



# What's Happening

## APRIL, 2014



### Mental Health Awareness Event Planned

Planning is underway for the annual Mental Health Awareness Seminar and Luncheon. The event is held annually during the month of May, as May is recognized nationally as Mental Health Awareness Month.

The event is an opportunity to provide information and raise awareness about mental health issues locally and also provides an opportunity to annually thank the many volunteers that offer assistance through the year to the Faith in Action/Friendship Club program.

The program will feature local residents that have participated in the new Intensive Psych Rehabilitation (IPR) program. They will present their personal stories of dealing with mental illnesses and talk about their recovery process.

There will be a complimentary luncheon. Remember to mark the date:

**WEDNESDAY, MAY 21, 2014**

**11:30 AM TO 1:00 PM**

**1ST UNITED METHODIST CHURCH  
MAIN STREET, IOWA FALLS**

### *In Memory*

John Keeney, longtime Friendship Club member, passed away recently in Ashville, North Carolina, where he had been living near family. John will be greatly missed by many!



### MARK THE DATE

April 16, 4:00 pm-NAMI Board, Friendship Club, Ia Falls

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

### THANK YOU

- Thomas Dunning Family for memorial contribution to Friendship Club.
- Bethany Lutheran Church for donations of Easter food to Friendship Club members.

*"The bad news is time flies.  
The good news is you're the pilot."  
-Michael Altschuler*

### TAKE NOTE-

#### PARTICIPANT POLICY CHANGE

The FIA Advisory Board implemented a new policy for Club members to be eligible for the FIA Christmas gift program. Effective January 1, 2014, Friendship Club members must attend Club at least once during each quarter of the calendar year---meaning at least once between Jan. 1<sup>st</sup> -Mar. 31<sup>st</sup>; and, April 1<sup>st</sup>- June 30<sup>th</sup>; and, July 1<sup>st</sup>- Sept. 30<sup>th</sup>; and, Oct. 1<sup>st</sup> - December party date. Any questions can be directed to Linn Adams (641-939-8168).



## **Focus Friend Gayle Hutzel**

Our Focus Friend this month is Gayle Hutzel. Gayle has been a member of the Friendship Club since 2001. She currently lives in Iowa Falls.

### **What would you like people to know about you?**

*I moved here from Ruthvin, Iowa in 1970. I met Fred (husband) and we got married December 5, 1970. We've been married 43 years! I've had mental illness for the past 31 years. I've met many others with mental illnesses at the Friendship Club. I've been participating in the Intensive Psych Rehab (IPR) program since it started.*

### **Why do you come to Friendship Club?**

*I like to get out of the house, make new friends, and see old friends.*

### **What do you do for fun?**

*We love to go camping in our RV with my sister Connie up north at Tudle Lake on the Iowa/Minnesota state line near Doliver. I enjoy spending time with my grandchildren.*

## **NAMI Plans Local NAMIWalk**

The Hardin County NAMI Board of Directors recently voted to sponsor a local walk to raise funds and awareness about mental illness. For approximately five years the local chapter has participated in the NAMIWalk in Des Moines. The Board decided to try a local walk this year instead of being a sponsoring affiliate for the Des Moines walk. The Board sees advantages in wider local participation if the walk is held locally and in that all funds raised will be retained locally for local projects. The walk is anticipated to be held in September.

## **TRANSPORTATION TO CLUB**

*If you need transportation to the Friendship Club you may contact Kathy at Friendship Club (648-7500) or Linn Adams (939-8168). Transportation in the Iowa Falls area can be arranged at no cost to you.*

## **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*

## **FAMILY TO FAMILY**

*Do you have a family member struggling with mental illness? Would you like to be part of a support group with other family members or participate in a NAMI Family to Family program? If so contact NAMI President Ruth Norem.*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>641-648-7500</b>		<a href="mailto:clubiafalls@yahoo.com">clubiafalls@yahoo.com</a>		Member Birthdays	
	<b>Meals "around" noon &amp; Activities "around" 1:00pm unless noted</b>	1	2 11:15 Get Moving Friendship Lunch: Egg Casserole Helpers: Sharon & Dean  <b>Freedom House</b>	3 Diane Hayden	4 <b>Las Flores</b> Out to Eat 11:00 Peoplerides drops you off at Las Flores <i>Do Your Own Thing</i>  Jared Palmateer	5 Paul Bailey
6	7 11:15 Get Moving Sack Lunch  <i>Cooking with Kathleen</i> <b>Bird Nests</b> ONLY THOSE THAT PARTICIPATE INDULGE!	8	9 11:15 Get Moving Friendship Lunch: Ham & Cheese Helpers: Shirley & Vicki  CALENDAR PLANNING & BINGO	10	11 11:15 Get Moving Sack Lunch  <b>SPRING FLING ?!</b> <i>with ECC students</i>	12
13 Palm Sunday	14 11:15 Get Moving Sack Lunch  <b>Member Meeting &amp; Members Choice</b>	15	16 11:15 Get Moving Friendship Lunch: Pigs in a Blanket Helpers: Gina & Wanda  <i>Readings with Virginia</i>  4:00 NAMI BOARD MEETING	17	18 <b>GOOD FRIDAY CLOSED</b>  Colinda Wilson	19
20 Easter	21 11:15 Get Moving Sack Lunch  <b>NAMI INFO &amp; Do Your Own Thing!</b> Kathy Reysack, Richard Evans, Richard Tiger	22	23 11:15 Get Moving Friendship Lunch: Chicken Casserole Helpers: Tim & Diane  <b>WHAT'S HAPPENING WITH HAROLD</b>	24	25 11:15 Get Moving Sack Lunch  <b>BOWLING</b>  2:15 Newsletter Mailings	26
27	28 11:15 Get Moving Sack Lunch  <i>Greenbelt Home Care</i>	29	30 11:15 Get Moving Friendship Lunch: Salad Bar Helpers: Glenda, Roger, Vicki  <b>SHOW &amp; TELL</b>		<b>New Club Hours:</b> <b>10:30 – 3:30</b> <b>New Office Hours:</b> <b>8:30 – 10:30</b>	