

What's Happening

A publication of Hardin County Community Services

MAY, 2012

May Is Mental Health Month

For over 50 years, May has been recognized as Mental Health Awareness Month throughout the United States. The theme this year is "Do More for 1 In 4", recognizing that about one in four adults suffer from a diagnosable mental health disorder in a given year. That is nearly 60 million people. Mental health disorders are the leading cause of disability in the U.S.

May MH Month focuses on the fact that while mental health conditions are common, they are extremely treatable and most individuals can go on to recover and lead full productive lives. It is important to increase information and fight the stigma still attached to seeking treatment for mental illnesses.

Becker to Speak- May 30th MH Seminar

Joan Becker, the mother of Mark Becker, the young man who killed Parkersburg Coach Ed Thomas in 2009, is the featured speaker for the 13th Annual Mental Health Awareness Seminar. The event will be held on Wednesday, May 30th at 10:30 a.m. at the First United Methodist Church, 619 Main Street, in Iowa Falls.

The seminar will kick off with a brief presentation regarding the new Intensive Psychiatric Rehabilitation (IPR) program that will begin soon for persons residing in Hardin and six other counties.

Joan Becker will speak at 11:00 with a personal perspective of dealing with her son's mental illness. Becker speaks throughout Iowa to raise awareness about mental illness and help other families.

Hardin County Community Services, Faith in Action, and NAMI Hardin County will sponsor this year's event. Everyone is welcome. Please return the RSVP from the enclosed event flyer by May 20th.

Recognizing Volunteers

During the May 30th MH Seminar nearly 70 volunteers will be recognized for their volunteer activities over the past year. In addition, Friendship Club members will be recognized for their leadership and participation at the Club.

All volunteers, Advisory Board members, and Friendship Club members are encouraged to attend.

FAMILY FEST

Don't miss the 2nd Annual Family Fest to be held on May 5th, 1-4:00 pm. Free food, fun, and festivities at the Hardin County Fairgrounds in Eldora (see the enclosed flyer).

FIA Friendship Club will participate again this year with a luau theme. They will have a duck pond with tropical themed prizes donated by Kenneth and Annie Kuper.

Members will be helping by distributing information, passing out prizes, and registering gifts.

Don't miss the fun!

MARK THE DATE

June 6, 2:00 pm-MHDD Advisory Board, Freedom House, Iowa Falls.

FIA Receives HCCEF Grant

On April 12th Hardin County FIA Friendship Club received a \$750 grant from the Hardin County Community Endowment Foundation. The grant was written specifically to help pay for member entrance fees and activities for summer 2012 outings.

Funds will be used to make it possible for members to go to the Boone Scenic Valley Railroad, the Fort Dodge Museum, and the Tama Mesquaki Pow-Wow.

FIA Friendship Club Coordinator Kathy Vitasek accepted the grant at the 7th Annual HCCEF awards night held at the South Hardin High School. Also attending the event were FIA Board members, volunteers, and members, including Billie Jo Tow, Deanna Smith, Fern and Mark Graves, Ed Wilson, Tim Rogers, and Glenda Bailey.

FREE BOOKS!

In observance of World Book Night, Terry Tikovitsch, Director of the Barlow Memorial Library in Iowa Falls, presented 20 copies of "The Book Thief" to members of the Friendship Club. Terry explained that the library had received a grant to provide books to underserved persons in the area. Tikovitsch recently made the presentation at the Club. Friendship Club members will be reviewing the book with Tikovitsch, volunteer Virginia Reems, and staff.

IS IPR FOR YOU?

Hardin County joined with six other counties in recently establishing Central Iowa Recovery (CIR) through a joint agreement. A governing board has been selected and Tim Bedford has been hired as the Director.

The first objective of CIR is to create an Intensive Psyc Rehabilitation (IPR) program for each of the member counties. IPR will provide practitioners in each county to help persons with mental illness learn recovery skills and provide other supports to lessen the need for inpatient and other institutional services.

If you would like to learn more about IPR or seek enrollment in the program contact your case manager, Friendship Club, or Hardin County Community Services at 641-939-8167.

May Meals

May 2-Chicken & Noodles-
Helpers: Wanda, Jared

May 9-11am-Staff teach how
to make homemade Mac &
Cheese and hard boiled eggs-
Helper: Shirley

May 16-Cheesy Potatoes &
Old Fashioned Loaf-Helpers:
Roger, Glenda

May 23-Hamburger Chow
Mein-Helpers: Matt, Ed W.

May 30-FIA Seminar &
Luncheon 10:30-Sign up by
May 20th

THANK YOU

Thanks to Diana Ruhl for recently donating a computer, monitor, and printer to the Friendship Club. Members who now wish to learn to use the computer are offered training by Roger Bailey. Sign ins and sign outs are for half hour time slots. Both internet and email are available for members.

Thanks Diana!

