to share with others about choices in recovery, healthy eating, healthy and active lifestyles, and how good choices impact all of our health, both physical and mental.

Shirley stated that what she learned and remembers most was that "help is available; don't suffer alone." Deanna stated, "it was a challenging conference with a lot of knowledge shared. The speakers were tremendous".

Both will be sharing their conference experiences at the Friendship Club on July 2nd. Any one interested in representing Hardin County at the upcoming Iowa Empowerment Conference on August 9th, 10th, and 11th, may contact the Friendship Club Coordinator prior to July 8th.

Grant Makes Fort Visit Possible

Thanks to the grant that FIA Friendship Club received from the Hardin County Community Endowment Foundation, the first of three outings occurred on May 25th. Club members traveled via the Hardin County van and enjoyed lunch on the grounds of the historic Fort Dodge. The group participated in a guided tour through the pioneer house, church, town, museum, barracks, general store, gun tower, and other parts of the fort grounds. Those attending learned a lot about Iowa history and the relationship between the early pioneers and the native Indians living in our state during the westward settlement times in the 1850's.

Brain Study Shows Promise

A team of international scientists have identified genes that increase or reduce the risk of certain mental illnesses and Alzheimer's disease. They have also pinpointed a number of genes that may explain individual differences in brain size and intelligence. The team of over 200 scientists worldwide measured the size of the brain and its memory centers in thousands of MRI images from more than 21,100 healthy people and screened the participants' DNA at the same time. The findings of the study, the largest brain study to date, may provide new targets for drug development. (Health Day News, 4/15/12)

THANK YOU!

Thanks to the following for recent donations to FIA Friendship Club:

Diana Ruhl-computer & printer

Billie Jo Tow-3 boxes Bingo gifts, etc.

Ken & Annie Kuper-50 lbs. corn &

Family Fest prizes

Keith Kuper-50 lbs. corn

Sandy Rizzo-60 cloth bags for

volunteer gifts

Tim Rogers-graphite pool cue

Kathy Reysack-new towels, Bingo

gifts, cards

United Methodist Women-4 boxes

Bingo gifts, etc.

Bob/Mary Eakin-3 Friendship Club

Wednesday meals

Fern Graves-sewing of bean bags for

volunteer gifts

Alan Hilpiper-5 games

Judy Billington-4 cook books

Mary Rosendahl-new pan set

MARK THE DATE

July 18, 4:00pm-NAMI Bd. Of Directors, Friendship Club, Ia. Falls.

August 22, 8:30am-FIA Advisory Board, Friendship Club, Ia. Falls.

"The time is always ripe to do what is right."

-Dr. Martin Luther King, Jr.

Focus Friend
VICKI VEST



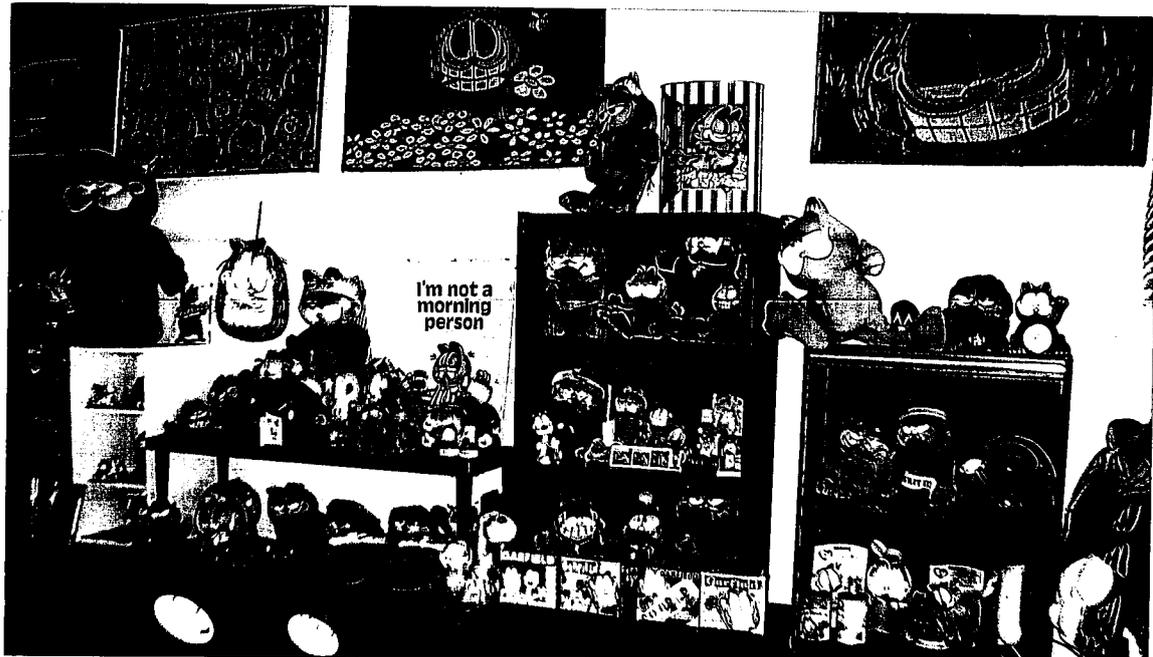
Our Focus Friend this month is Vicki Vest. Vicki has been a member of Friendship Club since 2004. Vicki currently lives in her own apartment and enjoys her independence. Vicki moved to Iowa Falls from Webster City when she was 11 years old and has lived here since.

