

# What's Happening

*A publication of Hardin County Community Services*

## JANUARY, 2014

### **FIA Christmas Volunteers**

The support of many generous volunteers made the 2013 FIA Christmas a huge success. Eighty attended the annual party held December 9<sup>th</sup> at the Bethany Lutheran Church in Iowa Falls. Over \$2800 was donated in cash, gifts, and prizes for the event. Sponsors provided Christmas gifts for 58 individuals. We thank the following for their support:

- Gift Sponsors, Door Prizes, and Cash Donations: Bethany Lutheran Church-Ia. Falls, Community Services Staff, NAMI Hardin County, Eileen Kruse, Lois & Pat Mills, Sandy Rizzo, CIRSI, Inc., East Side Ladies, Ellis Methodist Church, First Christian Church Women's Fellowship-Ia. Falls, First United Methodist Church-Ia. Falls, Ellsworth Hospital/Freedom House, Robin Hartkopp, Lucy Hrubes, FUMC Sarah Circle, Zion UCC Women's Fellowship-Hubbard, Ken & Annie Kuper, Joe & Linda Scallon, Dorothy Sheller, Rouline Bergman, Jason & Rebecca Heitland Family, Nedra Peterson, Beta Sigma Phi Sorority, Jane Hornung, WalMart, Becky's Hallmark, Ken & Sandi Butt, Ronin Sampson Family, Miriam Webber, Bonnie Mitterer, Maxine Daleske, Jerry Kramer, Mary Rosendahl, Kona Adams, Linn Adams.
- Food: Beef donated for meal by Ken & Sandi Butt and Robin Sampson Family. Beef packages-Robin Sampson. Fruit-Ken & Sandi Butt.
- Volunteers for Meal & Party: Meal Co-Chairs Joan Geil & Mary Rosendahl. Servers, Craft, Games-Joan & Bill Geil, Mary Rosendahl, Robin England, Alex England, Makenna Meints, Ruth Norem, Miriam Webber, Kona Adams, Sandi & Ken Butt, Cheri Manning, Brenda Meyer, Rebecca Heitland, Kathy Vitasek, Deanna Smith, Sandy Rizzo, Linn Adams.
- Music: Patty Treibel, Webster City, provided fun Christmas music and a sing-along.
- Thank you to Santa for his special visit!



Some of the FIA party attendees with Santa.



FIA volunteers ready to serve!

### *Everyone Is Invited To-* **NAMI ANNUAL MEETING**

**January 8, 2014 1:00p.m.**  
**Barlow Library, Iowa Falls**

### **Program: "How Will Health Care Changes Effect You"**

Ellsworth Hospital Staff will present information about the Affordable Care Act and the Iowa Health and Wellness Program and will answer questions about how changes will impact individuals. There will also be election of board members. Refreshments served.



# Really Now!

by Elizabeth Johnson



Keep pulling in your belly,  
It's the way we look slim.  
We pull our belt in so tight  
It makes us sick within!

We really should lose weight,  
And food we should turn down,  
To keep our body slim and trim,  
And make us small around.

We think about our weight too late  
As into clothes we climb.  
Another one doesn't fit just right,  
We do it all the time!



## Dates To Note-

- 1/8/14-NAMI Annual Meeting & Community Meeting, IF Library, 1:00 p.m.
- 1/21/13-MH Interdisciplinary Team Meeting, 8:30 a.m., Freedom House.
- 1/22/14-FIA Adv. Board Meeting, 8:30 a.m., Friendship Club, Iowa Falls.
- 1/23/13- MHDD & TCM Advisory Board Meeting, 2:30 p.m., Freedom House, Iowa Falls.

## Did You Know-

People who know why they wake up in the morning live up to seven years longer than those who don't. Know your purpose! (Wellmark)

## You Are Not Alone In This Fight

You are not alone in this fight when it comes to mental illness. At [notalone.nami.org](http://notalone.nami.org), individuals and family members from across the nation share stories about living with mental illness. Check it out!



Santa and Sharon in her Santa hat!

(left) Patti Treibel got attendees in the Christmas spirit with Christmas songs and a sing-along.

# Friendship Club

# JANUARY 2014

 Member Birthday	<b>FC Hours</b> Office 8 - 10:15 Pickups 10:15 - 11 Club Mon & Wed 11 - 4 Fri 11 - 3:30		 <b>CLOSED-</b> ENJOY FRIENDS & FAMILY		11:15 Get Moving Sack Lunch <b>Cooking with                  Kathleen                  (NACHOS)</b> <u>Only those that                  participate                  indulge!</u>	
5	11:15 Get Moving Sack Lunch <b>Heavenly's                  Out to Eat 11:15</b> Sign up by 1/3  <b>Free Time</b>	7	11:15 Get Moving Friendship Lunch - Hot Dogs & Beans Helpers: Sharon & Glenda  <b>1:00 NAMI                  ANNUAL MEETING                  AT LIBRARY</b>	9	11:15 Get Moving Sack Lunch  <b>Goal Setting                  2014</b>	11
12	11:15 Get Moving Sack Lunch <b>Calendar Planning                  &amp; Members Choice</b>  <b>2:00 Food Prep                  with Roger and ???</b>	14	15 11:15 Get Moving Friendship Lunch - Tator Tot Casserole Helpers: Vicki & Jarod  <b>Readings with                  Virginia</b>	16	11:15 Get Moving Sack Lunch  <b>SHOW &amp;                  TELL</b>	18
19	1:15 Get Moving Sack Lunch  <b>MEMBER                  MEETING &amp;                  BINGO</b>	21	8:30 FIA Board Meeting 11:15 Get Moving Friendship Lunch - Beef Stroganoff Helpers: Diane & Roger  <b>Freedom                  House</b>	23	11:15 Get Moving Sack Lunch  <b>BOWLING                  1:00</b> FC pays for first game, you pay for second	25
26	11:15 Get Moving Sack Lunch <b>Greenbelt Home                  Care Chat                  AND</b> Newsletter Mailings  <b>2:00 Food Prep                  with Roger and ???</b>	28	11:15 Get Moving Friendship Lunch - Spaghetti Helpers: Gina & Deanna  <b>Current Events                  with Dean</b>	30	11:15 Get Moving Sack Lunch  <b>DO                  YOUR                  OWN                  THING                  DAY!</b>	31