For Your Health-

Relaxation techniques are a great way to reduce stress. Techniques to try:

- Deep breathing (breath in slowly counting to 5. Hold it. Breath out slowly, counting to 5).
- Listen to music
- Take a bath or shower
- Do some light stretches.

You're Invited-

13th Annual Mental Health Awareness

SEMINAR & LUNCHEON

In recognition of May as National Mental Health Awareness Month

Hosted by: Hardin County Faith in Action, NAMI Hardin County, and Hardin County Community Services

Wednesday, May 30, 2012 10:30 a.m.-1:00 p.m.

First United Methodist Church

619 Main Street Iowa Falls, Ia.

Charge: \$5.00 Donation Suggested

(no charge for Hardin Co. clients or volunteers)

Seminar Schedule:

10:30

The Basics of IPR

Tim Bedford, Director of Central Iowa Recovery, will discuss how the new Intensive Psych Rehab (IPR) program will enhance services to citizens.

11:00

Keynote: Mental Health—A Mother's Story

The speaker will be Joan Becker, mother of Mark Becker, the young man who killed Coach Ed Thomas in Parkersburg. Joan will discuss her son's struggles with mental illness from the family's perspective. Joan speaks throughout Iowa to help raise awareness about mental illness and to help other families that are dealing with mental health issues.

12:00

Luncheon

Recognition of FIA volunteers and awards for Friendship Club will be presented during luncheon.

Please RSVP to Hardin County Community Services by May 20th by returning the portion below or by phone 1-641-939-8167.

Yes, I plan to attend the May 30th MH Awareness Seminar and Luncheon

Yes, I have enclosed \$5.00 donation to help cover costs (no charge for Hardin Co. clients or volunteers).

Name(s): _____ Agency (if applicable): _____

By May 20th please return the bottom portion to: Hardin County Community Services, 1201 14th Avenue, Eldora, Ia. 50627, or to the Friendship Club in Iowa Falls.

**Saturday,
May 5th, 2012
1-4 pm**

**Hardin
County
Fairgrounds**
301 11th Ave., Eldora, IA 50627



**FREE Fun, Food, and Festivities on Stages for
Hardin County Families of All Kinds and Ages!**

Activities, Appearances and Entertainment:

Real Life "Tow Mater"!

Batman, Elmo and the Tooth Fairy

Tucker the Trauma Tiger

Corn Pool

Ambulance Tours

Mud Puppies Performance

Boss Lindsay

Just for Kix Dance Team

Firehouse/Smokehouse Trailer

Door Prizes and much, much more!

**OVER 30 BOOTHS OF INFORMATION ON ACTIVITIES
AND SERVICES FOR CHILDREN AND ADULTS!**

For more information visit: www.empowerhardin.net &



Hardin County Family Fest 2012 or Call Carrie Kube at (641) 648-6575

FRIENDSHIP CLUB

MAY, 2012

OPEN M AND W 11 – 4 & F 11 - 3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>641-648-7500 602 S Oak, P O Box 622 Iowa Falls, IA 50126</p>	1	<p>2 11:15 Get Moving Friendship Lunch –</p> <p><i>Coordinator's Choice!</i></p>	3	<p>4 11:15 Get Moving Sack Lunch</p> <p>CRAFTS WITH SANDY (scarves)</p>	5 <p>FAMILY FEST 1-4 HARDIN CO. FARIGROUNDS 4 H Building.</p>
6	<p>7 Out to Eat at Heavenly's Bakery, leave club at 11:15 sign up by 5/4</p> <p>Book Club & Get Moving</p>	8	<p>9 11:15 Get Moving Friendship Lunch –</p> <p>FREEDOM HOUSE – Sharon</p> <p>4:00 NAMI BOARD</p>	10	<p>11 11:15 Get Moving Sack Lunch</p> <p>BOWLING</p>	12
13 Mother's Day	<p>14 11:15 Get Moving Sack Lunch</p> <p><i>Sharing with Billie Jo</i></p>	15	<p>16 11:15 Get Moving Friendship Lunch –</p> <p><i>Readings with Virginia</i></p>	17	<p>18 11:15 Get Moving Sack Lunch</p> <p>MEMBER MEETING & MEMBERS CHOICE</p>	19
20	<p>21 11:15 Get Moving Sack Lunch</p> <p>Book Club</p> <p>CALENDAR PLANNING & BINGO</p>	22	<p>23 11:15 Get Moving Friendship Lunch –</p> <p><i>Current Events with Dean Booth</i></p>	24	<p>25 Fort Dodge Outing – Leave at 10:30, sign up by 5/19, call by 9:30 for a ride, bring a sack lunch</p> <p>STEVE TJARKS</p>	26
27	<p>28 <u>CLOSED IN</u> OBSERVANCE OF MEMORIAL DAY</p>	29	<p>30 10:30 FIA VOLUNTEER RECOGNITION AT METHODIST CHURCH REGISTER BY 5/23, CALL BY 9:30 FOR RIDE</p>		<p>Meal "around" noon with activities "around" 1:00pm unless noted</p>	