

What's Happening

A publication of Hardin County Community Services

JUNE, 2013

In Our Own Voice at Seminar

Approximately 75 turned out for the 14th Annual May Mental Health Awareness Seminar on May 22nd to hear a presentation of *In Our Own Voice*.

Anastasia Tuckness, representing NAMI Central Iowa, provided the program. The program focused on five areas—Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hope and Dreams. Following a video presentation for each area Tuckness provided her own story regarding her mental illness. The program also offered audience members the opportunity to interact and ask questions regarding each phase.

Tuckness shared that her “dark days” started when she was in 8th grade. Previously an A student, her grades declined as she was unable to focus. She missed quite a bit of school. She reported that her second major episode was 7 years later. She had graduated from college and was in her first year teaching in California. She became very anxious, confused, and could not sleep, or even carry on a conversation. She referred to her illness as “a lightening storm in my brain” during an episode that turned into “storm clean up time” after the storm subsided. At that point her parents brought her back to Iowa where she was hospitalized and received the diagnosis of Bipolar Disorder.

With the support of her family she began to accept and come to terms with her illness. She had a treatment team and recognized the importance of medications. Complications and side effects, however, resulted in additional roadblocks. She learned that it was important to find the right medications for each person. She learned that she needs to watch the interaction of over-the-counter meds with her psychiatric meds.

Tuckness stressed the importance of finding coping skills that work for each person. For her, she found exercising, continuing her education, starting a volunteer job, and keeping busy, as important to her wellness. She also found that getting adequate sleep at night and having some downtime in the day were important. She was able to earn a Masters Degree and works at the library. She also became a teacher of the NAMI Peer-to-Peer program. She met and married her current husband and met new friends through her involvement in her church.

She is thankful that she “can get up in the morning and set some goals for the day and carry them out and to do what I want to do.” She stressed the importance of acknowledging one’s illness and then finding the treatment and coping skills to live a full life. Although there are 58 million struggling with mental illness, most can recover and lead a full life in spite of mental illness.



Speaker Anastasia Tuckness

Freedom House Staff & Volunteers Recognized

During the luncheon of the May 22nd MH Awareness Seminar, over 80 individuals and organizations were honored for their volunteer activity for Faith in Action and Friendship Club.

Special recognition was given to the staff of Freedom House. For several years, therapists Rick Shaw and Sharon Freese have offered monthly coping skills and informative sessions at the Friendship Club.

Sharon Freese was also honored on her upcoming retirement.

Thank you for your service!



Freedom House Staff receive award from FIA Coordinator Kathy Vitasek

FRIENDSHIP CLUB HONOREES

Wanda Kastner and Gina Mitterer were recognized as top Friendship Club members of the year based on their participation. As Gold Club members (with 500+ hours), Kastner had 596.25 over the past year. Mitterer had 563 hours. Both received a certificate of recognition and gift.

Joining them in the Gold Club were: Heidi Murphy (526 hours), Chris Starkey (520 hours), and Sharon Speck (501 hours).

Silver Club member (300-499 hours) recognition went to Ed Maze (477 hours) and Jared Palmateer (309 hours).



Wanda Kastner awarded as top participant

Focus Friend WANDA KASTNER

Our Focus Friend this month is Wanda Kastner. Wanda has been a member of Friendship Club for about a year. Wanda currently lives in her own apartment at Marion Manor in Iowa Falls. She grew up with 7 sisters and 3 brothers and has been an Iowa Falls resident all her life.

What would you like people to know about you? I am nice to everyone. I like people. The people that come to help me from Greenbelt Homecare are so nice; I enjoy their visits. I enjoy spending time with my grandchildren.

Why do you come to Friendship Club? I have made many new friends. I enjoy being here and enjoy the many activities. It is a great place.

What do you do for fun? I watch TV, play solitaire, and do crosswords and puzzles.

THANK YOU!

Thanks to the 1st United Methodist Church for the use of the church for the MH Awareness Seminar. Thanks also to the UMW Sarah Circle for the wonderful meal and to Hazel Freeman for the great homemade rolls.



Gina Mitterer as runner-up

MARK THE DATE

June 19, 4:00 pm-NAMI Bd. Mtg.,
Friendship Club, Ia. Falls.

June 20, 2:00 pm-MHDD
Advisory Bd. Mtg., Freedom
House, Ia. Falls.

July 17, 8:30 am-FIA Advisory
Bd. Mtg., Friendship Club, Ia.
Falls.

Construction Begins!

Construction is underway on the new handicap restroom at the Friendship Club! Completion of the project is expected by July 1st.

During construction the Wednesday friendship meals will be held out of the Clubhouse and there may need to be some scheduling changes to accommodate the carpenters.

Thanks to all that have donated and supported this project!

"Mental Illness is nothing to be ashamed of, but stigma and bias shames us all."

Bill Clinton

2013 Volunteer Appreciation

A World of Thanks, Volunteer

We appreciate all you do.

You give your time and energy, too.

You brighten lives like a shining star.

What a truly special person you are.

You make a difference by caring, and change the world by volunteering.

