

What's Happening

A publication of Hardin County Community Services

NOVEMBER, 2013



HOLIDAY EVENTS PLANNED

Two holiday events are being planned for FIA and Friendship Club members. On Friday, November 15th, 5:00p.m., the East Side Ladies will sponsor their annual holiday party. The event, including supper, games, and music, will be held at the First United Methodist Church in Iowa Falls.

Hardin County Faith in Action will hold the annual FIA Reach Out at Christmas Party on Monday, December 9th at 4:00 p.m. The event will be held at the Bethany Lutheran Church in Iowa Falls. The event will feature a supper, games, music, and the distribution of Christmas gifts to individuals that have been active at Friendship Club the past six months and individuals that have been referred to FIA.

Letters have recently been sent to volunteers and organizations to sponsor gifts for the FIA gift giving. Anyone willing to sponsor individuals may contact Kathy Vitasek at 641-7500 or Hardin County Community Services at 641-939-8168.

Facts About Depression

Women: Women ages 18 to 45 account for the largest population of people suffering from depression.

Men: Four times as many men as women die by suicide in the United States.

Young Adults: Nearly half of all college students report feeling so depressed at some point that they have trouble functioning.

Older Adults: Depression in its many forms affects more than 6.5 million of the 35 million Americans who are 65 or older.

Source: Screening for Mental Health, Inc.

NAMIWalk 2013

A cool, windy October morning brought together hundreds of walkers in an effort to raise awareness about mental illnesses.

Fifteen Hardin County NAMI members and volunteers participated in the October 5th walk at the Farm Bureau Lake in Des Moines. Nearly \$1800 was raised locally to support the walk.



Following the walk, Hardin County NAMI President Ruth Norem stated, "it is wonderful to see the support and participation of Hardin County citizens and volunteers." She offered special thanks to Ellsworth Hospital, which was recognized as a supporter of the walk with a \$250 donation.

Thanks to all that supported the NAMIWalk! (Note: picture from 2012 walk).

"A good friend is a connection to life, a tie to the past, a road to the future, the key to sanity in a totally insane world."

-Lois Wyse

Thanksgiving Meal Offered

The Friendship Club will offer a Thanksgiving meal on November 20th at the Clubhouse. If you would like to participate please sign up at the Club by November 13th or call 641-648-7500 to reserve a place at the table.



Feeling Blue?

Persistent sadness. Emptiness. Hopelessness. Those are the words many of us link to depression—those symptoms listed on pamphlets at the doctor's office and antidepressant commercials tell us to look for.

But depression affects different people in different ways; for some, it can lead to those dark feelings and thoughts that impact daily life and become debilitating; for others, the signs may be a little less obvious. What we know for everyone: Depression is not a simple bout with the blues and you can't just snap out of it; it's a serious medical illness that requires treatment.

One in 10 American adults are depressed. Here are some signs you are depressed and need to seek treatment:

- You lose interest in favorite activities. You don't have the desire or energy to do the things that you did for pleasure.
- You are easily irritated. Things that used to be no problem greatly irritate you and you feel angrier or more aggressive.
- You can't concentrate.
- You eat less and sleep more. Or you eat more and sleep less.
- You have unexplained pain. Depression can cause headaches, backaches, cramps and other physical ailments. People with chronic pain have three times the average risk of developing mood disorders.

If you recognize some of these changes in yourself or others you can contact one of the local outpatient providers—Freedom House, Achieve Mental Health, or Center Associates. You may also contact Hardin County Community Services for additional information.

-Information from *The Doctors*.

Dates To Note-

11/11/13-Veterans Day
11/15/13-East Side Ladies Holiday Party, 5 p.m., Methodist Church, Ia. Falls.
11/18/13-Friendship Club member meeting
11/20/13-Friendship Club Thanksgiving Meal
11/29/13-Friendship Club closed for Thanksgiving holiday
12/9/13-FIA Christmas party, 4:00 p.m., Bethany Lutheran, Iowa Falls

Health Care Enrollment Continues

If you do not currently have health insurance (Medicaid, Medicare, or private insurance) you will want to apply for the Iowa Health and Wellness Plan. The enrollment period started October 1, 2013. The new program becomes effective January 1, 2014.

