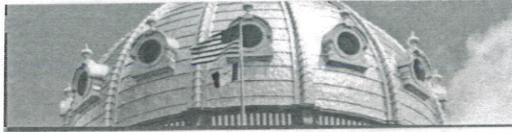




What's Happening

MARCH, 2013



Advocating for Change Day

On March 27th Friendship Club members will join 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 have the opportunity to learn to develop an effective message, visit with legislators about issues, and watch the legislative process.

There is no cost to participate in the event. A free lunch will be served to all participants.

Friendship Club will be taking a bus to the event. Anyone interested in attending can call 641-648-7500 to reserve a spot on the bus or to register for the event.

NAMI Iowa Director Speaks

Hardin County NAMI sponsored a presentation recently by Nancy Hale, NAMI Iowa Executive Director. Hale spoke to NAMI members and club members at the Friendship Club.

Hale talked about the programs offered through NAMI, including the Peer to Peer and Family to Family educational programs. Plans are being made for the Peer to Peer program to be offered locally in 2013.

The annual NAMIWalk was also discussed. Hardin is one of the affiliate sponsors for this event. The Walk will be held October 5th at Farm Bureau Lake in Des Moines.

MARK THE DATE

March 20, 4pm-NAMI Bd, Friendship Club, Ia Falls

March 21, 2pm-MHDD Advisory Board, Community Services Office, Eldora

March 27-Advocating Change Day, Iowa Capitol

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

"The bad news is time flies. The good news is you're the pilot."

-Michael Altschuler

For Your Health-

100 calories a day doesn't seem like much, but it makes a big difference over the course of a year! Adding activity to burn an extra 100 calories a day will result in a 10 pound weight loss over a year. You can burn 100 calories with activities such as: climbing stairs for 15 minutes, jumping rope for 10 minutes, or dancing around the house for 20 minutes.



Focus Friend **Sharon Speck**

Our Focus Friend this month is Sharon Speck. Sharon has been a member of the Friendship Club since 2003. She currently lives in her own apartment in Marion Manor in Iowa Falls. Sharon was born in Jewel, Iowa. Sharon grew up with three sisters and three brothers. When growing up her family lived in Williams, Alden, Iowa Falls, and New Providence.

What would you like people to know about you?

I'm friendly. I love animals. Mary Rosendahl has been my case manager for years and I really like her.

Why do you come to Friendship Club?

I like to get out of the house and spend time with my friends.

What do you do for fun?

I play cards at Club. At home I like to watch TV and do word search.



Staying Healthy (from Wellmark BCBS)

We are in the prime cold and flu season. Antibiotics are good drugs—if taken for the right reasons. Antibiotics work for infections caused by bacteria. Colds and flu are caused by viruses---germs that are not killed by antibiotics. The following are usually caused by a virus: cold, flu, chest cold, sore throat, bronchitis, runny nose, fluid in the middle ear. For most of these cases antibiotics are not needed.

If you are looking to lose weight, your focus should be on a balanced diet with a variety of fruits, vegetables, whole grains, low-fat dairy, lean protein and healthy fats. Increasing your level of physical activity is also important.

Retrain Your Brain-- **See The Sunny Side**

Studies indicate that we have 30% to 40% control over our mindset. Elaine Fox, Oxford psychologist and author of Rainy Brain, Sunny Brain, suggests it is possible to retrain our brains through actions. Her advice for a sunnier outlook:

- **Count your blessings.** Record your day in a diary and review it later. It makes it easier to see just how much in your life is going right.
- **Make time for you.** Distancing yourself from stress helps eliminate a negative mind-set. Spend time outdoors. Take 10 minutes in the day out to sit.....turn off everything.
- **Push yourself.** Pessimists often hang back and wait for things to happen. To combat this tendency, put extra effort into something meaningful to you.

-Joanne Hlavacek

Friendship Club

MARCH, 2013



OPEN Mon AND 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>clubiafalls@yahoo.com 641-648-7500 602 S Oak, P O B 622 Iowa Falls, IA 50127</p>		<p>11:15 Get Moving Sack Lunch –</p> <p>Crafts with Sandy Joyce Crosser</p>	<p>1</p> <p>2</p>
3	<p>4</p> <p><i>Sharing with Billie Jo</i></p>	<p>5</p> <p> Alane Slagle</p>	<p>6</p> <p>Out to Eat @ DAIRY QUEEN leave at 11:15, eat 11:30 REGSITER BY 2/27</p> <p>MEMBERS CHOICE</p>	7	<p>8</p> <p>11:15 Get Moving Sack Lunch</p> <p>BOWLING</p> <p> Candy Eoff</p>	9
10	<p>11</p> <p>11:15 Get Moving Sack Lunch</p> <p>CALENDAR PLANNING & MEMBERS CHOICE</p>	12	<p>13</p> <p>11:15 Get Moving Friendship Lunch- Ham Loaf Helpers: Sharon, Wanda Freedom House – Rick</p> <p> John Keeney</p>	14	<p>15</p> <p>11:15 Get Moving Sack Lunch</p> <p><i>Current Events with Harold Alt</i></p>	16
17	<p>18</p> <p>11:15 Get Moving Sack Lunch –</p> <p>MEMBER MEETING & BINGO</p>	19	<p>20</p> <p>11:15 Get Moving Friendship Lunch- Sheppard's Pie Helpers: Diane, Gina <i>Readings with Virginia</i></p> <p>4:00 NAMI Meeting</p> <p> Sherry Norman</p>	21	<p>22</p> <p>11:15 Get Moving Sack Lunch –</p> <p>FUZZY FRIDAY !</p>	23
24	<p>25</p> <p>11:15 Get Moving Sack Lunch –</p> <p><i>Update from Greenbelt</i> 2:00 Newsletter Mailings</p>	26	<p>27</p> <p>CAPITOL ADVOCATING CHANGE DAY Register by 3/11 BUS LEAVES AT 8:00AM CLUB CLOSED</p>	28	<p>29</p> <p>11:15 Get Moving Sack Lunch –</p> <p>SHOW & TELL</p>	30