Kona Adams	Linn Adams+	Sarah Adams
Harold Alt	Jodi Anderson	Lenora Bahr
Glenda Bailey+	Roger Bailey	Gordon Bakan#
Dean Booth	Sandi Butt#	Shirley Caruth
Stella Caselton	Craig Chaplin	Jack Colbe
Delores Crawford	Maxine Daleske	Marlene Dickerson#
Bev Dirksen#*	Barb Duncan*	Bob Eakin
Mary Eakin	Madeline England	Robin England#
Hazel Freeman	Sharon Freese	Vicky Gehrls
Joan Geil#	Vicki Gordon*	Fern Graves
Sally Graves	Annie Greenawalt	Donnette Montgomery
Robin Hartkopp#	Diane Hayden	Rebecca Heitland+
Dawn High	Katie Hilpipre	Mary Hogland
Waneva Huffman	Tina Hutzl*	George Jackson
Dixie Jones	Wanda Kastner	Becky Klatt
Pam Klatt#*	Jerry Kramer#	Emily Kruckenberg
Eileen Kruse#	Cheri Manning	Makenna Meints
Brenda Meyer	Lois Mills+	Minnie Norem
Ruth Norem+	Nedra Peterson	Virginia Reams
Sandy Rizzo	Donnette Robinson	Jan Robinson
Tim Rogers#*+	Mary Rosendahl#*+	Shirley Schrandt
Rick Shaw*	Dorothy Sheller#*	Beulah Simpson
Deanna Smith+	Wayne Smith	Chris Starkey
Kathleen Steiber	Mary Swartz*	Cheryl Tanis*
Terri Tikovitsch	Billie Jo Tow#	Alois Vitasek
Kathy Vitasek+	Marian Webber#	Colinda Willson
Ed Wilson		

FIA Advisory Board *MHDD Advisory Board +NAMI Board

Ongoing Friendship Club Volunteers

Dean Booth, Harold Alt	Current Events
Virginia Reams	Readings and Discussion
Deanna Smith	Crafts and Support
Freedom House Staff	Mental Health Education
Ellsworth Hospital Staff	Nutrition and Healthy Living
Greenbelt Homecare Staff	Healthy Living
Sandy Rizzo	Crafts
Lenora Bahr	Bus Driver
Billie Jo Tow	Coping and Living

Special Thanks to the following for financial and in-kind contributions to support Faith in Action:

Ackley Lions Club	Iowa Falls Evangelical Free Church
Ackley United Methodist Church	Iowa Falls First United Methodist Church
Adams Brothers	Iowa Falls Rotary Club
Ardeth and George Vest	Jane Hornung
Barb Kelsey Family Memorial	Joe and Linda Scallon
Bethany Lutheran Church, Iowa Falls	Ken and Annie Kuper
Brenda Meyer	Linn and Joanne Adams
Central Iowa Residential Services, Inc. (CIRSI)	Lois and Pat Mills
David Gray	NAMI Hardin County
Dorothy Sheller	Nedra Peterson
East Side Ladies	Robert and Mary Eakin
Eileen Kruse	Rouline Bergman
Ellis Methodist Church	Ruth Norem
First Christian Church Womens Fellowship, Ia. Falls	Seeds of Hope/Robin Hartkopp
Freedom House	St. Marks Knights of Columbus, Iowa Falls
Friendship Club Members	Tom Marsh & Co.
Hardin County Community Endowment	Walmart
Hardin County Community Services Staff	Wendy Bradley
Iowa Falls Church Women United	Zion UCC Womens Fellowship-Hubbard
Iowa Falls Community Chest	

Friendship Club Participation Awards

Gold Club Members (500+ hours)

Wanda Kastner (596.25)**
Gina Mitterer (563)**
Heidi Murphy (526.25)
Chris Starkey (520.25)
Sharon Speck (501)

Silver Club Members (300-499 hours)

Ed Maze (477.5)
Jared Palmateer (309.5)

Friendship Club

JUNE 2013

Sun	Mon	Tu	Wed	Thu	Fri	Sat
	<p><i>Meals "around" noon Activities "around" 1:00pm unless noted</i></p>		<p> Member Birthdays</p>		<p>641-648-7500</p> <p>clubiafalls@yahoo.com</p>	1
2	<p>3 11:15 Get Moving Sack Lunch</p> <p><i>Freedom House – Rick</i></p> <p> Betts Watson</p>	4	<p>5 <u>EAST SIDE LADIES AIDE PICNIC & PARTY AT JULIA O'NEIL PARK</u></p>	6	<p>7 11:15 Get Moving Sack Lunch</p> <p>Crafts with Sandy wear old clothes & bring special item for stepping stones</p> <p> Wanda Kastner</p>	8  Heidi Murphy
9	<p>10 11:15 Get Moving Sack Lunch</p> <p>CALENDAR PLANNING & MEMBERS CHOICE</p> <p> Pete Williams</p>	11	<p>12 <i>Eldora Outing eat at Pizza Ranch & visit various locations</i></p>	13	<p>14 11:15 Get Moving Sack Lunch</p> <p>Garage Sale Outing</p>	15
16	<p>17 11:15 Get Moving Sack Lunch –</p> <p>MEMBER MEETING & BINGO</p>	18	<p>19 POTLUCK PICNIC at ASSEMBLY PARK & Readings with Virginia</p> <p>4:00 NAMI BOARD MEETING  Leedayle Rosendahl</p>	20	<p>21 11:15 Get Moving Sack Lunch –</p> <p>SHOW & TELL</p>	22  Barb Havens  Dean Crovisier
23	<p>24 11:15 Get Moving Sack Lunch –</p> <p><i>Update from Greenbelt</i></p>	25	<p>26 11:15 Get Moving Friendship Lunch-</p> <p><i>Current Events with DEAN BOOTH</i></p> <p>2:00 Newsletter Mailings</p>	27	<p>28 11:15 Get Moving Sack Lunch –</p> <p>LIBRARY VISIT WITH TERRY T.</p>	29