What's Happening

A publication of Hardin County Community Services

NOVEMBER, 2014

FIA Christmas Coming

Hardin County FIA will sponsor the 11th Annual "Reach Out At Christmas", providing a Christmas Party and gifts for nearly 60 individuals. Volunteers are needed for the following:

- Donations for gifts-value of gifts for each recipient is approximately $35., but any size donation is welcome.
- Assist with the party-help with games, the meal, clean-up, provide rides, etc.
- Donations of food for the meal.

Contact Kathy at Friendship Club for further information (648-7500).

Members Vote to End Local NAMI Chapter

What began as a meeting with the NAMI Iowa Director regarding changes at the national and state level has resulted in the dissolution of the Hardin County NAMI chapter.

In late summer, NAMI Iowa Director Nancy Hale requested a meeting with the NAMI Hardin County Board. Hale reviewed several changes that have taken place that would require current and long term changes that would would incur significant expense. Requirements for redoing the chapter's legal documents, having annual financial audits, purchasing required new insurance coverage, and other things, would cost more than the chapter brings in annually and would leave no funds to support the mission of the chapter to provide education and other activities to the community regarding mental illness.

The full membership of NAMI Hardin County held a special meeting on October 22nd and voted at that meeting to dissolve the chapter.

The membership voted to turn over all remaining funds upon dissolution to Hardin County Faith in Action. The funds will be held in a designated "Mental Health Wellness Fund," and will be available to support activities that NAMI has traditionally supported. NAMI President Ruth Norem will join the FIA Board and will join several

FIA Christmas 2014

Fri., Dec. 12th 4-6:30
Bethany Lutheran Church
Iowa Falls

Games-Music-Meal-Gifts

MARK THE DATE

Nov. 19, Friendship Club Thanksgiving Meal (sign-up/ see pg. 2 for meal responsibilities).

Nov. 20, 5:00 p.m., CICM Advisory Board Mtg., Ames.

Journey To Bethlehem

To Benefit Friendship Club
Nov. 22nd 10:30-5:00
Nov. 23rd 10:30-4:00
1st United Methodist Church
619 Main, Iowa Falls

Prepare for the season as you stroll through hundreds of nativity sets and angels.

This year Friendship Club has been designated to receive the donations from this event.

NAMI continued…..

other NAMI members that also serve on the FIA Board.

Discussions will be held with NAMI Central Iowa Chapter, based in Ames, to determine their willingness to provide NAMI sponsored trainings in Hardin County.

Club Thanksgiving Meal Planned

Friendship Club members will have their annual Thanksgiving meal on Wednesday, November 19th. Club participants are encouraged to sign up for the meal. Due to limited space and funds, the meal is open to Club participants only.

The menu and participant(s) that have donated to bring include:

Club provides:	turkey, potatoes & gravy
Kathy:	stuffing
Deanna, Diane, Jared, Shirley:	salads
Mary:	buns
Thresa:	yams
Linda:	scalloped corn
Roger & Glenda:	scalloped corn
Sharon:	green bean casserole
Sally:	green bean casserole
Tracey:	2 pecan pies
Wanda:	2 pumpkin pies
Gina:	2 pies (1 cherry, 1 apple)
Judy:	2 whipped toppings
Lois:	butter
Kathy R.:	jellied cranberries

FOR YOUR HEALTH.....

According to information from Hansen Family Hospital there are some risk factors for heart disease that you can't control, such as age, sex, or family history. There are, however, three important screening test to help keep your heart healthy. These include:

- Blood pressure. Adults over 18 should have blood pressure checked every two years to ensure it is below 120/80 mmHg. If it is higher, you should have it checked once a year.
- Blood sugar. Starting at age 45, have your blood sugar tested every three years. After an overnight fast, normal blood sugar levels should be 99 mg/dL or lower.
- Cholesterol. Those age 20 or older should have cholesterol measured at least once every five years. The test measures levels of LDL (bad cholesterol), HDL (good cholesterol), and triglycerides, another type of blood fat. Total cholesterol of 200 mg/dL is desirable.

New Employment Services Offered

The Central Iowa Community Services (CICS) region identified employment services for persons with disabilities as the top unmet service need in the new region. As a result, CICS issued a Request For Proposals (RFP) in an effort to enhance these services.

North Iowa Vocational Center (NIVC) was awarded a contract to provide enhanced employment services for Hardin and Franklin Counties. NIVC will be hiring two new job developer/job coach positions to work in the two counties. NIVC will utilize the Discovery process and will partner with area businesses, schools, and other organization to secure integrated community employment for at least 10 new individuals during FY 15. The contract may be extended for up to four years based on the identified outcomes.

A kickoff is planned during November for the enhanced services. For more information contact Hardin County Community Services.

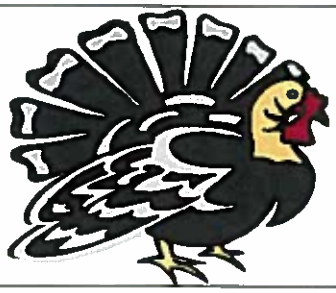
Fun Thanksgiving Facts:

- When Abe Lincoln declared it a national holiday, it was thanks to tireless efforts of a magazine editor Sarah Hale. Her other claim to fame? She also wrote the nursery rhyme "Mary Had A Little Lamb."
- Gobble, Gobble? Not so fast! Only male turkeys, called toms, gobble. Females cackle!

Friendship Club

NOVEMBER, 2014

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

Sun	Mon	Tue	Wed	Th	Fri	Sat
Member Birthdays	641-648-7500				Open M, W, F 8:30 – 3:30 Office Hours 8:30 – 10:30	1
2	3 11:00 Morning Moments Sack Lunch SHOW & TELL Marcus Graves	4	5 11:00 Morning Moments Friendship Lunch: Spaghetti and Meatballs Helpers: Diane & Lois BEHAVIORAL HEALTH 3:30 PEER TO PEER	6	7 11:00 Morning Moments Sack Lunch Sandy Christmas Craft Creations PLEASE help make table decorations for FIA Christmas Party	8
9	10 11:00 Morning Moments Sack Lunch Cooking with Kathleen (Donuts)	11	12 11:00 Morning Moments Friendship Lunch: Tomato Soup & Grilled Cheese Sandwiches Helpers: Sharon and Shirley READINGS WITH VIRGINIA 3:30 PEER TO PEER	13	14 11:00 Morning Moments Sack Lunch BOWLING Judy Billington	15
16 Jay Duit	17 11:00 Morning Moments Sack Lunch Food Prep & Free Choice	18 Matt Mosher	19 11:00 Morning Moments Thanksgiving Meal: Club and Participants donations Helpers: Sally and Deanna Participant Meeting & Participant Choice Roger Bailey	20	21 11:00 Morning Moments Sack Lunch CALENDAR PLANNING & BINGO	22 Kevin Dunn
23	24 11:00 Morning Moments Sack Lunch Greenbelt Health Care CHAT Newsletter Mailings	25	26 11:00 Morning Moments Friendship Lunch: Salisbury Steak Helpers: Tracy and Sally What's Happening with Harold Alt	27 Thanks giving 	28 Break NO CLUB	29