

What's Happening

A publication of Hardin County Community Services

MAY, 2014

May Is Mental Health Month

For over 50 years, May has been recognized as Mental Health Awareness Month throughout the United States. The theme this year is *Mind Your Health*, recognizing the important link between a healthy mind, body, and spirit.

May MH Month focuses on the fact that while mental health conditions are common, they are extremely treatable and most individuals can go on to recover and lead full productive lives. It is important to increase information and fight the stigma still attached to seeking treatment for mental illnesses.

"Our Stories of Recovery"- May 21" MH Seminar

The 15th Annual Mental Health Awareness Seminar will feature *Our Stories of Recovery*, a presentation by three local speakers with lived experiences. They will share compelling and personal testimonies of living with and overcoming the challenges of mental illness. Tim Bedford, Executive Director of Central Iowa Recovery, will briefly review the new IPR program that the speakers have participated in. The event will be held on Wednesday, May 21st at 11:30 a.m. at the First United Methodist Church, 619 Main Street, in Iowa Falls.

IPR (Intensive Psych Rehab) was implemented by Hardin and several central Iowa counties through a joint agreement in 2012.

A complimentary lunch will be served and is being sponsored by NAMI Hardin County and Hardin County Faith in Action. Volunteers will be recognized and Friendship Club awards will be presented.

Everyone is welcome. Please return the RSVP from the enclosed event flyer by May 14th.

Thanks Volunteers!

During the May 21st MH Seminar nearly 70 volunteers will be recognized for their volunteer activities over the past year. In addition, Friendship Club members will be recognized for their leadership and participation at the Club.

All volunteers, Advisory Board members, and Friendship Club members are encouraged to attend.

HCCEF Grant

FIA Friendship Club was awarded a \$1629. grant from the Hardin County Community Endowment Foundation at their 9th Annual Awards Night held on April 10th. The grant funds will be used for four special outings during 2014:

- Blank Park Zoo (May 14th)
- Meskwaki Museum & Meal (June 11th)
- Teddy Bear & Toy Museum & Hat Lady (Aug 13th)
- Hansen Dairy Farm (Sept. 10th)

The trips will be open to active Club members. A maximum of 20 members will be able to select 2 outings of their choice to attend based on first come, first served. Grant funds will be used for admissions, fees, meals and incidental expenses. Some outings are filling up fast! Sign up at the Friendship Club.



Friendship Club Fundraiser!

Drawing for Quilt Planned

The Friendship Club is holding a fundraiser to raise funds to provide the local match required for the HCCEF grant that was received for several outings this summer.

Longtime FIA volunteer Minnie Norem has graciously donated a beautiful handmade queen size quilt for the fundraiser.

For each dollar donation received the donor's name will be placed in a drawing. For a \$5.00 donation the donor's name will be entered six times. The drawing for the quilt will be held at the May 21st MH Awareness Luncheon. The winner is not required to be present.

To participate in the fundraiser contact Friendship Club members, staff, or FIA Board members. Thank you Minnie for this generous quilt donation and all that participate!

Coping with Everyday Problems

Everyone has stress. It is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about things like your job, money, relationships, or illness. When you constantly are reacting to stress without making adjustments to counter the effects, the stress can threaten your health and well-being.

Try the following when dealing with stress: be realistic; shed the "superman/woman" urge; meditate; take one thing at a time; exercise; find time for things you enjoy; share your feelings; and be flexible. For more suggestions check out the Mental Health America website.
-from Mental Health America

MARK THE DATE

May 14th-1st HCCEF Grant Outing-Blank Park Zoo

May 21st, 11:30-1:00-MH Awareness Seminar, 1st Methodist Church, Ia. Falls.

May 21st, 4:00-NAMI Bd. Mtg., Friendship Club, Ia. Falls.

June 12th, 2:00-MHDD Advisory Bd. Mtg., Community Services Office, Eldora.

"Life isn't a matter of milestones, but of moments."

-Rose Kennedy

Your Pathway To Wellness:

- *Good health*
- *Saving more money*
- *Healthy relationships*
- *Being good to yourself*
- *Showing gratitude*
- *Keeping good friends close*
- *Taking care of your community*
- *Eating one less cookie*
- *Looking for a new job*
- *Learning how to let go*
- *Walking instead of driving*
- *Playing with your pet*
- *A day at the spa*
- *Eating fresh fruit*
- *Mastering something difficult*

You're Invited-
15th Annual Mental Health Awareness
SEMINAR & LUNCHEON

In recognition of May as National Mental Health Awareness Month

*Hosted by: Hardin County Faith in Action, NAMI Hardin County, and
Hardin County Community Services*

Wednesday, May 21, 2014 11:30 a.m.-1:00 p.m.
First United Methodist Church
619 Main Street Iowa Falls, Ia.

Seminar Schedule:

11:30

Speakers: "Our Stories of Recovery"

This year we will feature local residents as they tell their story of dealing with mental illnesses and their recovery process and a brief presentation about the new Intensive Psych Rehabilitation (IPR) program available.

12:00

FIA Recognition Luncheon (complimentary)

During the luncheon volunteers for Faith in Action and Friendship Club will be recognized and awards will be presented.

**Please RSVP to Hardin County Community Services by May 14th by
returning the portion below or by phone 1-641-939-8167.**

_____ Yes, I plan to attend the May 21st MH Awareness Seminar and Luncheon

Name(s): _____

Agency (if applicable): _____

By May 14th please return the bottom portion to: Hardin County Community Services, 1201 14th Avenue, Eldora, Ia. 50627, or to the Friendship Club in Iowa Falls.

Friendship Club MAY, 2014

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

Sun	Mon	Tue	Wed	Th	Fri	Sat
	641-648-7500		clubiafalls@yahoo.com		Member Birthdays	
	Meals "around" noon & Activities "around" 1:00pm unless noted		<u>Club Hours:</u> 10:30 – 3:30 <u>Office Hours:</u> 8:30 – 10:30	1	11:15 Get Moving Sack Lunch Rock & More???	2 3
4	11:15 Get Moving Sack Lunch 11:15 World Book <i>Cooking with Kathleen</i> <i>(Bird Nests)</i> ONLY THOSE THAT PARTICIPATE INDULGE!	5 6	11:15 Get Moving Friendship Lunch: Cheeseburger Mac Helpers: Jared & Sally Freedom House	7 8	11:15 Get Moving Sack Lunch CALENDAR PLANNING & BINGO	9 10
11	11:15 Get Moving Sack Lunch Member Meeting & Members Choice	12 13	BLANK PARK ZOO <u>No Peoplerides ...</u> Bring Sack Lunch & Drink. Hardin Co Bus will start pickups at 8:00am. Leave FC at 8:30. Return 4:30. 1 st HCCEF Grant Outing	14 15	11:15 Get Moving Sack Lunch BOWLING	16 17
18	11:15 Get Moving Sack Lunch NAMI INFO & Do Your Own Thing!	19 20	Nick Kennedy Mental Health Seminar & Volunteer Luncheon Methodist Church 11:00-1:00pm 2:00 Readings with Virginia 4:00 NAMI BOARD MEETING	21 22	11:15 Get Moving Sack Lunch SHOW & TELL 2:15 Newsletter Mailings	23 24
25 Steve Tjarks	Memorial Day Club Closed	26 27	11:15 Get Moving Friendship Lunch: Sloppy Joes Helpers: Vicki & Linda What's Happening with Dean or Harold	28 29	11:15 Get Moving Sack Lunch Fishing or Trail Walk	30 31