

What's Happening

A publication of Hardin County Community Services

September, 2012

NAMIWalks 2012

Changing Minds.....One Step at a Time

Mental illness affects everyone. Every year, mental illness impacts the lives of over one in four adults and one in 10 children—that is nearly 60 million Americans.

Over the past 10 years over 84 NAMIWalks events have raised over \$9 million to support local programs to combat stigma and promote awareness of mental health issues.

This year, NAMI Hardin County once again is a co-sponsoring affiliate of the Iowa NAMIWalk to be held on October 6th at Farm Bureau in West Des Moines.

NAMI members are currently raising funds through pledges to support the walk. Forty-percent of the funds raised support projects in Hardin County and the balance supports programs sponsored by NAMI Iowa such as Family-to-Family, Visions for Tomorrow, and provider programs.

Please support this project by participating and/or pledging financially to support the walk. Anyone wishing to participate in the walk may register by contact Kathy Vitasek at Friendship Club (648-7500) or Ruth Norem (648-9610).

Support NAMIWalk and Win!

For each \$10 donation between Sept. 1 and September 19 to Hardin County NAMI for the NAMIWalk, the donor gets a chance to win! HyVee has partnered with NAMI to provide two \$200 HyVee gift cards for a drawing. The drawing for the gift cards will be held on September 24th.

To donate and participate in the drawing contact a NAMI member or contact Friendship Club (648-7500).

125 Years

(by Elizabeth Johnson in honor of the 125th anniversary of the East Side Ladies Aide)

When you feel something inside you,
well, it's the East Side Ladies Aide.
They have awesome abundance and
happy feelings,
throughout all the things of the days

But never a time do they forget God
and lift their hearts to pray.

But this something they get inside you
is love that is given your way.

Happy 125 Years!

MARK THE DATE

Sept. 19, 2:00 pm-MHDD

Advisory Board, County Office
Bldg., Eldora.

**Oct. 10, 8:30 am-FIA Advisory
Board, Friendship Club, Ia. Falls**

*Value friendship
for what there is
in it,*

*Not for what can
be gotten out of
it.*

-H. Clay Trumbull

FOCUS FRIEND

Richard Tiger



Our Focus Friend this month is Richard Tiger. Richard has been a member of Friendship Club for 5 years. Richard currently lives by himself in a house near downtown Iowa Falls. Richard moved to Iowa Falls about 8 years ago from Marshalltown.

What would you like people to know about you?

I'm a nice guy. I enjoy working. Currently I work part-time roofing and washing trucks.

Why do you come to Friendship Club?

Nice people, something to do, I just plain like being here. I have friends at Friendship Club. I like going on the outings.

What do you do for fun?

Take walks, ride my bike, and visit friends.

About NAMI Iowa

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education. Members of NAMI are families, friends and people living with mental illnesses such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and borderline personality disorder.

NAMI is a 501(c)(3) grassroots mental health organization.

Sept. Meals

All members are encouraged to bring food dishes/items to share at all meals. Points are given for sharing food.

Sept. 5-Spagetti Helpers: Vicki and Diane

Sept. 12-Egg Casserole Helpers: Sharon and Kevin K.

Sept. 26-Taco salads Helpers: Heidi and Shirley

WHY WE WALK

Mental illness affects 1 in 4 individuals during their lifetime.

Mental illness are the leading cause of disability in the US for ages 15-44.

Adults with mental illness die 25 years younger than their peers.

We know that we can continue to improve the lives of persons with mental illnesses!

Mission and Goals

NAMI IOWA is a non-profit, state-wide grass roots organization. Our mission is to raise public awareness and concern about mental illness, to foster research, to improve treatment and to upgrade the system of care for the people of Iowa. We work to support our mission through education, advocacy and support.

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."
-Bill Clinton

FRIENDSHIP CLUB September

OPEN M AND W 11 - 4 & F 11 - 3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	MEALS "AROUND" NOON ACTIVITIES "AROUND" 1:00PM		 Member Birthdays		clubiafalls@yahoo.com 641-648-7500 602 S Oak, P O B 622 Iowa Falls, IA 50127	1	
2	Labor Day Enjoy your friends & family! Club CLOSED	3	4	5 11:15 Get Moving Friendship Lunch - <i>Readings with Virginia</i>  Heather Trimble	6  Shirley Schrandt	7 11:15 Get Moving Sack Lunch Crafts with Sandy  Ben Hoekstra	8
9	10 11:15 Get Moving Sack Lunch <i>Sharing with Billie Jo</i>	11	12 11:15 Get Moving Friendship Lunch FREEDOM HOUSE - Sharon	13	14 11:15 Get Moving Sack Lunch BOWLING  Glenda Bailey	15	
16  Vicki Vest  Sharon Speck	17 11:15 Get Moving Sack Lunch - MEMBER MEETING & BINGO	18	19 BOONE SCENIC VALLEY RAILROAD OUTING (3 RD GRANT OUTING) <i>Register by 9/5, leave at 9:30am</i> 4:30 NAMI BOARD	20	21 11:15 Get Moving Sack Lunch CALENDAR PLANNING & MEMBERS CHOICE	22	
23	24 11:15 Get Moving Sack Lunch - <i>Donnette from Greenbelt</i>	25	26 11:15 Get Moving Friendship Lunch <i>Current Events with Dean Booth</i>  Amy Diemer	27	28 11:15 Get Moving Sack Lunch - SHOW & TELL !	29  Carmen Massa	
30							

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