

# What's Happening

A publication of Hardin County Community Services

## JULY, 2014

### ***Case Management Changes***

Effective July 1<sup>st</sup>, Hardin, Franklin, and Story County Case Management programs will become one agency—Central Iowa Case Management. Each of the County Boards of Supervisors approved a 28E Agreement establishing the new entity.

The change was made following 8 months of information gathering and deliberation. The counties felt that this change would help strengthen the program and provide more efficiency and effectiveness as they react to changes taking place at the State level.

The current case managers and staff will continue providing services under the new agency. Most case management clients will see little change other than a change in name to CICM.

Anyone having questions may contact Linn Adams, Hardin County Case Management Director at 641-939-8168.

### **Learning About The Meskwakis**

Sixteen Friendship Club members, staff, and volunteers enjoyed an enlightening visit recently to the Meskwaki Buffet, Cultural Center, and Museum. The outing was possible through grant funding received from the Hardin County Community Endowment.

Following lunch at the never ending buffet the group met Johnathan Buffalo, the Historical Preservation Director. Mr. Buffalo gave a historical talk about the past, present, and future of the Meskwaki Nation, or "People of the Red Earth." Many interesting, beautiful, and meaningful displays were discussed in both the hotel entrance and the museum. Most of the lecture focused on the tribes' story of endurance and perseverance in the heart of Iowa. We learned that many of those living on the reservation would rather be called "Indian" than "Native American."

### **Quilt Drawing For FC Members!**

*The Radcliffe St. John's United Methodist Church UM Women have donated a quilt to be given to a Friendship Club member. To be eligible, members will be given a chance each day that they attend in July. On August 1<sup>st</sup> a drawing will be held. The more days attended the more chances to win! Thanks to the group for this donation. Longtime volunteer Minnie Norem is a member of this group.*

### **MARK THE DATE**

**July 16**, 4:00 pm-NAMI Board of Director Mtg., Friendship Club, Ia. Falls.

**July 23**, 8:30 am-FIA Advisory Bd. Mtg., Friendship Club, Ia. Falls.

*Truly great friends are hard to find, difficult to leave, and impossible to forget.*

### **Six Secrets to**

### **Positive Change**

A well-planned approach makes change feel more manageable.

1. **START WHEN YOU'RE STEADY.** *Changing a habit can be harder if other challenges are distracting you.*
2. **WRITE IT DOWN.**
3. **EVALUATE YOUR ENVIRONMENT.** *Remove temptations that might throw you off track.*
4. **MANAGE STRESS & GET ADEQUATE SLEEP.** *When well rested you make better decisions.*
5. **SEEK SUPPORT.** *Share goals with a family member or friend who can help hold you accountable.*
6. **REWARD YOURSELF!**

# Friendship Club

# JULY, 2014

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>1</p> <p> Elizabeth Johnson</p>	<p>2</p> <p><b>PICNIC NORTH PARK</b>  <i>EVERYONE BRING SOMETHING TO SHARE, FC PROVIDES HOT DOGS</i>  <b>BEHAVIORAL HEALTH</b>  <i>formerly Freedom House</i>  <b>2:00 DBT GROUP</b></p>	3	<p>4</p> <p><b>CELEBRATE THE 4<sup>TH</sup> club closed</b></p> <p> Scott Kusserow</p>	<p>5</p> <p> Richard Evans &amp; Mark Rosendahl</p>
6	<p>7</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>Round Table Sharing</b></p>	8	<p>9</p> <p>11:15 Get Moving Friendship Lunch: Tacos Helpers: Deanna &amp; Tim</p> <p><b>Readings with Virginia</b>  <b>2:00 DBT GROUP</b></p>	10	<p>11</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>BOWLING</b></p>	12
13	<p>14</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>CALENDAR PLANNING &amp; BINGO</b></p>	<p>15</p> <p> Ed Wilson</p>	<p>16</p> <p><b>FRANKLIN CO. FAIR</b>  <i>Weather permitting</i>  <i>Van pickups starting at 10:00am</i>  <i>Heat index above 93 degrees we will not go, sack lunch at FC</i>  <b>4:00 NAMI Board Meeting</b></p>	<p>17</p> <p> Lois Mills</p>	<p>18</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>Positive Pointers!</b></p>	19
20	<p>21</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>Member Meeting &amp; Members Choice</b></p>	22	<p>23 11:15</p> <p>11:15 Get Moving Friendship Lunch: Cold Cut Bar Helpers: Sally &amp; Thresa</p> <p><i>What's Happening with Dean or Harold</i></p> <p><b>2:00 DBT GROUP</b></p>	24	<p>25</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>SHOW &amp; TELL</b></p> <p>2:15 Newsletter Mailings</p>	26
27	<p>28</p> <p>11:15 Get Moving Sack Lunch</p> <p><b>Greenbelt Health Care</b></p>	29	<p>30</p> <p>11:15 Get Moving Friendship Lunch: Spaghetti &amp; Meatballs Helpers: Wand &amp; Gina</p> <p><b>YOUR CHOICE!</b></p> <p><b>2:00 DBT GROUP</b></p>	31	<p><a href="mailto:clubiafalls@yahoo.com">clubiafalls@yahoo.com</a></p> <p><b>641-648-7500</b></p>	