

What's Happening

A publication of Hardin County Community Services

JUNE, 2014

Seminar Focus On Recovery

Approximately 75 turned out for the 15th Annual May Mental Health Awareness Seminar on May 21st to learn about mental illness and to honor Hardin County volunteers and contributors.

The program featured Tim Bedford, Executive Director of Central Iowa Recovery (CIR); and Tim Rogers, Julie McGuire, and Craig Ohlert, three participants in the Intensive Psych Rehabilitation (IPR) program that is provided through CIR. CIR, started approximately two years ago by Hardin and other central Iowa counties, has grown to the point of serving 125 clients throughout the area.

Tim, Julie, and Craig each shared their personal story, including the "ups and downs" of living with a mental illness. They talked about their personal recovery process and the helpful role that IPR has played in that recovery.

IPR Practitioners Cheri Manning, Jennifer Knott, and Robin Hartkopp, who all serve Hardin County clients, were recognized for their work, as was Deb Rolfs, CIR Clinical Supervisor. Dr. Robert Stern is the Clinical Director for the program.

FRIENDSHIP CLUB HONOREES

Wanda Kastner and Gina Mitterer were recognized as top Friendship Club members of the year based on their participation. As Gold Club members (with 500+ hours), Kastner had 650.75 hours over the past year. Mitterer had 648.75 hours. Both received a certificate and gift.

Silver Club member (300-499 hours) recognition went to Heidi Murphy, Sharon Speck, Chris Starkey, Jared Palmateer, Judy Billington, Vicki Vest, and Diane Hayden.



Wanda Kastner awarded as top participant



CIR Staff Honored

Central Iowa Recovery & Volunteers Recognized

During the luncheon at the May 21st MH Awareness Seminar, nearly 100 individuals and organizations were honored for their volunteer activity for Faith in Action and Friendship Club. See enclosed list.

A "Partner in Recovery" special recognition was given to the staff of Central Iowa Recovery for their exceptional service to Hardin County citizens with mental illness.



Tim Rogers speaks about recovery

THANK YOU!

Thanks to the 1st United Methodist Church for the use of the church for the MH Awareness Seminar. Thanks also to the UMW Sarah Circle for the wonderful meal, to Hazel Freeman for the great homemade rolls, and to NAMI Hardin County for cosponsoring the meal.



Julie McGuire and Craig Ohlert share their story at the MH Seminar.

THE SEMINAR

By Elizabeth Johnson

Prepared and read for the 2015 MH Awareness Seminar

Today we're at the Seminar,
greeting friends from near and far.
Mental problems so arising,
seeking answers we are finding.
Helpful hints to one another,
passing hope to undercover,
learning what to do in stress
do not make our minds a mess!
When we leave here today,
the Seminar helped the "mental way."

Thank You Kathleen!

Kathleen Steiber, Friendship Club Assistant, is retiring May 30th. We thank you for your nearly 5 years of service with Friendship Club. We wish the very best!



Gina Mitterer as runner-up

Zoo Trip

On May 15th a packed van with 15 Friendship Club members, 2 staff, and the volunteer driver Lanora Bahr, arrived at the Blank Park Zoo. For many it was their first visit. Train rides and presentations were enjoyed.

What was the best part of the day? Eight responded "all of it!", with 3 preferring the monkeys, one each preferring the tigers, giraffes, sea lions, and snow leopards.

This outing was made possible in part by the grant received from the Hardin County Community Endowment Foundation.



Elizabeth presents her poem

2014 Volunteer Appreciation

A World of Thanks, Volunteer

We appreciate all you do.

You give your time and energy, too.

You brighten lives like a shining star.

What a truly special person you are.

You make a difference by caring, and change the world by volunteering.

Kona Adams
Lenora Bahr
Gordon Bakan#
Arik Buelman
Ken Butt
Stella Caselton
Sandra Clark
Delores Crawford
Marlene Dickerson#
Mary Eakin
Freedom House Staff
Vicki Gehrls
Vicki Gordon*
Marcus Graves
Kevin Hackney*
Diane Hayden
Ron Hurley
Jim Johnson*
Jerry Kramer#
Nikki Mattson*
Brenda Meyer
Minnie Norem
Nedra Peterson
Sandy Rizzo
Jeanette Robinson
Shirley Schrandt
Deanna Smith+
Sharon Speck
Mary Swartz*
Mary Lou Topp
Heather Trimble
Roxanne Warnell
Ed Ziesman

Linn Adams+
Glenda Bailey+
Dean Booth
Nancy Bunt#
Laura Campbell
Ashley Chandler
Jack Colbe
Maxine Daleske
Bev Dirksen*#
Robin England#
Hazel Freeman
Bill Geil
Fern Graves
Annie Greenawalt
Robin Hartkopp#
Rebecca Heitland+
Tina Hutzell
Wanda Kastner
Eileen Kruse#
Jerry McCormick
Lois Mills+
Ruth Norem+
Virginia Reams
Jan Robinson
Mary Rosendahl*#+
Rick Shaw*
Wayne Smith
Chris Starkey
Cheryl Tanis*
Billie Jo Tow#
Kathy Vitasek+
Miriam Webber#

