

# What's Happening

*A publication of Hardin County Community Services*

## AUGUST, 2014

### **Clubhouse Outings Continue**

With the support of a grant from the Hardin County Community Endowment Foundation, members of the Friendship Club have enjoyed outings and learning experiences at the Blank Park Zoo and Meskwaki Museum in May and June. Two outings funded through the grant remain.

On August 13<sup>th</sup> members will travel to a Teddy Bear and Toy Museum and on September 10<sup>th</sup> to the Hansen Dairy Farm. There are a few spots open for these trips. Anyone who has not signed up can contact Kathy at the Friendship Club to find out more information or sign up for one of the trips.

### **PEER-TO-PEER PLANNED**

*NAMI Hardin County and Friendship Club plan to sponsor a local Peer-to-Peer class. The class is open to anyone with "lived experiences". The class will begin on Wednesday, September 3<sup>rd</sup>, at 3:45 p.m., and will run for 10 weeks.*

*The class will be led by Lois Mills and Roger Bailey who have completed the trainings required by NAMI Iowa to teach the class.*

*If you are interested you can sign up at the Friendship Club or can contact Lois or Roger. Please take advantage of this opportunity!*

### **WALK WITH US!**

*Join others locally to help raise awareness about mental illnesses and fight stigma by participating in the 2014 Walk With Us! The Walk will be September 13<sup>th</sup> at 10:00 a.m. at Foster Park in Iowa Falls. A picnic lunch will be served. You can also support the cause with donations. See the enclosed flyer for details.*

### **WELCOME MARY!**

*We welcome Mary Nelson, the new Friendship Club Assistant. Stop and say "hello"---she would love to meet you!*

### **MARK THE DATE**

**Aug. 20, 4:00 pm-NAMI Bd. Mtg.,  
Friendship Club, Ia. Falls.**

### **FIA Advisory Board**

There is an opening on the Hardin County Faith in Action Advisory Board. Anyone that would like to serve on the FIA Board is encouraged to contact Kathy Vitasek, Clubhouse Coordinator (648-7500), or Linn Adams (939-8168).

The Advisory Board is made up of up to 15 individuals from throughout the county that support FIA. Board members help direct the program and assist in fundraising. FIA sponsors the annual Christmas project and co-sponsors the annual Mental Health Awareness Seminar.

### **THANK YOU**

For recent contributions

-Ia. Falls Church Women  
United

-1<sup>st</sup> UMC Sarah Circle

-Alden UMC Women

-East Side Ladies Aide for  
their annual FC picnic

-Minnie Norem for the donation  
of another quilt for Friendship  
Club drawing.

*A single rose can be my garden...*

*a single friend my world.*

*-Leo Buscaglia*

**Walk With Us**  
**NAMI Hardin County's 1st Annual**  
**Walk for Mind, Body and Spirit**



**When:**  
**Sat. September 13, 2014**

**Where:**  
**Foster Park, Iowa Falls, Ia**

**Time:**  
**Walk : 10:30 -11:30**

**Lunch: 11:30-1:00**

*Donations*  
*Welcome*

**Registration due Sept 3.**

**Questions: Call 648-9610 or 648-7500**

---

**Yes, I want to walk .**

**Registration \$10:00 per walker**

**Name** \_\_\_\_\_

**Amount enclosed: \$** \_\_\_\_\_

**Address** \_\_\_\_\_

**Return bottom portion to:**  
**NAMI Hardin County**  
**12422 M Ave.**  
**Iowa Falls, Ia, 50126**

# AUGUST

OPEN Mon, Wed & Fri 10:30 - 3:30

Sun	Mon	Tue	Wed	Th	Fri	Sat
	<p>Open M,W,F 10:30 - 3:30</p> <p>Office Hours 8:30 - 10:30</p> <p><b>ACTIVITIES AT 1:00 UNLESS NOTED</b></p>		<p><a href="mailto:clubiafalls@yahoo.com">clubiafalls@yahoo.com</a></p> <p><b>641-648-7500</b></p>		<p>1</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>Miya Mission Work</b></p>	<p>2</p> <p> Tina Hutzel</p>
3	<p>4</p> <p>11:00 Morning Moments Sack Lunch</p> <p><i>Sandi Butt - Sharing My Thoughts</i></p>	<p>5</p> <p>Empowerment conference</p>	<p>6</p> <p>11:00 Morning Moments Friendship Lunch: Chili Dogs Helpers: Diane &amp; Linda</p> <p><b>BEHAVIRIAL HEALTH</b></p> <p>Empowerment conference</p>	<p>7</p> <p>Empowerment conference</p>	<p>8</p> <p>11:00 Morning Moments Sack Lunch</p> <p><b>BOWLING</b></p>	<p>9</p>
10	<p>11</p> <p>11:00 Morning Moments Sack Lunch</p> <p><i>Pool/Card Tournament</i></p>	<p>12</p>	<p>13</p> <p><b>Hat Lady, Toy &amp; Teddy Bear Museum</b> <i>3<sup>rd</sup> HCCEF Grant Outing Clarion</i></p> <p>Pickups start at 9am, back around 4pm - club not open</p> <p><b>4:00 NAMI Board Meeting</b></p>	<p>14</p>	<p>15</p> <p>11:00 Morning Moments Sack Lunch</p> <p><b>CALENDAR PLANNING &amp; BINGO</b></p>	<p>16</p> <p> Tim Rogers</p>
17	<p>18</p> <p>11:00 Morning Moments Sack Lunch</p> <p><b>Member Meeting &amp; Members Choice</b></p>	<p>19</p>	<p>20</p> <p>11:00 Morning Moments Friendship Lunch: Chef Salad Helpers: Shirley &amp; Wanda</p> <p><b>Readings with Virginia</b></p> <p><b>2:00 IPR - Is it for you?</b></p>	<p>21</p>	<p>22</p> <p>11:00 Morning Moments Sack Lunch</p> <p><b>SHOW &amp; TELL</b></p>	<p>23</p>
24	<p>25</p> <p>11:00 Morning Moments Sack Lunch</p> <p><u>Orders &amp; \$3 due for Pizza Party</u></p> <p><i>Greenbelt Health Care CHAT</i></p>	<p>26</p>	<p>27</p> <p>11:00 Morning Moments Friendship Lunch: Pizza Party \$3 Helpers: Gina &amp; Deanna</p> <p><i>What's Happening with Dean or Harold</i></p> <p>2:15 Newsletter Mailings</p>	<p>28</p>	<p>29</p> <p>11:00 Morning Moments Sack Lunch</p> <p><b>ROUND TABLE SHARING</b></p>	<p>30</p>
31						