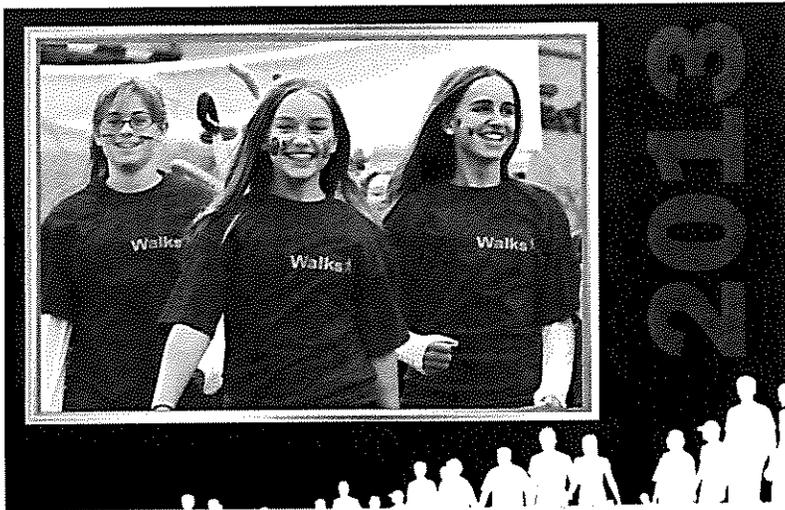


What's Happening

A publication of Hardin County Community Services

OCTOBER, 2013



The Iowa NAMIWalks 2013 will be held Saturday, October 5th. Hardin County NAMI is again this year one of the affiliate sponsors. Hardin County NAMI members and supporters, with the "Bridge Steppers" team, will be traveling to Farm Bureau Lake in West Des Moines for the event. Walkers are still welcome to join the team.

So far \$1,720.00 has been raised locally for the walk. Ellsworth Hospital continued their tradition as a sponsor this year at the \$250 level. Team members continue to collect donations for the event. Anyone wishing to donate or participate are encouraged to contact NAMI President Ruth Norem or Kathy at the Friendship Club.

The annual Walk is the primary fundraiser for the NAMI chapter. A portion of the funds stay in Hardin County to support local education and mental health awareness events, while the balance supports this mission throughout the State.

Thank you to all that have so generously supported the NAMI walk locally by helping raise donations and donating for the event. A special thanks to Ellsworth Hospital for their sponsorship at the \$250 level. We look forward to another great walk on October 5th!

- Ruth Norem, President, NAMI Hardin County

MARK THE DATE

Oct. 5, 10:00 am-NAMI Walk,
Des Moines

Oct. 23, 8:30 am-FIA Adv. Board,
Friendship Club, Ia. Falls

Fall Events Planned

The Friendship Club has planned several fun events for October. Besides regular events, the group will participate in the following:

- Ken and Sandi Butt will host the group for a picnic at their farm along the Iowa River on Oct. 9th
- A leaf tour and lunch out in Eldora on Oct. 7th
- A Halloween costume party on Oct. 30th

In addition, we will have volunteers leading fun activities and leading informative sessions at the Club.

If you are a current member plan to support these activities. If you are not currently a member but would like to be, contact Kathy at Friendship Club (648-7500).

You can't reach for anything new if your hands are still full of yesterday's junk.

-Louise Smith



Focus Friend **Deanna Smith**

Our Focus Friend this month is volunteer Deanna Smith. Deanna has been a volunteer at the Friendship Club for many years. She currently lives with her grandson in Iowa Falls where she has lived since the early 1960's. Deanna was born in Hardin County in Robertson. The house she was born in is still occupied, but the town is almost gone. Deanna grew up with one sister and five brothers. Prior to moving to Iowa Falls she and her husband, the late Frank Smith, lived in the country on his family farm.

What would you like people to know about you?

I am a mother, grandmother, and great grandmother. I enjoy spending time with my family. I love people.

Why do you come to Friendship Club?

Many reasons, the main one is to be with people. I've become friends with many of the members over the years. I've gained a lot of respect for the many levels and types of mental illnesses that our members cope with.

What do you do for fun?

I enjoy the fellowship at Friendship Club and at my church with my family and with my church family. I also enjoy playing cards, cooking, sewing, and craft projects. I always enjoy the many fun activities we have at Club and helping members with projects. I've been a member of the East Side Ladies Aide for almost 40 years, and I truly enjoy that special group of women.

Health Insurance Changes

The new Health Insurance Marketplace will begin October 1, 2013, with plan coverage beginning January 1, 2014. The plan in Iowa will cover persons with incomes up to 133% of the federal poverty level. If you are not currently receiving Medicaid you may want to check out more information at www.healthcare.gov.

Planning Begins for FIA Christmas

Yes, Christmas will be here before we know it! Planning has begun for the annual FIA Christmas party.

Letters will soon be going out to individuals and groups that have sponsored gifts for the event in the past. Wish lists will also go out to gift recipients.

Watch for more details soon!

Did You Know?

- ✓ Staying positive can help improve your mood and your health.
- ✓ If you quit smoking now, in 20 minutes your heart rate drops, and in 12 hours the carbon monoxide in your blood drops to normal.
- ✓ Exercising in "spurts" can be just as effective as continuous exercise.
- ✓ Helping others may help you experience less depression.
- ✓ Writing down your problems can help shift your thinking and improve your mood.
- ✓ What you drink is just as important as what you eat!

Friendship Club

OCTOBER 2013

 Member Birthday	641-648-7500 clubiafalls@yahoo.com	1	2 3 11:15 Get Moving Friendship Lunch - Tator Tots & Chicken Hind-quarters Helpers: Diane & Wanda Vicki from Freedom House	4	11:15 Get Moving Sack Lunch CRAFTS WITH SANDY  Josh Johnson  Ryan Alloway	5 NAMI WALK PICKUP START 6:15
6	7 11:15 Get Moving Sack Lunch <i>Iowa Falls Autumn Trail Walk</i>	8	9 FRIENDSHIP PICNIC at SANDI & KEN BUTT on IOWA RIVER <i>Pickups start at 10:15 from Marian Manor</i>	10	11 11:15 Get Moving Sack Lunch <i>Fun with Mary Lou Topp</i>	12
13	14 Leaf Tour & Pizza Ranch in Eldora Outing Leave at 11:00, pickups start at 10:15 from Marian Manor	15	16 17 11:15 Get Moving Friendship Lunch - Pizza Casserole Helpers: Tim & Elizabeth Readings with Virginia 4:00 NAMI BOARD MEETING	18	1:15 Get Moving Sack Lunch CALENDAR PLANNING & MEMBERS CHOICE  Patty Halfpop	19  Robert Eakin
20	21 1:15 Get Moving Sack Lunch MEMBER MEETING & BINGO	22	23 24 8:30 FIA Board Meeting 11:15 Get Moving Friendship Lunch - Breakfast Casserole Helpers: Gina & Tim Bowling FC pays for first game, you pay for second	25	11:15 Get Moving Sack Lunch - SHARING WITH BILLI JO 2:00 Newsletter Mailings	26
27	28 11:15 Get Moving Sack Lunch - Update from Greenbelt 2:30 Current Events with Harold Alt	29	30 11:15 Get Moving Friendship Lunch - Chili Helpers: Roger & Glenda <u>BEST COSTUME CONTEST!</u> <u>MEMBERS VOTE!</u> <u>SHOW & TELL</u>	31	Club Open for Members: Mon & Wed 11:00am - 4 pm Friday 11:00am - 3:30 pm	