Harold Alt
Roger Bailey
Brown, Darrell
Sandi Butt#
Shirley Caruth
Craig Chaplin
Beth Crabtree
Mike DeVries
Barb Duncan*
Alex England
Greenbelt Home Staff
Joan Geil#
Sally Graves
Julie Grimm
Ron Hastings
Waneva Huffman
Julie Javes
Leslie Kent
Cheri Manning
Makenna Meints
Bonnie Mitterer
Jared Palmateer
Kathleen Reysack
Tim Rogers*#+
Robin Sampson
Beulah Simpson
Tim Smith#
Kathleen Steiber
Terri Tikovitsch
Patti Treibel
Alois Vitasek
Raylan Wilborn

FIA Advisory Board *MHDD Advisory Board +NAMI Board

Ongoing Friendship Club Volunteers

Dean Booth, Harold Alt-Current Events
Deanna Smith-Crafts & Support
EMH Staff-Nutrition & Healthy Living
Sandy Rizzo-Crafts

Virginia Reams-Readings & Discussion
EMH Behavioral Health-Education & Coping
Greenbelt Home Care Staff-Healthy Living
Lenora Bahr-Bus Driver

Special Thanks to the following for financial and in-kind contributions to support Faith in Action:

Beta Sigma Phi Sorority
Bethany Lutheran Church, Iowa Falls
Bonnie Mitterer
Brenda Meyer
Carol Haywood
Central Iowa Residential Services, Inc. (CIRSI)
Cheri Manning
Dorothy Sheller
East Side Ladies
Eileen Kruse
Ellis Methodist Church
First Christian Church Womens Fellowship
Friendship Club Members
Hardin County Community Endowment
Iowa Falls Church Women United
Iowa Falls Community Chest
Iowa Falls First United Methodist
Jane Hornung
Jerry Kramer
Joe and Linda Scallon
Kathy Vitasek
Ken and Annie Kuper
Kona Adams
Linn Adams

Lois and Pat Mills
Lou Jennings Family Memorial
Lucy Hrubes
Mary Rosendahl
Mary Swartz
Maxine Daleske
Miriam Webber
NAMI Hardin County
Nedra Peterson
Rebecca Heitland
Robin Hartkopp
Robin Sampson Family
Rouline Bergman
Sandi and Ken Butt
Sandy Rizzo
St. Johns UCC Sunshine Circle
Sarah Circle, First United Methodist
St. Marks Knights of Columbus
Thomas Dunning Family Memorial
Walmart
Zion UCC Womens Fellowship-Hubbard

Friendship Club Participation Awards

Gold Club Members (500+ hours)

Wanda Kastner (650.75)**

Gina Mitterer (648.75)**

Silver Club Members (300-499 hours)

Heidi Murphy (433.5)

Jared Palmateer (361.75)

Sharon Speck (411)

Judy Billington (358.25)

Diane Hayden (300)

Chris Starkey (388.75)

Vicky Vest (312.5)

FRIENDSHIP CLUB JUNE, 2014

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

Sun	Mon	Tue	Wed	Th	Fri	Sat
1 Member Birthday	2 11:15 Get Moving Sack Lunch <i>Giving & Receiving Etiquette</i>	3 Betts Watson	4 East Side Ladies Picnic at Julia O'Neil Park BEHAVIORAL HEALTH formerly Freedom House	5	6 11:15 World Book Sack Lunch Free Time	7 Wanda Kastner
8 Heidi Murphy	9 11:15 Get Moving Sack Lunch Surprise!!! ????	10 Pete Williams & Tracey Travis	11 Meskwaki Museum & Meal NO PEOPLERIDES VAN PICKUPS STARTING AT 8:00, LEAVE if 8:30 <i>2nd HCCEF Grant Outing</i>	12	13 11:15 Get Moving Sack Lunch BOWLING	14
15	16 11:15 Get Moving Sack Lunch CALENDAR PLANNING & BINGO	17	18 11:15 Get Moving Friendship Lunch: Tuna Salad Helpers: Gina & Wanda Readings with Virginia <i>Kathy gone, Deanna, Virginia & other help</i>	19 Leeadaye Rosendahl	20 11:15 Get Moving Sack Lunch Great Day for fishing	21
22 Barb Havens & Dean Crovisier	23 11:15 Get Moving Sack Lunch Member Meeting & Members Choice	24	25 11:15 Get Moving Friendship Lunch: Pasta Salad Helpers: Deanna & Jay <i>What's Happening with Dean or Harold</i>	26	27 11:15 Get Moving Sack Lunch SHOW & TELL 2:15 Newsletter Mailings	28
29	30 11:15 Get Moving Sack Lunch <i>Greenbelt Health Care</i>		Open M,W,F 10:30 3:30 Office Hours 8:30 - 10:30		clubiafalls@yahoo.com 641-648-7500	