What would you like people to know about you? "I collect everything Garfield. Garfield is a lovable cat and he eats lasagna and hates Mondays, just like me!"

Why do you come to Friendship Club? "It gives me something to do. I enjoy getting points toward the outings. I'm trying to get enough each month to get the \$5 credit."

What do you do for fun? "I enjoy playing Skip-Bo, Golf, Garbage and Cribbage with Club members. At home I watch TV a lot, enjoy eating and drinking my Pepsi Next. On the Club outing to Fort Dodge I bought a fat, stuffed pony that reminds me of the pony named Champ I had when I was a little girl. I keep Champ close and talk with him often. I enjoy shopping but want to keep my spending down so I can attend the Empowerment Conference in August."

See just a small portion of Vicki's Garfield collection below.



FARMING

By Elizabeth Johnson

*It's eight o'clock
and bedtime starting,
for on the farm
work is parting.*

*Turn out the lights
and climb into bed,
for not another
word is said.*

*We're tired now,
we've worked real hard,
did the wash
and mowed the yard.*

*Did the chores
and ate three meals;
we were busy
in the fields.*

*We didn't have
a lot of fun,
but praise the Lord
our work was done!*

Friendship Club

JULY, 2012

OPEN M AND W 11 – 4 & F 11 - 3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Elizabeth Johnson	2 11:15 Get Moving Sack Lunch Patriotic Tree Decorations & Deanna & Shirley Share	3	4 <i>ENJOY THE 4th CLOSED</i> Scott Kusserow	5 Mark Rosendahl Richard Tiger	6 CLOSED DUE TO STAFF COMMITMENTS	7
8	9 11:15 Get Moving Sack Lunch <i>Sharing with Billie Jo</i>	10	11 11:15 Get Moving Friendship Lunch – Fruit Salad , Cheese & Cold Cuts Helpers: at 8:30 Deanna, Vicki, Wanda FREEDOM HOUSE – Sharon 4:00 NAMI BOARD	12	13 11:15 Get Moving Sack Lunch BOWLING	14
15 Ed Wilson	16 11:15 Get Moving Sack Lunch SHOW & TELL!	17	18 Outing to Franklin Co. Fair <i>leave at 10:30, register by 7/11</i>	19	20 11:15 Get Moving Sack Lunch CALENDAR PLANNING & MEMBERS CHOICE	21
22	23 11:15 Get Moving Sack Lunch – MEMBER MEETING & BINGO	24	25 11:15 Get Moving Friendship Lunch – Pot Luck Picnic at Assembly Park, Grillers: Kevin D & Kevin K <i>Current Events with Dean Booth</i>	26	27 11:15 Get Moving Sack Lunch Golf & Skip-Bo Tournaments	28
29	30 11:15 Get Moving Sack Lunch – <i>Donnette from Greenbelt & Readings with Virginia</i>	31	MEALS “AROUND” NOON ACTIVITIES “AROUND” 1:00PM		CALL CLUB 641-648-7500 GET INVOLVED	