If your income is under 138% of the federal poverty level you will qualify for either a. coverage equivalent to the current Iowa Medicaid program, or b. health insurance through the Health Insurance Marketplace.

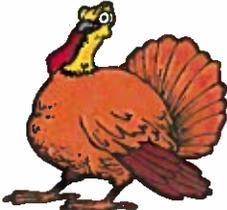
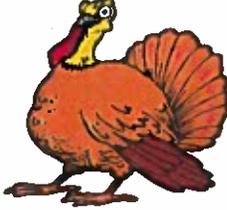
You can start the process or get more information at www.healthcare.gov.

In November we celebrate both Thanksgiving and Veterans' Day. Be thankful and show respect by doing something nice for someone you know who is a veteran, or who is in need of your help. It will not only help them, but it will make you feel better too!



FRIENDSHIP CLUB

NOVEMBER, 2013

 Member Birthday	<p>641-648-7500 clubiafalls@yahoo.com</p> 		<p>Club Open for Members: Mon & Wed 11:00am - 4 pm Friday 11:00am - 3:30 pm</p>	 Heather Trimble	<p>11:15 Get Moving Sack Lunch</p> <p>CRAFTS WITH SANDY</p>	1 2
<p>3 Kevin Harms Marcus Graves</p>  	<p>4</p> <p>Pizza Party <i>\$2 per member!</i> <i>Thanks to Maxine for \$50 Donation</i></p>	<p>5</p>	<p>6</p> <p>11:15 Get Moving Friendship Lunch - PIGS IN A BLANKET Helpers: VICKI & WANDA</p> <p>Freedom House</p>	<p>7</p>	<p>8</p> <p>11:15 Get Moving Sack Lunch</p> <p><i>Fun with Mary Lou Topp</i></p>	9
<p>10</p> 	<p>11</p> <p>11:15 Get Moving Sack Lunch</p> <p>Calendar Planning and Members Choice</p>	<p>12</p>	<p>13</p> <p>11:15 Get Moving Friendship Lunch - COLD MEAT SANDWICHES Helpers: JARED & GINA</p> <p>Readings with Virginia 4:00 NAMI BOARD MEETING</p>	<p>14</p>  Judy Billington	<p>15</p> <p>EASTSIDE LADIES Christmas Party 5-8PM Club opens 2pm call for rides by 1:30pm</p>	<p>16</p>  Jay Du
<p>17</p>	<p>18</p> <p>1:15 Get Moving Sack Lunch</p> <p>MEMBER MEETING & BINGO</p>  Matt Mosher	<p>19</p>  Roger Bailey	<p>20</p> <p>THANKSGIVING MEAL - SIGN UP BY 11/13</p> <p>1:30 Bowling <i>FC pays for first game, you pay for second</i></p>	<p>21</p> 	<p>22</p> <p>11:15 Get Moving Sack Lunch -</p> <p>2:00 Newsletter Mailings</p>  Kevin Dunn	<p>23</p>
<p>24</p>	<p>25</p> <p>11:15 Get Moving Sack Lunch -</p> <p>Update from Greenbelt</p> <p>2:30 Current Events with DEAN or WALT</p> 	<p>26</p>	<p>27</p> <p>11:15 Get Moving Friendship Lunch - GOULASH Helpers: SHARON & JUDY</p> <p>SHOW & TELL</p> <p>CLUB CLOSED FRIDAY ENJOY FAMILY & FRIENDS</p>	<p>28</p> <p>T H A N K S G I V I N G</p>	<p>29</p>  <p>CLOSED-ENJOY FRIENDS & FAMILY</p>	<p>30</p>