



# What's Happening

A publication of Hardin County Community Services

## DECEMBER, 2013



### **FIA CHRISTMAS PARTY**

**Monday, December 9<sup>th</sup>**

**4:00-6:30 p.m.**

**Bethany Lutheran**

**Church**

**Iowa Falls**

*Supper, Games,*

*Music, Fun Activities*

Christmas gifts will be provided to Friendship Club members that have participated at Club in past 6 mths. and others referred through FIA.



Devi, Heidi, and Kristin enjoy the annual party sponsored by the East Side Ladies. Attendees enjoyed a meal, games, music, and a visit from a "special guest."

### **A SPECIAL TIME**

*By Elizabeth Johnson*

Let us peek in on our Christmas; it's the best time of the year.

I like to see childrens' faces as Santa Claus appears.

I like to see the colored lights when driving through the city, the Christmas trees are awesome; they're beautiful and pretty.

Most of all, the Holidays are set for gatherings;

the young and old make Christmas time so extra rewarding.



### **NAMI Annual Meeting- What Will Health Care Changes Mean For You?**

NAMI Hardin County will hold its' Annual Meeting on Wednesday, January 8<sup>th</sup> at 1:00p.m. at the Barlow Library in Iowa Falls.

While all have heard that changes with "Obamacare", few know and understand the details of the Affordable Care Act (ACA) and plans here in Iowa to implement the federal changes. More importantly—many do not know the ways it will impact their availability to affordable health care.

Ellsworth Hospital staff who have received training regarding the new law will provide the program. The general public is invited to join NAMI members for this informational meeting.

## East Side Ladies



The East Side Ladies hosted their annual holiday party on November 15<sup>th</sup> for FIA/Friendship Club members and individuals served by local providers Access, Inc. and CIRSI, Inc. Thanks to the ladies for their ongoing support through this event and the many other ways they support FIA throughout the year!

## FOR YOUR HEALTH-

Flu season is here! Influenza (the flu) is a contagious respiratory illness caused by viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, especially those with other conditions, are at higher risk for serious complications.

Signs and symptoms of flu include:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

The best way to prevent the flu is by getting vaccinated each year. If you have NOT been vaccinated talk to your doctor about getting one. It is not too late to stay well!



## Dates To Note-

12/9/13-FIA Christmas party, 4:00 p.m., Bethany Lutheran, Iowa Falls

1/9/14-NAMI Annual Meeting & Community Meeting , 1:00, Balow Library, Iowa Falls

1/23/14-MHDD Adv. Board Meeting, 2:30 p.m., Freedom House, Iowa Falls.

## Did You Know-

**About 75% of how long we live, and our chances of suffering from heart attack, diabetes, and certain cancers, is determined by our behaviors. (Wellmark/BCBS)**

## IPR Update

The new Intensive Psych Rehab (IPR) program, started by Hardin and 6 other counties apx. 1 year ago is expanding. New counties have joined and plans are underway to nearly double the staff. Hardin County will have an additional practitioner.

IPR works with persons with a mental illness to help them become more stable, independent, and to improve their lives.

Anyone wanting more information or would like to be referred for IPR may contact Hardin County Community Services at 641-939-8168.

*"What lies behind you and what lies in front of you pales in comparison to what lies inside of you"*

*-Ralph Waldo Emerson*

<p>1  Member Birthday</p>	<p>2 11:15 Get Moving Sack Lunch –</p> <p>2:30 VISIT OUR FRIEND BEV AT SCENIC MANOR</p>	<p>3</p>	<p>4 11:15 ECC Visitors Friendship Lunch – Chili &amp; Chicken Noodle Helpers: Vicki &amp; Sharon</p> <p><i>Freedom House</i></p>	<p>5 Edward Maze  Beverly Schoenfeldt </p>	<p>6 PORTERS 11:15 OUT FOR LUNCH SIGN UP BY 12/2</p> <p>CRAFTS WITH SANDY</p>	<p>7</p>
<p>8</p>	<p>9 <i>FIA CHRISTMAS PARTY</i> <i>at Bethany Lutheran</i> <i>4 – 6: 30</i> <i>Club opens at 2:30</i> <i>pm call by 1:30 pm</i> <i>for rides</i></p>	<p>10</p>	<p>11 11:15 Get Moving Friendship Lunch – Mac &amp; Cheese, Green Beans Helpers: Diane &amp; Gina</p> <p> Chris Starkey  Kevin Knapp</p>	<p>12</p>	<p>13 11:15 Get Moving Sack Lunch</p> <p><i>Fun with Mary Lou's Friend</i></p>	<p>14</p>
<p>15</p>	<p>16 11:15 Get Moving Sack Lunch</p> <p><i>Calendar Planning &amp; Members Choice</i></p> <p> Alan Hillpiper</p>	<p>17  Gina Mitterer</p>	<p>18 11:15 Get Moving Sack Lunch</p> <p><i>Readings with Virginia</i></p> <p>4:00 NAMI BOARD MEETING  Julie McGuire</p>	<p>19</p>	<p>20 Christmas Pork Loin Meal Sign up by 12/16 <u>SHOW &amp; TELL</u></p>	<p>21</p>
<p>22  Nichole Moreno</p>	<p>23 1:15 Get Moving Sack Lunch</p> <p><b>MEMBER MEETING &amp; BINGO</b></p>	<p>24</p>	<p>25 <b>CLOSED- ENJOY FRIENDS &amp; FAMILY</b></p> <p></p>	<p>26</p>	<p>27 <b>CLOSED- ENJOY FRIENDS &amp; FAMILY</b></p> <p></p>	<p>28</p>
<p>11:15 Get Moving Sack Lunch</p>	<p>30 2:00 Newsletter Mailings</p>	<p>31</p>	<p>1 <b>CLOSED- ENJOY FRIENDS &amp; FAMILY</b></p> <p></p>	<p>2</p>	<p>3 <b>Club Open for Members: Mon &amp; Wed 11:00 am - 4 pm Friday 11:00 am - 3:30pm</b></p>	<p></p>