



# What's Happening



## FEBRUARY, 2014

### NAMI ANNUAL MEETING

Members and supporters of NAMI Hardin County met on January 8<sup>th</sup> for the organization's annual meeting.

Ellsworth Hospital staff provided the program about changes in health covered related to the implementation of the Affordable Care Act (Obama Care) and the Iowa Health and Wellness Program. These programs should provide insurance coverage to most adults who do not have Medicaid or private insurance coverage. The staff offered assistance to anyone regarding enrollment in the new coverage by contacting the Ellsworth Hospital Foundation office.

In addition, NAMI elected the 2014 Board of Directors, including Ruth Norem (President), Tim Rogers (Vice-President), Rebecca Heitland (Secretary), Mary Rosendahl, Glenda Bailey, Lois Mills, Deanna Smith, Kathy Vitasek, and Linn Adams.

NAMI Hardin County is affiliated with NAMI Iowa and is focused on raising awareness and educating others about mental illness. 2014 memberships are currently being collected. Annual membership is \$25/individual and \$3 for consumers. Contact Ruth Norem (648-9610) or Kathy Vitasek (648-7500) to become a member.



*TAKE NOTE-*

### CLUB MEMBER POLICY CHANGE

The FIA Advisory Board implemented a new policy in order 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 January 1<sup>st</sup> and March 31<sup>st</sup>; and, at least once between April 1<sup>st</sup> and June 30<sup>th</sup>; and, at least once between July 1<sup>st</sup> and September 30<sup>th</sup>; and, at least once between October 1<sup>st</sup> and December party date. This means a minimum of four in a calendar year; once per quarter. Any questions can be directed to Linn Adams (641-939-8168)

### **OUR CLUB**

*By Elizabeth Johnson*

The Friendship Club is here to stay,  
all good times are on the way.

We're real good friends, we stick  
together;

we watch, we learn, and do whatever.

In times like these we learn to cope;  
our mental health problems-we have  
hope.

We meet three times a week for help,  
a time well spent on our health.

Our illness we take seriously;  
we think our place is pretty nice--  
we don't just come once or twice.

We'd like you to know all of these  
things,

so think of us in all it brings.

### **MARK THE DATE**

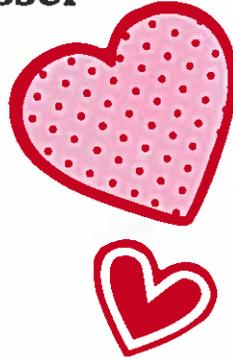
**Feb. 20, 2:30, MHDD Advisory Bd. Meeting, Freedom House, Ia. Falls.**

**March 18, 8:30, Hardin Co. MHIT meeting, Freedom House, Ia. Falls.**

### **IPR EXPANDS**

The Intensive Psychiatric Rehabilitation (IPR) has expanded in Hardin County. Due to its popularity and effectiveness, an additional practitioner has been hired. We now have two practitioners, including Cheri Manning and Jennifer Knott. If you are interested in IPR contact Linn Adams (939-8168) about a referral.

## **Focus Friend Scott "Scooter" Sasser**



Our Focus Friend this month is Scooter Sasser. Scooter joined Friendship Club in November, 2013. Scooter was born in Honolulu, Hawaii, and moved to California with his family at age one and lived there until 1987. He lived in Oregon and Arkansas and moved to Iowa Falls in 1997. He has worked as a carpenter. Hurt on the job walking on stilts, he suffered an injury that resulted in him being put on disability.

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

*When I moved to Iowa Falls I bought a home and have been remodeling it for the last 15 years. Any extra money I get goes back into the property rather than wasting it on foolishness.*

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

*I enjoy getting out and it is good for me to meet people and join Friendship Club outings and activities. I haven't had a support group like this in the 15 years I've lived here. This has been a positive experience; it is good for me not to be isolated in my home.*

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

*I come out to Friendship Club. In the summer I enjoy landscaping and barbequing in addition to working on my house.*

## **The Role You Play-**

While therapy and medications are important, using self help strategies can help you feel better, too.

- Be sure to get enough physical activity (try to get 150 minutes of moderate physical activity weekly).
- Eat a healthy, balanced diet.
- Pace yourself and set a realistic schedule.
- Have fun!

*(from Healthside)*

**For Valentine's Day  
do something nice for  
someone you care  
about!**

### **FIA/Friendship Club Grant Application**

In an effort to expand the opportunities for Friendship Club members to experience artistic and cultural activities during 2014, a grant has been submitted to the Hardin County Community Endowment Foundation (HCCDF). If awarded, the grant will supplement funding for members to attend events and attractions. Stay tuned for more details!



### **REMEMBER-**

*Life isn't fair, but it's still good!*

**Life is too short to waste time hating anyone.**

**Don't take yourself so seriously. No one else does.**

**However good or bad a situation is, it will change.**

**No matter how you feel, get up, dress up, and show up!**

# Friendship Club

# February 2014

 Member Birthday	Mon Wed Fri FC Office Hours 8:00 - 10:15 Member Pickups 10:15 - 11:00		<u>FC Hours</u> <u>M &amp; W 11:00 - 4:00</u> <u>F 11:00 - 3:30</u>		641-648-7500  clubiafalls@yahoo.com	1
 Russell Willson	2 3 <b>Out to Eat Reschedule HEAVENLY'S</b> 11:15 1:00 Crafts & Meal Prep with Roger & ???	4	5 11:15 Get Moving Friendship Lunch – Tator Tot Casserole Helpers: Sharon & Jared  <b>FREEDOM HOUSE</b>	6	7 8 11:15 Get Moving Sack Lunch  <i>Cooking with Kathleen-</i> The incredible, edible EGG! Only those that participate Indulge!	
9	10 11:15 Get Moving Sack Lunch  <b>SHOW &amp; TELL</b> Meal Prep with Roger & ???	11	12 11:15 Get Moving Friendship Lunch – Loose Meat Sandwiches Helpers: Shirley & Gina  <b>Calendar Planning &amp; Members Choice</b>	13	14 15 11:15 Get Moving Sack Lunch  <b>VALENTINES DAY PARTY</b> 	
16	17 1:15 Get Moving Sack Lunch  <b>MEMBER MEETING &amp; BINGO</b> Meal Prep with Roger & ???	18	19 11:15 Get Moving Friendship Lunch – Tuna Casserole Helpers: Glenda & Wanda  <b>Readings with Virginia</b>  4:00 NAMI BOARD MEETING	20	21 22 11:15 Get Moving Sack Lunch  <b>BOWLING 1:00</b> FC pays for first game, you pay for second	
23	24 11:15 Get Moving Sack Lunch  <b>Greenbelt Home Care Chat</b> Meal Prep with Roger & ???	25  Scooter Sasser   Katie Hilpipe	26 11:15 Get Moving Friendship Lunch –  <b>WHAT'S HAPPENING WITH HAROLD?</b>  2:00 Newsletter Mailings	27	28 11:15 Get Moving Sack Lunch  NAMI INFO & Do <u>Your Own Thing!</u>	