



# What's Happening APRIL, 2013



## Citizens Advocated at Capitol

On March 27<sup>th</sup> Friendship Club and IPR members boarded a bus and joined hundreds of others from throughout Iowa in advocating for persons with disabilities at the Iowa Capitol.

Advocating for Change Day, sponsored by the Iowa DD Council and ID Action, is a day specifically for Iowans affected by disability to become skilled at communicating with their legislators and other elected state officials. Participants had the opportunity to learn to develop an effective message, visit with legislators about issues, and watch the legislative process.

## MHDD Redesign Update

The Hardin County Board of Supervisors has approved a Letter of Intent to develop a region with Franklin, Hamilton, Marshall, Story, Boone, and Madison Counties. All counties must submit a letter of intent to the State by April 1<sup>st</sup>.

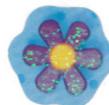
The counties have jointly begun developing an agreement to have the region, called Central Iowa Community Services (CICS), in place by July 1, 2013.

In addition, the concept of "legal settlement" will end on July 1<sup>st</sup>. This will mean, with a few exceptions, that the county where a MHDD client resides will be financially responsible rather than the county of legal settlement.

Some of the changes will be contingent on funding from the State, which the General Assembly and Governor still need to act upon this session.



*Happy 11<sup>th</sup> Anniversary  
Friendship Club!*



## MARK THE DATE

14<sup>th</sup> Annual

**Mental Health Awareness Day  
Wednesday, May 22, 2013**

**First United Methodist Church  
Iowa Falls, Ia.**

**11:00-12:00am- Program**

**12:00-1:00 Luncheon and FIA  
volunteer recognition**

## Other Dates to Note:

**April 10, 8:30am-FIA Adv. Board ,  
Friendship Club, Ia Falls**

**April 26-Friendship Club Member  
Meeting**

*"Life isn't a matter of  
milestones, but of  
moments."*

*-Rose Kennedy*

## **For Your Health-**

*A growing number of research studies show that sleep may be the secret to performing at your highest level. One study showed that staying awake for 17 straight hours had a worse impact on workers than having a blood alcohol content of 0.05!*

*Adequate sleep results in better decision making, memory, confidence, and mood.*

*(Heartland Insurance Risk Pool)*

Sun	Mon	Tu	Wed	Thu	Fri	Sat
<b>APRIL 2013</b> 	<p style="text-align: right;">1</p> <p>11:15 Get Moving Sack Lunch</p> <p style="text-align: center;"><i>Sharing with Billie Jo</i></p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p> <p>Out to Eat at Princess 11:30 sign up by 4/1</p> <p style="text-align: center;"><i>Do Your Own Thing</i></p> <p style="text-align: center;"> Diane Hayden</p>	<p style="text-align: right;">4</p> <p style="text-align: center;"> Jared Palmer</p>	<p style="text-align: right;">5</p> <p>11:15 Get Moving Sack Lunch –</p> <p style="text-align: center;"><b>Crafts with Sandy</b></p> <p style="text-align: center;"> Paul Bailey</p>	<p style="text-align: right;">6</p>
<p style="text-align: center;">7</p>	<p style="text-align: right;">8</p> <p>11:15 Get Moving Sack Lunch</p> <p style="text-align: center;"><b>CALENDAR PLANNING &amp; MEMBERS CHOICE</b></p>	<p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p>11:15 Get Moving Friendship Lunch- Vegetable Soup Helpers: Matt &amp; Roger</p> <p style="text-align: center;"><i>Freedom House – Vickie</i></p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12</p> <p>11:15 Get Moving Sack Lunch</p> <p style="text-align: center;"><b>BOWLING</b></p> <p style="text-align: center;"><b>FC</b> pays first game, you pay \$2.50 for second</p>	<p style="text-align: right;">13</p>
<p style="text-align: center;">14</p>	<p style="text-align: right;">15</p> <p>11:15 Get Moving Sack Lunch</p> <p style="text-align: center;"><b>SHOW &amp; TELL</b></p>	<p style="text-align: right;">16</p>	<p style="text-align: right;">17</p> <p>11:15 Get Moving Friendship Lunch- Loose Meat Helpers: Gina &amp; Wanda</p> <p style="text-align: center;"><i>Readings with Virginia</i></p> <p style="text-align: center;">4:00 NAMI Meeting</p>	<p style="text-align: right;">18</p> <p style="text-align: center;"> Colinda Wilson</p>	<p style="text-align: right;">19</p> <p>11:15 Get Moving Sack Lunch</p> <p style="text-align: center;"><i>Current Events with Harold Alt</i></p>	<p style="text-align: right;">20</p>
<p style="text-align: center;">21</p> <p> Richard Evans  Kathy Reysack  Richard Tiger</p>	<p style="text-align: right;">22</p> <p>11:15 Get Moving Sack Lunch –</p> <p style="text-align: center;"><b>TOURNAMENT OF CHAMPIONS</b></p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p>11:15 Get Moving Friendship Lunch- Taco Pie Helpers: Vicki &amp; Dean</p> <p style="text-align: center;"><b>World Book Discussion with Terry from Barlow Library</b></p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p> <p>11:15 Get Moving Sack Lunch –</p> <p style="text-align: center;"><b>Member Meeting &amp; Bingo</b></p>	<p style="text-align: right;">27</p>
<p style="text-align: center;">28</p>	<p style="text-align: right;">29</p> <p>11:15 Get Moving Sack Lunch –</p> <p style="text-align: center;"><i>Update from Greenbelt</i></p> <p style="text-align: center;">2:00 Newsletter Mailings</p>	<p style="text-align: right;">30</p>	<p>Meals “around” noon Activities “around” 1:00pm unless noted</p> <p style="text-align: center;"> Member Birthdays</p>		<p><a href="mailto:clubiafalls@yahoo.com">clubiafalls@yahoo.com</a> 641-648-7500 602 S Oak, P O B 622 Iowa Falls, IA 50127</p>	

**Friendship Club** (Open Mon. & Wed. 11-4; Fri. 11-3:30)

**APRIL, 2013**