

What's Happening



FEBRUARY, 2013



Conversation on MHDD Redesign

Over 60 turned out at the Iowa Falls Library on January 9th for an informational meeting about the State's plans for redesign of the MHDD system. Ric Shannon, from the Iowa DD Council, and Amy Cambell, from InfoNet, facilitated the meeting. Hardin County Community Services and NAMI Hardin County cosponsored the event in conjunction with the NAMI Annual Meeting.

Major changes to Iowa's system include:

- core services are defined and expanded
- eligibility for services is standardized
- as of 7/1/12 State pays for all Medicaid services and local property taxes will pay for non-Medicaid services
- the system will move to one managed by regions.
- legal settlement will end 7/1/13.

Shannon and Campbell encouraged attendees to get involved and share their ideas and concerns with legislators. They explained that there are several issues still to be resolved regarding funding of the system.

Attendees had an opportunity to ask questions. Several questions were concerned with changes locally. Community Services Director Linn Adams explained that a top priority of the County in redesign is to have clients see the least disruptions in services as possible, however, there may be some changes seen due to state changes and at the discretion of the new region. Hardin County is in the process of forming a region with Franklin, Hamilton, Marshall, Story, Boone, and Madison Counties.

In addition, NAMI elected the 2013 Board of Directors: Ruth Norem, Rebecca Heitland, Mary Rosendahl, Glenda Bailey, Lois Mills, Tim Rogers, Deanna Smith, Kathy Vitasek, and Linn Adams.

OUR CLUB

By Elizabeth Johnson

The Friendship Club is here to stay,
all good times are on the way.

We're real good friends, we stick
together;

we watch, we learn, and do whatever.
In times like these we learn to cope;
our mental health problems-we have
hope.

We meet three times a week for help,
a time well spent on our health.

Our illness we take seriously;
we think our place is pretty nice--
we don't just come once or twice.

We'd like you to know all of these
things,

so think of us in all it brings.

MARK THE DATE

Feb. 20, 2 pm-NAMI Bd. Of
Directors Mtg., Friendship Club

March 21, 2 pm-MHDD Adv. Bd.
Mtg., Comm. Services, Eldora

March 27-Advocating Change
Day



**For Valentine's Day
do something nice for
someone you care
about!**



*Focus
Friend*
**Kathleen
Reysack**

Kathy Reysack, 2012 FIA Christmas Party

Our Focus Friend this month is Kathleen Reysack, who likes to be called "Kathy." She has been a Friendship Club member since 2003. Kathy grew up in Geneva, and has lived in Eldora since 1973. She worked as a CNA at Valley View Nursing and Rehab Center for over 23 years and for 4 years in housekeeping at the Eldora Hospital before it closed in 2000.

What would you like people to know about you?

I enjoy Bible study at my church, Assembly of God, in Eldora. I love to go for walks, but I try to be careful during the winter season. I also volunteer at nursing homes, but not as much as I used to.

Why do you come to Friendship Club?

To be with people and socialize. I enjoy going on the outings and doing things to help at the Club. I really enjoyed going on the NAMI Walk this year for the first time.

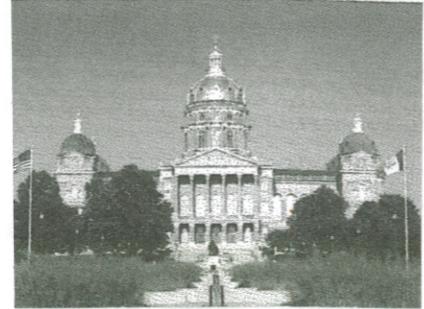
What do you do for fun?

I like to play cards at my friend's house. I volunteer at the movie theater two times a week and enjoy it because I meet and see a lot of people. I like visiting with people wherever I go. I enjoy doing crafts, handwork, and latch hook rugs. I also like to visit Seeds of Hope and Kiwanis Thrift Shop and donate items.

2013 Resolutions That Get Results

- TO GET FIT..... Walk
- TO LOSE WEIGHT..... Can The Sugary Soda
- TO CUT DOWN ON ALCOHOL..... Keep A Drink Diary
- TO BE HAPPY..... Volunteer (And Eat Lots of Fruits and Vegetables)
- TO SLEEP SOUNDLY..... Turn Your Computer Off Two Hours Before Bedtime
- TO QUIT SMOKING..... Sign up for Text (or other) Support
- TO PREVENT HEART DISEASE..... Check Your Blood Pressure Regularly *(from USA Weekend)*

Register for ADVOCATING CHANGE DAY



A day specifically designed for Iowans affected by disability to learn and communicate with legislators and elected officials.

Wed., March 27, 2013

9:00 a.m.

**Iowa State Capitol
Des Moines, Ia.**

Sign up for at the Friendship Club and reserve your seat on the bus! You may also register at contactus@idaction.org or by calling 866-432-2846.

REMEMBER-

Life isn't fair, but it's still good!

Life is too short to waste time hating anyone.

Don't take yourself so seriously. No one else does.

However good or bad a situation is, it will change.

No matter how you feel, get up, dress up, and show up!

FEBRUARY OPEN Mon & Wed 11 – 4 & Fri 11 - 3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>Meals "around" noon Activities "around" 1:00pm unless noted</i></p> <p> Member Birthdays</p>				<p>11:15 Get Moving Sack Lunch –</p> <p>Crafts with Sandy</p>	<p>1 2</p>
3	<p>11:15 Get Moving Sack Lunch</p> <p><i>Sharing with Billie Jo</i></p>	4 5	<p>6</p> <p>Out to Eat @ Heavenly's register by 1/30, by filling out menu choice; leave at 11:15, eat 11:30</p> <p>MEMBERS CHOICE</p>	7	<p>11:15 Get Moving Sack Lunch</p> <p>BOWLING</p>	8 9
10	<p>11:15 Get Moving Sack Lunch</p> <p>ALL AROUND TAXI with Mary Beth</p>	11 12	<p>13</p> <p>11:15 Get Moving Friendship Lunch- Mac & Cheese Helpers: Glenda, Vicki</p> <p>Freedom House – Sharon 2:15 CALENDAR PLANNING</p>	14	 <p>11:15 Get Moving Sack Lunch</p> <p><i>Current Events with Harold Alt</i></p>	15 16
17	<p>11:15 Get Moving Sack Lunch –</p> <p>MEMBER MEETING & BINGO</p>	18 19	<p>20</p> <p>11:15 Get Moving Friendship Lunch- Tator Tot Casserole Helpers: Chris, Shirley</p> <p><i>Readings with Virginia</i></p> <p>3:15 Nancy Hale NAMI Walk Talk 4:00 NAMI</p> <p> Russell Willson</p>	21	<p>22</p> <p>11:15 Get Moving Sack Lunch –</p> <p><i>Creative Outlet</i></p>	23
24	<p>11:15 Get Moving Sack Lunch –</p> <p><i>Donnette from Greenbelt</i></p> <p>2:15 Newsletter Mailings</p>	25 26	<p>27</p> <p>11:15 Get Moving Friendship Lunch- Hot Dogs Helpers: Wanda & Shרון</p> <p>SHOW & TELL</p>	28	<p>clubiafalls@yahoo.com</p> <p>641-648-7500</p> <p>602 S Oak, P O B 622 Iowa Falls, IA 50127</p>	